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AUGUST IN THE NONAHOOD

- MONDAY AUGUST 1**

 - 6pm-8pm Sunlight Yoga @ Dockside Lake Nona

WEDNESDAY AUGUST 3

 - 6pm-8pm Sunlight Yoga @ Dockside Lake Nona

THURSDAY AUGUST 4

 - 8am-9am Chamber Connections: Connecting over Coffee

FRIDAY AUGUST 5

 - 5pm-9pm Back To School Throwback Weekend @ Boxi Park
 - 6pm-9pm Art After Dark

SATURDAY AUGUST 6

 - 8am-9am Member Event: Free Yoga on the Lawn
 - 9am-10am Yoga Nona Crescent Park
 - 11am-3pm Lake Nona Farmers Market

SUNDAY AUGUST 7

 - 10am-3pm Lee Vista Farmers Market

MONDAY AUGUST 8

 - 6pm-8pm Sunlight Yoga @ Dockside Lake Nona

TUESDAY AUGUST 9

 - 12pm-1pm Nonprofit Committee Meeting

WEDNESDAY AUGUST 10

 - 6pm-8pm Sunlight Yoga @ Dockside Lake Nona

THURSDAY AUGUST 11

 - 7:30am-9am Healthcare Collaborative Meet & Greet Breakfast at UCF Lake Nona Hospital
 - 8am-9:30am Breakfast Connections: Help for PTSD

FRIDAY AUGUST 12

 - 9:30am-11:30am Mom, Move, & Learn @ Dockside Lake Nona
 - 6pm-9pm Art After Dark

SATURDAY AUGUST 13

 - 9am-10am Yoga Nona Crescent Park
 - 11am-3pm Lake Nona Farmers Market

SUNDAY AUGUST 14

 - 10am-3pm Lee Vista Farmers Market

MONDAY AUGUST 15

 - 11:30am-1pm Nona Professionals Ladies Group- Taxes the Do's and Don't for Business Owners and Individuals
- 6pm-8pm Sunlight Yoga @ Dockside Lake Nona

TUESDAY AUGUST 16

 - 5:30pm-7pm Young Professionals Group Meeting

WEDNESDAY AUGUST 17

 - 6pm-8pm Sunlight Yoga @ Dockside Lake Nona

THURSDAY AUGUST 18

 - 8pm-10pm Yappy Hour @ Crescent Park

FRIDAY AUGUST 19

 - 12pm-1pm Legal Committee
 - 6pm-9pm Art After Dark

SATURDAY AUGUST 20

 - 9am-10am Yoga Nona Crescent Park
 - 11am-3pm Lake Nona Farmers Market
 - 7pm-11pm Lion's Pride Casino Night @ Wave Hotel

SUNDAY AUGUST 21

 - 10am-3pm Lee Vista Farmers Market

MONDAY AUGUST 22

 - 3:30pm-4:30pm Marketing Committee
 - 6pm-8pm Sunlight Yoga @ Dockside Lake Nona

WEDNESDAY AUGUST 24

 - 6pm-8pm Sunlight Yoga @ Dockside Lake Nona

THURSDAY AUGUST 25

 - 10am-4pm Ribbon Cutting and Grand Opening Massage Envy of Lake Nona

FRIDAY AUGUST 26

 - 6pm-9pm Art After Dark

SATURDAY AUGUST 27

 - 9am-10am Yoga Nona Crescent Park
 - 11am-3pm Lake Nona Farmers Market
 - 4pm-8:30pm 15th Annual Run Nona 5K & Nemours Kids' Run

SUNDAY AUGUST 28

 - 10am-3pm Lee Vista Farmers Market

MONDAY AUGUST 29

 - 6pm-8pm Sunlight Yoga @ Dockside Lake Nona

WEDNESDAY AUGUST 31

 - 6pm-8pm Sunlight Yoga @ Dockside Lake Nona



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BUSINESS SPOTLIGHT: FYZICAL LAKE NONA

BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF FYZICAL LAKE NONA



FYZICAL Lake Nona is housed within the Brain, Spine and Pain Institute of Lake Nona in the Lake Nona Medical City. The Brain, Spine and Pain Institute, founded by neurologist and interventional pain management specialist Dr. Gilbert Mbeo, MD, is a clinic that focuses on providing care for patients who have a host of neurologic needs, including pain and any disorders of the nervous system. This is the umbrella clinic that houses FYZICAL Therapy & Balance Centers (FYZICAL Lake Nona). FYZICAL Lake Nona is the physical therapy clinic within the Brain, Spine and Pain Institute. FYZICAL is a national franchise with more than 450 locations across 44 states. FYZICAL helps patients to not only recover from brain injuries and surgeries but to also achieve better overall health and wellness. Each FYZICAL franchise such as the one located in Lake Nona is equipped

with advanced technology to help treat disorders such as balance disorders. Lake Nona residents Dr. Mbeo and Irene Kafeero-Mbeo brought FYZICAL to Lake Nona in May. Dr. Mbeo began his practice in Jackson, Mississippi, as a physician. About three years ago, the Mbeos moved to Lake Nona so Dr. Mbeo could start his practice among the healthcare expertise and entrepreneurship present in Lake Nona Medical City. Dr. Mbeo is a triple board-certified physician who specializes in neurology, neurointensive care, and interventional pain management. He has more than 13 years of experience providing care to patients with acute neurological needs. As a neurointensivist, Dr. Mbeo saw the life-changing consequences of brain injuries such as strokes and head trauma. He was troubled by the fact that even with modern medicine, patients who experienced brain injuries were often left with severe disabilities. It became his vision to establish a state-of-the-art facility in which innovative interventions would be

used to treat patients. This is the first FYZICAL location in Lake Nona. FYZICAL Lake Nona offers visitors a variety of services to address a broad range of patient diagnoses, conditions and concerns. Using a holistic, whole-body approach to align the diagnoses with a customized care plan, FYZICAL Lake Nona puts patients first. Typically, the first point of contact will be a neurologist like Dr. Mbeo or a pain management specialist. Based on the interaction, a collaborative, bidirectional treatment plan will be developed to best address the needs of the patient. This plan will continually be adjusted based on the response to therapy. Patients can be treated for issues including but not limited to dizziness, balance and neurologic issues, pelvic health, orthopedic and spine pain or immobility and their attendant

health issues. FYZICAL Lake Nona sets itself apart from other physical therapy clinics in a number of ways. First, their tagline, “Spelled differently because we are different,” speaks to their ability to provide both evaluation and expertise in physical therapy that goes above and beyond what patients would receive in other facilities. Their emphasis on neurologic physical therapy, dizziness, balance and fall prevention-focused physical therapy is unlike the expertise offered in many other places. Second, they have a strong blend of both traditional physical therapy and cutting edge, advanced technology with the skilled personnel to match. This helps them provide top-notch care for their patients.

Why choose FYZICAL Lake Nona for your physical therapy needs? A few reasons. One of them is because people providing care at FYZICAL Lake Nona are also Lake Nona residents from Lake Nona. For instance, Dr. Mbeo himself is a Lake Nona resident. FYZICAL is managed by residents of Lake Nona, people from within the heart of this community who know the community well, who cherish the community, and who have the best interest in providing world-class care to the community that they live in. Plus, one of the newest staff members is therapy dog Coco. Coco is a teacup Yorkie who is going to help patients with emotional therapy. Another reason residents should choose FYZICAL Lake Nona for their physical therapy needs is that FYZICAL Lake Nona has one of the most advanced outpatient physical therapy facilities in this part of the country. The personnel are all experts, and their advanced equipment is used to benefit their patients.

Lake Nona residents interested in learning more about FYZICAL Lake Nona can visit <https://www.fyzical.com/lake-nona-fl/> or check out their Facebook page for more information. Lake Nona residents are also encouraged to visit FYZICAL Lake Nona to discuss whether physical therapy is right for you, how the staff at FYZICAL Lake Nona can help meet your needs, and experience what they have to offer. FYZICAL offers a free consultation program called FYZICAL First in which patients will meet with a member of the staff to talk through their concerns and identify potential solutions that are unique to them. FYZICAL Lake Nona is located at 13563 Narcoossee Rd., Suite 110, Orlando 32832.



WORK WELL: FINDING BALANCE

BY NATALIA FOOTE

Work well provides mindfulness- and awareness-based solutions to maintain balance at work and in everyday life.

What is your definition of living a balanced life? Before the Covid-19 quarantine, the term for life balance was having an optimal work-life balance. As if we are separate beings when we are working and there are only TWO aspects of our lives. The term “work-life balance” no longer exists. Work and life are intertwined, and there is a whole lot more to being balanced than simply focusing on two of our many roles. We are multifaceted individuals. We play many roles and adopt many behaviors throughout the day. Self, employee, spouse, parent, friend, boss, these are simply a few of the many roles ONE person can have. There is also living a balanced life in your behavior: diet, fitness, organization, finances, socializing. Our misconception is that things will be better, more balanced, and easier in a near, yet distant future. We will be balanced when... Unfortunately, that is not the case. Balance won't magically appear someday when that thing happens: more money, more time, more vacation. These are the lies we tell our-



selves to keep chasing. We are habituated to the chase and can't seem to rest in the present moment. We simply keep chasing that feeling of being whole. The good news is balance is always within you. Tapping into your inner quiet strengthens your inner balance. Your mind is constantly thinking, feeling, worrying, questioning. It is natural; we are human. But as you turn the volume down to all the mental noise, you begin to experience the quiet listener that is always within. You are not your thoughts, emotions, sensations. You are the one who experiences and is observing. Providing the space to observe reduces the noise and provides a sense of peace. We practice feeling balanced before we are stressed. Morning and evening routines help

us return to a state of calm. Daily mindfulness practices help us practice returning to the present moment. A morning routine is a great way to grow the sensation of balance. By practicing a morning mindfulness and/or present moment awareness meditation, you habituate the mind and body to seek calm. It's a training in feeling calm during a time of minimal stress. Carving out a few minutes before the morning hustle begins lets you enjoy a feeling of peace and balance. This develops a mental strength. Over time, you'll tap into this strength with less effort and more ease. In addition, the routine will cause the body to feel a state of balance daily and provide a sort of “homecoming” for the mind. You'll have a routine that you know will allow you to return to a state of balance daily, especially during stressful days. Evening routines allow us to build positivity bias and recall the good within. Feeling good about your day creates a sense of balance. It allows you to experience and bring focus to the things that are working. A gratitude practice is excellent for an evening routine. As you go about your day, using present moment awareness practices let you return to the current moment. Our minds enjoy practicing mental time travel. We regret times that have passed. We worry about the future.

We replay events in our minds and create possible futures. Although there is a time and place to learn from the past and plan for the future, when we get stuck ruminating or feeling anxious, we lose our sense of balance. First, become aware of these moments of mental spiraling. Next, practice quick present moment awareness exercises to return to a state of balance. Scanning a room for a specific color, noticing the sensations of the body, or taking a few mindful breaths are quick ways to return to the present moment. Finding balance is not a quest we are on that will be resolved in a near, yet distant future. Balance is recognizing the peace inside. Balance is letting go of the search and quieting the mental chatter to experience all that is possible. The more we practice observing our thoughts and mental chatter, the stronger we'll become at feeling balanced.



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.

BUSINESS
SPOTLIGHT:
CRANIUM ACADEMY
COMBINES
ACTIVE LEARNING
WITH MODERN
TECHNOLOGY

BY DANIELA NAVAZA
PHOTOS COURTESY OF CRANIUM ACADEMY

Cranium Academy, one of the most sought-after private schools in the Orlando area, is currently enrolling new students for its innovative preschool and elementary programs. If you want to give your child an education that combines advanced learning with creative play, learn more about what this school offers.

Innovative and Effective Methods

Most schools at the preschool and elementary level focus on rote memorization, but Cranium Academy offers a revolutionary curriculum that promotes active learning. Through various activities led by the school's experienced academic staff, students learn what, how, and why, which teaches them invaluable critical and creative thinking skills.

By giving children a foundation that teaches them how to think critically and creatively, they become deep learners who can dig into the subject matter and truly understand it. This gives them a solid academic foundation that will benefit them for many years to come.

Fantastic Teachers and Modern Campus

All this is possible because of Cranium Academy's stellar team of educators, who are all passionate about children's education and giving them the tools they need to thrive in all areas of life.

Cranium Academy's campus is also exceptional. With its beautifully designed, modern classrooms equipped with the latest education technology, Cranium Academy embraces the power of technology but does not leave children in front of a computer. Rather, students interact with laptops and tablets through multisensory group activities led by teachers so that they become active users of technology who have the ability to understand and utilize technology positively and productively.

Upcoming Events at Cranium Academy

If you would like to see what makes Cranium Academy so special, the school is hosting two exciting events for the community.

Touch a Truck - July 23

Children will get the opportunity to get up close and learn more about fire trucks, police cars, and more. They can also enjoy delicious food served from one of the trucks.

Parents can tour the school, meet the staff, and ask questions. This is a great opportunity to have fun with the kids and learn more about Cranium Academy.

Open House - July 27

This is the perfect opportunity for parents to have all their questions answered about whether Cranium Academy is the right choice for their family. The school's team of educators will be there to answer your questions and take you for a tour of the campus.



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NAMASTE WITH NATALIA: WARRIOR 2

VIRABHADRASANA B
YOUR MONTHLY YOGA POSE

ARTICLE BY NATALIA FOOTE
PHOTO BY KELLY RODRIGUEZ

"It is better to be a warrior in the garden, than a gardener in a war." - Chinese Proverb

It is called a yoga PRACTICE because that is what yoga teaches. Yoga teaches you to practice what is hard while being calm. Practice mental and physical strength in times of ease so you are ready in times of stress. The Chinese proverb above is all about being ready in times of calm. If there is anything to learn from these monthly yoga postures, it's that it all takes practice and consistency. Practice calm, practice strength, practice mental and physical flexibility while you can so when you need to call upon these mental and physical qualities, you are able to. The mental and physical tools become easy to access.

Warrior 2, or Virabhadrasana b, is a posture that is as simple and beautiful as they come. An accessible posture for most bodies, warrior 2 allows you to feel several meanings of yoga, the lengthening of the muscles, the strength, the discipline, the mental fluctuations, the breath, the stillness, and the readiness to move.

The posture is deceptively simple: One leg is bent, one leg is straight, the arms are out. It's a gorgeous transition posture, however, when you stay in the posture for a few breaths you feel the strength on the bent leg and the desire to straighten the leg. You may want to sink the hips down, but feeling ready to strike is the goal. Avoid allowing the center of your body to deaden the pose. Although you are still, there is energy building within the legs.

The upper part of the body is calm and at ease. The gaze is soft, over the forward middle finger, aka, your target. A common mistake is reaching toward your middle finger, but stay centered. Maintain your shoulders over your hips, not reaching too far forward. Your shoulders, jaw and forehead will want to clench and clamp as the heat in the legs build, but the object is to remain calm and focused, letting the breath build quiet energy within.

A common adjustment to make is to check the bent knees position over the ankle. You should be able to see the big toe on the inside of the knee if you gaze down. If the knee is covering the big toe or the big toe is on the opposite side, simply guide the knee outward.

Calm and at ease, but ready to energetically strike at any moment: This is warrior 2.

- Standing sideways on your mat (facing the longways), widen your stance so your legs are about 3-4 feet apart.
- Let your right leg and toes point toward the top of the mat (the short end closest to the right foot.)
- Allow the left heel to slightly shift to face the left side, short-edge of the mat.
- Keep the left toes in line with the left knee.
- Bend the right knee to a 90° angle or as close as your mobility allows.
- Check the right knee to make sure that it is opening toward the pinky side of the right foot. It will likely try and cave toward the arch side of the foot.
- Allow the arms to lengthen and "grow" from the spine as if they were wings keeping the palms facing toward the ground. Keep the arms shoulder height.
- Turn your head to face the right hand and gaze over the right middle finger.
- Stay in the posture for 5 breaths and switch sides.

Namaste.



Natalia Foote is the owner of threeR, a company bringing mindfulness, meditation and yoga practices to the workplace. Her mission in life is spreading love and light in the world. When not spending time with her family, you can find Natalia taking and teaching yoga all around Lake Nona.



MAGICAL DINING
AND BEYOND, LAKE
NONA WAVE HOTEL'S
HAVEN KITCHEN
SERVES UP
VIBRANT DISHES,
DRINKS & DÉCOR

BY ZAIDY PAIEWONSKY

Combining dining, art, and intuitive service into one hotel, Wave Hotel is bringing a first-of-its-kind culinary experience at its must-visit restaurants. Participating in Orlando's famed Magical Dining as well as serving up mouthwatering menus for breakfast, lunch, and dinner every day, HAVEN Kitchen is the latest on the scene.

At the helm of HAVEN Kitchen as well as Wave Hotel's other culinary destinations – HAVEN Lounge, BACÁN, and Living Room Bar – is Chef Guillaume Robin. With nearly two decades of international cooking under his belt, guests and locals alike can expect to be surprised by his creative touches and thoughtful execution.

HAVEN Kitchen's approachable and mouth watering menu serves breakfast, lunch, and dinner to be enjoyed indoor or on the pool deck. Not-to-be-missed house specialties – appropriately placed under the menu section titled "The Really Good Ones" – include the Crispy Chicken Sandwich, fresh Mahi Mahi tacos, an array of salads featuring local greens and Florida heirloom tomatoes, and more. Don't skip the finale for treats like carrot cake with an orange ginger panna cotta. Every Wednesday evening from 6pm, enjoy Wave's newest culinary offering: Wine Down Wednesdays in HAVEN Kitchen and Living Room Bar for perfect pairings expertly curated by the hotel's culinary team.

Each week, Sommelier Ryan Rougeux pairs three different wines with an artisanal cheese plate featuring three international cheeses created by Chef Guillaume Robin for just \$34. Perfect for sharing! For Magical Dining 2022, don't miss out on the opportunity to try HAVEN Kitchen from August 26 –October 2. The menu will feature a choice of the three courses for only \$40 plus tax and service. There will also be an additional 'secret menu' item available during magical dining – make a reservation to find out what it is!

Dishes to get excited about include:

- Course One: Smoked and grilled chicken wings with a smoked paprika chimichurri; Fried calamari with yuzu kosho aioli; or Florida heirloom tomato gazpacho and shrimp "ceviche."

- Course Two: Crispy chicken sandwich with pepper-jack cheese and chipotle aioli; Gemelli pasta with tomato sauce and burrata; or Grilled mahi mahi tacos with grilled pineapple salsa and queso fresco.
- Course Three: Carrot cake with orange ginger panna cotta; Cherry clafouti, baked vanilla custard and morello cherries with white chocolate whipped ganache; or Key Lime tart with toasted coconut meringue.

"One of our guests' favorite dishes is our Crispy Chicken Sandwich. It's the perfect balance of savory, sweet and salty, and I love to pair it with local Florida beer – together, it's the ideal summer meal," Chef Robin said. "We have put together a menu and experience at HAVEN for every type of visitor, whether you're starting your day off right with a healthy breakfast, spending the day poolside enjoying lunch and frozen beverages, or closing out your day with dinner and inventive cocktails."

The perfect match to HAVEN's colorful dishes can be found on its cocktail menu featuring delights such as "Birds Of Paradise" with Monkey Shoulder Scotch, Orange Liqueur and yuzu or "Into The Woods" combining Pimm's No. 1, Old Forester Bourbon, crème de pêche and Sherry.

Placing an emphasis on supporting the local



community and bringing a twist to traditional Florida flavors, the hotel has partnered with nearby fishermen for fresh catch as well as Orlando farms like Lake Meadow Naturals,

specializing in cage-free chicken eggs, duck eggs, poultry and more. For more information, visit lakenonawavehotel.com or call 407-675-2000.



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LET'S TALK LAKE NONA: 15 YEARS RUNNING

BY KARLEE DUTTON
PHOTOS COURTESY OF KARLEE DUTTON

This summer marks the 15th year of our favorite running event, the Run Nona 5K and Nemours Kids' Run! The annual race brings out runners and walkers from across Central Florida for an energetic afternoon of exercise and fun, as participants of all ages make their way through Lake Nona and explore Orlando's coolest community.

In honor of the 15th anniversary, we're looking back at the wonderful traditions of Run Nona and discovering how this event grew to become one of the community's most beloved annual traditions.

Run Nona was founded in 2008 as an interactive event designed to introduce families and friends from across the region to Lake Nona. During the race's early years, the landscape of Lake Nona looked much different. Current fixtures such as VillageWalk and Medical City were in their infancy. Still, organizers wanted to create an experience that would familiarize attendees with Lake Nona, get them excited for what's ahead, and reflect the values that make our community so special. With a focus on wellness, family-fun and immersion, the Run Nona 5K was born.

Run Nona has welcomed nearly 20,000 runners and walkers over the past 15 years! Rain or shine, hot or cold, the 5K has guided participants through the various pockets of the community, from exploring the beauty of VillageWalk and its bridges to the urban Town Center and winding through the earliest phases of Laureate Park. Its route shifting every year to showcase the newest additions to our neighborhood.

Such a large-scale event, the first of its kind in Lake Nona, could not be put on without the many partnerships essential to its enduring success. Since its beginning, Run Nona has been produced by Track Shack, Orlando's longstanding running resource for 45 years.

The Nemours Kids' Run, which has been part of Run Nona since the beginning, is named for the event's cornerstone sponsor, Nemours Children's Hospital. In fact, the Nemours Kids' Run is one of Track Shack's most popular kids' runs in the region with nearly 3,000 kids participating since 2008. Amongst participants, the team competition event at Run Nona has brought together groups of all ages to run for a cause since 2016.

And if collaboration is essential to the Run Nona 5K, then celebration is just as key. This may be clear to anyone who has seen the colorful T-shirts, vivid themes and cheerful energy that brighten the 5K each year. But the celebration doesn't end at the finish line!

"Our Lake Nona partners have always en-



sured that the race is a great time for the runners, walkers and families," said Track Shack Vice President of Communications Natalie Casey. "No race comes close to the post-race atmosphere at Run Nona. The Nemours Kids' Zone was and is legendary."

Run Nona's signature block party, a post-race celebration founded in 2013, is an event that covers the Lake Nona Town Center with amazing attractions. As the Town Center has grown, so has the after party. In 2016,

we celebrated with The Beacon for the first time, and over the years, more Town Center businesses have been added to the mix. Park Pizza & Brewing and the culinary team at Boxi Park are just some of the many partners that have helped celebrate the runners' accomplishments and bring out the summer spirit of Lake Nona.

In its 15 years, the Run Nona 5K and Nemours Kids' Run has changed many times in theme, color and scale, but the event's

everlasting dedication to wellness, community and celebration has run steadily. In many ways, Run Nona is an event that has grown in parallel and complement to the community of Lake Nona itself.

Interested in joining us? There is still time to sign up! Visit runnona.com to find more information, including the race-day schedule. We hope to see you on Aug. 27!



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FROM THE CEO

LAKE NONA, FL August 1, 2022 – With Orange County Public Schools (OCPS) reopening their doors August 10 this year, I hope families have already started planning and organizing so that the students can return with positive attitudes and drive to the classrooms. I researched several sources to compile a list that I believe both parents and students should use:

- Review the goals and future of the students so that the classes where they enroll bring them satisfaction and a focus on the future.
- Think about the logistics of returning to school and how they affect budgets, transportation requirements, clothing, equipment/supplies, and one of the most important, scheduling so attendance and family time both receive emphasis.
- Families may want to start returning to a routine for personal hygiene, meals, and bed and wake-up times that are similar to the new school year schedule.
- Get those summer assignments finished and initiate learning habits by introducing books or learning materials that will help the students enter the classroom with confidence.
- Do not forget medical checkups and tests that may be needed for either classroom presence or sports participation.
- Identify the students’ areas of interest with a focus on the possibility of volunteering or interning at a local business or non-profit where the students can earn volunteer points for OCPS volunteer programs. Parents might also think about how parents can help with the beginning or throughout the school year to enrich the education experience of all our students.
- Parents and students should plan a sincere sit-down meeting to discuss the entire plan, find challenges and concerns while also reaffirming the importance of a lifetime of learning.

Don Long CEO, Lake Nona Regional Chamber of Commerce

JOIN TODAY

Large, small, home businesses, organizations, charities, political candidates and nonbusiness - Individuals welcome!

LAKE NONA REGIONAL CHAMBER

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

Annual membership \$150 to Trustee levels available - www.lakenonacc.org

Check our website for free business resources and join us as a guest for an upcoming event.

WELCOME NEW MEMBERS

Bluesun Medical Technologies LLC
Dream Car Gurus
Earthwise Pet Lake Nona Nutrition Center & Wellness Spa
EDesigns & Co.
F&M Accounting and Consulting, LLC
Florida Relocation Real Estate
HJ Louis Vending Enterprises

Hotel Kid Care/ Nona Kid Care
IHRMC - Jan Gautam
Massage Envy of Lake Nona
Osceola History
Render Analytics
The Scout Guide Orlando
Travelmation LLC - Melanie Kostrab
Unik Title
Urban E Recycling

RENEWED PARTNERS

Nona.Media (Nonahood News)-Diamond Media
Tavistock Restaurant Collection - Bronze
Northwestern Mutual - Copper
Verandah Properties, LLC - Copper

RENEWED MEMBERS

A Clear Choice Title
ADEK Management
Aflac - Erika Spencer
Berlin & Denys Insurance
Bozanich Photography
Collaborative
DMI Insurance Orlando
Fish Window Cleaning - Next Pro LLC
Jones Homes USA
Land Title Professionals, LLC
New Era Advisory

Orange County Tax Collector Scott Randolph
Orlando Party Essentials
Osceola Heritage Park
Pediatric Dental Group
Rukus Cycling Lake Nona
Shuffield Lowman and Wilson, PA
Tranquil Waters Counseling LLC
Visium Resources, Inc.
Wycliffe Bible Translators

EVENT GALLERY



Nona Professional Ladies' Evening Social
Nona Professional Ladies' Group held an Evening Social at Azteca Mexican Restaurant June 28. Sponsor Red Door Title Group donated a fabulous door prize, and ladies enjoyed a whisky tasting from F&W Company LLC. (Photo/Danielle Conley)



Adopt-A-Highway
Chamber members and guests cleaned up a part of Narcoossee Road June 11 during the Adopt-a-Highway event. Thank you to: Wayne Alleyne, Nona Enviro Group; Mark Reid, Beep, Inc.; Lori Robb, Comfort Keepers Oviedo & East Orlando; Michael Stewart, Elect Michael Stewart for Circuit Court Judge; Mercedes Fonseca, Mercedes Fonseca, Candidate for Orange County Commissioner District 4; Jennifer Massey, PNC Bank; Lawrence Lanos, Northpoint Mortgage; Keilah Rios, OG Fitness; Jim Kilp, Rukus Cycling Lake Nona; Irma Sierra, Sierra Development & Construction, Inc.; Jasson Sierra and Jonathan Velez, Sierra Development & Construction, Inc.; Sergio Guarnizo, TransPremier; and Julianna Giordano, Watson Realty Corp Lake Nona.



Chamber Connections: Speed Networking
Chamber Connections Event: Speed Networking at Culver's Lake Nona July 7. (Photo/Danielle Conley)



Ribbon-Cutting Ceremony at Earthwise Pet in Lake Nona
Don Long (left), CEO of Lake Nona Regional Chamber of Commerce, presents the signed ribbon to Nick Marchio (center), owner of Earthwise Pet in Lake Nona at the Ribbon-Cutting Ceremony July 9. (Photo/Danielle Conley)



Breakfast Connections: Visit Orlando
Lake Nona Regional Chamber of Commerce members enjoy breakfast while Danielle Hollander, Chief Marketing Officer, Visit Orlando shares information about tourism in the Orlando region. Ronald McDonald House Lake Nona hosted the event and Cap's Kitchen Creations catered the breakfast. (Photo/Danielle Conley)

THANK YOU CHAMBER PARTNERS

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How to live better.

COPPER

NEMOURS CHILDREN'S HEALTH
VERANDAH PROPERTIES, LLC
A BEACH RESORT INVESTMENT FIRM



First Tuesdays After-Hours

Tuesday, August 2

Courtyard & Residence Inn by Marriott
6955 Lake Nona Blvd, Orlando, 32827

5:30 - 7:30 P.M.



**Chamber Connections:
Connecting over Coffee**

First Thursdays at 8:00 a.m.

Thursday, August 4



CULVER'S LAKE NONA
11978 Narcoossee Rd
Orlando, 32832



**BREAKFAST CONNECTIONS:
HELP FOR PTSD**

Thursday, August 11
8:00 - 9:30 a.m.



Wycliffe Discovery Center
11221 John Wycliffe Blvd
Orlando, Florida 32832



Lake Nona Regional Chamber of Commerce
Adopt-a-Highway
VOLUNTEERS NEEDED EVERY OTHER MONTH
ON SATURDAY MORNING

Saturday, August 13, 8:00 - 9:00 a.m.
Meet in Chili's parking lot on Narcoossee Road and Irenic Way

Lake Nona Chamber has
a section of Narcoossee Road that we maintain!



Orange County will provide
safety equipment and
supplies.

Volunteers must be at least
18 years old; bring proof of
age; wear closed-toe shoes;
register and complete the
waiver online at
www.lakenonacc.org



BY THE LAKE NONA REGIONAL CHAMBER OF COMMERCE

NONA PROFESSIONAL LADIES' LUNCHEON:
Taxes, the Dos and Don'ts for Owners and Individuals

Monday, August 15
11:30 a.m. - 1:00 p.m.



XL Soccer World
12314 Suttner Avenue
Orlando, 32827

RIBBON-CUTTING

Ceremony

Ribbon Cutting and Grand Opening
Massage Envy



Thursday, August 25
10:00 a.m. - 4:00 p.m.
Ribbon Cutting at 11:00 a.m.



13919 Narcoossee Road
ORLANDO, 32832



BUSINESS LUNCHEON:
13.5 THINGS YOU WON'T DO TO
GROW YOUR BUSINESS
ERIC SHULMAN

Friday, August 26

11:30 a.m. - 1:00 p.m.



Ronald McDonald House
6551 Nemours Parkway, Orlando, 32827

RIBBON-CUTTING

Ceremony

Ribbon Cutting and Grand Opening
The DRIPBaR



Wednesday, August 31
5:00 - 7:00 p.m.
Ribbon Cutting at 6:00 p.m.



14152 Narcoossee Rd STE 330
Orlando, 32832



Lake Nona
Regional Chamber
of Commerce

FRIDAY, NOVEMBER 4

EAGLE CREEK GOLF CLUB
Sponsorships and player
registration available now
Early bird prices



MEMBER APPRECIATION

ANNIVERSARY



HOLIDAY PARTY

Tuesday, December 6

STORIES COME TO LIFE AT ANTHOLOGY

ARTICLE BY CREATIVE CITY PROJECT
PHOTOS BY CREATIVE CITY PROJECT



Join us for the latest immersive experience “**Anthology**” coming to the Renaissance Theatre Company on Friday, August 19, through Sunday, August 21.

In partnership with Burrow Press, Anthology is a night of stories and spirits featuring four writers’ original works paired with custom cocktails curated to match each story, designed to bring a new level of immersion into the art of fiction. Throughout the 70-minute show, live jazz music, an intimate atmosphere and incredible storytelling combine to create a one-of-a-kind evening. Anthology originally debuted in 2014.

“We are thrilled to kick off our 2022-2023 season with the exciting return of Anthology,” Creative City Project executive director Heide Evans said. “Whether an individual is a lover of literature, cocktails or live music, Anthology has something for all. We are grateful to partner with Burrow Press again and spotlight their tal-

ented authors, and we hope everyone takes this immersive journey into fiction with us.”

Anthology features original stories from Burrow Press authors Teresa Carmody, Shane Hinton, Brianna Johnson and Melanie Farmer. Burrow Press is the literary publisher of Stetson University’s MFA of the Americas program, focusing on collaboration, translation and literature in the expanded field. They publish award-winning poetry and prose in print (3-4 times a year) and online (weekly) in Burrow Press Review. Since 2010, Burrow Press has provided over 1,400 opportunities for writers to publish and share their work.

Tickets are \$35 per person, which include four three-ounce cocktail tastings. This seated event is for ages 21+. All guests must show a valid ID at the door. Purchase at: www.creativecityproject.com/anthology.

PARKING: Parking is available in one of the garages near the Ren (free and open) on McRae Avenue or Alden Road. Guests are encouraged to Uber/Lyft.

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\(artist\)](mailto:nonahood.to(artist)).

NONA YOUR NEIGHBOR: SAM GORE

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF SAM GORE



Sam Gore is a television announcer/host for ESPN and a Nonahood resident. Read our interview with him below!

NHN: What is your job?

SG: I am a television announcer/host for ESPN. I started with ESPN in 2004.

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

SG: It depends. The way my job works, I fly to work. When I have an assignment, I’m traveling there. When I’m home, I’m preparing for my next assignment. At home, I’m an early riser. I’m up by 5 a.m. I immediately spend time with God. I pray, read through a couple of devotionals, and go through Scripture. After, I take the dogs out, then I head to the Lake Nona Performance Club on my bike. I lift weights, then I come home and get on my Peloton. I do about an hour on the Peloton and then dive into the day. I try to work out and run errands before lunchtime so that, for the remainder of the afternoon, I can focus on my next assignment.

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

SG: I guess most people would call it “pressure,” but it’s a reality that I live in. When you’re an announcer on television, especially in today’s world, every word you say is scrutinized. Having filters to know what to say, when to say, how to say it, is the most challenging part of the job. The other challenging aspect would be memorization. It’s like I study for 200 final exams a year. Every day I’m working, I am remembering what I’ve studied about the event I’m announcing or hosting.

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

SG: The relationships. I’ve met and befriended people I never dreamed I’d meet

because of the nature of what I do. Typically, as an announcer I’m the play-by-play person or the host. The person I’m working with is always a former great champion in their sport, a coach, or someone I followed while they were playing or coaching. Suddenly, they need me to help them become good at television. It’s been so rewarding to have these relationships all over the world. There’s basically nowhere I can go that I wouldn’t know someone.

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

SG: I was that kid that not only played sports but also described what was happening. If I was playing pickup basketball, for example, and I wasn’t in the game, I would be on the sideline, analyzing what was happening. Documenting sports history is something I’ve been fascinated with ever since.

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

SG: I’m the kind of fitness fanatic that enjoys it. I don’t ever have to get motivated to go to the gym or work out. I wake up every morning excited to go work out. I’ve always liked the way it feels. I’m always going to the gym, riding a Peloton or going for walks in the neighborhood.

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

SG: I’m so comfortable with God being in control of my life that I passionately focus on the current day and let Him unfold my future. I let Him know things I’d like to accomplish and experience, but I don’t sit around worrying whether they will happen because I know who controls my future and His plans for me are ultimately good and more fulfilling than a lot of what I could think of.

NHN: What brought you to Lake Nona?

SG: In 2019, I announced the NCAA Tennis Championships, which were being held at the USTA National Campus. I was living in North Carolina at the time. Part of the job when you’re on the air is to read promos for events or sponsors of shows. One of the promos we had that week was about Lake Nona. They described Lake Nona as “a place based on health, wellness and innovation.” At first, I read the card and didn’t think about it. By day five, I started looking around and I fell in love with the area.

NHN: What is your favorite thing about Lake Nona?

SG: It’s hard to pick one. I love that I can be outside every day, I’m surrounded by nature,



and I love how easy it is to go places from here.

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

SG: You won’t regret it. Once you get here, you’ll discover why it made sense for you to be here. Everyone has a different criterion for what they look for in a place to live. This is the only place I’ve ever lived where I’ve felt like at any stage of life, you could thrive here.



BACK TO SCHOOL MUST HAVE'S



LAKE NONA

XL XTRA TIME AFTER SCHOOL PROGRAM
Fully supervised UNTIL 6PM



ORLANDO CITY REC PROGRAMS
18 months to 14 years old.

XL JUNIOR ACADEMY
2014 - 2010
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WWW.OCSS-LAKENONA.COM



WWW.XLNONA.COM

LAKE NONA LIBRARY
BECOMES OFFICIAL

GRAND OPENING
EXPECTED IN 2025
OR SOONER

ARTICLE BY ASHLEY CISNEROS MEJIA
PHOTO COURTESY OF ORANGE COUNTY
LIBRARY SYSTEM

After nearly 21 months of advocacy; more than 11,000 petition signatures; 25,000 bookmarks; 500 business flyers; and miles and miles spent canvassing, we are finally getting a library in Lake Nona!

On June 9 the Orange County Library System (OCLS) Board of Trustees voted unanimously to approve the lease with the City of Orlando for the new Lake Nona area library on Dowden Road. On July 18, the Orlando City Council followed suit and approved the library lease agreement with the OCLS.

According to library staff, a grand opening could be expected in about two and a half years — late 2024 or early 2025. Now that the lease has been approved, the design process has begun. This process could take about 12 to 18 months and then construction is expected to last an additional 12 to 16 months.

Our new library will be located alongside the City's forthcoming Southeast Government Center on a five-acre parcel on Dowden Road just west of Narcoossee Road and east of the Orlando International Airport. The 20,000 sq. ft. library will be operated by about 20 employees and will feature an outdoor space and stage. Next door, the 15,000 sq. ft. government center is expected to include meeting space, a permitting office, an office for the Commissioner, and a 4,300 sq. ft. Orlando Police Department substation.

At the June meeting the OCLS also voted to approve a ground lease for another new library that will be built in the Horizon West Regional Park. Both of our communities have been advocating for branches in our neighborhoods, but budget constraints and lack of suitable parcels presented major obstacles.

In July 2021, the City and Orange County worked together to design a synergistic proposal that would enable the library system to build both libraries in a similar time frame. The OCLS Trustees voted to pursue collaborating with the City and County, and staff at each entity have been working diligently over

the last 12 months to hammer out the details.

The City of Orlando will design and construct our Lake Nona Branch and will lease it to the OCLS upon its completion. The library system will have the option to purchase the building at a later date. This lease is a major accomplishment for our Lake Nona area community. One of the things that is most remarkable about this effort is that it has been years in the making.

When we first began educating ourselves on the process for getting a library in our community, we discovered that the OCLS had expressed interest in the Narcoossee Corridor for at least 16 years or more – the earliest reference we found in the library board meeting minutes was in September 2006. Over time we have learned about previous site locations that were proposed, considered, but were ultimately deemed unsuitable for the library system.

The library administration took time to meet with us and explained how the library saves money for new branches and goes about analyzing the need and determining locations for new ones.

We learned that the library leadership had been looking at our community and at Horizon West for the last several years and that while they had identified a branch site in that community, they hadn't for ours. At certain points, we were unsure if we would even still be living in the area by the time a library would realistically come to Lake Nona.

But our community continued. We recognized the challenges, but did not give up. As a global pandemic raged on and kept so many apart, we united. We got organized. We formalized a committee, and created a petition to quantify the support of a library in our area. We made calls, sent emails, and posted on social media.

Our small business community threw its strength behind us. In fact, *Nonahood News* graciously ran a first article about our effort way back in December 2020. A local graphic artist, Bret Thomas, designed beautiful bookmarks and flyers to help us get the word out. Local real estate experts Kevin and Yvette Kendrick covered the cost of printing thousands of materials for us and residents



On June 9 the Orange County Library System (OCLS) Board of Trustees voted unanimously to approve lease agreements to build two new libraries in Lake Nona and Horizon West. Pictured left to right - Steve Powell, OCLS Interim Director; Ashley Cisneros Mejia, Lake Nona Area Library Campaign Committee; Richard Maladecki, OCLS Trustee; Nicole Benjamin, OCLS Board Vice President; Mindy Cummings, Manager at Orange County Real Estate Management; Crockett Bohannon, OCLS Board President; Laurie Botts, Real Estate Division Manager for the City of Orlando; Danielle Levien, OCLS Trustee; and Lizannette Tam, OCLS Trustee.

from all over the Lake Nona area volunteered their time passing out bookmarks within their subdivisions, at their schools and churches, and in their favorite businesses.

Many neighbors rearranged their work and childcare schedules to attend weeknight library board meetings and conquered their fear of public speaking to make public comments in support of a library in our community. We dug in and did the work. We decided to take up space and make our voice heard.

And it worked. We had meetings with our City of Orlando District 1 Commissioner Jim Gray and Orange County District 4 Commissioner Maribel Gomez Cordero and other elected officials and stakeholders. Thanks to their leadership, the City and County came together to create a feasible, affordable opportunity that will allow the OCLS to deliver two new libraries in Lake Nona and Horizon West.

At a time when it was easy to feel like we had no control of things happening in our world, we rallied around something positive. Because a library isn't just about books. It's about community. Libraries serve as places to gather. They are one of the only spaces left where it's not expected or required that you buy something – you can just be. They are places that provide opportunities for people to change their lives – whether it means

making a new friend, learning a new skill, preparing for a new job, and so much more.

None of this would have been possible with the support of Commissioner Gray, Commissioner Cordero, the OCLS Board of Trustees, the OCLS administration including former executive director Mary Anne Hodel, interim director Steve Powell, and chief branch officer Bethany Stone; the real estate departments at the City and County; and every single Lake Nona area resident and business owner who signed a petition, passed out a bookmark, displayed a flyer, attended a meeting or otherwise supported this effort. A very special thank you goes out to the present and past members of our library committee: Lucy Redzeposki, our Vice Chair; Cecilia Gonzalez, Christopher Hertel, Tom Keen, Phelycia Marsh, Ishu Martinez, Marta Northcutt, and Eileen Winterble.

Our library is a triumph for everyone who calls the Lake Nona area home. We united, we made our voice heard, and now we will have a brand new public library where we can continue to connect, learn, and grow

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IT ALL,
JUST
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LET’S TENNIS LAKE NONA

BY DANIEL PYSER

The USTA National Campus is launching one of its most unique and exciting programs later this year. “Let’s Tennis Lake Nona” will begin on Sept. 6, and the month-long program is designed to introduce newcomers to the sport for a lifetime.

For a flat fee of \$50, new and novice players will have the opportunity to participate in up to 22 clinics run by USTA National Campus teaching pros, each designed to help beginners learn the basics of tennis.

With tennis participation on the rise throughout the country, Let’s Tennis Lake Nona is the perfect and most affordable way to pick up the sport.

The adult beginner clinics are designed for introductory players and will serve as a preview for regular USTA National Campus programming. Advanced registration is required for each clinic as only those players who have pre-registered will be permitted to attend. For players who don’t own a racquet, the USTA National Campus will provide a loaner racquet to use.

Players interested in the Let’s Tennis Lake Nona program can visit www.ustanationalcampus.com/letstennislakenona for more details.

Let’s Tennis Lake Nona will officially kick off with a special US Open watch party on Labor Day at Boxi Park.

Boxi Park will be open from 4-9 p.m. as the USTA National Campus, in collaboration with Tavistock, will bring the US Open to Lake Nona!

The US Open matches taking place that afternoon and evening will be shown on the big screens, while the free family-friendly event also will include giveaways, pop-up tennis court activation, and, of course, the famous US Open Honey Deuce cocktail.

More information on the kickoff event can also be found at the link above.

For those between the ages of 5-17, or those looking for regular USTA National Campus programming, the fall session begins on August 15 and you can register online for various youth and adult programs.

And finally, a big shout out to Lake Nona resident Dana Mathewson, who became the first American woman to win a Grand Slam wheelchair tennis title, as she partnered with Japan’s Yui Kamiji to win the Wimbledon women’s doubles championship last month in London.

Mathewson, who has represented the U.S. at the Paralympics, is the first American woman to compete in all four Grand Slams in wheelchair tennis and now adds to her growing list of accomplishments with this historic title.



Tennis is just getting started.

WE’VE GOT IT ALL FOR FANS AND PLAYERS OF ALL KINDS

FALL PROGRAMMING SESSION 1
Aug. 15 - Oct. 16, 2022

New fall sessions available in tennis, pickleball, and padel.

REGISTER TO PLAY

LET’S TENNIS, LAKE NONA
Sep. 5 - Oct. 5, 2022

Tennis is calling on new and novice players to get on the court and try tennis. Sign up with a friend today!

US OPEN VIEWING PARTY
Sep. 5, 2022 | 4 PM - 9 PM | Boxi Park

Join us for a free family-friendly US Open viewing party offering giveaways, pop-up tennis activations, Honey Deuces and more!

SCAN TO LEARN MORE

USTA NATIONAL CAMPUS

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Soccer of Business: Dig Deep

BY CIARAN MCARDLE
PHOTOS COURTESY OF XL SOCCER WORLD

There comes a time during a game when you have a short amount of time to either make something happen or hang on for dear life. This usually occurs in the last five minutes of a game or during injury time. You have about five minutes to make something out of nothing to either tie the game up, create that winning goal or not concede. The stakes can be huge, and in reading this it may seem easy. Simply give it one last push, right?

Here's the thing, you have already played for 85 minutes and given everything you have, that's why you are a high performer, that's why you're successful, because you give everything you have to get you to the result you are at with five minutes to go. Five minutes sounds like nothing, but for any of us who have played at any level, this last five minutes seems like an eternity. Everything in your body seems to function slower and everything hurts. Your lungs are burning, there's no way you can keep this intensity up for another five minutes. Here's where you reach for those magic words, DIG DEEP. Because the amazing thing is, you know it's there somewhere, if you dig deep enough, you'll find it. It's no longer a physical challenge with yourself, it's all physiological. You know it's there somewhere, you know it. How do you know it? Because you've been here before, in this exact situation, you know it's going to hurt, you know it's going to be long. But you also know that the clock keeps ticking and if you can just find it and hold on, that whistle you have been craving will eventually come and the sheer relief makes it all worthwhile. Hearing that whistle after you have dug deep when you have already

given everything sounds like it has come from an angel and heaven itself. When that whistle comes and you have coasted for the last five minutes, well, it just sounds like any other whistle. Especially when you are facing someone who has dug deep and gotten the result they wanted. And guess what, there is always someone digging deep, the question is, is it going to be you or the other player you are facing?

In business, we never give in. Sure, we can look around at some shocking failure and think, "Erm, they definitely should have given up a lot sooner before they burned through all that cash." But how many of those failures would have been a success if they had just hung on? Amazon was not the first online store, iPod not the first MP3 player, and Walmart not the first grocery chain.

We also have some breathtaking examples of business leaders who showed such unbelievable grit and determination by digging deep and never giving up. Enter Elon Musk. Musk had a great start to his entrepreneurial career and rather than go into great detail here, the highlights are that he made \$20 million on his first business, and then \$180M on PayPal. Brilliant, right? He must have thought he could do no wrong and everything he touched turned to gold. His next moves were SpaceX and Tesla. Both of which were cash burners (one literally). Imagine a product you have that costs about \$20 million to launch. Usually, if you fail at the first launch, you can tweak a few things, do a recall and fix everything. Now imagine if that consequence of getting a bit of software code wrong is that the thing EXPLODES. There's not much salvation from a rocket that blows up and then burns up on reentry. The Tesla roadster was estimated at costing (and sold at) around \$100k and it ended up being \$120k. Around 2008, when the financial crisis hit, banks had stopped lending. Elon said he had enough money for three attempts to get a rocket into orbit and all three had exploded. Tesla had to do a round of layoffs and had run out of cash. What did he do? He dug deep. He had so much belief in himself and his companies that he handed over his last \$20 million that



he had kept in reserve from the PayPal sale and slid it across the table to go all-in. Imagine that, you would be risking the last of the \$180 million that you made, an amount that to anyone else would have set them up for life, a life of complete luxury and excess by the way. It didn't matter, he wanted to dig deep and win this game, he visualized it. He knew it. How many other players would have done that or simply turned the lights off and kept their not too shabby \$20 million. The fourth rocket was a success, earning SpaceX a \$1.2 billion NASA contract, and Tesla got an investment from Daimler, saving them also. 1-0 Musk.

On an everyday basis, where do we see this at work? We have all seen it. The bank loan that we are trying to get that seems to be taking forever and everyone is asking why. The big sale you are chasing that you are hearing is a fool's errand but there is something about it that you just know, somehow, will be

the one that changes everything. Getting that workout in before work on those cold, dark mornings. How easy is it just to go and grab a coffee instead, I'll hit the gym after work?

Dig deep, you know what the right thing to do is. When you dig deep and make those positive actions, you become the player everyone fears, especially in the last five minutes. You will notice the other players around you who didn't dig deep. You'll be listening to other people talk about going to the gym after work when you know they won't. They'll be talking about giving up on a deal because it's taking so long, even about switching jobs because it's not going anywhere. Who's fault is that? What kind of player are you, the one who digs deep in the last five minutes or the one who gives up?

Kennedy Space Center's Gateway Exhibit

BY EMERSON & ETHAN WALSH



dors that lead to the main room. The first thing which catches your eye is a spectacular view of a flight-proven Falcon 9 booster suspended from the ceiling. Seeing these launch vehicles on live streams does not prepare one for the awe-inspiring scale.

The booster on display, designated B1023, has flown to space two times with its maiden flight in 2016 launching a geostationary communications satellite and its final flight in 2018 being a side booster on the historic Falcon Heavy demo mission! That means it has landed out at sea, on a drone ship OCISLY (Of Course I Still Love You), and on land at LZ-1 (Landing Zone 1). In our photos, you can see the wear that two flights to space and back produce. One of the most noticeable things is the carbon soot that coats the booster during the reentry and landing burn phases – a byproduct of the Merlin engine exhaust.



Commercial spaceflight has often been overlooked by exhibits and museums. Typically, you might get one small section of floor space dedicated to the booming industry, yet this is now changing. At the Kennedy Space Center Visitor Complex, a new expansion to the park brings an unparalleled experience. Upon entering the park, the Gateway exhibit can be seen sitting behind the famous rocket garden. It is a futuristic-looking building with iridescent metal cladding stretched across the surface. You enter the building and wind through some curving corri-

Sunny Side Up: Trying to Be Funny on Cue Part Two

BY PHILIP LONG

Trying to be funny on cue is like being in middle school, working up the nerve to finally speak to the boy or girl of your dreams, and spontaneously forgetting the spoken word, deciding to win them over through the power of dance. With Sunny Side Up, I don't exactly have to be funny on cue. I usually have about 20 minutes to come up with something before the deadline. And if I don't, the editors of *Nonahood News* are the most gracious people in the world. I have asked for more extensions than Fabio the book-cover, angel-man ever had. However, there are occasions when I believe I've exhausted even my editor's Zen-like patience. Today is one of those days, I need to be funny, like right now.

I've written a lot about life in Florida, from mosquitoes, ants and alligators to suspecting I've turned myself into mildew by being a walking fountainhead of sweat. But even the greats like Dave Barry and Carl Hiassen ran out of Floridian material eventually. Carl has resorted to writing for young people. I knew he was slipping when he started coming up with one-word titles like Hoot, Scat, Chalk and Squirm. Good words, I'll admit, but come on, Carl. And Dave Barry turns 40, while hilarious when I was in my twenties, isn't as funny now that I'm 46. Maybe he has one when turning 70?

I could write about politics, but it's so farcical these days as to make one wonder if we happen to be in the one universe of the multiverse where weird stuff happens all the time. Like in the movie *Doctor Strange and the Multiverse of Madness*. If it wasn't for the jaw-dropping special effects that had me rotating upside down in my seat to watch, I would have given it half a rotten egg-plant. Benedict Cumberbatch is not half the actor he can be when he's literally half the actor. If you haven't seen it yet, don't, but if you do, bring a bag to breathe into, or worse.

Seeing Cumberbatch in this is like watching Ewen McGregor lose all his acting ability in the character of Obi Wan. Ewen is out-acted by the girl playing Princess Leia and she's only four years old.

Okay, that's too mean, she's at least six. And why, oh sweet mercy-mercy, can't Disney pony up enough coin to make CGI characters look real. We live in the age of deep-fakes, yet, Disney's young-ified Anakin Skywalker looks like a plastic action figure of himself, and not even a good one at that. I think he looks like one of my Star Wars figures from childhood, and they haven't aged too well.

I should take a deep breath. Remember Jar-Jar Binks, remember Philip, it could be worse. Maybe someday Disney will learn to have their CGI figures' faces move with their bodies. Since it's beginning to get really, really ridiculously hot in our particular corner of the dead center of Florida, I could write about sweat again, but I just don't have it in me right now, har. Actually, I do because I've been using a magical concoction that my wife put me onto. It consists of magnesium, electrolytes, Himalayan salt and possibly poison, you can never be too cautious with wives. It tastes like Gatorade with all the sugar replaced by salt. Now that I think about it, it tastes almost exactly like sweat. Hmm.

Like I've written before, a humorist's job is basically just to fart with words and run away while readers look around and suspect one another. When one of the readers finally gets blamed for the toot (coming soon from Carl Hiassen) and mocked, the humorist will quietly sneak back in to join in the fun. Perhaps this installment of Sunny Side Up hasn't made you laugh. I always hope to laugh while I type, but I admit that I've just sniffed with allergies and sweated as I've been typing. I'm trying to make fun, silly things happen with words that go right, but I'm not anticipating a chuckle, snort or even the terrific combination: chortle.

We indeed live in trying times when a humorist can't get one giggle, gurgle, snigger, snicker or even titter out of himself as he types. Maybe he needs to go back to YouTube and type in Florida man. I suggest you try that as well. My most sincere apologies.



THE WINNING FAMILY: HELPING YOUR KIDS FACE FEAR ABOUT GOING BACK TO SCHOOL

BY RODNEY GAGE



August can be an exciting yet anxious time for kids as they return to school for the new school year. For some kids, they are starting school for the first time. Others are transitioning into a new grade, a new school or college, which can stir up fear and excitement at the same time.

The world has changed and feels a bit different post-COVID. Kids are facing a new set of fears and concerns with new COVID variants, recent school shootings, mental illness, diversity, equity, inclusion (DEI), bullying, and the drug epidemic facing so many young people. No wonder stress and anxiety are real emotions kids face as they transition into the new school year. The fears of rejection, criticism, comparison and failure can cause all kinds of insecurity and stress for our kids and us as parents. These issues and countless other uncertainties have a way of breeding insecurity.

4 Things to Remind Your Kids About Fear:

1. Fear Paralyzes Potential

When our kids allow fear to control their perspective, it will limit their effectiveness at school. That is what fear does; it paralyzes you.

2. Fear Ruins Relationships

Fear causes us to cover up and pretend to be something we're not. It will cause us to move into isolation and miss opportunities for new friendships.

3. Fear Hijacks Happiness

It makes us miserable and hinders our happiness. What we focus on tends to expand in our minds. Encourage your kids and remind them that happiness is a choice. Don't let them rob themselves of their happiness.

4. Fear Sabotages Success

Fear can be a self-fulfilling prophecy. It can set us up for failure. Fear will cause your kids to feel like quitting before they start. It will sabotage their success academically, athletically, socially, mentally and emotionally.

How to Help Your Kids Feel Secure and Confident

1. Change Their Thinking

It's easier said than done, but they can either choose to see the glass half-full or half-empty. It's a matter of perspective and how they think about their situation and circumstances. The



late Zig Ziglar once said, "You are what you are and where you are because of what has gone into your mind. You change what you are and where you are by changing what goes into your mind."

2. Embrace Their Uniqueness

Remind your kids that in one cubic foot of snow, there are 18 million snowflakes. Not one of them is alike. Like those snowflakes, all of us are unique. Out of more than six billion people on Earth, there is only ONE YOU. You are an original, one of a kind. You have a DNA no one else has. There has never been nor will another person ever be like them. Rather than trying to conform to the pressures, our culture places on our kids to find acceptance and approval, encourage them to embrace their uniqueness.

3. Believe in Themselves

When kids feel insecure and fearful, they become vulnerable to temptation. They will tend to isolate themselves out of fear of rejection or failure. Feelings will distort their reality. They will begin to place doubt on themselves and question their true worth, identity and abilities that are unique to them. As parents, never has there been a more critical time than now to encourage and equip your kids with the confidence and belief that they can rise above their fears and insecurities to reach their full potential.

A simple tool is what I call "Affirmation Cards" or "Declaration Statements" that can be written on sticky notes or 3x5 cards. The statements are designed to be positive reinforcements to remind our kids of their abilities, potential and uniqueness. You can also send them text messages throughout the day with encouraging notes and affirmations. Be intentional in engaging their world and their emotions. Don't criticize, condemn or judge them for feeling insecure, timid or doubtful. Instead, remind them that you are their number one fan. You believe in them, are with them, and care for them. Bring fun and creativity into their back-to-school experience and celebrate and affirm them every step along the way. These are just a few ways we can help our kids change their thinking, embrace their uniqueness, and believe in themselves.

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, visit www.thedoublewinclub.com. To learn more about his marriage and parenting coaching, check out thewinningfamily.com and rethinklife.com.

SAVOR TOOTH TIGER: PEANUT BUTTER CUP NICE CREAM

BY ALLYSON VAN LENTEN



Clever vegans discovered that if you blend frozen sliced bananas, it creates a texture very similar to real custard

style ice cream. The term "nice cream" was coined for this frozen dessert.

You don't need to be vegan or lactose intolerant to enjoy this light summer treat. Simply slice ripe bananas, freeze, blend with flavorings, freeze a little longer, then you have a scoopable, delicious nice cream with the texture and flavor of your favorite ice cream. With simple ingredients like banana, peanut butter, pure maple syrup and chocolate chips, who says it has to be dessert? I've been known to call this a snack or even breakfast.

How is nice cream made? It really is as simple as freezing some sliced bananas, blending, adding a few flavorings, freezing in a metal pan and scooping. Some nice cream recipes recommend adding a little liquid like almond milk, but I find it really does add too much moisture.

My recommendation is to use pure maple syrup or honey as the liquid to help blend and sweeten the nice cream. If your blender isn't particularly strong, you can defrost the sliced bananas for a few minutes at room temperature before blending. If you choose not to do a second freeze in a metal baking pan, the texture is more like soft serve ice cream.

I chose peanut butter cup as my nice cream flavor for this recipe. Swirled into the banana base are chocolate chips and ribbons of peanut butter. Banana really creates the best consistency of traditional custard ice cream, but the flavor combinations really are endless. Strawberry banana makes a classic choice. Simply add a cup of frozen strawberries in place of one of the bananas.

To create a double chocolate banana flavor, add some chocolate syrup to the blending stage and fold in some chocolate chips before the second freeze. Banana with frozen pineapple and a splash of coconut cream creates a tropical pina colada flavored nice cream. Another form of nice cream that I often make is mango sorbet. Frozen mango blends into an incredibly smooth texture very similar to sorbet. Use a few cups of only frozen mango along with maple syrup or a few tablespoons of mango juice. Serve as soft serve or freeze again for firmer nice cream sorbet.

PEANUT BUTTER CUP NICE CREAM

Ingredients:

- 7 bananas (cut into thin coins, then frozen in a Ziploc bag or Tupperware)
- 4 tablespoons pure maple syrup or honey
- A few tablespoons of natural peanut butter for drizzling
- 1/2 cup chocolate chips

Instructions:

1. First start by slicing ripe bananas (only just starting to spot) into thin, coin-shaped slices. Freeze the bananas in a Ziploc bag or Tupperware overnight or for at least 5-6 hours.
2. Next, in a large, high-speed blender (a Ninja or Vitamix works very well) on the highest setting, blend the frozen bananas with the maple syrup for one minute. Don't add the peanut butter and chocolate chips. They do not get blended. You may need to scrape down the sides a few times with a silicone spatula. Once you have moved the contents around, continue to blend for up to 2-3 additional minutes until everything is completely smooth like soft serve ice cream.
3. In a metal loaf baking pan, spread half of the contents of the blender on the bottom of the pan.
4. Layer in some chocolate chips and swirl in a few tablespoons of natural peanut butter.
5. Add the rest of the banana nice cream on top.
6. Swirl in a little more peanut butter and chocolate chips on top.
7. Cover with plastic wrap and freeze for an additional 4 hours until you can scoop like traditional ice cream.
8. Serve with whatever toppings you like in a bowl or ice cream cone.

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