

nonahood news[®]

NOVEMBER 2022 CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA | VOLUME 7 ISSUE 11



THE ARTIST: EDINA HOUSTON

3
EXPERT CARE THAT BEGINS BEFORE A BABY IS BORN

4
WORK WELL: BALANCE THROUGHOUT THE HOLIDAYS

6
LET'S TALK LAKE NONA: HOLIDAY EVENT PREVIEW

11
THE SOCCER OF BUSINESS: DON'T THINK ABOUT YOUR FIRST TOUCH

Founded on Faith, Family, & Friendship

PL Peter Luu SIGNATURE GROUP | Premier Luxury | POWERED BY exp REALTY

321.917.7864  PeterLuu.com

PL Peter Luu SIGNATURE GROUP | Premier Luxury | POWERED BY exp REALTY

JOIN ONE OF THE TOP TEAMS IN THE #1 BROKERAGE IN LAKE NONA

321.917.7864
PeterLuu.com/Careers

eXp Realty - 1 of the 10 best companies to work for in the U.S.
 BEST PLACES TO WORK

SCAN TO JOIN 



Peter Luu Signature Group and the EXP Realty logo are registered service marks used with permission. Equal Housing Opportunity. If your property is listed with a real estate website, please designate it as a member website to submit the offerings of other real estate brokers. We are happy to work with them and cooperate fully. Top listing agent per year volume in the 32801 & 32822 zip codes. ©2022 Peter Luu Signature Group. Lake Nona/Orlando CTR by the Orlando Multiple Listing Service. Showtime: 10/27/2022 10:42:00 AM. All rights reserved. Lake Nona Property Holdings, LLC is its affiliate website.



nonahood news[®]

Advertise in Lake Nona
sales@nona.media

Nonahood News LLC
6555 Sanger Rd
Orlando, FL 32827
U.S. POSTAGE
PAID
CALLAHAN, FL
PERMIT NO. 4



nonahood news®

Publishers/Owners

Rhys & Jenny Lynn

Editor-in-Chief

Angelica Hamm

Media Service Manager

Michael Perez

Writers & Reporters

Emerson Walsh, Ethan Walsh, Allyson Van Lenten, Natalia Foote, Patty Reber, Camille Ruiz Mangual, Pastor Rodney Gage, Don Long, Daniel Pysler, Ciaran McArdle

Proofreading

Joe Henry

Layout Design

Marnie Brophy

Creative Director/Producer

James Rayner

Submissions

If you have news you would like to share with your community, visit nonahood.to/stories or email press@nona.media.

Advertising

For rates, deadlines, and specifications, visit nonahood.to/ads or email sales@nona.media.

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

Nonahood News is a nona.media publication



THREE TIPS FOR CELEBRATING THANKSGIVING WITHOUT FAMILY



Thanksgiving is traditionally a time to connect with loved ones, and it can be a challenge if you find yourself miles apart for the occasion. Fortunately, spending the holiday without your family doesn't have to involve eating a frozen dinner in front of the tv. Here are three ways you can enjoy the celebration.

Get together online

The pandemic likely taught you a thing or two about connecting with loved ones digitally. If your family is out of town, consider organizing a call on a video conference app. You can virtually dine together or simply share what you are grateful for.

Volunteer to help others

Thanksgiving is a busy time of year for charitable groups and food banks, and many of them need help. You can volunteer to serve meals at a soup kitchen or deliver food to the sick and elderly. Volunteering is an excellent way to meet people and you will likely be welcome company for someone who is unable to leave their home for the holiday.

Attend a community event

Check out your community newspaper and online forums for Thanksgiving events taking place in your region. You may want to attend a parade, attend a football game, or share a meal with members of your local church. Being around people and a celebratory atmosphere will likely lift your spirit.

No matter how you choose to celebrate, remember to express your gratitude. If you take a moment to reflect, you will find you have many blessings to count.

Verandah  Properties, LLC

Professional Property Management Advisors

Not the Right Time to Sell Your Property?
We Have the Solution!

 Hyper local in Lake Nona

 Locate and place highly qualified tenants

 Over 20 years in business

Schedule Your Appointment Today!

407-620-0675

 EXPERTS in the field

Do You Want:

- Cash Flow?
- Qualified Tenants Who Are Extremely Responsible?
- Risk Mitigation Management (against damage, rental payments, and litigation)?
- Your Property Consistently Maintained with Integrity & Transparency?
- Your Tenants Managed with Customer Service Top-of-Mind Yet Consistently?
- Enforcing the Lease Terms Professionally?
- Hyper Thorough and Consistent 3rd Party, Unbiased Property Inspections?
- 24/7 Ability to Access and Manage all your Property Management Records?
- And More?

VERANDAHPROPERTIES.COM

CPA



EXPERIENCE
30 YEARS
EXPERIENCE



F&M
ACCOUNTING + CONSULTING
CPA

- Tax Preparation and Planning
- Bookkeeping
- Payroll Management
- IRS Audit Support
- Advisory Services

HABLAMOS ESPAÑOL!



CALL US TODAY!

689.233.0013

 fm-accounting.net

6923 Narcoossee Rd, Suite 604, Orlando, FL 32822

EXPERT CARE THAT BEGINS BEFORE A BABY IS BORN

SUPPORTING MOMS-TO-BE WITH HIGH-RISK PREGNANCIES CLOSE TO HOME



tions. If your baby will be born at an affiliated hospital, your nurse coordinator will take you on a tour of that facility as well.

If doctors think your baby might be born with health problems, our team of pediatric specialists will evaluate test results and offer recommendations or make referrals if necessary. When a baby is scheduled for delivery at an affiliate hospital, we notify the necessary specialists, so they are available as needed at the delivery. We're with you every step of the way.

Dr. Claudia Taboada is a board-certified maternal-fetal medicine specialist at Nemours Children's Hospital, Florida.

Why did you become a maternal-fetal medicine (MFM) specialist at Nemours Children's Center for Fetal Care?

From an early age, I wanted to be a doctor. In medical school, I was drawn to maternal-fetal medicine because it allows me to care for women with high-risk, pre-existing medical conditions during their pregnancies.

After practicing for many years in Pennsylvania, my husband and I moved to Orlando with our four sons to be closer to family. Our boys attend Lake Nona schools and are involved in sports. We feel like part of the community.

I treat my patients like family. I like that Nemours Children's makes it easy to get expert specialty care right here in our neighborhood. I take appointments at two locations: Nemours Children's Hospital in Orlando and Nemours Children's Health, Oak Street in Kissimmee.

My field requires a lot of knowledge and skill. But it's also important to me that patients feel at ease. I'm bilingual and can provide care in either English or Spanish. It's just one of the many ways I try to be here for every parent-to-be who trusts me with their care.

What is an MFM? When would an expectant mother be referred to an MFM?

An MFM specializes in evaluating and treating women with high-risk pregnancies. After medical school, a maternal-fetal medicine specialist completes a four-year OB-GYN residency program followed by a three-year MFM fellowship program.

An MFM does not replace your own OB. Instead, we work together with you and your doctor to develop a plan of care that's right for you.

What is a high-risk pregnancy?

A "high-risk" pregnancy means a woman has one or more risk factors that may increase her chances of having a complicated pregnancy or preterm delivery.

A woman's pregnancy may be considered high risk if she:

- Has a health condition such as diabetes or high blood pressure
- Is 35 or older by the baby's due date
- Has had problems with past pregnancies (e.g., miscarriage)
- Is carrying more than one baby
- Has a personal or family history of a genetic condition
- Has a known or suspected fetal abnormality

How does a family plan for the birth of a baby with a birth defect?

One of the most important steps is setting up a plan for your baby's care. With more than 30 pediatric specialties at our Nemours Children's location here in Lake Nona, we are able to connect you with any specialists your baby may need.

We will set up your prenatal consultation at our Nemours Center for Fetal Care. We coordinate consultations with pediatric specialists in cardiology (heart defects), orthopedics (e.g. clubfoot), plastic surgery (e.g. cleft lip/cleft palate) and neurosurgery (e.g. hydrocephalus) to best prepare for postpartum prognosis and management. Our perinatal management team is ready to help you and your baby.

How do you and your team at the Center for Fetal Care ensure that mother and baby receive the best care possible?

My patients rely on different specialists, so I work hard to establish good relationships with colleagues who will provide the very best of care.

Our patients receive care that's personalized to their needs. You will work with a nurse coordinator who helps set up diagnostic testing, ultrasound imaging, diabetes management and genetic counseling. The nurse coordinator will stay with you through the entire process, arranging specialist consultations, providing tours of our facility, and answering your ques-



To learn more, visit [Nemours.org](https://www.nemours.org) or call 407.567.3000 for an appointment.

Article Sponsored by:

Nemours



WORK WELL: BALANCE THROUGHOUT THE HOLIDAYS

BY NATALIA FOOTE

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

The holidays are here! There is always a buzz to the season; some feel it as a frenzy while others may feel it energizing. After a couple years living with restrictions, people are beginning to feel ready to fully gather and even overcompensate for the lack of getting together.

The normally full schedule gets slammed with additional projects, gifts, food, invitations, purchases. And through it all, your inner balance can feel thrown off. I'll have to make time to _____. Don't forget to get the _____! What am I bringing to the party? When will this all get done?

How balanced do you feel right now? Sitting, breathing, reading? What are your beliefs

and expectations of a balanced life? Pause, check-in, and write it down.

Now, what are your thoughts regarding your current level of balance? Are you your worst critic, or are you your biggest cheerleader?

Balance is a sense of inner calm that lives within. It is something we cultivate and nurture the same way we go to the gym and eat healthy foods. We practice feeling balanced in the times that are calm, so we are ready to return to our inner balance when life surprises us.

There are a few misconceptions to finding balance. Perhaps you think, "I'll feel balanced when the holidays are over." Or maybe your thoughts are, "I was so balanced

before school started!" The mistaken belief is that feeling balanced is something that will happen in the future or feeling balanced is something that has already passed.

This mental time travel is beneficial because it is the reason we plan. Unfortunately, positive planning can sometimes spiral into worry and regret. Returning to the present moment, and feeling the balance of this instant, helps restore the sensation of balance.

We cannot predict when life will surprise us, we know that during the holiday season emotions will be higher, more stuff will be happening, and we may need to watch what we are eating at holiday parties, but our inner balance is something that is ALWAYS with us. Tune into the present moment, and check-in periodically.

The present moment is a vast yet quiet feeling. Observing thoughts, sensations and breath are ways to connect with the present moment. What is your breath like now? What about now?

Breathing happens all day, every day, since the moment you were born. We rarely connect with our breath in the moment. Our heart is beating all day long, since before we were born. We rarely connect with the sensation of our heart beating. Both breath and heartbeat are communicators of how we are feeling.

As the season continues to roll on, I invite you to check in with your breath and heartbeat. This takes less than 30 seconds. Check in without letting anyone around you know what you are doing. Connect with what your body is doing this instant and make a habit of connecting daily and often throughout the day.

Cultivating our inner balance is a practice. The holiday season is something we anticipate and know will likely be a time that is busier than usual. Life, however, is not as predictable. Practice returning to the present moment and connect to your inner balance now. Let this holiday season be the time you give yourself the gift of 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.



be relieved.
ER care for every age.

Every second counts. As a national leader in emergency care and home to the region's only Level I Trauma Center, we know that when emergencies happen, you need expert care. Our team of board-certified emergency physicians and specially trained ER nurses provide care for all types of emergencies — and for all ages. Be relieved. OrlandoHealth.com/ER

Orlando Health Emergency Room — Randal Park is a Service of Orlando Health Dr. P. Phillips Hospital. This is not an urgent care center. Its services and care are billed at hospital emergency department rates.

**ORLANDO
HEALTH®**

Emergency Room
Randal Park

choose well.

NOVEMBER IN THE NONAHOOD

TUESDAY NOVEMBER 1

- 5:30pm First Tuesdays-After Hours Lake Nona Wave Hotel

WEDNESDAY NOVEMBER 2

- 6:10pm Sunlight Yoga at Dockside

THURSDAY NOVEMBER 3

- 8am Chamber Connections-Connecting Over Coffee

FRIDAY NOVEMBER 4

- 5:30am Chamber Swing Event
- 8:15am Sunlight Yoga at Dockside

SATURDAY NOVEMBER 5

- 9am Yoga Nona Crescent Park
- 10am Sweat Saturday at Boxi Park
- 11am Day of the Dead at Boxi Park
- 4pm Mash of the Titans at Boxi Beach 21+
- 5pm Be The Glow Fun Run

SUNDAY NOVEMBER 6

- 12pm Day of the Dead at Boxi Park

MONDAY NOVEMBER 7

- 6pm Sunlight Yoga at Dockside
- 7:10pm Sunlight Yoga at Dockside

TUESDAY NOVEMBER 8

- 11am Education Committee Meeting
- 12pm Nonprofit Committee Meeting

WEDNESDAY NOVEMBER 9

- 6pm Ribbon Cutting and Grand Opening of Right at Home
- 7:10pm Sunlight Yoga at Dockside

FRIDAY NOVEMBER 11

- 9:15am Sunlight Yoga at Dockside
- 5pm Veterans Day-Home of the Brave at Boxi Park

SATURDAY NOVEMBER 12

- 10am Yoga Nona Crescent Park
- 10am Nona South Holiday Market

MONDAY NOVEMBER 14

- 6pm Sunlight Yoga at Dockside
- 7:10pm Sunlight Yoga at Dockside

TUESDAY NOVEMBER 15

- 5:30pm Young Professionals Group Meeting

WEDNESDAY NOVEMBER 16

- 7:10pm Sunlight Yoga at Dockside

FRIDAY NOVEMBER 18

- 9:15am Sunlight Yoga at Dockside
- 11:30am 2022 Business Luncheon Dr. Wright's Orthopedic Wellness

SATURDAY NOVEMBER 19

- 10am Yoga Nona Crescent Park
- 11am Strawberry Festival at Boxi Park
- 12pm Ribbon Cutting and Grand Opening for The Little Gym

SUNDAY NOVEMBER 20

- 12pm Strawberry Festival at Boxi Park

MONDAY NOVEMBER 21

- 11:30am Nona Professionals Ladies Group-Social Media Branding and Marketing
- 3:30pm Marketing Committee
- 4:30 Economic Development and Innovation Committee Meeting
- 6pm Sunlight Yoga at Dockside
- 7:10pm Sunlight Yoga at Dockside

WEDNESDAY NOVEMBER 23

- 7:10pm Sunlight Yoga at Dockside

THURSDAY NOVEMBER 24

- HAPPY THANKSGIVING!

FRIDAY NOVEMBER 25

- 9:15am Sunlight Yoga at Dockside

SATURDAY NOVEMBER 26

- 10am Yoga Nona Crescent Park
- 11am Homecoming at Boxi Park

SUNDAY NOVEMBER 27

- 12pm Homecoming at Boxi Park

MONDAY NOVEMBER 28

- 6pm Sunlight Yoga at Dockside
- 7:10pm Sunlight Yoga at Dockside

WEDNESDAY NOVEMBER 30

- 7:10pm Sunlight Yoga at Dockside

Premier | **Sotheby's**
INTERNATIONAL REALTY



ORLANDO

10062 Greenshire Way \$570,000
Chad Isenhardt 407.955.0033



ORLANDO

8491 Randal Park Boulevard \$450,000
Luciana Neveleff & Andrea Endlein 954.816.9221



ORLANDO

10114 Eagle Creek Center Boulevard \$399,000
Seda Gulliver 321.506.6295



LAKE NONA

8114 Prestbury Drive \$365,000
Teresa White 904.994.9075



SAINT CLOUD

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



SAINT CLOUD

3480 Lakeshore Boulevard \$795,000
Shane Carson 407.462.1310



View area listings

your home has never been
— WORTH MORE

SOUTHWEST ORLANDO | 407.581.7888
LAKE COUNTY | 352.227.3905

SPRUCE CREEK AND THE BEACHES | 386.761.2172
SOUTHEAST ORLANDO | 407.480.5014

SEMINOLE COUNTY | 407.333.1900
NEW SMYRNA BEACH | 407.644.3295
WINTER PARK | 407.644.3295

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

LET'S TALK LAKE NONA: HOLIDAY EVENT PREVIEW

CELEBRATE THE SEASON WITH LAKE NONA'S SIGNATURE HOLIDAY EVENT

Full in Lake Nona has been full of seasonal delights as we've hoisted our steins full of Park Brewing's signature Oktoberfest beer, picked out pumpkins while exploring Town Harvest, and enjoyed tricks, treats and beats at the Spooknona Graveyard Smash.

Now, we're getting ready to wrap up the fall season with our third annual Lake Nona Veterans Day celebration, Home of the Brave, on Friday, Nov. 11, in Lake Nona Town Center to honor local service men and women. Watch in amazement as the Patriotic Parachute Team, illuminated by red and blue flares, descend from the sky followed by the Honors Ceremony featuring special guests and local elected officials. We'll end this special night of honor, remembrance and gratitude with performances to salute each branch of the armed forces.

The celebration doesn't stop when fall ends. Beginning Dec. 7, we're looking forward to a magical winter season with the return of Central Florida's favorite holiday festival, *Oh, What Fun!*

Gather in Lake Nona Town Center, or as it's known for the holidays, Peppermint Square, for a

month filled with celebrations. This year, enjoy more snow, more shows, more photo spots, and more magical encounters than ever before! Immerse yourself in all things merry and bright in Peppermint Square brimming with holiday decorations, nightly snowfalls and live entertainment.

As you stroll through Peppermint Square, snack on something sweet from a collection of holiday themed pop-up food stands. Get a chance to meet Santa and Mrs. Claus in their whimsical winter cottage. Make holiday memories to last a lifetime with your loved ones along the Oh, What Fun! Photo Wall or in front of Peppermint Square's centerpiece 24-foot-tall Christmas tree. Looking for your own tree to take home? Find the perfect holiday tree for your family at the Peppermint Forest Christmas tree lot located near Lake Nona Town Center.

Enjoy live shows throughout the festival, including showcases from local schools, professional carolers, an all-new cirque performance, live bands and the return of dance parties with everyone's favorite MC, Peppermint the Penguin. This year, we're adding a holiday market featuring local vendors and artisans. It's the perfect place to find one-of-a-kind gifts for everyone on your nice list.

The seasonal magic continues throughout Town Center, extending to the Lake Nona Wave Hotel, where guests can enjoy seasonal food and drink options accompanied by holiday décor throughout the grounds.

Make sure to bookmark www.ohwhatfunlakenona.com to stay in-the-know on all things holly and jolly as we get closer to the holiday season.

Lake Nona events are known for immersive experiences featuring live musical performances, interactive displays, mouthwatering food and beverages, and specially curated photo opportunities. For the latest information on what events are happening in Lake Nona, visit facebook.com/learnlakenona/events.



THE ARTIST: EDINA HOUSTON

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF EDINA HOUSTON

Edina Houston is a passionate interior designer with luxurious, modern, transitional style.

NHN: What kind of art do you create and when did you start?

Edina Houston: I'm an interior designer, so I like to call it functional art. It's functional art because it's your entire environment. I see it as moving, living pieces because they're always there. I started when we built our first home. I had the construction documents and I figured I would design the house ahead of time so everything was ready. By the time we closed on the house, I had a full installation day. Prior to that, I didn't even know that was a thing. I was just trying to get ahead of the game. When you're in a new construction community, neighbors are a little nosy. They want to know what everybody's doing. I had a couple nosy neighbors come in and they said, "Oh, my God. Who was the designer? I need their card." I said, "Oh, I did." They went, "What?! Can you help me?" That's where it all started.

NHN: What inspired you to design in Lake Nona?

EH: We're from South Florida. We moved here around the end of July. I was so fascinated with the area. When you think of Orlando, you think of Kissimmee and the Disney and Universal area, but once we started driving around this area, I felt like the architecture was so different and this place could be amazing from a design standpoint because it already has the art scene.

NHN: When did you realize you wanted to pursue design?

EH: Once I'd done three or four houses in the community, I realized this is something I should make a business because they were paying me to do it. After I designed our house and I helped everybody in the neighborhood, I went back to school for design.

NHN: Interior design vs. interior decorating?

EH: There's a stigma that interior designers are very snobby because they went to school, and I don't believe that's the case. Interior designers typically have an education and work in conjunction with a general contractor. Interior decorators typically don't go to school. It's a niche they have and they're *really* good at it. They do all the fun interior stuff like pillows, throws, all that stuff. That's not to say that one is better than the other.

NHN: Describe your design style.

EH: Over the last five years, I've narrowed down my design style, but it's always evolving. I have things I love to do in everyone's house. But there are certain trends I'll take an ounce of and throw them in. My aesthetic is modern, transitional organic luxury because I like to have luxury-type items, but I don't want a full house of designer pieces.

NHN: Most rewarding/challenging design experience?

EH: Most rewarding are nurseries. I've had clients that I've worked with while they're pregnant. Once they deliver, it's cute to watch the evolution of this pregnant woman and the family going through this process. It's the best reveal ever because you grow with the design. Most challenging was when COVID hit, and everything spiraled out of control. That whole shipping container debacle was crazy. We had no clue when things were coming.

NHN: What is your design process?

EH: My process is very artistic. First, the house has to be clean. That sounds crazy, and I don't know why, but the house has to be spotless. If I have projects, I need to know I can focus and zone into the artistic side. I play music and relax. I have to be outside and flow through. It has to be natural. I don't like forcing it. It has to come naturally so I'm able to curate everything my clients need. I'm able to get everything I need generated and sent by the end of the day. On designing days. I try not to do

anything else. I typically save those for Friday or Saturday morning when it's nice and quiet. I have my busy work Monday through Wednesday. And that's when I do all the accounting, all the stuff nobody wants to deal with.

NHN: Who/what inspires your art?

EH: Nature, history, other artists. My favorite artists are Mikel Welch, Kelly Wearstler, Forbes+Masters, and Nicole White.

NHN: Besides design, what are your passions?

EH: Painting, yoga, dance, and traveling with the family.

NHN: New projects?

EH: I am doing two Airbnbs down south. I have a condo renovation down south, and I just started a loft/media room in Lake Nona.

NHN: Where can people find your portfolio?

EH: You will really get to know me by Instagram @edesignsandco. I do stories often, sometimes day in the life. I also have my website edesignsandco.com.

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.





NOTE FROM THE CEO THANKFUL FOR OUR COMMUNITY AND SUPPORT

With the passing of Hurricane Ian, I am thankful for the community support we were able to help direct to those in need, including our chamber friends in Sanibel and Captiva. On Thanksgiving, we will wish the best for all our friends who were impacted by Ian and give thanks for the love and expressed concerns of those who care about us. HAPPY THANKSGIVING!

Don Long
CEO, Lake Nona Regional Chamber of Commerce



First Tuesdays After-Hours
Tuesday, November 1
5:30 - 7:30 p.m.
LAKE NONA WAVE HOTEL
6100 Wave Hotel
Drive Orlando, 32827
Sponsored by
ARCIMOTO



NEW MEMBERS

Azael Kayser Camarena Vega P.A.
Clearent Intelligent Payment Processing
Everything Holiday Co.
LongHorn Steakhouse
Real Lean Cryolab
Right at Home
Spire Financial
Summer Medical Journal LLC




RENEWED PARTNERS

Synovus - Copper Partner
Walmart Supercenter - Silver Partner



RENEWED MEMBERS

ABS Services Inc.
Ashton Insurance Agency
Blair Creative Group, Inc.
Calvert, Arbra
Cap's Kitchen Creations
Chick-fil-A Nona
Florida Senate - Senator Torres
Garganese, Weiss, D'Agresta & Salzman, P.A.



iLingo Academy
Island Fin Poke
Perez Accounting Tax & Notary
Rooms Refreshed Interior Decorating
Synapse STEM Education
Worth Real Estate Company



CHAMBER CONNECTIONS



"Connections over Coffee"
Thursday, November 3
8:00 - 9:00 a.m.
Culver's
11978 Narcoossee Rd.
Orlando, 32832




Lake Nona Regional Chamber of Commerce
Title Sponsor
SYNOVUS
Friday, November 4
Eagle Creek Golf Club
To Benefit
Rebuild Yourself
Embrace - Expand - Empower




RIBBON-CUTTING Ceremony
Ribbon Cutting and Grand Opening
RIGHT AT HOME
Wednesday, November 9
6:00 - 7:30 p.m.
Ribbon Cutting at 6:30 p.m.
10007 Wellness Way, STE 100, Orlando, 32832




THANK YOU CHAMBER PARTNERS

DIAMOND	PLATINUM	GOLD	SILVER
	 	 	 
BRONZE	 	 	 
			 
COPPER	 	 	 
	 		 



EVENT GALLERY



Nona Professional Ladies' Luncheon
The Nona Professional Ladies Luncheon featured life coach Demetria Sloan with Vantage Point Coaching discussing the work-life balance myth on Sept. 19 at Wycliffe Bible Translators. (Photo/Danielle Conley)



Business Luncheon: Cyber Security in Your Business
Regine Bonneau, founder and CEO of RB Advisory, LLC discusses Cyber Security in Your Business at XL Soccer World Lake Nona on Sept. 23. (Photo/Madelyn Long)



Ribbon Cutting: 9Round Kickboxing
9Round Kickboxing celebrated its grand opening and ribbon-cutting ceremony with owner Jacqueline Guzman (middle) and Jose Morales on Sept. 24. (Photo/Madelyn Long)



Ribbon Cutting: The Cake Cottage
Tsian Verley, owner of The Cake Cottage in St. Cloud, receives the signed ribbon at ribbon-cutting Sept. 24.



First Tuesdays After-Hours Event
Chamber members celebrate Oktoberfest at Brewlando with craft-brew samples, a delicious spread of appetizers, and tours of the brewery during First Tuesdays After-Hours Oct. 4.



Ribbon Cutting at TD Bank
Rosa Ruiz-Bunker, Vice President and Store Manager TD Bank Lake Nona, ribbon cutting one-year anniversary ceremony Oct. 5.

BUSINESS LUNCHEON
"WOW! Dr Wright's Orthopedic Wellness - Rethinking what it means to live long and prosper!"
Friday, November 18
11:30 a.m. - 1:00 p.m.
HUGHSTON CLINIC ORTHOPAEDICS
Beep Innovation Lab
13485 Veterans Way STE 110
Orlando 32827



Business Ribbon Cuttings Oct. 6
Maytel Bonham, Attorney and Family Mediator, Shuffield, Lowman, and Wilson, PA.



Business Ribbon Cuttings Oct. 6
Joselyn Muszynski, Broker and Owner, Orlando International Relocation Reality (OIR).

RIBBON-CUTTING Ceremony
The Little Gym
Saturday, November 19
12:00 - 4:00 p.m.
Ribbon Cutting at 1:00 p.m.
14152 Narcoossee Road,
Orlando, FL 32832



Business Ribbon Cuttings Oct. 6
Goretti Garcia, Financial Planner, New Era Advisory.



Business Ribbon Cuttings Oct. 6
Melissa Barbosa, CPA and Owner, CPA Orlando.

NONA PROFESSIONAL LADIES LUNCHEON
"Social Media"
Monday, November 21
11:30 a.m. - 1:00 p.m.
Wycliffe Discovery Center
11221 John Wycliffe Blvd
Orlando, FL, 32824



Chamber Connections
Chamber Connections Speed Networking at Culver's, Lake Nona Oct. 6.



Breakfast Connections
Breakfast Connections presenter Carolyn Fennell (center), Senior Director of Public Affairs and Community Relations, Greater Orlando Aviation Authority/ Orlando International Airport, at Eagle Creek Golf Club finishes the event with Brandy Bennett (left), LNRCC Chair, and Don Long (right), CEO, LNRCC.

Member Appreciation 10 Year Anniversary
HOLIDAY PARTY
Tuesday, December 6
Lake Nona Country Club
Title Sponsor
KPMG



Nona Professional Ladies Evening Social: Bras for a Cause
UCF Lake Nona Hospital hosts the Nona Professional Ladies' Evening Social and Bras for a Cause at UCF Lake Nona Hospital sponsored by Red Door Title! Breast Cancer Awareness Pink Panel (l-r): Dr. Duron Lee, Primary Care Physician; Dr. Sandra Deniz, Breast Surgery; Dr. Michel Velez, Medical Oncology; Dr. Raj Rajpara, Radiation Oncology; and Nurse Leader Charmaine Hudson, Breast Cancer Survivor.



Ribbon Cutting, Lake Nona Dental Group
Lake Nona Dental Group in St. Cloud ribbon-cutting ceremony and Fall Festival Oct. 15.



XL HOLIDAY CAMPS

LAKE NONA



THANKSGIVING CAMP
NOVEMBER 21 - 23, 2022

WINTER BREAK CAMP
DECEMBER 19TH-23RD, 2022
DECEMBER 26TH-30TH, 2022
JANUARY 2ND & 3RD, 2023



SCAN FOR MORE INFO



SOCCER & ADVENTURE CAMP OPTIONS

FULL DAY 9:00 AM - 4:00 PM
HALF DAY 9:00 AM - 12:00 PM
AFTERNOON 1:00 PM - 4:00 PM



THE SOCCER OF BUSINESS: DON'T THINK ABOUT YOUR FIRST TOUCH

BY CIARAN MCARDLE
PHOTO COURTESY OF XL SOCCER WORLD



Great players never think about their first touch. They don't have to. It's automatic. They have practiced it so much that they are on autopilot when the ball comes to them. They can spend those next seconds (or even milliseconds) thinking about their second touch, where the ball will go next. Long? Short? Where's the gap? Who's coming toward me with two feet raised? But the extremely important basic technique, that without it nothing else falls into place, has already been confidently executed before that player even touches the ball.

This basic doesn't come by accident, it can only become fully automatic after hours and hours, some say 10,000 hours of DELIBERATE practice. But this article is not about deliberate practice and how to make the first touch automatic. It's the why.

The more things we can put on autopilot in our life, business and personal, then the more cognitive brain function we have remaining throughout the day to make bigger, more complex decisions. Think of brain cognitive function as a cell phone battery. I am pretty sure everyone reading this knows what one of those is and may even be reading this article from one! (Watch out for a future article on the perils of too much cell phone usage.) The good news is that, every day, you get a fully new charge of this truly wonderful stuff, well, that is unless you've been out the night before celebrating your over-30s league final victory! Each time you make a decision, a little piece of that battery gets used up just like in a normal cell phone. This is one of the reasons after a tough day you may feel "fried," all those decisions you have been making throughout the day have zapped your brain's cell phone battery and left you with nothing. All you have left is enough to sit on the sofa and start your Netflix binge.

Luckily for us, some things in our body are already on autopilot, such as breathing, blinking and even your heart beating. If we had to consciously think about these things every time we needed to do them, i.e., every second of every day, then we'd be walking about like zombies with zero cognitive function remaining for anything else.

The question is, like other high achievers, what more can you put on autopilot? And it doesn't have to be skills like your first touch that take hours and hours to practice. What everyday tasks can you take out of your cognitive bucket to your autopilot buckets, thus freeing up good, juicy brain function for tasks and projects that actually need it?

What routines in these areas of your life can you put on autopilot to free your brain's decision-making battery charge for the complicated stuff?

THE DRIP BAR
LAKE NONA

QR Code

Holiday Travel In November?
All clients receive **25% OFF** The Jetsetter IV Drip!
Also, check out our webpage for **AMAZING** Black Friday BOGO'S offers and specials!

- Boost your energy levels, reduce the effects of stress, increase your hydration and micronutrients, anti-aging and wellness
- Many health protocols for chronic illness like long haul syndrome, cancer, and autoimmune diseases
- Red light therapy, Halo-therapy and Infrared sauna

Lake Nona Greenwood 14152 Narcoossee Rd, Orlando, FL 32827 | 407.734.3540 | www.TheDripBar.com

- Waking up (first 60 minutes of your day)
- Leaving the house
- Arriving at the office
- Leaving the office
- Arriving home
- Last 60 minutes of your day before bed

You will be amazed at the difference it has in your day, the difference between something as simple as eating at the same time and the same thing every day has. No need to think about it, no need to waste brain function on, "Oh, what shall I have today, and I wonder what everyone else wants so we can waste 30 minutes taking an office poll on what to get and then another 30 on actually ordering and collecting." No need. It's 12 p.m., there's my salad in its cooler, and I am going to sit and eat it. Autopilot.

THE WINNING FAMILY: HOW TO SHIFT THE ATMOSPHERE OF YOUR HOME

BY PASTOR RODNEY GAGE



I have been hearing about a "truck stop" called Buc-ee's for years. Some friends have gone on and on about the experience and how clean the bathrooms are. Recently, while passing through Daytona Beach, my wife, Michelle, and I made a pit stop at Buc-ee's to see if all the hype was legit. To my surprise, it lived up to all the hype! I couldn't believe how big, bright and clean it was. I don't recommend stopping in if you're in a hurry because if you go inside, you will be drawn into the atmosphere and the aroma of freshly baked cinnamon rolls, freshly brewed coffee, and endless choices of snacks and souvenirs. And yes, the bathrooms are the cleanest bathrooms you'll find anywhere, especially for a truck stop. What

makes the difference from all the other truck stops? I would be safe to say it's the vision and values of the company to provide the friendliest, cleanest, in-stock experience you will find anywhere. It's what drives the atmosphere and culture of the company and customer experience.

In many ways, the culture and atmosphere of our marriage and family are no different. Whether we realize it or not, every family values something. Your values may not be intentional, spoken or written, but all families have values, and your values are what dictate the atmosphere of your home.

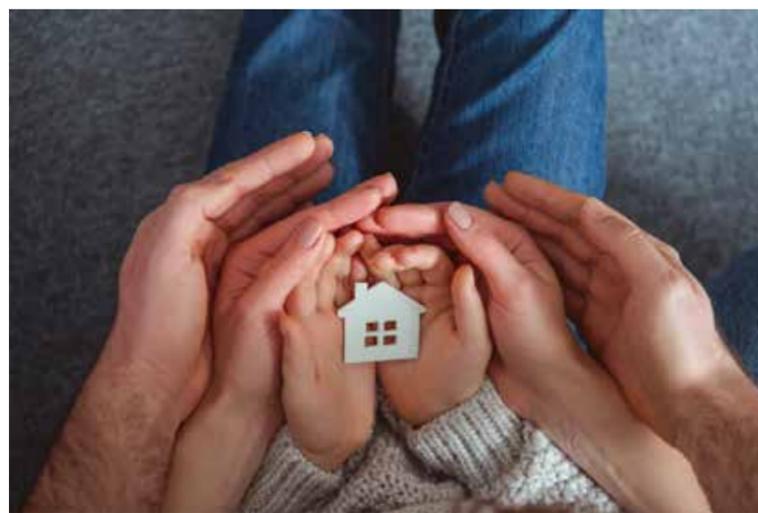
Healthy cultures never happen by accident. Your family culture results from what you create and what you allow. You show me a strong, thriving, life-giving family, and I will show you a family unified around strong values.

Show me a negative, argumentative family that displays toxic behavior, and I will show you a family that is unclear and divided on what they value. After raising three children of our own and working with thousands of couples and parents over the past 30 years, I have realized that if you want a different culture and atmosphere for your marriage and family, change what you value. I can't emphasize how important it is to lead your kids toward your values, as if everything depends upon it. Why? Because it does. Knowing who you want to become as a couple/family and what culture you want to build is the key to having a healthy, winning family.

How Do You Shift The Atmosphere of Your Home?

1. Be What You Want to See.

Identifying what your attitudes and actions say about your current values is essential. Remember, culture is almost impossible to teach because we must first be what we want to see regarding our attitude, tone, reactions and other behaviors. For example, if we wish for a more serving, supporting and cooperative atmosphere, we must find ways to serve and support each other. By doing this, we set a value of helping and supporting one another as a high priority in our home. As parents, we must first be what we want to see lived out by every family member.



2. Praise Participation.

I have a friend who is an animal trainer at SeaWorld. She explained why they always have a "treat" ready to give the animals when they perform and follow instructions. She said, "We give them treats after every trick because we know what gets rewarded gets repeated." The same is true with us. Nothing deflates our motivation more than criticism, griping and complaining. However, when someone recognizes our performance with words of affirmation, praise and encouragement, it motivates us to keep giving and doing our best. To change the atmosphere in your home, make it your goal to catch your spouse or children doing something that reinforces what you desire to be. Remember, we must be what we want to see, and when we praise participation demonstrated by other family members, it inspires them to do more of what was praised and rewarded.

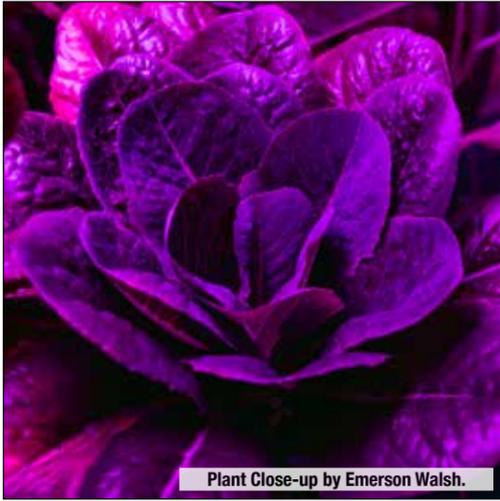
3. Never Stop Talking About It.

The atmosphere of your home is either by design or by default. If we want to design our marriage and family atmosphere to be what we want to see, we must repeat it constantly. Look for ways to reinforce, praise and model what you desire to be and who you desire to become as a family. Doing this will create an atmosphere that fosters a loving, supporting, close-knit family that will serve as a legacy we can pass from one generation to the next.

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

TO NONA & BEYOND: CELEBRATING SPACE WEEK

BY EMERSON AND ETHAN WALSH



Plant Close-up by Emerson Walsh.



Full-Motion Simulator by Emerson Walsh.

Last month, we celebrated World Space Week! It was established by the United Nations in 1999 and is observed each year from October 4-10. The dates were specifically selected as a nod to two very notable space events. On October 4, 1957, Sputnik, the first human-made satellite, was sent into orbit, opening the door to greater space exploration. On October 10, 1967, the Principles Governing the Activities of States in the Exploration and Peaceful Uses of Outer Space treaty was signed, providing the framework for international space law. The purpose of World Space Week is to celebrate the advancements in technology and science that further the betterment of humanity. In 2021, World Space Week's outreach and education events exceeded 6,418 worldwide.

As a part of World Space Week 2022, we had the special opportunity to locally tour the Astronaut Training Experience (ATX) Center and Botany Lab inside Mars Base 1 at Kennedy Space Center. We started our exploration in the ATX room, which includes a variety of simulators that allow you to train like a future Mars explorer. The immersive technology simulates sensations of spacewalk performance, capsule docking, and navigation of Mars terrain.

Our next stop was the Botany Lab. It is an indoor greenhouse that utilizes hydroponic gardening. It also has a section dedicated to growing plants in soil similar to Martian regolith simulant. Through years of study, NASA has discovered that mainly blue and red LED lighting is the most effective for this growing environment. The red light is essential for germinations, roots and flowering while the blue aids in the production of healthy leaves and stems. The plant conditions varied from plot to plot on purpose. They continue to experiment and learn just as much from observing dying plants vs. healthy growth. With astronauts currently being sustained by packaged foods, and NASA having its sights on the Moon and Mars, we must develop the ability to grow fresh plants in large quantities off Earth.

In order to reach the moon, we will need a massive rocket. NASA's Space Launch System (SLS) intends to do just that, and the space agency is now targeting November 14th at 12:07 a.m. for the inaugural launch. There is a 69-minute window in which the launch can take place. We hope you are able to witness this spectacular event! Titusville, with its unobstructed view of the pad across the Indian River, offers some of the best public viewing spots. Keep in mind that traffic at the Space Coast is likely to be a concern even this late into the night, so it is recommended to arrive quite early at your desired viewing location.

System (SLS) intends to do just that, and the space agency is now targeting November 14th at 12:07 a.m. for the inaugural launch. There is a 69-minute window in which the launch can take place. We hope you are able to witness this spectacular event! Titusville, with its unobstructed view of the pad across the Indian River, offers some of the best public viewing spots. Keep in mind that traffic at the Space Coast is likely to be a concern even this late into the night, so it is recommended to arrive quite early at your desired viewing location.



ATX by Emerson Walsh.



Microgravity Simulator by Emerson Walsh.



Botany Lab by Emerson Walsh.

Some of your most important connections can be found close to home



We're proud to put Lake Nona first, and we're committed to helping you build on your success with a financial approach that's designed for you. In our new location, we look forward to continuing to serve the Lake Nona community.

Merrill Lynch Wealth Management

14374 Narcoossee Road

Suite B

Orlando, FL 32832

689.206.8760



Merrill Lynch, Pierce, Fenner & Smith Incorporated (also referred to as "MLPF&S" or "Merrill") makes available certain investment products sponsored, managed, distributed or provided by companies that are affiliates of Bank of America Corporation ("BoFA Corp."). MLPF&S is a registered broker-dealer, registered investment adviser, Member SIPC and a wholly owned subsidiary of BoFA Corp.

<Merrill Private Wealth Management is a division of MLPF&S that offers a broad array of personalized wealth management products and services.>

Investment products: **Are Not FDIC Insured** **Are Not Bank Guaranteed** **May Lose Value**

The Bull Symbol and Merrill are registered trademarks of Bank of America Corporation.

© 2022 Bank of America Corporation. All rights reserved.

MAP4264787 | AD-09-22-0446 | 470950PM-0322 | 09/2022

USTA: OPPORTUNITIES AT USTA NATIONAL CAMPUS

ARTICLE BY DANIEL PYSER
PHOTO COURTESY OF USTA

Last month, nearly 100 new tennis players hit the court as part of the USTA National Campus' inaugural Let's Tennis Lake Nona program. The innovative campaign was designed to attract newcomers to the sport of a lifetime, giving new and novice players access to a number of entry-level clinics for a flat fee.

The newcomers accounted for over 1,000 individual sessions over the course of the month and now are armed with the skills to hit the courts on their own.

For those who missed out on the opportunity, the USTA National Campus offers a number of beginner programs for adults of any age and skill level.

Tennis 101 is designed for new players to learn the basics or as a refresher for those returning to the game. Once players master the basics and can confidently serve, rally and score, they can move onto Tennis 102, which explores court positioning, shot placement and doubles strategy.

For those looking to combine fitness with their tennis, there are a number of cardio tennis options available, including Cardio Move, Cardio Fit and Novice Cardio. All three are available to players of multiple skill levels, with Novice Cardio geared toward beginners, and combine a heart-pumping workout with tennis skills and drills.

For more advanced players, there are a number of pro-led programs and classes, including Singles and Doubles Live Ball, Innovation Clinics, Singles and Doubles Training, and Advanced Drill Sessions (for NTRP 4.5+).

Programs are available for full-session and drop-in registration. For more information on USTA National Campus programming, please visit www.ustanationalcampus.com.

Beyond regular programming, there are many additional play opportunities, including social play, private lessons and adult camps.

Adult camps are an action-packed way to experience all the USTA National Campus has to offer. A number of three-day camps are available during November and December with both weekday (Mon.-Wed.) and weekend (Thurs.-Sat.) options. The camps include a social mixer, two full days of drills and match play as well as a short-format tournament to conclude the experience.

In addition to tennis, there are both pickleball and padel programs available, as well as social play opportunities and private lessons.

More information on all of those play opportunities is also available on the USTA National Campus website.



Tennis is always open for everyone.



Did you know the USTA National Campus is a public facility? This 64-acre, 98-court facility offers tennis, pickleball, and padel.

LEARN MORE 



NEW TO TENNIS? NO EXPERIENCE NEEDED!

Learn the game or brush up on your skills. Tennis 101 & Tennis 102 focus on the basics, court positioning, shot placement, and doubles strategies. Daytime and evening classes are available.

SIGN UP TODAY 

Protect all that matters most.



HOME



AUTO



BUSINESS



BOAT

Visit us in person, online, or call us today for your free quote!

(407) 675-3880

LaureateInsurance.com

13630 Sachs Ave. Suite 100, Orlando, FL 32827

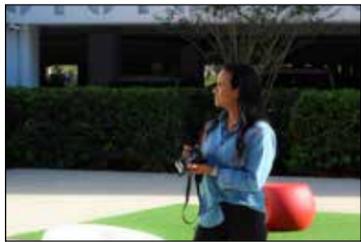

LAUREATE
INSURANCE PARTNERS

USTA 
NATIONAL CAMPUS

© 2022 USTA. All rights reserved.

NONA YOUR NEIGHBOR – NATALIE URENA

ARTICLE BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF NATALIE URENA



Natalie Urena is a mom of two, a wife and the person behind The Nona Feed. Read our interview with her below!

Nonahood News: What is your job?

Natalie Urena: Our main business is a mattress company. It's a family-owned business based in the Dominican Republic, and we distribute in the U.S. and Puerto Rico as well. For that business, I handle most of the marketing. In Orlando, I do most of the office management with my husband. My passion project is The Nona Feed. The Nona Feed is something I started working on about two years ago. I'm really a fashion designer with a minor in marketing. I used to live and work in New York. After I had kids, I felt like living in New York wasn't the lifestyle I wanted for my kids. But I have this creative side to me that I need to let out, so that's how I started to get on social media, creating content, and doing graphic design.

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

NU: Firstly, I'm a mom. I have two beautiful girls, Chloe and Annabella. My day-to-day starts with me getting them ready for school, making breakfast, dropping them off. In the morning, I usually work for our mattress company. Later during the day, I pick up my oldest daughter and that's when I start doing all my personal projects like working on social media and working on my clients' project. I'll do photoshoots and things like that. I try to fit in the gym at some point of the day. And then my husband will pick up my other daughter, and we love Laureate Park, so usually we'll wander off to a park or have friends and family over.

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

NU: Seeing my work out there. I feel like when I see stuff, either if it's in print or social media, I love seeing how people admire it. I'm my biggest critic, so to hear someone get excited about something I post is rewarding. It's also rewarding when people that don't know I run The Nona Feed see my social media page and show it to me and they're like, "Have you seen this page?"

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

NU: My passion project is everything to me right now, so I think staying relevant. Since I create content and new photography, it's also making each of my clients feel special, making their work exciting, and paying as much attention as I can to each of them.

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

NU: In terms of The Nona Feed, I feel like this community has so much to offer. It was so easy to just start a social media page on it. It sounds super cheesy, but I feel like it's capturing the lifestyle. If you have kids, if you have family and if you're in this area, your day to day is so exciting because the community is so friendly.



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

NU: I have this obsession with plants. I collect them, and I am obsessed with taking care of plants and collecting different types of plants.

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

NU: I see myself here and I see this passion project probably growing into something bigger. I already have a couple clients in New York, so maybe traveling more and slowly growing. Like I said, I'm a mom first, so this whole thing started as something that would give me the flexibility to watch my little girls grow and be a part of their lives. I'd love to see this continue growing into something bigger.

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

NU: We bought our house two years ago. The first time I came here was about six years ago. The look of this area six years ago was something totally different. I had been searching for a place to buy our first home and to have my little girls grow up. As soon as I drove by here, I told my husband and that same day we came back. I was convinced. I'm like, this is where we're buying our first house.

NHN: Where are you from originally?

NU: I was born in New York, but I am from the Dominican Republic.

NHN: What would you say is your favorite part about Lake Nona?

NU: A combination between the community and the parks we have.

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

NU: Stop considering it and just do it!

Want to nominate YOUR neighbor
(or yourself) to be featured?
Follow this link: nonahood.to/nonaneighbor.



Holiday Market

Sat. November 12th
10AM - 2PM

The PIXON Apartments
7004 Tavistock Lakes Blvd
Orlando, FL 32827

Shop Nona boutiques for special holiday gifts!

Featuring female-owned, local small businesses

Follow for details, giveaways, vendors + more

  @nonasouthmarket

SAVOR TOOTH TIGER: FRENCH ONION SOUP

In the words of *Seinfeld's* George Costanza, "I gotta focus, I'm shifting into soup mode." That quote is from my favorite *Seinfeld* episode, the Soup Nazi, which is actually based on a real New York City restaurateur with a notoriously prickly attitude and fantastic soups. When temperatures drop, soup is all that I want to cook. Sure, Florida Fall may be a bit milder than some, but we can still enjoy the cozy feeling that only cooking soup can bring. Yes, soup for you!

The coziest soup of all, in my opinion, is French onion soup. Savory broth, caramelized onions with a floating raft of bread and cheese. What's not to love? My favorite episode of *The French Chef*, Julia Child's famously groundbreaking cooking show, is about French onion soup. Julia suggests covering the onions for the first several minutes of cooking to speed up the process, and I must say, it works well. She also suggests a pinch of sugar and salt to help with caramelization. Take Julia's sage advice and give the onions plenty of time to properly caramelize. This is the only real time-consuming step, but it's worth every minute. I take a departure from Julia's recipe when it comes to the gratinée topping. Instead of putting the bread and cheese in the soup to brown in the oven, I separately cook the toast with Gruyère cheese and float them on top of the soup before serving. Just a texture preference but feel free to go the traditional route.

Any guesses on the origin of French onion soup? It's right in the name, so of course it must be French! Well, actually, this soup has roots in Ancient Rome. Onions were cheap and easy to grow and store, which made them incredibly popular. Years later, the French improved upon the soup with their favorite ingredients, cheese and bread. Perhaps the most famous French restaurant to serve *Soupe à l'Oignon Gratinée* to this day is *Au Pied De Cochon*, near the famous *Le Halles* fresh food market. This soup was popularly sold as street food for many years until restaurants discovered how marketable this humble soup could be.



FRENCH ONION SOUP (SERVES 4-6)

Ingredients:

- 2 large yellow onions (in thin slices)
- 1 cup white wine
- 8 cups beef broth
- 2 tablespoons oil
- 3 tablespoons butter
- 3 tablespoons all purpose flour
- 1 small pinch of sugar
- 2 teaspoons salt
- Black pepper
- 1 French baguette (sliced)
- 8 ounces of grated Gruyère cheese

Instructions:

1. In a large pot over medium heat, add the sliced onions and oil. Stir and brown for 5 minutes. Cover with a lid for 2-3 minutes. Stir again, add a pinch of salt and sugar. Allow to cook for 20-30 more minutes, stirring occasionally. If they brown too much, add splashes of stock to keep from burning and turn heat down slightly. Onions will need at least 30 minutes total to properly caramelize. Don't rush this step.
2. Once onions are golden, add butter and flour. Using a whisk, cook the mixture for 3-4 minutes until the flour deepens in color and no lumps of flour remain.
3. Add the wine and broth. Whisk to combine. Add salt and pepper. Cover and let simmer on medium-low heat for 10-20 minutes.
4. On a sheet tray, drizzle a little oil and place sliced baguette pieces on the tray. Add a small pinch of salt and pepper. Cover with grated cheese. Broil on high for just a few minutes until golden.
5. Portion out soup, giving each bowl a few pieces of bread.
6. Serve hot.

BEST FRIENDS IN THE NONAHOOD: BHAGEERA THE BOUVIER HAS A NEW LITTLE BROTHER

ARTICLE BY PATTY REBER
PHOTO COURTESY OF THE GUPTA FAMILY

Bhageera is a Bouvier Des Flanders, and he is a large, calm, daily presence at the dog park. If you are wondering where this Belgian herding dog got such an exotic name, it is found in Kipling's *The Jungle Book*, and it means "the panther." Well, "panther," welcome your new little brother, Baloo, which means "the bear!" So, a panther and a bear walk into a Bark Park.....!!! Bhageera is 5 years old and a beautiful Bouvier who recently welcomed 12-month-old Baloo into the household. Like any new sibling, this little bear is surely giving the panther a run for his money...or should I say his toys and his bed. Bhageera is a very patient older brother pooch. However, time will tell when Baloo will have to take a step back for sure.

Like all dog-lovers, the Gupta family love their pooches! Mr. & Mrs. both work from home for tech companies and their son, whose love of *The Jungle Book* explains how Bhageera got his name, is a competitive tennis player who is very interested in playing college tennis. So I am sure the panther and the little bear will be watching lots of tennis in the future!

Riding in the car is one of Bhageera's favorite things so he can stick his head out the window and feel the breeze. You may have seen that shaggy head leaning out of the window of an Audi traveling down Narcoossee! Well, Baloo has definitely taken over his seat for now. Bhageera is so patient and tolerant. His herding dog instincts shine in the way he cares for his new brother. Surely he will be teaching Baloo along the way, and he will eventually regain his reserved front seat in the car just like old times. Go for it, Bhageera!!!



(407) 495-2325 | aexplorers.com



NOVEMBER 11

VETERANS DAY

We don't know them all,
but we owe them all!

The history behind Taps: the bugle call played on Veterans Day

Taps is a 24-note bugle call played at American military funerals, wreath-laying ceremonies and memorial services like Veterans Day.

In 1862, Major General Daniel Adams Butterfield adopted a French bugle call believed to be written in 1809 to signify the day's end to soldiers. It was used as a signal to communicate troops should extinguish all lights and go to bed.

Butterfield also used Taps to honor his men while in camp at Harrison's Landing, Virginia. The call soon spread to other units of the Union Army and was even used by the Confederates.

As for the name Taps, it most likely comes from the fact that prior to Butterfield's bugle call, the "Extinguish Lights" call was issued by three drumbeats colloquially referred to by troops as taps. When Butterfield's call replaced the drumbeats, soldiers continued to refer to the end-of-day signal in this manner.



By 1891, Taps became a standard component of military funerals and in 2012, Congress recognized it as the National Song of Remembrance.

5 interesting facts about Veterans Day

Every year, Americans celebrate Veterans Day on November 11 to honor the country's veterans for their patriotism and willingness to serve and sacrifice for the common good. Here are five facts you may not know about this important day.

1. VETERANS DAY WAS INITIALLY CALLED ARMISTICE DAY

Armistice Day began as a celebration recognizing the victory of the allied forces during World War I. It was renamed Veterans Day in 1954 and is now dedicated to veterans of all wars.

2. THERE'S NO APOSTROPHE IN VETERANS DAY

The lack of an apostrophe in "Veterans Day" implies that the occasion doesn't belong to veterans. Rather, it's a day that honors all soldiers who once served their country, both dead and alive.

3. VETERANS DAY IS DIFFERENT FROM MEMORIAL DAY

Memorial Day explicitly honors military members who've lost their lives while serving.

4. OTHER COUNTRIES CELEBRATE VETERANS DAY

On November 11 several other commonwealth countries, including Canada and Australia, also honor soldiers who lost their lives in wars. However, in these countries, the occasion is called Remembrance Day instead of Veterans Day.

5. VETERANS DAY WAS BRIEFLY CELEBRATED IN OCTOBER

In 1968, the Uniform Holidays Bill was passed, which moved Veterans Day to the fourth Monday in October. The law went into effect in 1971, but in 1975, President Gerald Ford returned Veterans Day to November 11 due to the important historical significance of the date.

This year, consider making time to honor the veterans in your community by attending a local Veterans Day event.

