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NONA.MEDIA

SEPTEMBER IN THE NONAHOOD

THURSDAY SEPTEMBER 1

- 8am-9am Chamber Connections-Supporting Non-Profits

FRIDAY SEPTEMBER 2

- 6pm-9pm Art After Dark
- 6pm-11pm Nona Kid Care Presents: Parents Night Out

SATURDAY SEPTEMBER 3

- 9am-10am Yoga Nona Crescent Park
- 9:30am-10:30am Club Cardio
- 11am-3pm Lake Nona Farmers Market

MONDAY SEPTEMBER 5

- 4pm- 9pm US Open Watch Party at Boxi Park
- 6pm-8pm Sunlight Yoga at Dockside Lake Nona

TUESDAY SEPTEMBER 6

- 5:30pm- 7:30pm First Tuesdays: After Hours at USTA National Campus
- 6pm-7pm Club Cardio

WEDNESDAY SEPTEMBER 7

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

THURSDAY SEPTEMBER 8

- 6pm-7pm Club Cardio
- 6pm-9pm Paint & Sip at Dockside

FRIDAY SEPTEMBER 9

- 6pm-9pm Art After Dark

SATURDAY SEPTEMBER 10

- 9am-10am Yoga Nona Crescent Park
- 9:30am-10:30am Club Cardio
- 11am-3pm Lake Nona Farmers Market

MONDAY SEPTEMBER 12

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

TUESDAY SEPTEMBER 13

- 11am-12pm Education Committee Meeting
- 12pm-1pm Nonprofit Committee Meeting
- 6pm-7pm Club Cardio

WEDNESDAY SEPTEMBER 14

- 11:30am-12:30pm Second Harvest Food Bank “Food for Thought” Tour
- 6pm-8pm Sunlight Yoga at Dockside Lake Nona

THURSDAY SEPTEMBER 15

- 6pm-10pm Bubble Bus at Boxi Park
- 6pm-7pm Club Cardio

FRIDAY SEPTEMBER 16

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

SATURDAY SEPTEMBER 17

- 9am-10am Yoga Nona Crescent Park
- 9:30am-10:30am Club Cardio
- 11am-3pm Lake Nona Farmers Market

SUNDAY SEPTEMBER 18

- 10am-12pm Lemonade & Learning STEM Workshop at Dockside Lake Nona

MONDAY SEPTEMBER 19

- 11:30am-1pm Nona Professional Ladies Group-Work Life Balance
- 3:30pm-4:30pm Marketing Committee
- 5pm-6pm Economic Development and Innovation Committee Meeting
- 6pm-8pm Sunlight Yoga at Dockside Lake Nona

TUESDAY SEPTEMBER 20

- 5:30pm-7pm Young Professionals Group Meeting
- 6pm-7pm Club Cardio

WEDNESDAY SEPTEMBER 21

- 11:30am-12:30pm Second Harvest Food Bank “Food for Thought” Tour
- 6pm-8pm Sunlight Yoga at Dockside Lake Nona

THURSDAY SEPTEMBER 22

- 6pm-7pm Club Cardio

FRIDAY SEPTEMBER 23

- 11:30am-1pm Business Luncheon: Cyber Security in your Business
- 6pm-9pm Art After Dark

SATURDAY SEPTEMBER 24

- 9am-10am Yoga Nona Crescent Park
- 9:30am-10:30am Club Cardio
- 10am-1pm Ribbon Cutting and Grand Opening for 9 Round Kickboxing
- 11am-3pm Lake Nona Farmers Market

MONDAY SEPTEMBER 26

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

TUESDAY SEPTEMBER 27

- 6pm-7pm Club Cardio

WEDNESDAY SEPTEMBER 28

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

THURSDAY SEPTEMBER 29

- 4pm-6pm Ribbon Cutting for Hughston Clinic Orthopaedics
- 5pm-7pm Ribbon Cutting for Shuffield Lowman/ Orlando International Relocation Realty/ New ERA Advisory/CPA Orlando
- 6pm-7pm Club Cardio

FRIDAY SEPTEMBER 30

- 6pm-9pm Art After Dark



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ARE SOLAR-POWERED HOMES COST EFFECTIVE?

Are you concerned about your carbon footprint and considering solar panels to power your property? Are you wondering if this environmentally friendly solution is cost effective? Here are some things to consider.

Payback Period

In recent years, photovoltaic panels have become increasingly affordable. However, depending on how much you spend upfront, it can take 15, 20, or even 30 years of reduced energy bills to make back your initial investment.

Profitability

The profitability of your solar panel set up depends on several factors, including where they are installed and how they are positioned. Solar panels can turn one kilowatt of power into approximately 1,200 kilowatt-hours of electricity in ideal conditions. You can use an online calculator to estimate how long it would take to get your money's worth.

Additional Benefits

On top of saving money over several years using solar panels helps offset the demand for energy during the winter months. It also ensures you have power even if there is an outage.

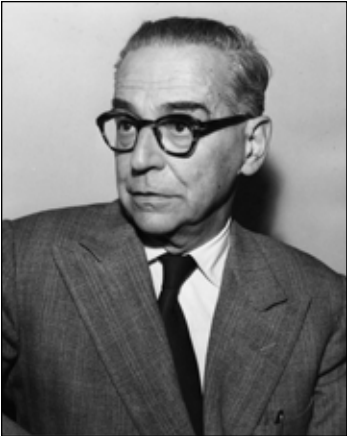
If you want to find out if solar panels are right for you, contact an engineer or solar energy supplier in your area.



NOBEL NOTABLE OF LAUREATE PARK: IVO ANDRIĆ, BOSNIAK CHRONICLER

BY DENNIS DELEHANTY
PHOTO COURTESY OF WIKIMEDIA COMMONS, WIKIPEDIA

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



One cloudless day in 1915, a load of dynamite destroyed the central piers of a stone bridge that had stood untouched for centuries next to the mainly Muslim town of Višegrad in Bosnia. The bridge, named for Mehmed Paša Sokolović, the Ottoman Grand Vizier who had ordered its construction, spanned the River Drina not far from Bosnia's current border with Serbia. The previous year, a Serbian

teenager named Gavrilo Princip had sparked World War I with his assassination of the heir to the Austrian-Hungarian throne, Franz Ferdinand, in Sarajevo, Bosnia's principal city. Earlier, Bosnia had been attached to the Austria-Hungarian Empire. Though Princip was Bosnian (or Bosniak), Austria blamed Serbia for the murder and declared war against that nation, a move that led major European powers to activate their regional alliances. When the dust had settled, Britain, France and Russia were squared off against Germany, Austria and the Ottoman Empire, with lesser powers choosing sides. In the four following years, the Great War brought destruction and death to Europe, Africa and the Middle East, as well as to the quiet town of Višegrad and its famous bridge.

Whew! In so few words, a lot of information to unpack. Questions jump to mind. For a start, what and where is Bosnia? And if Bosnia is in Europe, why are so many Bosnians Muslim? What is a Grand Vizier, and why is Mehmed Paša Sokolović's name part Turkish and part Slavic? And what does any of this have to do with the winner of the 1961 Nobel laureate for literature, Ivo Andrić?

Let's begin with Bosnia. As a component of former Yugoslavia, Bosnia is today bordered by Croatia to the north and west, Serbia to the east, and Montenegro to the south. (The nation's full name is Bosnia and Herzegovina, but we'll use the shorter name for this article.) Some consider Bosnia, which declared its independence in 1992 from Yugoslavia, the most complex political entity on earth. It is here where three major religions – Orthodox Christendom, Roman Catholicism, and Islam – converge and collide, generating tensions that have endured the centuries. Today, one-half of Bosnia's citizenry is Muslim, while Roman Catholic Croats count for 30% of the population, and Orthodox Serbs 15%. Bosnia currently maintains three (!) presidents, each of whom represents one of these demographic groups. These presidents, however, have limited authority, as real power rests with the prime minister and the legislature. A volatile cocktail for political strife and disruption, if there ever was one.

These complicated constitutional arrangements stem directly from Bosnia's exceedingly complex history. The first race to conquer the region were the Illyrians, who were partially dislodged by Celts, then entirely overrun by the Romans. The Huns arrived in 455, only to be evicted a century later dur-

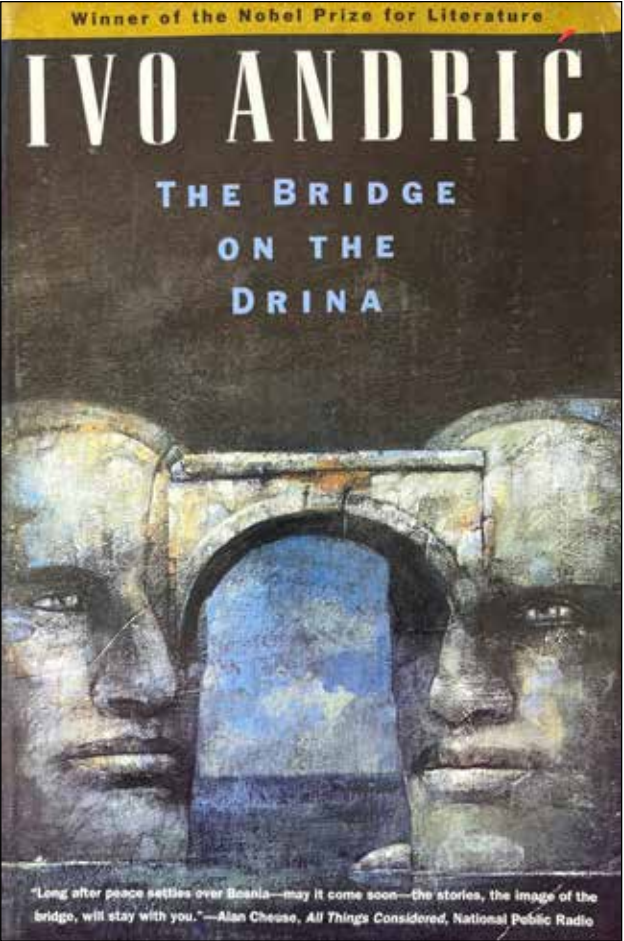
ing Constantinople's reconquest of the region. Meanwhile, Southern Slavs filtered in from the east, weakening Constantinople's hold and ushering in several centuries of murky Dark Ages chaos. By the turn of the millennium, both Rome and Constantinople, the centers of Catholicism and Orthodox, had begun to dispatch missionaries to convert pagan populations throughout Eastern Europe. The Croats turned to Rome, the Serbs to Constantinople, while the Bosnians, who by the mid-12th century had forged an independent state, the Banate of Bosnia, established their own unique version of Christianity, the Bosnian Church. Eventually, this Church fell afoul of Rome, which viewed the denomination's teachings as heresy. But efforts in the 13th century by a succession of popes to employ the Hungarian military to impose the Catholic faith onto Bosnian Christians failed miserably. Bosnian nobility repulsed the Hungarian interlopers and sustained their curious religion until 1463 when the Ottomans arrived. Truth be told, the Bosnian Church's spiritual hold over its adherents was not strong. In this environment, Islam found fertile territory for converts, and many Bosnians, though Slavic-speaking, turned easily to that religion. The Ottoman Empire's dominion over Bosnia was to last more than four centuries, until 1878. Fifteen years later, Bosnia's greatest writer, Ivo Andrić, came into this world.

Ivo Andrić's biography closely tracks the tempestuous history of the Balkans of the 20th century. Though born of ethnic Croat parents, Andrić as a youth developed strong sympathies for the ethnic Serbs who agitated against their Austria-Hungarian overlords. Still a high school student in Sarajevo, Andrić was elected president of the Serbo-Croat Progressive Movement, a secret society formed to carry on this struggle. One member of the society was Andrić's close friend, Gavrilo Princip. The duties of president required Andrić to deliver public speeches condemning the Austrian-Hungarian regime, remarks that did not escape the attention of the imperial police. Over the next three years at universities in Zagreb, Vienna, and finally Krakow, Andrić kept up his political activism, but his energy flagged as he contracted tuberculosis, a condition to plague him for the rest of his life. When the news of the assassination of Franz Ferdinand in June 1914 reached Krakow, Andrić returned home in support of his fellow activists. A dangerous move, as he and several of his colleagues were soon arrested and dispatched to prison until July 1917 when Charles I, having ascended to the Austrian-Hungarian throne the previous year, announced a general amnesty for political prisoners.

As World War I closed, Austro-Hungarian domination of the Balkans ended. A new state, the Kingdom of Serbs, Croats and Slovenes (later Yugoslavia), was formed, and Andrić, already an accomplished author and poet, applied to serve in the diplomatic service of the new nation. Over the next two decades, he enjoyed a distinguished diplomatic career, a line of work that afforded him ample spare time to produce a remarkable literary output. In 1939, Andrić attained the culmination – if not height – of his diplomatic profession when he was appointed Yugoslavia's ambassador to Nazi Germany. Unsurprisingly, Andrić's transactions with the Nazi regime were, let's say, awkward. Following Germany's 1941 invasion of the Balkans, Andrić was transported to Belgrade, where he was kept under house arrest for the duration of the war. The happy result of this confinement was to be a genuine literary masterpiece, a sprawling novel entitled *The Bridge on the Drina*.

Even in translation, the prose of this novel stuns and sparkles. On page 1, Andrić introduces the setting and focus of his narrative with these words: "Here, where the Drina flows with the whole force of its green and foaming waters from the apparently closed mass of the dark steep mountains, stands a clean-cut stone bridge with eleven wide sweeping arches. From this bridge spreads fanlike the whole rolling valley with the little oriental town of Višegrad and all its surroundings, with hamlets nestling in the folds of the hills, covered with meadows, pastures and plum orchards, and crisscrossed with walls and fences and dotted with shaws and occasional clumps of evergreens. Looking from a distance through the broad arches of the white bridge it seems as if one can see not only the green Drina, but all that fertile and cultivated countryside and the southern sky above."

How did this bridge to Višegrad come to fruition? In the early 1500s, Turkish officials intending to fill the ranks of the Janissary, an elite corps guarding the life of the Sultan, kidnapped a



Serbian youth named Sokullo near Višegrad and transported him to Istanbul. Sokullo, renamed Mehmed Paša Sokolović, not only survived, but in time rose through the Ottoman military and political ranks to attain the position of Grand Vizier, the Ottomans' equivalent of prime minister, second in power to the Sultan himself. The aging Sokolović wished to present his native town with a gift of lasting value. Hence his order to build the bridge at Višegrad.

For Andrić, the Sokolović Bridge is an elegant stage upon which pass the lives of a diverse population – Muslims, Croats, Serbs and Jews – from its completion in the late 1500s to that sudden blast during World War I. Some events recorded in Andrić's novel are grotesque and tragic, such as the fate of a Serbian workman who, during the bridge's construction, is fingered as an agitator and impaled upon the span, in a gruesome warning to others. Or the Muslim bride who flings herself into the Drina rather than marry a Christian groom. Other events are bittersweet, even hopeful. When floodwaters nearly washed away the bridge along with the lower sections of Višegrad, townspeople of different faiths huddled together on the bridge's balcony, the *kapia*, in relative peace. Some readers see the bridge as a symbolic link between East and West. Others contend that Andrić, in his writing, favors the Serbs and Croats over Višegrad's Muslims. I detect no such bias, though, nor can I find symbolism of any kind to attach to the bridge. But who knows? In the end, what counts is that through Andrić's narrative, we are privileged to gain an introduction not only to the history and culture of Bosnia and Herzegovina but also to that of the Balkan region, the Ottomans, and the Austro-Hungarian Empire. History about which few of us are knowledgeable. If for nothing else, that makes reading *The Bridge on the Drina* well worth your time and effort.

Postscript: After the 1915 blast, the Mehmed Paša Sokolović Bridge was rebuilt in the 1920s, then destroyed once more during World War II and subsequently rebuilt. Today, the bridge is a UNESCO heritage site. Looking for Lake Nona's Andric Lane? Just have a look at your receipt during your next visit to our local Lowe's.



THREE ENVIRONMENTALLY FRIENDLY FOOD PACKAGING OPTIONS

To reduce your waste, buying food in bulk is ideal. However, it is not always an option. Here are a few tips for choosing the most environmentally friendly food packaging on your next trip to the grocery store.

1. Metals

Metals like aluminum, steel, and tin are easily recyclable. For instance, aluminum can be recycled indefinitely without losing its integrity. It is one of the most recycled metals in the world partly because doing so does not require much energy or resources.

2. Glass

Glass is another highly recyclable material, regardless of whether it is tinted or clear. Moreover, it is made from natural elements. Ideally, look for glass bottles that have easy to remove labels and caps. Lightweight glass is preferable because it costs less to transport.

3. Paper and cardboard

Paper and cardboard are also great packaging choices, as they can be recycled often. However, the manufacturing process for these materials uses a lot of water, increasing their carbon footprint. Avoid paper and cardboard packages with cellophane windows as they are more difficult to recycle.



Did you know bulk food stores and some businesses like butcher shops allow you to bring your own reusable containers?



ORANGE COUNTY PUBLIC WORKS MAKING NEIGHBORHOODS SAFER

DEPARTMENT CONVERTING THOUSANDS OF YIELD SIGNS TO STOP SIGNS

The Orange County Public Works Traffic Engineering Division is in the process of converting more than 3,000 yield signs to stop signs to improve safety in neighborhoods throughout the County.

The project launched following the adoption of a resolution from the Board of Orange County Commissioners in December of 2020, authorizing Public Works to approve certain traffic control devices to enhance safety at intersections.

Public Works identified 3,358 yield signs to be converted, organized them into 15 different groups and has already converted a third of the total groups. The entire project, which started in 2021, is estimated to be completed by October of 2023.

“Over the years, Traffic Engineering has received numerous requests to replace yield signs with stop signs within residential neighborhoods,” said Frank Yokiel AICP, Orange County Traffic Engineering Project Manager.

“We review these requests on a case-by-case basis and replace the yield signs. Since the yield signs were reaching their life expectancy for reflectivity, Traffic Engineering decided to initiate a program to replace all of the yield signs with stop signs for traffic control in residential neighborhoods.” The conversion from Yield to Stop signs at regular intersections is a safety enhancement for all modes of transportation, including vehicles, pedestrians and bicyclists. “It clarifies user’s expectations to stop every single time,” said Humberto Castillero, P.E., PTOE, Traffic Engineering Division Manager.

“It also increases awareness of traffic conditions and provides more time for users to decide whether it is safe to navigate through the intersection. In addition, the new diamond grade material used for the STOP signs has much better reflectivity at night, enhancing the conspicuity of the signs.”



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**NEMOURS
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THE ARTIST:
SHARON FUENTES

BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF SHARON FUENTES



Sharon Fuentes is a local wreath maker bursting with quirky, creative flair.

Nonahood News: Tell us about you and your art.

Sharon Fuentes: I've always been a creative person. I attended a performing arts high school and pursued acting in New York. While I loved theater, I hated the auditioning process, eating ramen noodles, and sharing a one-bedroom flat. So, I moved back to Florida, started writing children's stories, and hired actors to help me perform them. I enjoyed making the props and puppets more than performing. It should've been a clue what I was passionate about, but I wasn't ready to see that. Instead, I focused on writing. I've written and published a book, have had essays appear in several *Chicken Soup for the Soul* books, and have had articles published in *The Washington Post*, *Nonahood News* and several regional and national magazines. When we moved here in 2016, I was still making a living as a freelance writer. I love writing, but during the pandemic, I had a major case of writer's block. The lack of creative outlet made me anxious. I had to challenge myself, so I decided to learn a new skill: make a deco mesh wreath for my front door. I posted my creations on Facebook, and my friends and family were impressed and wanted me to make them one. Before I knew it, my living room was filled with wreaths. My husband jokingly told me I either needed to



open an Etsy shop or we needed to move into a new house with more doors. The Etsy shop idea was cheaper, so I went with that! Now, I'm at the stage of my craft where I'm challenging myself to try new things. That's how I discovered headpieces, which are my current favorite things to create.

NHN: What are some of your recent accomplishments?

SF: I recently finished a last-minute bulk order of 75 different headpieces in 13 days. I sent it to Minnesota for a major Slavic Festival! It was exhausting and exhilarating. The festival organizer was so happy, she told me she wants three times as many next year.

NHN: Most rewarding/challenging projects?

SF: I've started hosting small Wine and Wreath Making classes to teach others to make wreaths. It's rewarding watching someone who says they have no artistic ability leave the class with a beautiful wreath they created!

As for challenging...when my daughter asked me to make something for her dorm room. It was touching that she wanted to hang one of my wreaths on her wall. I was so anxious to make it special for her.

NHN: What does your creative process look like?

SF: I'm one of those folks who cannot create

anything in a messy space, so I organize my work room before I start anything. I'm a list girl, too; I always have a list of orders that need to be filled as well as ideas for new pieces. When I'm caught up on my orders, I allow myself to work on the ideas. I pull the ribbons, florals and other materials, plug in my hot glue guns, turn on some mindless movie or TV show on Netflix and start playing. My favorite thing is producing fun props or quirky, unexpected twists to my new creations. I want people to smile when they see the wreath and those little extra fun touches.

NHN: Who inspires your art?

SF: It may sound corny, but honestly my family inspires my work. My daughter's a graphic design major in college and one of the most creative people I know. She's even designed a few of the signs I have in some of my wreaths. My husband and son are my biggest cheerleaders and keep me going when I get overwhelmed or filled with doubt. And my dogs...because they wake me up early every morning so there's more time to work.

NHN: Besides art, what are your passions?

SF: I still love to write, spending time with my family and friends, and I'm always up for a Disney adventure!

NHN: Future projects?

SF: I'm creating new Halloween designs for upcoming vendor/craft fairs and to sell online.

I'm creating classic horror movie-themed wreaths such as Alfred Hitchcock's *The Birds* and recently created an Emily from *Corpse Bride* headpiece. I'd love to explore more whimsical Halloween things.

NHN: How would you describe your artistic style?

SF: I'd like to think I have a funny personality, and therefore I think most of my work has a sense of humor or quirkiness to it. Life's too short to not have something fun on your door or wall! (Or in the case of my new headpiece line...on your head!)

Check out Sharon's website, Etsy shop, or follow her on Instagram, Facebook and TikTok as # [madaboutplaidwreaths](#).

NOMINATE AN ARTIST

We are looking for interesting artists who live in the Nonahood to be featured. If you or someone you know should be nominated to be a Nonahood News Featured Artist, send your nomination to [nonahood.to/artist](#).

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HOW BUYING LOCAL AFFECTS THE ECONOMY

As a consumer, have you wondered how your choices affect the local economy? Here are a few things that can happen when a small or medium sized business in your neighborhood doubles its sales due to strong local support.

Expand services-The more money a small business makes, the more likely it will expand its product and service offerings and delve into new markets. For instance, your favorite local brand may set its sights on opening a new location in a nearby town.

Improve the job market-When small businesses grow, they require more employees. A prospering local business can help create jobs in your area.

Uplift other local businesses-Small businesses often look to local suppliers to support their growth and help each other prosper.

Increase social involvement-Local businesses are active in charitable causes. For example, thriving small businesses often give back to their communities by donating to local organizations.

Reap tax benefits-Small businesses that make more money also pay more taxes. This means that more money is going back into your local government to help with infrastructure and social initiatives.

Buying locally is an easy way to invest in your community. It is a simple move that benefits you as well.



3 TYPES OF BUY-LOCAL ENTHUSIASTS: WHICH ONE ARE YOU?

Every consumer has reasons for buying locally, depending on their values and priorities. Which of the following buy local enthusiasts do you identify with the most?

The Environmentalist:

Loves buying local products because they do not require large amounts of fossil fuels to get to their destination. They also know that transporting food over long distances often involves using chemical agents to preserve its integrity as it travels by road, sea or air.

The Humanist:

Is keenly aware that working conditions abroad do not always meet basic human rights standards. This advocate has the well-being of their fellow humans at heart. They believe that buying local ensures the products they buy have been produced in a country where legislation governs fair wages and humane working conditions.

The Patriot:

Is constantly thinking about their choices impacting the local economy. They purchase local products to encourage entrepreneurship and help create and maintain jobs in their community. They also recognize that buying locally increases their community's economic stability and resilience, especially in an era of global uncertainty and upheaval.

Do you recognize yourself in any of these profiles, or do they all describe you? Whatever your motivation for buying local, it is an intelligent choice.



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FROM THE CEO: VOTING IS THE BEST WAY TO PARTICIPATE

LAKE NONA, FL September 1, 2022 – Making your voice heard through the ballot box is one of the greatest freedoms. On August 23, Orange County held primary elections and the results are convenient for you to find at the Orange County Supervisor of Elections website at www.ocfelections.com. Coming November 8 is the general election that will include not only your opportunity to choose local, state and national persons for elected office but also several important amendments, petitions and referendums that can significantly impact our region.

I encourage all registered voters to make their voices heard. If you do not want to visit a polling place on election day, please take advantage of other options like early voting and vote by mail. Follow the guidance of President Lincoln by exercising your rights to participate in a government “of the people, by the people, for the people.”

Don Long CEO, Lake Nona Regional Chamber of Commerce

CHAMBER CONNECTIONS

Supporting NonProfits

Thursday, September 1
8 - 9 a.m.

RONALD MCDONALD HOUSE
6551 Nemours Parkway,
Orlando 32827

First Tuesdays After-Hours

Tuesday, September 6
5:30 - 7:30 p.m.

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USTA National Campus
10000 USTA Blvd, Orlando, FL 32827

NONA PROFESSIONAL LADIES' LUNCHEON

Work Life Balance

Monday, September 19
11:30 a.m. - 1:00 p.m.

Wycliffe Discovery Center
11221 John Wycliffe Blvd
Orlando FL 32832

NEW MEMBERS

Beacon Roof & Exterior Cleaning
Central Florida Vein & Vascular Ctr
Coffey's Cooling
CULTURA IT
ecoPreserve LLC
Florida Van Rentals, Inc
Marcela Alzate, REALTOR

My Mint Mortgage - Jessica Lyn
New York Life - Ryan Rodrigo
Pet Paradise Lake Nona
Rogers Home Team at Mainframe
Real Estate
Talbot Custom Homes
The DRIPBaR in Lake Nona

NEW PARTNERS

Don Julio Restaurant Group - Bronze
The Kendrick Team at eXp Realty - Copper

RENEWED PARTNERS

Central Florida Lifestyle Magazines - Copper
First Colony Bank of Florida - Silver
OUC The Reliable One - Bronze
Ronald McDonald House Charities of Central Florida - Bronze
Tavistock Development Company - Bronze
Tavistock Development Company - Bronze

RENEWED MEMBERS

Account On Us Inc
Boy Scouts of America
City of Orlando
Hyatt Place Orlando Airport
Innovation Eye Care
Lake Nona Young Professionals
Mercedes Fonseca, Candidate for
Orange County Commissioner Dist 4
Minuteman Press
Northpoint Mortgage
Premium Properties - Diana Estrada
Prugner's Digital Marketing
Red Door Title Group - Powered By
Nona Title

Rockwood Lakehouse
Saint Frances Xavier Cabrini
Catholic Church
Seacoast Bank
Seckinger, Christian
Snap Drone Media
The Green Bucket
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United States Postal Service
Vantage Point Coaching, LLC
WOW 1 Day Painting Orlando

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PALM BEACH, FLORIDA

LAKE NONA REGIONAL CHAMBER

EVENT GALLERY



Third Tuesdays After-Hours Event at Lime Fresh Grill
Lime Fresh Mexican Grill Lake Nona hosts LNRCC First Tuesdays on the third Tuesday, July 19. Members and guests enjoyed delicious tacos and appetizers along with happy hour prices. Special thanks to Jon and Nate for being outstanding hosts for a great turnout! (Photo/Madelyn Long)



Ribbon Cutting at The Great Greek Mediterranean Grill
The Great Greek Mediterranean Grill celebrates the Grand Opening and Ribbon-Cutting Ceremony at their new location in Lake Nona on July 27. (Photo/Madelyn Long)



First Tuesdays After-Hours Event at Courtyard and Residence Inn by Marriott
Chamber members enjoy the First Tuesdays After-Hours Event at Courtyard and Residence Inn by Marriott on August 8. Thank you, Melissa and Paul! (Photo/Madelyn Long)



Breakfast Connections: Help for PTSD
LNRCC Chamber Members attend the Breakfast Connections event, Help for PTSD at the Ronald McDonald House Charities in Lake Nona August 11. Catering was provided by Gourmet Gratis Catering. (Photo/Danielle Conley)



Adopt-A-Highway
Chamber members and guests gather to clean up a part of Narcoossee Road on Aug. 13 during the Adopt-a-Highway event. Thank you to fellow Chamber Members for making this clean-up a huge success. (Photo/Viviana Solano, Northwest Mutual)



Ribbon Cutting at Sapphire LPT Realty
Sapphire LPT Realty celebrates the Grand Re-Opening and Ribbon-Cutting Ceremony at their new location in Lake Nona on July 22. (Photo/Madelyn Long)



Business Luncheon: Impacting Transportation - State & Local Updates
Experts Share Transportation Update during the Business Luncheon at the GuideWell Innovation Center in Lake Nona July 29 hosted by the Lake Nona Chamber of Commerce with (l-r) Orange County Mayor Jerry Demings, LNRCC CEO Don Long, District 4 Commissioner Maribel Gomez-Cordero, Dave Sobush with the Florida Chamber, and Juan F. Santos with Tavistock Development Company.



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



Breakfast Connections: Help for PTSD
Breakfast Connections: Help for PTSD panel (l-r): Dr. Rena Peterson, Psy.D., Behavioral Health and Minute Clinic, Lance Price with For the Love of a Veteran, Dr. Dally Rios-Ortega, Clinical Psychologist with Behavioral Health Minute Clinic, Dr. Richard Gayles, MD, Nona Medical Arts, and Dr. Don Wood, Ph.D., Inspired Performance Institute and LaToya Navarrete with Nona Medical Arts.



Nona Professional Ladies' Luncheon: Taxes, the Dos and Don'ts for Business Owners and Individuals
The Nona Professional Ladies Luncheon at XL Soccer World featured a panel of experts on taxes for business owners (r-l): Melissa Barbosa, CPA Orlando, Goretti Garcia, New Era Advisory, Patricia E. Carbone, Esq., Tax Attorney with Carbone Law, P.A. (Photo/Danielle Conley)

BUSINESS LUNCHEON

Cyber Security

Friday, September 23

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

RB ADVISORY
Security Compliance | Cyber Risk Management

XL SOCCER WORLD
12314 Suttner Ave, Orlando, 32827

RIBBON-CUTTING Ceremony

Ribbon Cutting and Grand Opening

Saturday, September 24

10:00 a.m. - 1:00 p.m.

Ribbon Cutting at 11:00 a.m.

9ROUND
KICKBOXING FITNESS

7252 Narcoossee Rd, Ste 102
Orlando, FL 32822

RIBBON-CUTTING Ceremony

Ribbon Cutting and Grand Opening

Thursday, September 29

4 - 6:00 p.m.

Ribbon Cutting at 4:30 p.m.

Hughston Clinic

Lake Nona Performance Center
6775 Chopra Terrace, Orlando, FL 32822

MULTIPLE BUSINESSES RIBBON-CUTTING Ceremony

Thursday, September 29

5:00 - 7:00 p.m.

Ribbon Cutting begin at 5:30 p.m.

Shuffield Lowman and Wilson, PA
Orlando International Relocation
Realty, New ERA Advisory,
and CPA Orlando

5950 Hazeltine National Dr, Orlando, FL 32822

Lake Nona Regional Chamber of Commerce

Friday, November 4

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10 YEARS
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Tuesday, December 6

JOIN TODAY

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

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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.

NAMASTE WITH NATALIA: REVERSE PLANK/REVERSE TABLE

PURVOTANASANA YOUR MONTHLY YOGA POSE

ARTICLE BY NATALIA FOOTE
PHOTOS BY KELLY RODRIGUEZ

Yoga allows our bodies to move into different postures and try positions that are outside our normal movements. There are various poses; some that are reminiscent of our day-to-day lives, postures that bring ease. Then there are other postures that seem like the opposite of how we normally move, postures that require more effort.

Reverse plank, or *purvotanasana*, is one of those “opposite” postures. We are normally on our feet or sitting. Being on all fours, plank or tabletop, would be a distant third. Inverting the plank is a rare posture for humans to naturally come into. The practice of this posture brings many benefits because of how rare it is to come into.

Purvotanasana opens the whole front body. Our chest, which is prone to slouching forward, is fully opened. The shoulders expand in their mobility with range in the opposite direction, backward. As you open the front body, the back body gets a nice dose of strength as it lifts the front body.

We sometimes neglect the back body because we don’t see it. We see our arms, our chest, our stomachs. Oftentimes, students ask for core; they indicate their abs. This is the visible core. Reverse plank’s benefits are in the portion of the core that we don’t see in the mirror.



In addition, reverse plank aids in mobility to the ankles and wrists. This posture provides relief from the forward-folding postures found in yoga.

Purvotanasana

1. Sit on the floor with your knees bent.
2. Place your palms on the floor with your fingertips pointing toward the hips.
3. For reverse table, use the strength of the legs and arms to lift the hips off the mat.
4. For reverse plank, extend the legs and lift the hips off the mat. Try bringing your big toes to touch in the center.
5. Depending on your mobility, allow the head to tilt back as far as it can go.
6. Stay in this posture for 5 breaths.
7. Gently lower the hips.

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.

BEST FRIENDS IN THE NONAHOOD: THE MIRACLE OF KEVIN

BY PATTY REBER



As it is said, “When one door closes, another one opens” – and that is exactly the story of Kevin, the 8-month-old Bernedoodle who joined this family. When Juan, the sweet 17-year-old Chihuahua passed away, not only were Katie Garner and her fiancé, Ashley Romalho, at a loss but their other pooch, Anderson, also had anxiety over the loss. Anyone who has had to say good-bye to their fur baby knows this all too well. Enter Kevin, the extremely energetic, mischievous Bernedoodle who seemed to immediately fill the void!

Appropriately named after Kevin from *Home Alone*, Kevin keeps Katie and Ashley laughing with his funny antics. Katie, a meteorologist for Fox News, refers to him as “kind of a doof!” Juan would surely be happy to know Kevin is keeping everyone happy and laughing. Ashley, VP of Operations at a venture capitalist firm in Miami, says that Anderson suddenly has new joy in his life with the addition of Kevin. Kevin, very much like Katie, the energetic person, and Anderson (Andy), very much like Ashley being more laid back, definitely round off the household in the most positive way.

You may have seen this family riding around town on their golf cart. In the evenings, they take their family rides around the lakes with the “boys.” You cannot miss Kevin, since he is black and white and looks like a panda bear. It might be hard to tell who is more excited about the ride, Katie or Kevin!! Be sure to wave and yell “hello” the next time you see this “happy cart.” Katie and Ashley love bringing their “boys” to the great dog parks in the Nonahood and have thoughts of planning a “happy hour” for the “Paw-Rents” in the future, so stay tuned for the “Pooch and Paw-Rents” social coming to a park near you!!! I’m sure Ashley will handle the operations of the event, but Katie, please make sure it doesn’t rain that day!



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WORK WELL: GROWING GRATITUDE

BY NATALIA FOOTE

I choose to be happy

I choose to be grateful

I choose to be caring

And always be thoughtful

I choose to be well,

I choose to be fine

I choose to be healthy

All of the time.

I choose to be patient

I choose to be strong

I choose to be calm

All day long.

-Clara Morabito

Not all happy people are grateful, but all grateful people are happy. Having gratitude and practicing gratitude has been proven to increase happiness by 25%. A whopping 25% boost in happiness for simply writing down five things that went well once a WEEK. That's it!

Boosting happiness is just one of the many benefits of practicing gratitude. Practicing gratitude also aids in falling asleep and lowering blood pressure. It boosts energy and resiliency while decreasing impulses of envy, greed and resentment.



In positive psychology, it is understood that we are born with a happiness range and setpoint. Some folks are naturally and biologically happier. Gratitude, however, is something we learn and work on, and we can grow the amount of gratitude we have. By doing so, it becomes almost like a hack into your happiness quota. You can boost your range and setpoint by practicing gratitude.

As you open yourself to gratitude, you recognize our interconnectedness. I am writing this article on a computer that was created by several individuals. I send my article to the editor. It then takes a team of other individuals to proof and lay out the Nonahood News. Once it is done, it takes another team to print the paper and then another team to deliver the paper. This article, coming from my mind, needs various individuals to reach YOU. And that's not including all the people it took to create the paper and ink and printing devices! Without any of these teams, it creates a break in the seamless chain.

Recognizing our interconnectedness may bring a sense of vulnerability. That feeling is uneasy, so it is easier to ignore than embrace. Showing gratitude, however, buffers the discomfort and boosts the appreciation for everyone involved.

Living with gratitude is living as if each moment, each item, each event is a gift. It means living life AS GRANTED instead of FOR GRANTED.

The biggest obstacle to gratitude is entitlement. Entitlement is believing you are owed something or you deserve something. It's the opposite of treating life as a gift. The remedy to entitlement is boosting your humility. Humility is a character strength where you have a clear sense of your abilities and your limitations. Humility allows you to be open to new ideas and appreciate the value of all things as well as the many ways that people and things can contribute to our world.

Creating a gratitude journal is an excellent way to boost gratitude. Practice noticing the good that happened throughout the day. Take 5-10 minutes to write it down. Notice the people that you are grateful for. Notice the gifts you were born with or have inherited. Our minds get bored, so aim for newness each day. When in doubt, imagine the absence of a blessing and write what life would be like without that gift. As you begin to grow your gratitude, see how you can give back. Feeling gratitude and not giving back can be like wrapping a present and not giving the gift. Let your gratitude grow and express it!

Thank you! Thank you for reading. Thank you for your time.
Thank you for your energy. Thank you!



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.

THE SOCCER OF BUSINESS: BRAND AND CULTURE

BY CIARAN MCARDLE
PHOTO COURTESY OF XL SOCCER WORLD



Why is it that some players perform incredibly for one manager and poorly for another? Why do they perform poorly on one team and then one transfer later they are at the top of their game performing at the peak of their career? It can't all just be a different determination (or lack of it) from the individual player, can it? Top-level athletes are mentally honed to be driven to succeed in each and every performance, each and every training session. Why do Alexi Sanchez, Romalu Lukaku and countless other players go from a club where they were incredible to another and fail?

The answer could lie in what in soccer terms is called "styles of play and culture" and in the business world we call "brand and culture." The business management guru Peter Drucker once famously said. "Culture eats strategy for breakfast." One of the reasons British players failed overseas was due to the culture. The weather was different, the language, the food and even the communications. Today, we are seeing more success on that front since the world is now more globalized, so heading from Italy back to London for the weekend for a player is like jumping on a bus. They are also far better compensated, and it's more affordable for them to even get a private jet. Communications are better with FaceTime, texting and email. The world has shrunk, and therefore going overseas to play has less of a culture shock as many of the players have spent much more time overseas simply on vacation than their predecessors a couple of decades ago. The opposite direction is also true. A South American player used to the long beautiful beaches of Rio is in for a shock to the daily cold and rain of Manchester while getting smashed from behind during training by his own teammate!

Great players often fail at different clubs due to the style of play being different to what they are used to and what they are capable of. This is the failing of the manager and executive team for not predicting this as much as the player. Very often, the management and club execs get far too excited about the media and fan frenzy of signing a "big" player and all the marketing exposure he will bring to the club rather than focusing on whether he is the "right" player.

We see this in business all the time. Hires, mergers and acquisitions that look great on paper, but the culture of the companies and

personnel involved have not been considered. The failures are too many to list. Steve Jobs and Apple hiring John Sculley. He was a top exec at Pepsi and looked like a great hire to give Jobs some "adult supervision." But the culture of Apple was massive, breathtaking innovation driven by a relentless work ethic of programmers and "geeks" who worked themselves to death to get the new product out. As Jobs put it, Sculley came from a place where you can't innovate Pepsi to be better. It's just a marketing company.

The AOL and Time Warner merger was another culture disaster. There are some famously successful examples such as the Enterprise Rent-A-Car acquisition of National and Alamo, the two companies who were listed in the bottom half of the table for customer service in their industry. Enterprise infused their culture of extreme customer service, which had huge success and put the companies in the top three spots of the J.D. Power customer satisfaction list that they have held since 2012.

Not all of us have the luxury (or stress) of massive acquisitions, so how can we make all of this relevant to everyday business? The lessons from us come directly from the soccer example of signing and releasing players. Hire slow and fire fast. When we are looking to hire someone, it's important to consider if this person is RIGHT for the company. Do they fit in with the culture? Are they going to go the extra mile, stay late, join in the monthly potluck lunch, do karaoke at the holiday party or simply get their head down and get to work? Only you know what that culture is, so only you can answer those questions. It's important not to get excited at the prospect of hiring your industry's Ronaldo if they are not the right fit for the company. They may be a superstar sales manager who smashes their numbers, but if they want to keep everyone on the phones after 5 p.m. on a Friday rather than adhering to the traditional company happy hour, they may not be a right fit for you.

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12 SEPTEMBER 2022

LET’S TENNIS LAKE NONA REGISTRATION BEGINS

BY DANIEL PYSER
PHOTO COURTESY OF USTA

Beginning this month, the USTA National Campus is launching one of its most unique and exciting programs. “Let’s Tennis Lake Nona” will begin on September 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 any or all of the sessions 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 while at the campus.

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

For those between the ages of 5-17, or those looking for regular USTA National Campus programming, the fall session began last month. You can register online for various youth and adult programs.

And for pickleball players, there is now a new opportunity for local players to come meet other players and enjoy the campus’ pickleball courts – at no cost. As part of the new Pickleball Community Drop-In, players will have four chances each week to reserve one of 16 free slots.

The days and times are as follows: Tuesdays 7:30-9:30 a.m. and 7-9 p.m., Wednesdays 7:30-9:30 a.m., and Fridays 7:30-9:30 a.m. Paddles will be available to rent from the pro shop.

Space is limited, and the slots are expected to fill up quickly. Players can register up to seven days in advance.

To register for the Pickleball Community Drop-In or to sign up for any USTA National Campus program, please visit www.ustanationalcampus.com.



Tennis is just
getting started.

ALL AGES AND ALL ACES ARE WELCOME



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

Tennis is calling on new and novice adult players to get on the court and try tennis! Sign up with a friend today at our special introductory rate!

SCAN TO
LEARN MORE



FALL PROGRAMMING

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

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TO PLAY

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NONA YOUR NEIGHBOR:
EMILY AND JULIO

BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF EMILY HERNANDEZ



Nonahood News: What are your jobs?

Emily Hernandez: I'm a pediatric nurse practitioner.

Julio Hernandez: I'm a physician assistant in orthopedic surgery. We also started our small-batch micro roasting business last fall.

EH: It's a coffee roasting company where we roast coffee beans, and we deliver them to people all over the U.S.

NHN: What do your day-to-day schedules look like?

EH: We have two kids, so we make sure that they get to where they need to be. We each go individually into our primary professions and then we're either roasting any orders that come in or delivering any orders. We work on any marketing materials after the kids are put to bed.

JH: We also reach out to our importer in Tampa to see what they have that's coming out. We profile new coffee beans from different countries to see if we have any potential beans that we like that we can offer to the community.

NHN: What are the most challenging aspects of your jobs?

EH: We have a lot to balance being parents, having our pro-



fessions, and then having this startup business that we really want to thrive and grow. I think it's having a balance and making sure we don't become overburdened, and we have time to dedicate to each of those areas.

We divide and conquer a lot. Whenever something is a priority, it depends on who has the most availability. In the division of the company, Julio does all the roasting. I do social media, marketing, anything techie. We use our strengths and our weaknesses.

NHN: What are the most rewarding aspects of your jobs?

JH: For me, it's ultimately providing a great cup of coffee to somebody. I have a huge passion for coffee that goes as far back as when I was 5 years old drinking coffee with my grandpa. And then in my professional job, I did a lot of traveling and reached out to a lot of coffee shops. The whole process of getting a bean into the cup. ... A lot of people don't realize that the whole process takes about 7-10 years. It's not that we take it for granted, but we don't think about all the steps.

EH: For me, it's the connections we make with every new person we meet. I really like having our children see us delve into this and making it a family business and us being able to put our all into one thing that we find we have in common.

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

EH: We like the growth of Lake Nona. We appreciate that people are diverse and they're looking for different things. And we like to be able to bring something that is not so commonly seen around here.

NHN: What other hobbies do you have?

EH: I say that I like to decorate and redecorate a lot. We like to travel a lot with the kids. We like to give them different experiences.

JH: I like to run, read and always learn new things, researching new things.

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

EH: We like to go with God's plans and God's guidance in our life. I think that's first and foremost, but I'm not gonna say that we haven't toyed with the idea of having a place where we can roast coffee and have a coffee lounge vibe where people could work.

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

EH: We lived here initially 2010-2015. Then we moved to Atlanta and then we came back in 2018. And we've been here since.

JH: We just liked the area, especially Laureate Park. It's not the typical Florida home, and we liked the active lifestyle in this area.



EH: Also, our families are here. We really wanted to come back.

NHN: Where are you from?

EH: I was born in Puerto Rico but raised in Central Florida. Julio was born in the States. We're both of Puerto Rican parents, but he's a military child.

JH: I was born in Virginia, and we moved around every 2-3 years, but my dad retired in Orlando, so I was here from 10th grade on.

NHN: What is your favorite part about Lake Nona?

EH: We love Canvas and the Town Center. We enjoy riding our bikes to like the Wave Garden area, and we love our community.

NHN: What would you say to anybody who's considering a move to Lake Nona?

JH: Just do it. It's an amazing community.

EH: With all the up-and-coming things around here, it's just an exciting time to be in this area.

SUMMER NIGHT SKY

BY EMERSON & ETHAN WALSH

With the season for the Milky Way galactic core being in full swing, Emerson and I decided to trek out to our local dark sky site to capture the universe above.

The best time to view the Milky Way, during any time of year, is around the New Moon. However, aligning this with clear skies is a whole other story! Fortunately, we had a clearing after numerous days of rain. When we arrived at our location, mosquitoes were as ravenous as ever. We highly recommend wearing long sleeves and bringing some sort of repellent – especially in Central Florida. Humidity was also fairly high, which has the potential to fog up camera lenses, yet this can be combated with electrical heaters or air-activated hand warmers.

Having set up our gear, Emerson focused on capturing an elegant landscape photo of a gravel road leading toward the Milky Way while my camera took a sequence of photos directed toward a specific area within the constellation Sagittarius. The resulting 1.5 hours of exposure time brought out many vibrant colors and structures. From the left side of the image, the star-dense region of the golden galactic core gradually fades in. In the center is the Lagoon nebula, a strong HII region – making it an emission nebula. Lastly, on the right is the Trifid nebula. It is the combination of emission, reflection and dark nebula!

The Milky Way season is an exciting time for photographers and observers alike. We encourage you to visit a nearby dark sky site when the conditions are right. Viewing thousands of stars, our beautiful galaxy, and potentially numerous meteors is well worth the drive.



HOW TO KNOW IF YOU ARE
BUYING LOCAL FOOD

As communities worldwide re-discover the virtues of small, local businesses, free trade seems to be losing popularity. As a result, consumers are increasingly turning to regional products. However it can be challenging to know if you are buying locally made products. Here are a few tips:

Pay Attention to Labeling- Various laws and regulations exist to guide consumers. For example, food labels in America must include the manufacturer or distributor's name and the full street address. This information must be accompanied by a qualifying phrase stating the company's relationship to the product, such as "manufactured for" or "distributed by."

Since buying locally is a marketing asset, companies are generally happy to display the origin of their products. In fact, grocery stores and supermarkets must follow Country of Origin Labeling (COOL) standards for certain foods like farm-raised fish and shellfish and perishable agricultural commodities.

Adopt Good Habits- Although labeling is an excellent way to help you identify local products, it is not always the most reliable. The following practices can help ensure you buy products made in your area:

- Visiting farmers' markets and meeting the producers
- Supporting fresh produce stands in rural areas
- Going to a U-Pick farm
- Growing your own vegetables and sourcing seeds from a local company

If buying local is important to you, get online to get informed and discover the wealth of local products.



SAVOR TOOTH TIGER: OLD LADY CHOCOLATE ZUCCHINI BREAD

BY ALLYSON VAN LENTEN

I love a good old lady recipe. You know the recipes you might find in the *Joy of Cooking* or a church lady cookbook that contains way too much sugar and outdated ingredients like lard or shortening? I think we all have many characters within ourselves. Within me lives a very old cat lady who likes to gossip with her friends over freshly baked zucchini bread and tea. To me, quick breads, like zucchini bread or banana bread, scream nostalgia. Here's a great recipe for an old favorite with modern ingredients. No lard or shortening in sight.

There is something so homey about warm bread baking in the oven to serve for a weekend breakfast or a tea time snack. The shredded zucchini adds moisture to the finished bread without any perceptible vegetal flavor. This makes an excellent end of summer, early fall recipe, using the last of the precious summer zucchini. Even the pickiest eaters won't know there are vegetables lurking in this chocolate-laced bread.

As you may have guessed, quick breads refer to the speed of baking. Before the mid-1800's, breads relied upon yeast until the invention of chemical leavening agents like baking powder and baking soda. With this modern invention, baked goods became more reliable and consistent. Yeast in this era was often temperamental and needed the skilled hand of a trained baker. With quick breads, anyone could bake. This is when old family favorites like banana bread, pumpkin bread and lemon poppyseed bread came into fashion. Some say it's technically bread, I say it's more like cake for breakfast.

This is a great recipe for kids to help bake. There aren't any complicated steps, and it's always reliable. These make great muffins, too, just bake for 20-25 minutes for 12 standard size muffins. Simply grate your zucchini (about one large zucchini works for this recipe but be sure to measure) with a box grater. As with any baked good, don't mix the flour too long. We just want to mix the batter until barely combined. This will leave a soft crumb and moist texture. In about an hour, your home will smell like a hug from grandma.

CHOCOLATE ZUCCHINI BREAD (MAKES 1 LOAF)

Ingredients:

- 1 3/4 cups all purpose flour (spooned and leveled, then sifted)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon cocoa powder (optional)
- 1 1/2 cup shredded zucchini (don't drain the liquid)
- 1 cup white sugar
- 1 teaspoon vanilla
- 1/2 cup olive oil (or other neutral oil)
- 2 eggs
- 1/4 cup sour cream
- 1 cup chocolate chips



Instructions:

1. In a mixing bowl, whisk the flour, baking powder, baking soda and salt (and cocoa powder if using).
2. Grate zucchini on the largest side of a box grater into a bowl. Measure out 1 1/2 cups.
3. In the bowl of a stand mixer, mix the sugar and eggs for 2-3 minutes on low. Slowly add in the oil to the mixer on low speed. Then add the vanilla, sour cream and zucchini.
4. Using a spatula, fold in the dry ingredients and the chocolate chips until just combined. Don't overmix the batter or the resulting bread will be tough.
5. Spray a 9x5 inch loaf baking pan with oil and dust with flour. Fill with the batter and bake at 350 degrees for 60-70 minutes. If the loaf is browning too quickly, you can loosely cover it with aluminum foil for the last few minutes of baking. You'll know it's done with a toothpick that comes out mostly dry. Let cool completely before slicing. Store at room temperature or in the fridge for several days.

PERMACULTURE: FARMING INSPIRED BY NATURE

Unlike intensive agriculture that destroys habitats, pollutes waterways and decreases soil quality, permaculture aims to emulate natural ecosystems rather than trying to fight or control nature. Here is what you need to know about this sustainable practice.

Origins

The permaculture principles were developed in the 1970's by Australians Bill Mollison and David Holmgren. They do not solely focus on agriculture but buildings, energy, and technology. Today, permaculture is a design approach that integrates land, people and other resources to align with nature.

Principles

Permaculture is based on 12 principles; all focused on caring for the land and the people who live on it. These principles include observations, which aim to develop effective and intelligent strategies for each situation. Other principles include:

- Self-regulation
- Valuing renewable resources and services
- Zero waste
- Promoting modest solutions
- Incorporating diversity

Examples

In agriculture, permaculture practices focus on restoring soil health and fertility. In the garden permaculture aims to maximize the use of water, sun and other natural energies. Permaculture also involves building living spaces with biodegradable and locally sourced materials that have a low ecological footprint.

Permaculture aims to create productive ecosystems that are diverse, stable, and resilient. Supporting companies that practice it supports everyone.



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