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4 GIFT IDEAS FOR FOODIES

Is there someone on your holiday shopping list who's a foodie? Are you looking for a gift that will satisfy both their taste buds and passion for cooking? If so, here are four ideas to inspire you!

1. Reusable Accessories:

Consider offering your foodie friend reusable coffee filters, produce bags, pastry bags, muffin tins or other items that help them preserve their kitchen creations.

2. Cooking Classes:

Whether online or in-person, a cooking class is a great way for the foodie in your life to discover new dishes and learn an array of culinary techniques.

3. Food Subscriptions:

If your loved one is a coffee, candy, or wine connoisseur consider buying them a themed subscription box.

4. Artisanal Products:

Curating a custom gift basket that includes regional delicacies such as hot sauces, cheeses, honey, wines and oils is a great way to inspire your loved one to cook using local ingredients.

Keep an eye out for products, services and activities in the Orlando area to satisfy the foodie on your shopping list!



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NOBEL NOTABLE OF LAUREATE PARK: HALLDÓR LAXNESS, ICELAND'S IRONIST



BY DENNIS DELEHANTY
PHOTOS COURTESY OF WIKICOMMONS, DENNIS DELEHANTY

Many years ago, as I rambled alone on a July evening through the empty streets of Reykjavik, a single pedestrian, a drunk staggering helplessly on inebriated limbs, crossed my path. We smiled at one another. Gazing upon the coldly brilliant sun setting behind a crest of nearby mountains, I resumed my stroll and asked myself, "Where the heck is every-

one?" This is Reykjavik, the capital city of a small country, but a genuine country nonetheless. Don't all capital cities bustle? I then glanced at a clock upon a church steeple and saw the time was 11:45 p.m. Oh, right. The midnight sun had addled my internal clock. So that's why it's so brilliant and bright, but not a soul outdoors ...

My wife, Elizabeth, and I had booked flights from Luxembourg to Washington, D.C., on Icelandair, attracted by that airline's famously cheap fares, but also out of curiosity. Our fare offered a stopover in Reykjavik at no charge. In Iceland's fabled twilight, we were told, you could read a newspaper outdoors at 3:00 a.m. (True, it turned out. We tested.) But our stay was much too short and confined to the capital city. Beyond that newspaper-reading experiment, our main stopover accomplishments were to marvel at the astronomical prices of restaurant food, nearly all imported, and the Althing, the world's oldest parliament, founded in 930. Otherwise, we learned little about Iceland's geography, heritage or culture. So, the discovery that one of the streets in our neighborhood's new annex, Laureate Park South, honors Iceland's greatest modern writer, Halldór Laxness, came as welcome news. Dipping into Laxness's work, we figured, would provide a peek into the secrets of that perplexing northern nation.

Over his lifetime, Halldór Laxness produced an impressive stack of 60 books, mostly fiction. To research for this article, your correspondent managed to read just a sliver of this output. Two and a half novels, to be brutally precise. Nonetheless, this modest effort yielded a satisfying glimpse into Icelandic life of the past century and an appreciation of the skills of a major Nordic writer little known in this country.

The Swedish Academy awarded Laxness the 1955 Nobel Prize for literature, ostensibly on the basis of a single novel, the imposing epic, *Independent People*. The right place to start, we thought, to learn a bit about Laxness and the culture of his native island.

A more fitting English title for this novel might be *An Independent Man*, for the narrative focuses not upon a race of people but on a single sheep farmer named Bjartur of Summerhouses, the most stubborn, single-minded – and, in many ways, unlikeable – character you are likely to encounter in fiction. But also unforgettable. Little seems to lighten the misery of Bjartur's daily struggles to scratch out a precarious livelihood for himself and his kin. As we meet Bjartur, he has just purchased a dilapidated turf farmstead from the local bailiff, a sort of local magnate, for whom he labored 18 years as a

shepherd. Bjartur is also about to wed. His farm, set upon a marshy moor girdled by low mountains, is said to be cursed by the ghosts of an Irish monk, Kollumkilli, and the vile witch Gunnvor. But that land and that farm are all that matters to Bjartur. They are the sole guarantee of his coveted "independence." The pursuit of that independence, though, exacts a terrible toll: a life of grinding poverty.

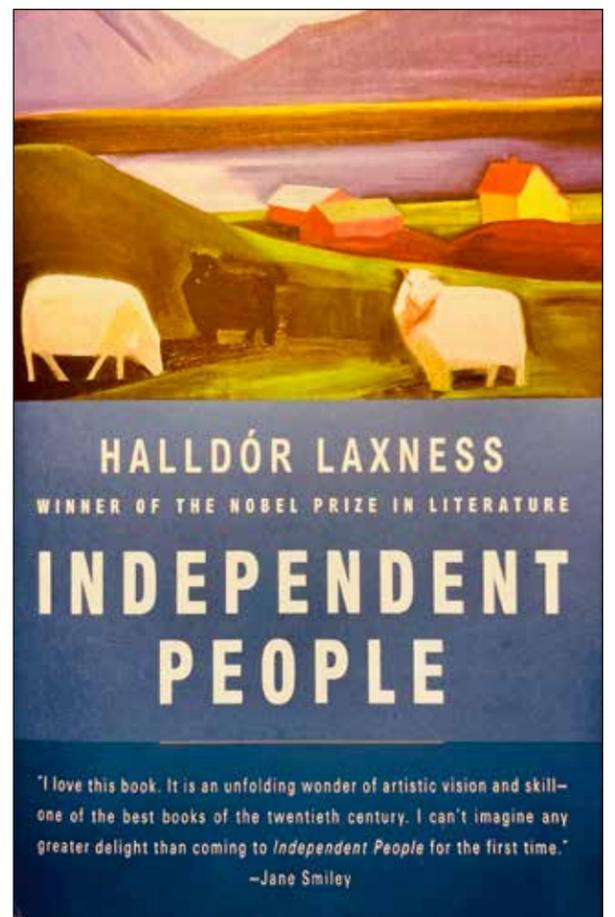
Soon after escorting his superstitious bride, Rosa, to the farmstead, Bjartur learns she is pregnant with the child of the bailiff's son. The secluded turf house is primitive. The second-story living space is supplied with a stove, bed and table, but no chairs. Downstairs, a barn. Meals are porridge and fish, but never meat. For most of the year, tending the sheep and raking hay require 18-hour workdays with one brief break for a meager lunch. As winter approaches, Bjartur decides to attend a local sheep roundup, leaving a gimmer, a young lamb, to keep his bride company. But Rosa, raised in comparative luxury in town, is starving. In her desperation, she slays the lamb she believes bewitched and consumes the carcass. No trace of the animal remains.

Arriving home, Bjartur guesses that the gimmer has wandered from the farm and launches a days-long search for her, again leaving Rosa, now approaching childbirth, alone on the farm. The episode that follows must be one of the most astonishing passages in modern literature. On the second day of his search, Bjartur eyes a bull reindeer grazing along the frigid Glacier River and devises a plan to capture the reindeer with his bare hands and lead him home. In his struggle to tame the reindeer, Bjartur hops onto the animal's back, but the confused bull, trying to shake off his unwelcome passenger, dives into the icy river. As the rushing current carries the pair downstream at a furious pace, Bjartur saves himself by leaping onto an ice floe, and with uncommon strength manages to climb out of the water. Facing an oncoming blizzard, Bjartur now stands on the farther bank of an uncrossable river, with no shelter in sight. His only choice is to make his way across a barren landscape to some sort of settlement. Utterly soaked, fearing frostbite, he keeps moving, reciting stanzas of Icelandic sagas to distract him from the cold. Twenty-four hours later, a housewife, awakened by hammering outside, opens the door, and a creature resembling a human being tumbles forth. Revived, Bjartur chokes out that he had only taken "a stroll along the heights" searching for his lost lamb. The independent man offers no explanation for how he crossed Glacier River.

But his troubles are hardly over. When Bjartur returns home, he finds Rosa lifeless on the kitchen table. Before dying, she had given birth to an infant girl who had miraculously survived for days cuddled in the furry warmth of the family dog. That evening, Bjartur heads to town to visit the bailiff and his wife. He reluctantly intends to seek help for a funeral and secure a nursemaid but at first can only mumble that what he has to tell them "is nothing important." After repeated questioning, Bjartur finally blurts out a riddle from his own verse that ends with the line "fallen the one rose." Slowly deciphering this bizarre announcement of Rose's passing, the bailiff and his wife gape at their visitor.

At this point, we are barely past page 100 of a 500-page epic! In the ensuing narrative, Bjartur raises, and mostly loses, a second family, and struggles vainly to raise sheep in Iceland's unyielding climate. The theme of the physical and psychic cost of "independence" dominates this story, and one wonders if at times whether Laxness chooses to mock his protagonist or aims more directly to portray the cruelty of a brutal economic system keeping small Icelandic landholders consigned to lifelong misery. Some consider *Independent People* a masterpiece of fiction. Opinions may differ on that point, but this is clearly a masterfully written novel deserving of serious attention by all fans of literature, particularly those curious about Iceland of the early 20th century.

Halldór Guðjónsson was born in Reykjavik in 1902. In his youth, he wrote incessantly. At age 17, after publishing his first novel, Halldór, having adopted Laxness for his last name to honor his family's farm, sailed to Copenhagen, which served as a stepping stone for extensive travels throughout Europe. In his early twenties, Laxness entered a Benedictine monastery in Luxembourg, which he abandoned, however, shortly before



taking his final vows. In a 180-degree turn, he moved in 1927 to Los Angeles to pursue a career as a Hollywood screenwriter. Those career aspirations went nowhere, though, as Laxness fell out with movie moguls over a screenplay based on one of his novels. Laxness wanted a film set in Iceland starring Greta Garbo; the moguls favored Kentucky.

By this time, Laxness was drawing decidedly toward a version of socialism reflected in the realist novels of Theodore Dreiser, Sinclair Lewis and Upton Sinclair, all of whom he greatly admired. The October 1929 stock market crash cemented Laxness's tilt toward socialism, and in the 1930s he produced his greatest literary efforts, including *Independent People*, works shaded by his political views. That decade also brought Laxness to the Soviet Union twice. On his second visit, Laxness, in a mystifying episode, witnessed Stalin's pitiless show trials in Moscow, then returned home to pen a bland travelog based on that trip. This and other incidents eventually attracted the attention of J. Edgar Hoover's FBI. In the late 1940s, Laxness was blacklisted, and his novels, which had known popularity among American readers, disappeared from bookshelves in the United States until 1997, a year before Laxness's death, when Vintage Books republished *Independent People*. Further novels, such as the slyly amusing *The Fish Can Sing* and Laxness's weird but barely readable experiment with modernist prose, *Under the Glacier*, have since been released by Vintage Books.

So, in the end, our chance discovery of Halldór Laxness has left us grateful. Grateful that a modest street sign recently erected in our new neighborhood has inspired us to read at least a sampling of Laxness's literary output. And grateful that the American public has again begun to read the work of a major writer lost to us for nearly a half-century.



NAMASTE WITH NATALIA: FLYING PIGEON

'EKA PADA GALAVASANA'

BY NATALIA FOOTE
PHOTOS BY KELLY RODRIGUEZ

Eka pada galavasana, or flying pigeon, is a posture that took years of practice. It is a posture that still induces fear when I attempt it. I worry whether I "have it" today or not. The first time I did *eka pada galavasana*, I felt a rush of excitement. My ZPD had grown to new levels.

This posture requires strength as it is an arm balance. It also requires hip mobility and stability as the bent leg outwardly rotates. Then there is the fear of bruising your face and bruising your ego from falling.

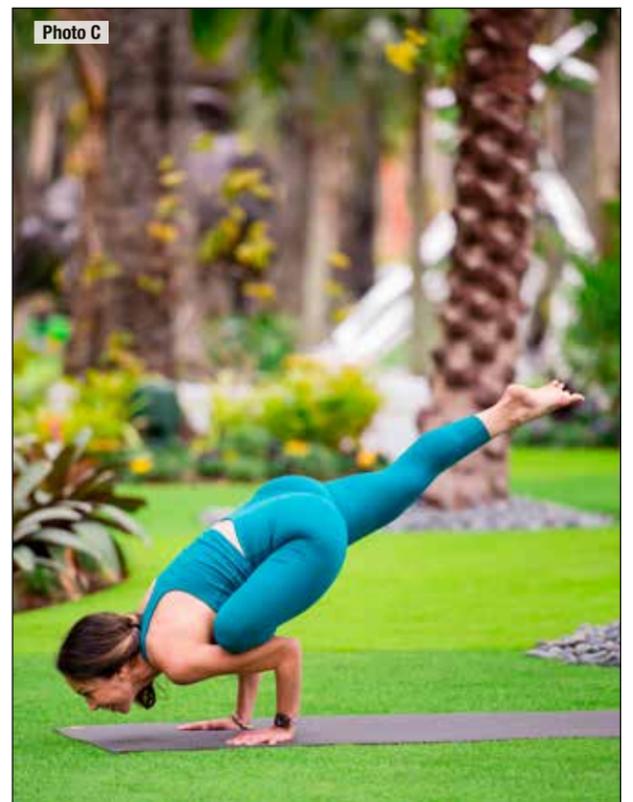
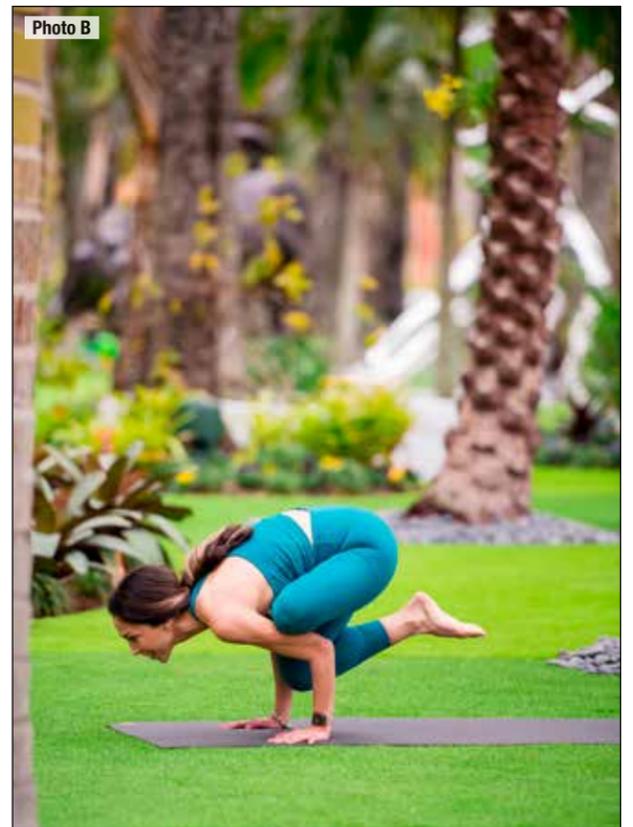
For most, this posture requires a proper warmup and an established practice. The path to this posture is an excellent way to see where you are and attain your ZPD for this posture.

Eka Pada Galavasana

1. Fully warm up the body, focusing on your hip's external rotation.
2. Stand in *tadasana* or mountain pose.
3. Place all your weight on the left leg and lift the right knee.
4. Turn the knee outwards and place the right ankle over the left thigh.
5. Bring your palms together near your heart and pause to notice if this is your stopping point.
6. Bend the standing leg, noticing how far you can bend while maintaining your balance.
7. Lift your arms overhead (photo A).
8. Pause, reflect.
9. Hinge at the hips and reach the arms horizontally, then down toward the ground.
10. Pause, reflect.
11. Depending on your body, your hands might reach the floor.
12. If your hands reach the floor, hook your right toes around the left triceps.
13. Gaze forward and begin to shift weight away from the left foot and into the arms.
14. Perhaps the left toes lift off (photo B).
15. Perhaps you lift and straighten the left leg (photo C).
16. Pause and breathe. Notice sensation and emotion.
17. Notice where your stopping points are, continue to practice and return to this posture to see improvement.

Namaste!

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.



The zone of proximal development is a concept in educational psychology that refers to an area of growth between what a learner can do unsupported and what a learner can do with some support. The ZPD is the area where we are primed for growth. If something is too easy, humans get bored. If something is too hard, humans quit trying from constant failure. When we find our ZPD in any area and work within that area, we are primed for learning. The ZPD grows over time as learning continues.

As a yoga instructor, I give options in class to try and accommodate for the student's individual zone. As a yoga student, I am constantly modifying for myself and adjusting to see where I have grown, where I need work, and where I feel steady.

DECEMBER IN THE NONAHOOD

THURSDAY DECEMBER 1

- Club Cardio

SATURDAY DECEMBER 3

- Club Cardio
- Lake Nona's Farmers Market
- Sweat Saturday at Boxi Park

TUESDAY DECEMBER 6

- Club Cardio
- LNRCC Member Appreciation-10-Year Anniversary Holiday Party

WEDNESDAY DECEMBER 7

- Morning Meditation at Dockside

THURSDAY DECEMBER 8

- Club Cardio
- Ribbon Cutting and Grand Opening of Right at Home

SATURDAY DECEMBER 10

- Club Cardio
- Lake Nona's Farmers Market
- Lake Nona Jingle Bell 5K & Fun Run
- Oh What Fun! At Boxi Park
- LNRCC Adopt-a-Highway Volunteers Needed

SUNDAY DECEMBER 11

- Oh What Fun! At Boxi Park

TUESDAY DECEMBER 13

- Club Cardio
- Education Committee Meeting
- Nonprofit Committee Meeting

WEDNESDAY DECEMBER 14

- Morning Meditation at Dockside
- Membership Committee

THURSDAY DECEMBER 15

- Club Cardio

FRIDAY DECEMBER 16

- 2022 Business Luncheon-Don Fisher, Manager, Osceola County Government

SATURDAY DECEMBER 17

- Club Cardio
- Lake Nona's Farmers Market
- Oh What Fun! At Boxi Park

SUNDAY DECEMBER 18

- Oh What Fun! At Boxi Park

MONDAY DECEMBER 19

- Marketing Committee
- Economic Development and Innovation Committee

TUESDAY DECEMBER 20

- Club Cardio

WEDNESDAY DECEMBER 21

- Morning Meditation at Dockside

THURSDAY DECEMBER 22

- Club Cardio

SATURDAY DECEMBER 24

- Club Cardio
- Lake Nona's Farmers Market
- Oh What Fun! At Boxi Park

SUNDAY DECEMBER 25

- Oh What Fun! At Boxi Park

TUESDAY DECEMBER 27

- Club Cardio

WEDNESDAY DECEMBER 28

- Morning Meditation at Dockside

THURSDAY DECEMBER 29

- Club Cardio

SATURDAY DECEMBER 31

- Club Cardio
- Lake Nona's Farmers Market
- New Year's Eve Party at Boxi Park



BUSINESS SPOTLIGHT: FURRY LAND MOBILE GROOMING

BY LIA HEAD-RIGBY

The Magical-WagginVans mobile grooming salons are on the roads of Central Florida and ready to welcome you into our FurryFamily! We travel to wherever you are - home - work - hotels - anywhere!

At Furry Land Mobile Grooming of Orlando & Central Florida, we specialize in time-saving and stress-free pet grooming experiences for ALL AGES of pets - mainly dogs and cats but we're open for other types - at your home or office, or wherever you wish we meet you! We're dedicated to ensuring the lives of pets are healthy and comfortable and we're 100% committed to our clients and our team on our Magical-WagginVans.

While bathing your pet at home is certainly better than no bath at all, having your cat or dog professionally groomed provides many benefits — including saving time from driving to the salons and of course, money. Routine bathing, brushing, teeth cleaning, and nail cutting can help prevent potential issues like matted hair, unhealthy skin, and other problems that can cause your animals discomfort. Our professional groomers not only have the compassion and patience for grooming a fluffy one, a puppy, or a pet with behavioral issues, but they also have access to the best grooming tools on the market! Our amazing Magical-WagginVans! Wait until you see inside ... we promise a lot of calming bonding moments for their ease.

The American Society for the Prevention of Cruelty to Animals (ASPCA) recommends frequent and routine grooming to promote healthy skin and coats, well-kept nails, fewer ear infections, decreased shedding, and of course a happy pet! Furry Land of Orlando offers high-quality grooming services at affordable prices so every cat and dog in the Central Florida area can look and smell their best! We accept all breeds and can fit pretty big pups in our big sink and automatic table to lift them up with. Doodles, German Shepherds and Golden Retrievers all fit comfortably and we have table inserts for our smaller pups and cats so they're propped up high and close to the groomer for assurance.

Services seven days a week include:

All FULL GROOM services include a bath, hair cut or trim, ear cleaning, blow dry, brush out and toenail trim. If needed our ad-ons offered are de-matting, extra deshedding of underlying coats and anal gland expression to make them feel all so fresh and so clean, clean!

All BATH-ONLY services include a bath, ear cleaning, blow

dry, brush out and toenail trim. Again, if needed our ad-ons offered are Mini-Grooms for sanitary, paws & facial trims, de-matting, extra deshedding of underlying coats and anal gland expression to make them feel all so fresh and so clean, clean!

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WORK WELL: QUIET THE NOISE AND REFLECT

BY NATALIA FOOTE

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

Here we are at the precipice of a new year! Can you believe that 2022 is ending?

December tends to bring about a lot of emotion. People get lost in the frenzy of holiday shopping, hosting, cooking, attending. As the year comes to an end, there are deadlines to meet and more to attend. There are feelings that stir with the passing of time. Memories well up about good times that have passed, and feelings emerge about hard times overcome. The holiday season brings so much to focus on that attention becomes dispersed. Focus is everywhere and yet nowhere at the same time.

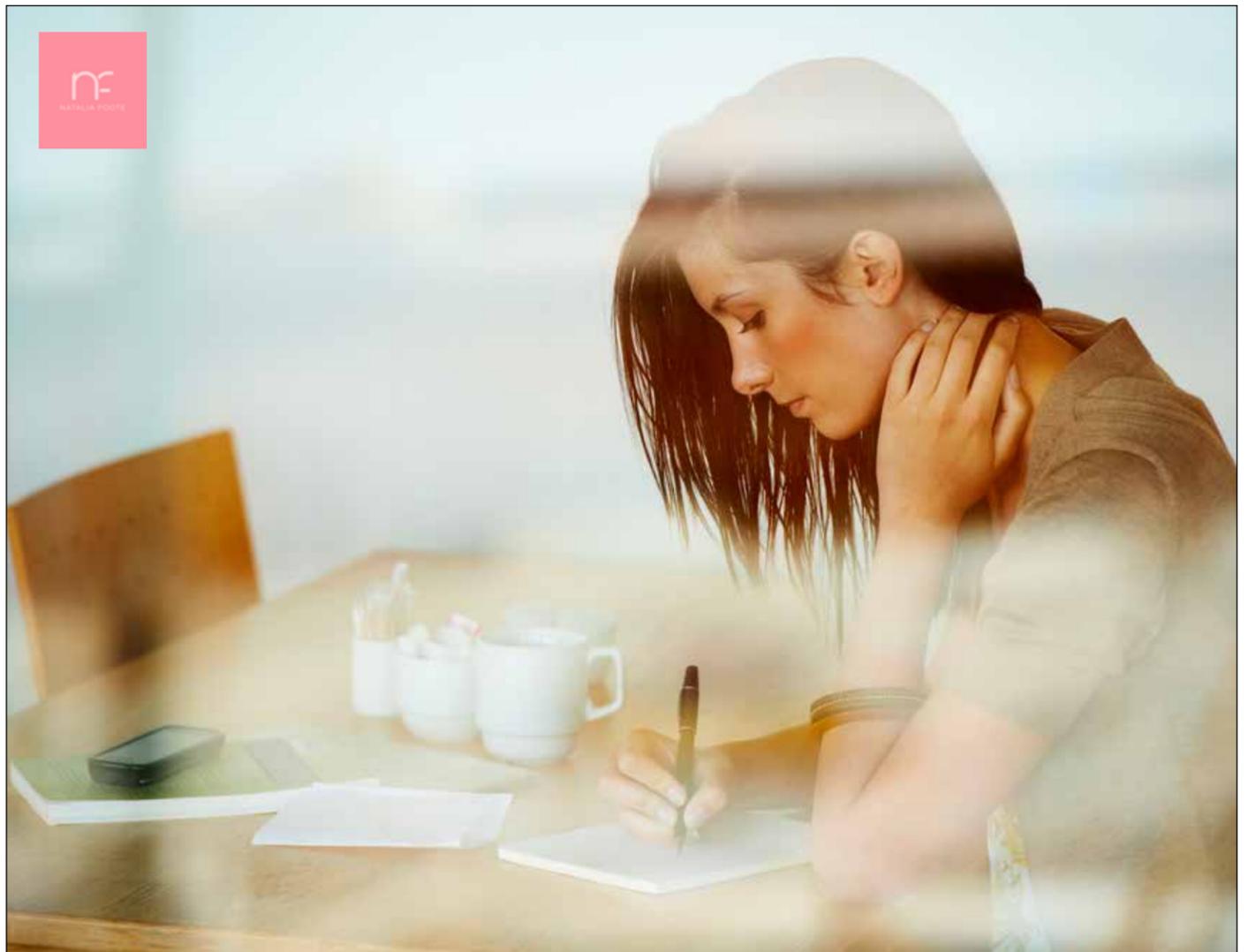
Procrastination for the important things begins. "I can't start (insert more sleep, diet, work out, etc.). It's the holidays. I'll start in January." We say we'll be motivated to act in January.

The things that require attention are overwhelming; they are like noise that drown out what is important. We know that by making some changes we can have more energy, the ability to better focus, and perhaps the discernment of where to place our focus. Unfortunately, during the holidays, it feels unbearable to add something new. Health and well-being get pushed aside. I'll sleep when the holidays are over.

The noise gets louder as the month progresses.

Before the year is over, quiet down. Take an hour to yourself and sit alone. No phone, no music, no people. Just you, your thoughts, and a pen and journal. You may find that sitting in silence for an hour may seem louder or more frantic than running around doing all the usual holiday things. It's not supposed to be relaxing, it might even be uncomfortable. But take the time NOW to reflect where you are in life so, when the motivation of January hits, you know where to spend your energy.

I reviewed my health data on my phone. I noticed I was averaging 6 hours of sleep. Although I feel like I function fine, research shows that averaging 7-8 hours of sleep promotes wellbeing. By increasing sleep, you can reduce serious health problems, reduce stress, improve mood, and get sick less often. By increasing sleep, I can gain energy to help me in other areas of my life.



During your hour of quiet, ask yourself the following questions:

1. What is currently working well in my life?
2. How have I grown in the past year, five years, 10 years?
3. What adjustments can I make to continue my growth?
4. What tiny adjustment can I make now to begin my growth?

Write down what you notice about yourself. The growth that has occurred is a reminder that humans are not static beings. You are always capable of growth. When setting a goal for a tiny adjustment, make it so small that it seems almost ridiculously easy not to do it.

For example, I used to be someone who fell asleep with the TV on because I would stay

up bingeing a show. I would wake up tired and sluggish and could never understand morning people. Slowly, I've dialed back on technology at night and have acquired better sleeping habits. I still try to make small modifications because I still identify myself as a night owl even though my actions no longer prove that to be true. The tiny adjustment I plan on making is going to bed five minutes earlier. This small adjustment compounds to over two hours a month!

Before the year ends, quiet yourself down. Reduce the external noise and listen to your intuition. Write down what you have done and what you want for yourself. Take the time to reflect upon the past, not with judgment but with the eyes of how far you've come. You are constantly growing! Make small adjustments now and January will seem like a breeze!

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.

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THE ARTIST: PHOEBE THOMAS

BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF PHOEBE THOMAS



Phoebe Thomas is a freelance artist and designer who is passionate about making her clients' dreams a reality.

Nonahood News: What kind of artist are you?

Phoebe Thomas: My business started as calligraphy. I

was a calligrapher for weddings, notations, customer work, things like that. I still do some of that, but lately I've been more into graphic design. I design business logos, marketing materials, and I dabble in watercolors, which is fun.

NHN: When did you start creating art?

PT: I started working professionally as an artist in 2013 after I graduated from college. There was a woman I knew from church and school who was a calligrapher. I asked her if she would teach me. I would go to her house in the evenings after her kids went to bed and play around while she was working. That really sparked my interest. I got my first professional job shortly thereafter because a friend of mine saw I pinned a lot of calligraphy things on Pinterest. She asked if I did calligraphy. I said yeah and I addressed her wedding invitations. That was my first job and where I started this as a more professional business. Graphic design came in about five years ago. I got an iPad with the pencil and started playing around with the Procreate app. I got really into that for a while. Through my day job, I got access to a license to the Adobe Suite, Photoshop and Illustrator. I started teaching myself and working my way through it as projects came up or people asked for certain things.

NHN: What inspired you to create art in Lake Nona?

PT: I enjoy it. It's something that's fun for me. I enjoy working with my hands and I enjoy the creative process. It's one of those things that's a hobby or a part of you and so, wherever you are, that's what you're going to do.

NHN: How did you realize art was something you wanted to pursue?

PT: It all happened on its own. I don't think I ever *decided* I wanted to do it professionally. I just took one opportunity after another and, 10 years later, I'm doing it professionally.

NHN: How long did it take you to discover your ideal medium(s) and your style?

PT: It's such an interesting question. Especially in the era of social media, you want to have your style. We can put a lot of pressure on ourselves to figure out what that is. I think your style is something you find along the way. You keep trying things until you find what you enjoy. Your style tends to be the thing that stays the same throughout. I think I'm a fairly simplistic designer. My art is pretty simple and clean.

NHN: Recent artistic accomplishments?

PT: I had a big design project at my day job earlier this year. I was the art director and lead designer on a book that just came out. The book is a devotional book, and there were a lot of artistic elements in it. It was a huge challenge. But it came out really nice.

NHN: Most rewarding project?

PT: I have a small t-shirt business with a friend, and in 2020 we launched a fundraiser for Hurricane Laura. That hit in Southwest Louisiana, which is where I'm from. It affected a lot of my family and friends, and my hometown was where it made landfall. That fundraiser was phenomenally successful. We sold almost 1,000 shirts and raised \$11,000. We'd never expected it to be so successful. As someone who designs products, anytime you see something you've made that someone wants to pay for, or wear, it's really satisfying because a lot of people can like stuff, but to wear it, it's really encouraging.

NHN: Who inspires your art?

PT: Some artists, several that I follow on Instagram. One is Jenna Rainey. She's a watercolor artist in California. She's incredibly talented. She has a lot of great learning resources. Another one is a lettering artist based in Switzerland, Stefan Kunz, who is incredible. His skill level and creativity is off the charts. Because I work as a freelancer, sometimes the inspiration comes from the client. It's my job to help make their dream a reality. Clients are very inspiring. A lot of times they have the idea in their mind, but they don't know how to express or explain it. So, my job is to guide them through that process and unlock what's in their mind.



NHN: Besides art, what are your passions?

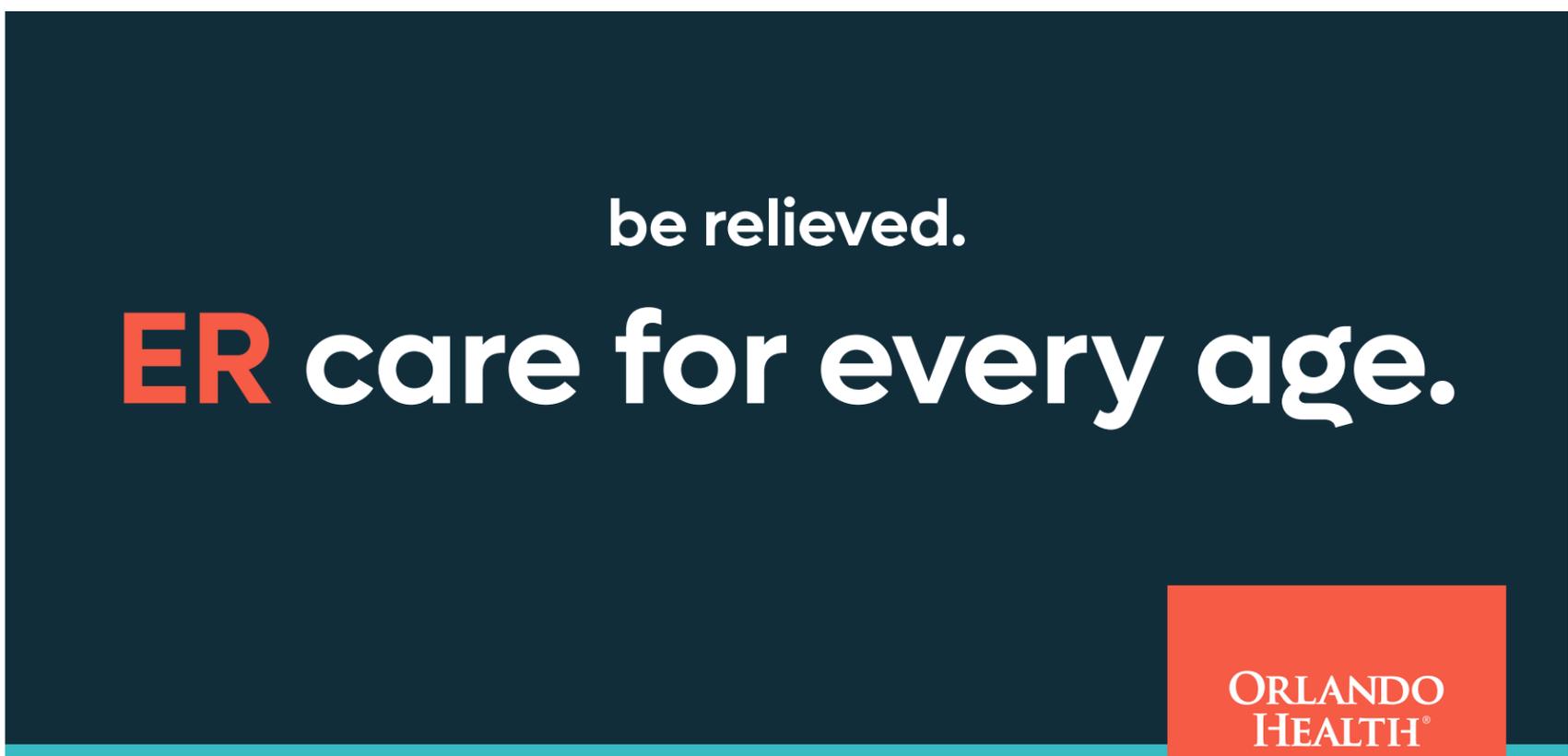
PT: I love Disney World. I'm a passholder and I love being at Disney. I also really enjoy baking, gardening and quilting. I like working with my hands.

NHN: Where can people find you/your art?

PT: My website phoebethomas.com or Instagram @phoeberuth.

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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NOTE FROM THE CEO: A SEASON OF GIVING

The holiday season presents opportunities to give and receive gifts; expressions of friendship and love; along with enjoying the celebrations and gatherings attuned with one's religious and societal beliefs.

In the spirit of giving, there are 26 nonprofit organizations served by the Lake Nona Regional Chamber (LNRCC) during the holiday season. All of them support the needs of the community, and you can make choices to support by reviewing the list attached to the QR Code on this page. Needs range from monetary, home and business supplies, toys and to volunteering. The QR Code leads to the chamber Nonprofit web page.

Another way to give back during the holiday season is to support local businesses, both large and small. Shop, eat, seek home services, or recreate locally. LNRCC supports all sizes of businesses because small businesses are the backbone of the country while large businesses support abundant jobs and business-to-business opportunities. The combination of both small and large businesses contributes to the vibrancy and success of the community.

To help inspire the giving spirit here is a memorable quote from motivational speaker Brian Tracy: "Always give without remembering and always receive without forgetting." LNRCC supports "A Season of Giving" and wishes all the happiest of holidays.



Don Long CEO, Lake Nona Regional Chamber of Commerce

RIBBON-CUTTING Ceremony
Ribbon Cutting and Grand Opening
Thursday, December 8
 6:00 - 7:30 p.m.
 Ribbon Cutting at 6:30 p.m.
RIGHT AT HOME
 10007 Wellness Way, STE 100, Orlando, 32832

Lake Nona Regional Chamber of Commerce
Adopt-a-Highway
 VOLUNTEERS NEEDED EVERY OTHER MONTH
 ONE SATURDAY MORNING
Saturday, December 10, 2022
 8:00 - 9:00 a.m.
 Meet in Chill's parking lot on Narcoossee Road and Irenic Way

CHAMBER CONNECTIONS
Holiday Social
Thursday, December 1
 8:00 - 9:00 a.m.

11978 Narcoossee Rd, Orlando, 32832

BUSINESS LUNCHEON

Don Fisher, County Manager,
 Osceola County
 Osceola County Government on
 Sunbridge, NeoCity,
 Transportation and more...

Friday Dec 16, 2022
 11:30 a.m. - 1:00 p.m.

Member Appreciation
10-Year Anniversary
HOLIDAY PARTY
Tuesday, December 6
Lake Nona Golf & Country Club

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KPMG

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Tuesday, January 3
 5:30 - 7:30 p.m.

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EVENT GALLERY



Ribbon Cutting: Lake Nona Ophthalmology
Lake Nona Ophthalmology in Lake Nona Oct. 20. (Photo/Madelyn Long)



Business Luncheon: Tavistock Development Company
Jessi Blakley, VP of Communications with Tavistock Development Company, speaks with fellow chamber members about future development plans in Lake Nona at Docksides Oct. 21. (Photo/Keilah Rios)



Adopt-A-Highway
Chamber Members donate their time early on a Saturday morning, Oct. 22 to keep part of Narcoossee Road clean. (Photo/Brandy Bennett)



Ribbon Cutting: Longhorn Steakhouse
Longhorn Steakhouse in Lake Nona Oct. 25. (Photo/Madelyn Long)



Ribbon Cutting: Hughston Clinic Orthopedics
Hughston Clinic Orthopedics inside the Lake Nona Performance Club Oct. 26. (Photo/Madelyn Long)



First Tuesdays After-Hours: Lake Nona Wave Hotel
Chamber Members enjoy cocktails and hors d'oeuvres while networking at Haven Lounge inside the beautiful Lake Nona Wave Hotel Nov. 1. (Photo/Danielle Conley)



Chamber Connections: Connecting over Coffee
Chamber Members meet at Culver's in Lake Nona to enjoy breakfast and coffee while speed networking Nov. 3. (Photo/Danielle Conley)



Chamber Swing 2022 Signature Event
Golfers prepare to tee-off for the 3rd annual Chamber Swing at Eagle Creek Golf Club Nov. 4. Part of the proceeds will benefit nonprofit chamber member Rebuild Yourself, Inc, helping teens and young adults achieve their goals through mentorship and guidance. (Photo/Keilah Rios)



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GIFT WRAPPING TIPS AND IDEAS

Once you have finished buying all of your Christmas presents, it's time to start wrapping them. Here are some tips and ideas to make your holiday gift-wrapping a success.

Use quality wrapping paper

Gift wrap that is too thin will not only tear when you handle it but maybe see-through. Choose sturdy paper that's sufficiently thick but still easy to fold. To decorate the package, use strips of ribbon that can either be curled with scissors or tied into a pretty bow.

Try furoshiki

Furoshiki are a type of traditional wrapping cloth used to cover gifts. This gift wrapping option has environmental benefits because the cloth can be reused. Plus, you can wrap and unwrap the gift as many times as you need to achieve the perfect presentation.

Whatever type of wrap you opt to use, you can visit your local craft store to find the materials you need. However, if you are not confident in your gift-wrapping abilities, consider relying on charities in your community that offer gift-wrapping services during the holiday season.



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WHAT ARE YOU AND YOUR FAMILY DREAMING FOR 2023?

BY PASTOR RODNEY GAGE



Several years ago, my wife, Michelle, and I took a trip with our son Luke to Lynchburg, Virginia. Since we had a solid 10½ hours of drive time ahead of us, we decided to get an early start. We left the house around 6 a.m., putting us in Lynchburg early enough to have dinner with our daughter Ashlyn. Since following directions isn't exactly my strong suit (at least according to my wife), I told her I knew how to get to Lynchburg without the GPS. After about five hours of driving, we crossed into Alabama, and we all knew something was wrong. (I had been sensing it for quite a while, but I refused to say anything. I wanted Michelle and Luke to believe I was in total control.)

Michelle picked up her phone and opened the GPS app, and she quickly realized we were going in the wrong direction. We were en route to Birmingham, where our oldest daughter and her husband live. Michelle reminded me again that I'm not very good at directions, and my son Luke piled on. I apologized, opened the GPS app on my phone, and entered the correct address to Ashlyn's house. We didn't make it to Lynchburg in time to have dinner with her, but we had a great midnight snack! The three of us knew where we wanted to go, but we (I) took the wrong path. It can happen to any of us.

Let me ask you a question: As we step into 2023, do you have a clear vision for your family? Do you know where you want to go in your marriage or with your children *spiritually, morally, physically, financially, relationally, academically and professionally?*

I realize those are massive areas to think about, and it may seem impossible to answer those questions clearly. However, let me encourage you to set aside time to reflect, regroup and re-write your vision and dreams for your marriage and family for the coming year.

To help, consider these steps:

1. Believe in Yourself.

Write down the things you've attempted before and found success. That's your track record. Don't accept your life as it is because it's the hand you've been dealt, and don't believe that life

is as good as it's going to get. Take responsibility for becoming everything you can, not only for your benefit but also for your spouse and children.

2. Believe in Your Dream.

Your journey will have a profoundly positive



impact on the people you love. Keep the dream alive by imagining what difference it will make to have a clear direction for your marriage and family and take the necessary steps along the way.

3. Set benchmarks.

Any significant trip involves stops to refuel the car and the people inside it. These markers remind you that you're making progress. As you think about the journey, what progress can you expect in three months, six months, a year, five years, and many more years in the future?

4. Find the Balance Between Reaching for the Stars and Being Realistic.

Most of us drift to one end or the other, so you may need some help finding the right balance. The people around you may not be as passionate as you are, so don't assume they're going to be as aggressive or as cautious as you are when achieving your goals.

5. Find a Partner.

Your spouse, kids or trusted friend are built-in accountability partners. Bounce ideas off them, ask for their feedback and talk through details with them. It's essential to engage them in every step of the process ... it's their journey, too!

6. Be Persistent.

We encounter potholes, detours, delays and other problems on every road trip. Expect them, prepare for them as best you can, and don't panic when they happen. It's the same in life's journey. We may face pushback from people who don't understand our dreams ... and some of those people may live under our roofs! One of the marks of maturity is the ability to press forward under challenging times graciously.

7. Don't Compare Yourself or Your Dream to Anyone Else.

Comparison is entirely normal ... and lethal! When our eyes are on someone else, they aren't where they should be. You may have heard of the 18/40/60 Rule: When you're 18, you worry about what everybody else thinks about you. When you're 40, you don't care what others think about you. When you're 60, you realize no one has been thinking about you all along!

8. Celebrate Often and Well.

One of the most effective ways to stay on track with any goal is to celebrate incremental successes. If we wait until we arrive at the destination, we will have missed countless opportunities to say, "Hey, look how far we've come! Isn't that amazing? I can't wait to see what's coming 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: THE MONUMENTAL MISSION OF ARTEMIS I

BY EMERSON & ETHAN WALSH

Ever since the termination of NASA's Apollo program, taking place from 1961 to 1972, humanity has lacked the capability to send people to the moon. However, this will soon be coming to an end with NASA's Artemis program – the successor to Apollo. The Artemis program aims to establish a permanent human presence on the moon. This would be quite a large leap over Apollo, where expeditions on the lunar surface lasted, at most, a couple of days.

The launch vehicle that plans to facilitate part of Artemis's goals is the Space Launch System (SLS). This incredible rocket towers 322 feet (98 meters) high – taller than the Statue of Liberty! With the successful launch of Artemis I on November 16, SLS is now the most powerful rocket in history to reach space. From our perspective at the press site, it was as if the sun was rising as SLS ascended from Launch Complex 39B

(LC-39B). The entirety of the press site erupted into applause as we collectively struggled to believe this awe-inspiring sight!

The Artemis I mission will last approximately 25 days. The Orion spacecraft and service module will traverse 280,000 miles (~450,000 kilometers) to the moon over the course of several days. On its closest approach, the spacecraft will be only 60 miles (~97 kilometers) from the lunar surface! Orion will complete two flybys around the moon, the second of which will be used to slingshot the spacecraft back to Earth in what is called a gravity assist. Upon reentry into Earth's atmosphere, Orion will be traveling a whopping 25,000 mph (40,000 kph). After a blistering hot reentry, Orion will splash down in the Pacific, off the coast of San Diego, using three main parachutes to slow its descent to the ocean.

Prior to SLS's inaugural flight, we documented the final rollout of SLS on the night of November 4th. The included photos of this event were taken by us and provided courtesy of Spaceflight News. The first image is a close-up of SLS and the beautifully illuminated mobile launcher structure. The second and third images show the crawler carrying SLS toward its launch site LC-39B in the background.

Artemis, important as it is, will ultimately be a stepping stone for NASA's grander ambitions of sending humans to Mars. Developing the technologies required to colonize the moon will aid the space program in reaching this ultimate goal. It would appear an exciting future among the solar system awaits us!



Closeup by Ethan Walsh Courtesy of Spaceflight News.



Artemis 1 by Ethan Walsh Courtesy of Spaceflight News.



Rollout by Emerson Walsh Courtesy of Spaceflight News.

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USTA: CONCLUDING 2022 AT USTA NATIONAL CAMPUS

BY DANIEL PYSER
PHOTO COURTESY OF USTA NATIONAL CAMPUS

With 2022 coming to an end, the USTA National Campus is celebrating another successful year of serving local tennis players in Lake Nona and beyond. This year also marked the campus' fifth anniversary after opening its doors in 2017, and there were a number of events and initiatives throughout the year to celebrate the campus' impact on the local community.

Following two years that were limited by the pandemic, the campus truly returned to full strength in 2022, seeing strong numbers across all major metrics, including overall visitors, number of events, and programming.

In 2022, the USTA National Campus saw more than 250,000 visitors walk through the Welcome Center doors. This includes players, spectators, or simply those wanting to see what the world's largest tennis facility is all about.

Many of those visitors were a part of the more than 170 events held at the campus in 2022, including local, regional, nationwide and international tennis events. The events span every level of tennis, including junior events, high school tennis, college tennis, professional events, USTA League matches, adaptive tennis and everything in between.

Springtime at the campus was dominated by college tennis, including hosting all of UCF's home matches as well as the 2022 NCAA Division III National Championships. The campus also hosted multiple USTA Pro Circuit events featuring some of the top professional players in the world.

Other major events hosted in 2022 included the USTA Boys' 12s National Clay Court Championships, the Tennis On Campus and Junior Team Tennis National Championships, various USTA League National Championships, and, just last month, the National Adaptive Championships.

Local players who enjoyed USTA National Campus programming were a part of more than 2,000 players who participated in programming weekly. The USTA National Campus offers more than 130 different programs for all ages and abilities.

This year also saw the growth of the USTA National Campus' complimentary racquet sports programming as pickleball and padel both saw growth. Last year, the campus added four pickleball and four padel courts, providing the local community with access to both of those emerging racquet sports.

One program that was new in 2022 was the "Let's Tennis Lake Nona" campaign, which kicked off at a special US Open watch party held at Boxi Park on Labor Day. The program was designed to attract new and novice players, allowing them to participate in a number of entry-level adult clinics for a flat fee.

In total, nearly 100 local players entered the program accounting for more than 1,000 individual sessions. The program will return in 2023 with the goal of attracting more local players to the sport for a lifetime.

The trends at the USTA National Campus mirrored those nationally for the sport of tennis, which experienced another year of incredible growth nationwide. Since the beginning of the pandemic, millions of Americans have picked up a tennis racquet for the first time or returned to the sport. If you're one of them (or want to be), the USTA National Campus is the perfect place to fulfill all of your tennis needs in the coming year.

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



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THE SOCCER OF BUSINESS – BEING EFFECTIVE

BY CIARAN MCARDLE
PHOTO COURTESY OF XL SOCCER WORLD

How do we become EFFECTIVE? Because being effective helps us shut down counter attacks, helps us score goals, and in turn helps us win games. We all want a player on our team who is effective. Effectiveness is not about what you do, but what you contribute to the team and therefore the result. So, if you want to get into a mindset of being effective, don't ask what can I do? Ask "What can I contribute?" and in turn that will answer the first question of what you can do.

Being effective is not running around like a headless chicken thinking you are great because your stats tell you and everyone else how much ground you have covered. Being effective is making your contribution to the team by demanding the ball, getting stuck into challenges, making the CORRECT runs and figuring out what needs to be done to help contribute to victory.

So, when we are thinking about how we can be effective in the office or boardroom, we must look about what we can best contribute to the team. So ask, what are the things that I and only I can do to help push the team forward and drive us to success? An executive who sets his sights on contribution raises the bar and standards of everyone else he works with. Just like Roy Keane and Michael Jordan, they both drove the standards of their teammates higher because, as leaders, they demanded it themselves, which had a double contribution: the effectiveness of their individual performance on the team and also raising the effectiveness of everybody around them.

Being effective can also mean changing your role within the company and team based on the situations around you, the opposition you are facing, and the new teammates brought in.

The Premier League NBC host Robbie Mustoe enjoyed close to 10 years as an attacking midfielder for Middlesbrough. Loved by the fans and the club. Once the team was promoted to the Premier League, they brought in a couple of magical Brazilian superstars, Juninho and Emerson. Guess what: both attacking midfielders. Robbie faced an impossible feat to try and win his spot in that position over the samba boys. However, Robbie was smart enough to pivot. To look at his feedback loop and reflect. His best contribution to the team would now be as a defensive midfielder, not just any defensive midfielder but he held his sights on being the best in the league, which would allow the two Brazilians to get forward as much as they liked because Robbie had them covered with a human wall behind them. He changed his approach to training; his deliberate practice and focus everyday was now in a defensive mindset, which he was able to practice day in and day out meticulously because, in training, he was playing against some of the most gifted players in the league. Again, their contribution wasn't just what they brought to the team in an attacking sense, but they were now contributing to the defensive players by putting them through the ringers in training.

Robbie figured out what he needed to do to be as effective as possible and make his greatest contribution to the team.



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SAVOR TOOTH TIGER: CHOCOLATE CHIP COOKIES

BY ALLYSON VAN LENTEN



What could be cozier than a tray of warm cookies on a cold day? My holiday gift to you, dear reader, is my top secret chocolate chip cookie recipe. Not to brag, but I've been told that these cookies are indeed exceptional. This is one recipe that always delivers consistently delicious results. Skip the elaborate desserts and give the people what they really want during your holiday feast... warm cookies. With a few tools and my tricks, you'll never need another chocolate chip cookie recipe again.

Let's discuss the ingredients. I'm partial to semi-sweet or bitter-sweet chocolate chips, but I've also done a browned butter version with white chocolate chips that are to die for. Let's all take a moment to thank the creator of this famous cookie, Ruth Wakefield, owner of the Tollhouse Inn. Maybe you've heard of Tollhouse cookies? Ruth sold her secret recipe to Nestle in 1939 along with the famous name. The original recipe called for chopping up a chocolate bar and adding it to a dough made with shortening and hot water. No offense to Ruth but butter is always better, am I right?

Start by gathering a few crucial tools. First, an ice cream scoop. I like the kind with a lever that springs the dough right out. This helps portion the dough into twelve equal portions so the cookies bake evenly. Secondly, I swear by Silpat brand mats to line your sheet trays. This ensures an even spread of the cookies, although parchment paper works in a pinch. With those tools and two baking sheet trays, you're ready to bake. A stand mixer helps thoroughly cream the butter and sugar, but I've had great results with just a whisk and some elbow grease. What really makes all the difference in the world is chilling the dough for 20 minutes before baking. This step is imperative to giving the dough a chance to firm up before



spreading all over the sheet tray in the hot oven. Make sure not to skip the chilling stage! Another tip is to rotate the trays in the oven halfway through baking to allow more even heat distribution. When the timer goes off, simply let the cookies cool on the tray for 5 minutes, then transfer to a cooling rack, sprinkle with salt and enjoy.

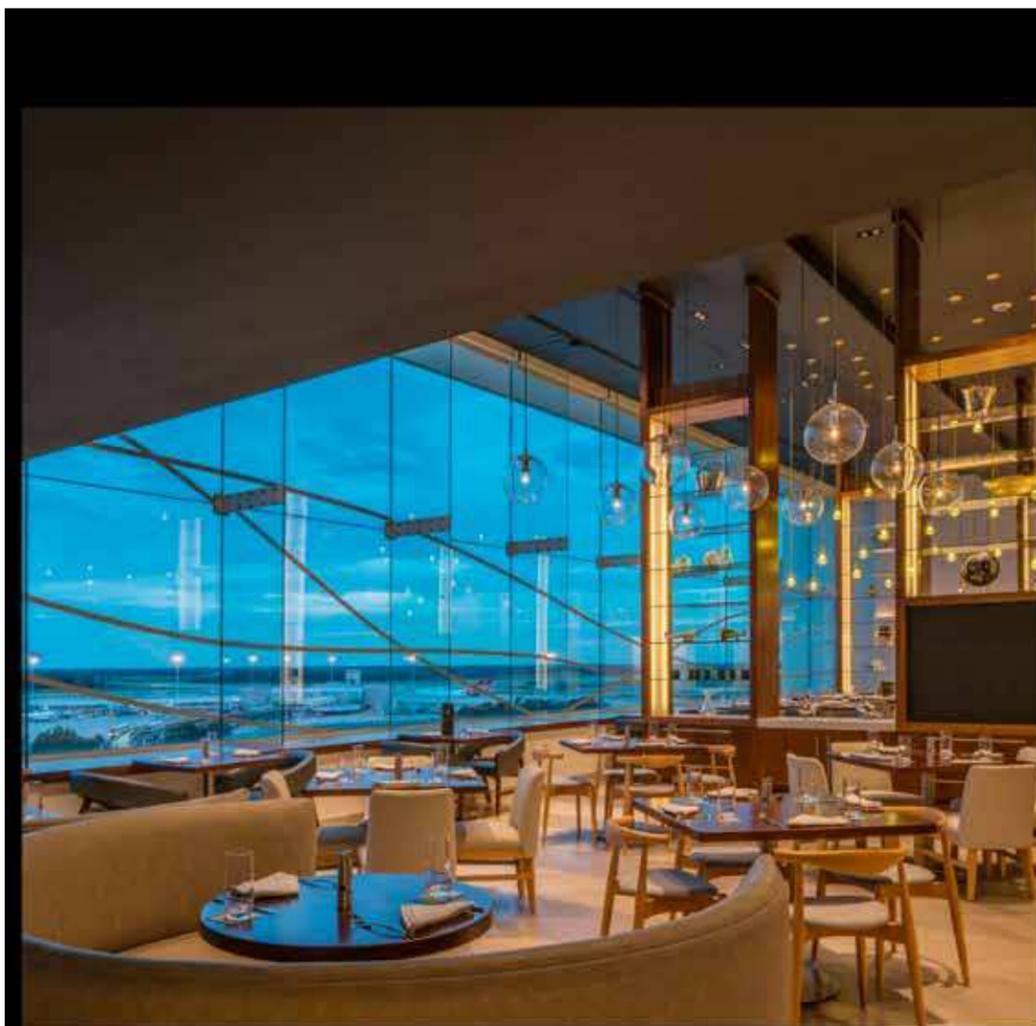
CHOCOLATE CHIP COOKIES (MAKES 12)

Ingredients:

- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1 stick unsalted butter (soft, left at room temperature for at least an hour)
- 1 egg
- 1 teaspoon vanilla extract
- 1 1/2 cups all purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup bittersweet or semisweet chocolate chips

Instructions:

1. In the bowl of a stand mixer with the paddle attachment (or by hand with a whisk), mix the softened butter with the white sugar and brown sugar for a few minutes until well combined.
2. Add the egg and vanilla. Mix until well combined.
3. In a separate bowl, mix the dry ingredients together. Add the dry to the wet ingredients and mix until just barely combined. Do not over mix the dough or the cookies will be tough. Fold in the chocolate chips.
4. Preheat an oven to 350 degrees.
5. Using an ice cream scoop or a large spoon, measure out 12 equal portions of dough into a round ball. Put 6 cookies on each of the 2 trays lined with a Silpat mat or parchment paper. Put the trays into the refrigerator and chill for 20 minutes.
6. Bake cookies for 7 1/2 minutes. Rotate trays from bottom to top in the oven. Cook for an additional 7 1/2 minutes. Remove from the oven. Sprinkle with a little salt (optional). Allow to cool on the baking trays for 5 minutes. Then using a spatula, transfer cookies to a cooling rack or tray. Serve.



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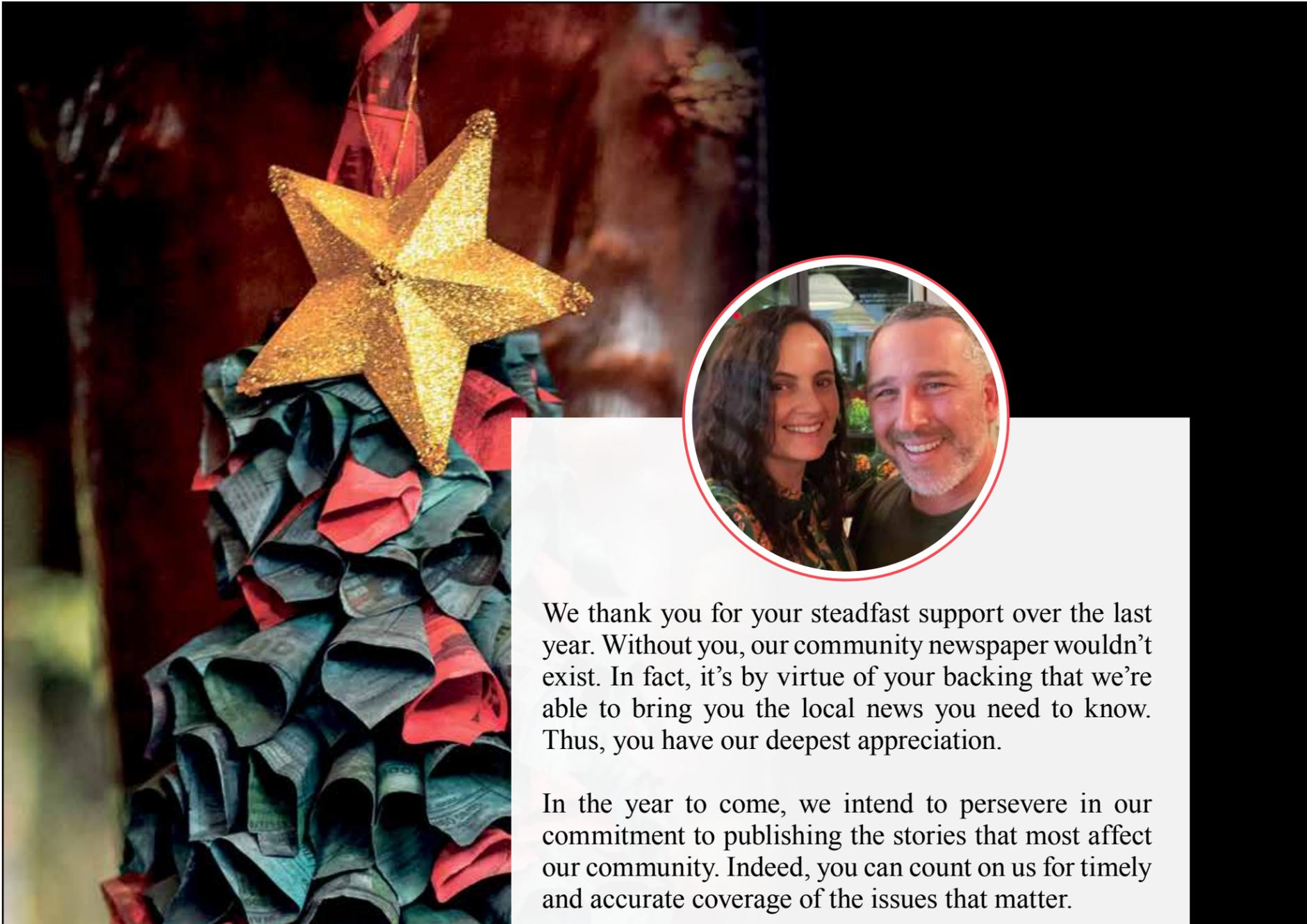


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In the year to come, we intend to persevere in our commitment to publishing the stories that most affect our community. Indeed, you can count on us for timely and accurate coverage of the issues that matter.

This holiday season, know your support is the gift we hold most dear. We're beyond grateful. Additionally, we send you our warm wishes for a merry Christmas and a joyous new year.

Happy holidays, and all the best for 2023!
-Jenny and Rhys



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