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JANUARY 2023 CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA | VOLUME 8 ISSUE 1



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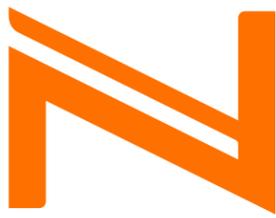
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**PUBLISHER'S NOTE: HAPPY NEW YEAR!**

BY JENNY AND RHYS LYNN

**H**appy 2023! We hope you've had a wonderful start to the year. At Nonahood News, we're bursting with excitement for all the great things this new year will bring! We can't wait to see what stories unfold and how our community will help shape the future.

We want to thank you for being part of our journey and look forward to continuing to provide you with quality news and entertainment. Here's to a fantastic 2023!

Cheers to new and exciting things!

-Jenny and Rhys Lynn

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# NOBEL NOTABLE OF LAUREATE PARK: LESTER PEARSON, THE EMBLEMATIC CANADIAN



BY DENNIS DELEHANTY  
PHOTOS COURTESY OF WIKIMEDIA COMMONS

The North Atlantic Treaty Organization, more familiarly NATO, has commanded our attention since February when Russia launched an unprovoked attack on its neighbor. Though analysts predicted that Ukraine would collapse in a matter of days, that nation's military, showing uncommon heroism and military skill, has staved off the aggressors, to the point that some feel Russia

may ultimately call off its "special operation." Russian leadership underestimated the staunchness of the NATO alliance; the thinking in Moscow apparently was that a move against Ukraine would expose NATO's inherent wobbliness when confronted with a real-life military test and that discord among Western allies would inevitably ensue. Russia's belligerence, though, produced precisely the opposite effect. Over the past year, armaments have flowed generously to Ukraine from a newly cohesive NATO membership, while two traditionally neutral countries, Finland and Sweden, fearing a fate similar to Ukraine's, formally applied to join the alliance. NATO seems now more vital – and needed – than ever.

In other news, laborers in Laureate Park South recently finished paving Pearson Avenue, a thoroughfare to connect that new neighborhood to our larger Lake Nona community. Pearson Avenue and war in Ukraine: two unrelated events, you must be thinking, until you discover that Lester Bowles Pearson, later to become one of Canada's most popular and accomplished prime ministers, was a central driving force behind the creation of NATO in the late 1940s. In the following decade, after courteously declining to serve as NATO Secretary General, Pearson was chosen to serve on a committee of "three wise men" who designed comprehensive plans to strengthen the alliance. For Pearson, a man possessed of one of the most impressive resumes of all time, this difficult work to form NATO was just one more success in a long string of triumphs attained during an unparalleled diplomatic and political career.

Lester Pearson was born in 1897 in the environs of Toronto. From his youth, he excelled in an astonishingly wide range of sports – hockey, lacrosse, baseball, rugby and basketball – as well as academics. At age 16, Pearson enrolled at the University of Toronto. The advent of World War I in 1914 interrupted his college career, however, as he volunteered for service in Canada's armed forces, spending two years as a stretcher bearer in Greece and a year as a pilot in the British Flying Corps. There, Pearson acquired the moniker "Mike" when one of his flight instructors frowned upon his insufficiently warrior-like first name. A bus accident during a blackout in London curtailed Pearson's involvement in the war, and he was invalided home, emotionally and physically spent.

In Toronto, Pearson finished his B.A. degree, then worked briefly in a Chicago meat packing company where his uncle was highly placed. But that industry held little appeal for the future diplomat. Luck came his way in 1921 when he gained a scholarship to study history at Oxford University, where he

spent what he later described as two of the happiest years of his life. In the early decades of the 20th century, Canada was tied closely, culturally and politically, to Great Britain, and Pearson, though thoroughly Canadian, also thought of himself an ardent Anglophile. His affection for the mother country would have a major influence on his professional career but later cause political tensions, as Canada sought to assert an increasingly independent foreign policy. Those competing emotions, though, still lay ahead. In 1923, armed with an Oxford degree, Pearson returned home to assume a professorship in history at his alma mater, and soon after married his lifelong soulmate, the outspoken Maryon Moody, and started raising a family.

Up to 1927, Canada had no foreign service; Great Britain handled the Dominion's international relations. That year, the Canadian government held examinations to recruit officers for its newly formed diplomatic corps. Pearson's exemplary test scores and overall aptitude caught the attention of Canada's prime minister, R. B. Bennett, who named the newly minted first secretary to royal commissions tasked to study grain futures and price spreads. Pearson's performance in these assignments won him an OBE (Order of the British Empire) in 1934, which in turn led to a choice posting at the High Commission of Canada to the United Kingdom. (Within the British Commonwealth, a "High Commission" is the equivalent of an embassy, a term reserved for the diplomatic missions of Commonwealth countries.)

From this initially humble appointment, Pearson's career abruptly shot upward. Suddenly, he seemed to be everywhere, ever at the center of action, rubbing shoulders with the most powerful political figures of the day and shaping



the contours of international organizations. After surviving the 1940-41 Blitz over London as second in command at Canada House, Pearson was reassigned to Canada's embassy in Washington in 1942, in the thick of World War II, first as minister-counselor, then as ambassador. In Washington, he joined the efforts to create an array of international organizations designed to provide political and economic stability for a world weary of war. In this role, he attended the 1944 Dumbarton Oaks conference that produced the draft of the Charter of the United Nations and, the following spring, the founding meeting of that organization in San Francisco. Later, in 1945, he chaired the conference in Quebec where the Food and Agriculture Organization, a major UN specialized agency, was formed. (Pearson politely declined an offer to serve as Director General of that organization.)

In 1948, Prime Minister Mackenzie King appointed Pearson to his cabinet as minister of external relations, a job he held until 1957 when the Liberal Party was swept from power in Ottawa. During that decade as Canada's top diplomat, Pearson's achievements became the stuff of legend. In addition to his work to found and fortify NATO, Pearson drafted the compromise that allowed India to remain in the British Commonwealth after that country declared itself a republic in 1948, a decision that both modernized and preserved that organization; made major contributions at the 1950 conference that conceived the Colombo Plan, where wealthy advanced countries, for the first time, established a formal structure to provide technical assistance to developing countries; and served as president of the UN General Assembly in 1952-53. A veto by the Soviet Union in 1953 blocked Pearson's hopes for election as UN Secretary-General. The iconic Dag Hammarskjöld won that honor in his stead.

For his work in resolving the 1956 Suez Crisis, Pearson was awarded the Nobel Peace Prize the following year. The details

are complicated, but events began when Egyptian president Abdel Nasser nationalized the Suez Canal, which Britain and France considered to be their property and sent troops to Egypt, in coordination with Israel, to assert sovereignty over the canal (and for Israel, passage through the Straits of Tiran). Though both the United States and the Soviet Union opposed these military incursions into Egyptian territory, there were serious concerns that the two superpowers might be drawn into war with one another. Employing nimble diplomacy at the UN in New York, Dag Hammarskjöld and Pearson obtained the General Assembly's approval to create the United Nations Emergency Force, the UN's first formal military body, and a cease-fire resolution. The presence of UN troops in Egypt, plus international diplomatic pressure, secured a peaceful resolution to the crisis.

Historians speculate that Pearson's decision to oppose Britain's foray into Egypt during the Suez Crisis may have lost the Liberal Party its majority in Parliament in the general elections of 1958. Power passed to the Conservative Party under the leadership of a new prime minister, John Diefenbaker, who disliked Canada's growing independence from British foreign policy, and over the next decade acted as Pearson's foil. By now, Pearson had become the leader of the Liberal Party, and after several losses in general elections over the next several years, the Liberal Party won the majority in 1963, making Pearson the 14th prime minister of Canada. The diplomat who had seemingly reached the pinnacle of his career years earlier as a Nobel laureate still had more work to do. During his administration, Canada adopted universal health care, the Canada Pension Plan, the Canada Student Loans program, a higher minimum wage, and a 40-hour work week. Significantly, though Pearson spoke no French, he promoted a policy of bilingualism, and set the stage, shortly after his retirement in 1968, for the adoption of French as an official language of Canada.

By this point, you might be wondering why Lester Pearson should be called the emblematic Canadian. Pearson's personality, we are convinced, reflected perhaps the best traits of our northern neighbors. Traits such as tolerance, generosity, openness, courtesy and humility. For Lester Pearson, we would have to add competence, patience, empathy, vision and an enduring sense of humor. Significantly, Pearson's biography tracks the arc of Canada's evolution from a land largely dependent, culturally and politically, on Great Britain to a proudly independent, peaceful and prosperous nation making its own way in global affairs.

But Pearson's most visible and popular legacy is, in fact, an emblem: the red and white maple leaf flag of Canada. Hard to believe today, but that banner, now so closely associated with Canada, faced fierce opposition when first proposed in the early 1960s under Pearson's watch. But Pearson persevered, and the maple leaf flag, no longer burdened with the Union Jack, delivered a strong symbol serving to unite Canada. A fitting capstone to the career of a brilliant diplomat who contributed so much, not only to his native land, but to the world at large.

(Incidentally, Canadians are lucky to know about the origin of their nation's flag. In this regard, we Americans are not so fortunate. Here's a question for all you devoted patriots out there: Who designed our national flag, the stars and stripes? No, not Betsy Ross or, for that matter, George Washington. See the correct answer below.)

*The author wishes to thank his former Department of State colleague, retired U.S. diplomat Roger Moran, for his help in producing this article. So who designed the U.S. flag? Francis Hopkinson, signer of the Declaration of Independence and chairman of the Navy Board. The Second Continental Congress approved Hopkinson's flag design in 1777.*

## SCHOOL UPDATE: LAKE NONA HIGH SCHOOL

BY MEKENSIE FAUST

Lake Nona High School's Theatre department, Troupe 7434, recently swept the stage at their annual District Festival! Students Milan Borges and Jackson Chase both won "Best in Show" for their incredible solo musical pieces. Brooke Ramlakhan and Kiara Cabezudo, Simone Fowler, and Ciara McCurdy all won the "Top Honors" award for their respective pieces.

All of these students will be advancing to the State Thespian Festival in March. The Lake Nona Players spent the last four weeks putting together their one-act Hamlet for District Festival, and it won Superior Performance and Tech! Roberto Malave, David Diaz and Alexa Fillalan all received special recognition for their work on the one-act. State is a four-day long festival in downtown Tampa, where the students will have the opportunity to perform their work, attend various workshops, and learn from professionals in the field.

Troupe 7434 is holding a benefit to help fundraise toward state! On January 10, you can come watch as the troupe showcases all of their superior winning events from the District Festival, and the money is going toward the State Festival! You will not want to miss out on this event! Lake Nona High School is proud of their arts programs and incredibly thankful for all of the community support.



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## NAMASTE WITH NATALIA: UJJAYI BREATH

### 'UJJAYI PRANAYAMA'

BY NATALIA FOOTE  
PHOTO BY KELLY RODRIGUEZ

Come to nearly any yoga class and the instructor will mention the breath. The breath is essential in yoga practice. However, the breath is essential in soccer practice or swimming practice as well. Heck, the breath is essential in driving a car or reading this article. The breath is ESSENTIAL. It is what gives us life!

In yoga, the breath, or prana, is considered our vital life force. It may sound esoteric, "vital life force" or "prana," but there is only one element that survives without breath, death. Yama translates as control. Thus, pranayama are specific methods of breath control.

There are various forms of pranayama. Most are practiced exclusively, without asana, or yoga postures. Ujjayi breathing, however, is the most common form of pranayama practiced during yoga class. It is the only pranayama that may be done at all times of the day and night.

A rough translation of ujjayi is victorious, triumphant or successful. When practicing ujjayi breathing, the chest fully expands like that of a proud conqueror. There is also an audible sound that emanates from the constriction of the throat. In class, your instructor may call it oceanic breath or Darth Vader breathing.

Ujjayi breathing is a breath that stimulates four of your five core senses. Ujjayi is practiced by breathing in through the nose. Thus, any smells present may be noticed. Since you fully inhale and fully exhale, you feel the expanse in the chest and the contraction in the abdomen. During ujjayi breathing, you notice the cool air entering the body and then the warm air as it leaves the body. Ujjayi is practiced by constricting the throat; thus, the breath is also felt as air moves up and down the throat. When the air passes the throat, you can lightly taste the breath leaving the body. Finally, you can enjoy the oceanic sound that ujjayi breathing produces. In advanced yoga classes, it sounds like being at the beach. And like the beach, this breathing is both soothing and energizing!



#### Ujjayi Pranayama

1. Begin in a comfortable seated position.
2. Lift the spine, but gently tuck the chin to lengthen the back of the neck.
3. Close your eyes and look inwards.
4. Exhale completely.
5. Take a slow steady breath through both nostrils, noticing the air entering the body and feeling the air on the roof of the palate and gently constricting the throat. This should make a sound.
6. Breathe fully without expanding the abdomen, feeling as though the whole trunk of the body is being gently pulled toward the spine.
7. Hold your breath for a moment.
8. Slowly and deeply, exhale until the lungs are completely empty, continuing to grip the abdomen.
9. Hold the exhale for a moment.
10. Repeat steps 5-9
11. Practice for five to 10 minutes, then lay in savasana and rest.

*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](http://www.nataliafoote.com).*



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# WORK WELL: STRESSED OUT? TAKE A WALK!

BY NATALIA FOOTE  
PHOTO COURTESY RHYS LYNN

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

January is here! The beginning of the year and the aftermath of the holidays bring about an energy for positive change. However, we become overwhelmed with the new diet, exercise plan, budgeting, organizing, etc. ... Your expectations for a "better you" this year begin to cause stress and overwhelm. As this begins to happen, enjoy the weather and take a walk.

Walking is considered one of the most effective exercises. It is touted as a form of cardio that is also gentle for joints. A brisk walk can burn calories and tone the muscles. The benefits of walking for exercise are plenty, but this is about stressful situations.

Consider your current habit when you become stressed. Stress relievers come in various forms, and you may be unaware of your current stress response. Grabbing your phone to scroll or eating extra chocolate or sweets are common coping responses. Criticizing yourself or others, chewing your nails, or avoiding family and friends are considered negative coping responses. Some positive responses include listening to music, doing yoga and gardening.

Awareness of feeling stressed is key. Where do you feel the stress in your body? Describe it to yourself as if you were describing it to a 4-year-old child. "I feel it in my head" is not descriptive enough. Identifying where you feel stress and how it feels in your body allows you to become more aware of when stress is beginning to bubble up.

As the awareness builds, and the stress builds, consider incorporating a walk as a positive coping response. Since stress is felt in the body, walking or moving the body allows stress to flow through. It gives stress a place to "play." Walking, and moving the body in general, allows the stress energy to be moved and released.

Walking for exercise is normally fast paced, but walking for stress can be fast or slow. Walking promotes the release of endorphins that stimulate relaxation and improve mood. A fast-paced walk can be very liberating, while a slow-paced walk can become contemplative. Fast or slow, walking has many benefits.

Walking lubricates the joints, and studies have shown that walking 5-6 miles a week reduces arthritis-related pain and can even prevent arthritis. Stress causes a stiffening of the body, while walking creates an opening or active stretching of the body.

Additionally, walking reduces your sweet tooth. You may be working on a healthy diet or trying to avoid last year's sugar cookies. According to another study, a brief 15-minute walk can curb the desire to eat sweets and can reduce cravings and intake of sugary treats.

A slow, meditative walk becomes much more mindful and focused. Noticing how you step or the natural tendencies in your body allows for more awareness and brings about a different form of stress relief. Thich Nhat Hahn writes, walking meditation is really to enjoy the walking, not to arrive, but to just walk...be in the present moment, aware of our breathing, and to enjoy each step.

Walking and synchronizing our breathing can also be very meditative. Repeating in your mind, "in and out," with each step lets you focus on the breath and the steps. Being aware of the contact between your feet and the earth also brings grounding and a contemplation for something bigger than us. The awareness of walking and the earth brings us into the present moment, and that creates a great amount of inner peace.

Fast or slow, exercise or meditative, walking is a super way to relieve stress in the moment. Awareness of stress is fundamental. Walking routinely will provide the benefits of relieving stress as well as engaging the body. Do it now, get up, go for a walk!

**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](http://www.nataliafoote.com).**



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# THE ARTIST: CAROLINA MONTES

BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF CAROLINA MONTES

## Nonahood News: Tell us about you and your artistic journey.

Carolina Montes: I have been an artist since I was a little kid. I was always into drawing and trying different cameras, which really developed my eye.

I started investing in photography as a business when I was 26. Before then, I went to the University of Tampa for psychology and then pursued my master's in business and marketing. Afterwards, I worked with marketing agencies and creative campaigns. The more I worked on creative things, the more I realized I loved photography. I started thinking if I could do photography for them, why not do it for myself? I did photography part time for about six years and decided to go full time last year. I specialize in maternity, newborns, baby milestones, and family photography. I also work with content creators and do elopements, small events, and work with my clients to make their vision a reality.

## NHN: Recent artistic accomplishments?

CM: Getting my own studio because that was a lot of work. I remember in 2018 I did an interview at iHeartRadio, and they asked me what my dream was. I said it would be to have my own studio. I finally have space where I can create and provide the ideal experience for my clients. Another is that I captured New York Fashion Week for Revolve and the Amazon Influencer program. I also followed one of my content creators, Tiffany Allison, and we did street-style photography in New York.

## NHN: Most rewarding aspect of your work?

CM: I like working with content creators because I form a long-term relationship with them. Particularly with Tiffany Allison, I've been her photographer for six years now. I've watched her build her family, grow her following from 30,000 followers to half a million, and I've captured her children's pictures. That's been rewarding because I've been able to see her grow.

## NHN: Most challenging project?

CM: Newborn photography. It's very different in how you approach it. You have this little newborn that you have to pose, plus you have new parents who are anxious to have you handling their baby. Newborn photography is more challenging than any other type, but it's also the most rewarding because you're able to capture so much detail your eye cannot see.

## NHN: Describe your creative process.

CM: First, I do project planning with clients. We have consultations to plan shoots, gather the right props, and guide them through what to wear and how to prepare. I also do a lot of editing; that's something people don't usually see, but it takes a lot of time. There's also a lot of administrative work, marketing, social media, emails and proposals.

When clients come to me, we set up a consultation where we develop a vision, I get props, then set a location for the photoshoot. After the photoshoot, I send them an online gallery, they select their favorite pictures, and those pictures are the ones I finalize and deliver. Once they're delivered, we have another consultation for any prints or wall art they want to get.

## NHN: Passions other than photography?

CM: I love my pets. I have a German shepherd named Ragner and a cat named Nala. I love going on walks with them and playing with them. I also love gardening and enjoy cooking, yoga, pilates, and hanging out with my husband.

## NHN: Who/what inspires you?

CM: My dad was a cardiologist, but his hobby was photography. I love seeing the pictures he took of us as children, but what I love the most is that I can feel what he felt taking those pictures, like I'm looking through his eyes. That's one of the biggest reasons why I do what I do. I want to capture those moments for people. I want them to look back at those memories years or generations later and feel the love that exists between them.

I'm also lucky to say the person I admire is my mentor, Kristen Weaver. She's a photographer here in Orlando. Same with Amalie Orange, she's the Branded Boss Lady. It's amazing what she has been able to do for the creative community in Orlando.

## NHN: Upcoming projects?

CM: Recently, I did a beauty photoshoot where we did like the makeup with pearls and a beautiful gown. We played with different backdrops, and it was outside of my comfort zone because it's my first beauty photoshoot. I'm excited to share that with everyone. I'm hoping to do more shoots like that where it's my vision and I make it a reality. This also gives potential clients ideas of what they can do.

## NHN: Where can people find you and your art?

CM: On Instagram, Facebook and TikTok:  
@caromontphotography or caromontes.com



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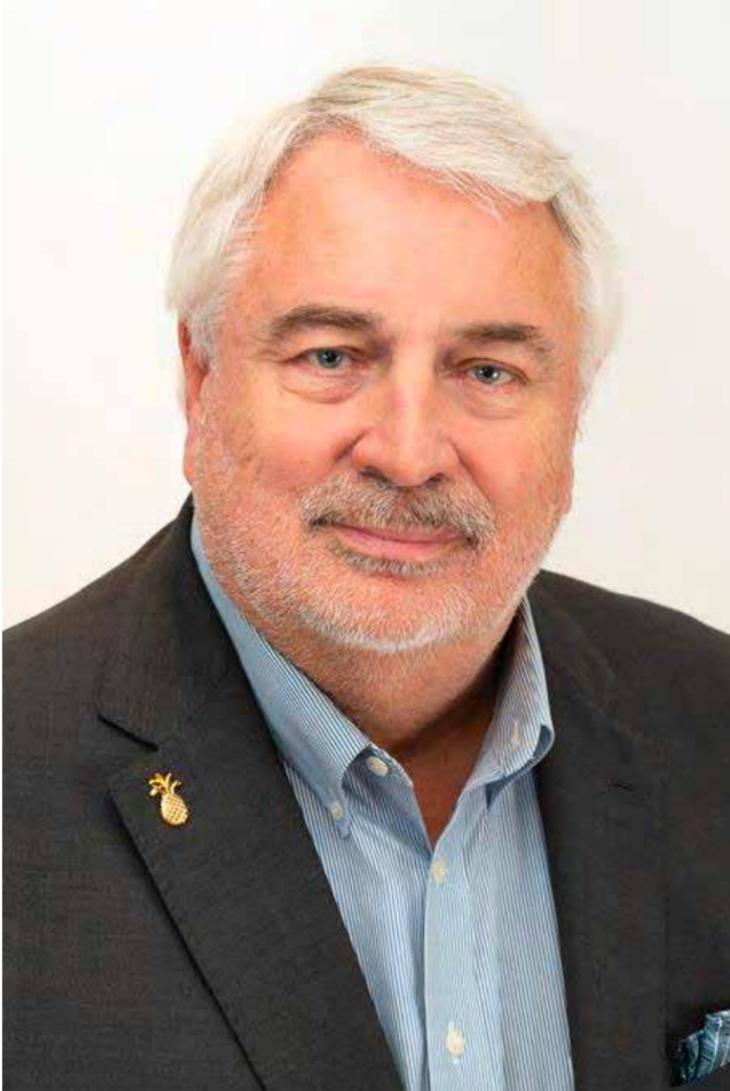
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## NOTE FROM THE BOARD: A WARM WELCOME

We are excited to welcome Richard Maladecki to the Lake Nona Regional Chamber of Commerce family. Rich has accepted the position as interim CEO. He is an accomplished association professional with more than 45 years of experience leading dynamic associations and chambers. Recently retired from the Central Florida Hotel and Motel Association, Rich will work with the amazing staff and key community stakeholders to ensure the good work of the chamber continues during this transition.



**NONA PROFESSIONAL LADIES LUNCHEON**

"Social Media Branding & Marketing"

**Monday, January 30**

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

Wycliffe Discovery Center  
11221 John Wycliffe Blvd,  
Orlando FL 32832

**BUSINESS LUNCHEON**

Preventative Health in the New Year

**Friday January 17, 2023**

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

Ronald McDonald House  
6551 Nemours Parkway Orlando 32827

**First Tuesdays After-Hours**

**Tuesday, January 3**

5:30 - 7:30 p.m.

**LAKE NONA PERFORMANCE CLUB**

6775 Chopra Terrace,  
Orlando, 32827

**CHAMBER CONNECTIONS**

"Speed Networking"

**Wednesday, January 25**

8:00 - 9:00 a.m.

Culver's  
11978 Narcoossee Rd,  
Orlando, 32832

## THANK YOU CHAMBER PARTNERS

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The Lake Nona Regional Chamber of Commerce is not affiliated with or sponsored by, Lake Nona Property Holdings, LLC or its affiliated entities.

# EVENT GALLERY



**Business Luncheon**  
Dr. Vonda Wright, Orthopaedic Sports Surgeon, researcher, and author presents on personal wellness at the Business Luncheon at Beep Headquarters on Nov. 18. (Photo/Danielle Conley)



**Ribbon Cutting Ceremony**  
Archit Shah, owner of The Little Gym, cuts the ribbon at the grand opening ceremony on Nov. 19. (Photo/Madelyn Long)



**Chamber Connections Holiday Social**  
l-r: Ryan Rodrigo with New York Life, MJ Ortiz with IMK Global, Kimberly Gordon with The Kenderick Team eXp Realty, and Stella Miller with Aagaard-Juergensen and all members of the LNRCC Membership Committee at the Chamber Connections Holiday Social held at Culver's Lake Nona on Dec. 1. (Photo/Danielle Conley)



**Member Appreciation 10-Year Anniversary Holiday Party**  
Sherry Magee, Senior Director of Community Relations with KPMG, was the title sponsor for the Lake Nona Regional Chamber of Commerce Member Appreciation 10-Year Anniversary Holiday Party at the Lake Nona Golf and Country Club on Dec. 6. (Photo/Keilah Rios)



**Member Appreciation 10-Year Anniversary Holiday Party**  
Rebuild Yourself Inc., was the recipient of the Chamber Swing donation to help teens and young adults achieve their goals through mentorship and proper guidance. (l-r): Jonathan Borgwing, Founder and CEO of Vig, Cynthia Borgwing, Founder and Executive Director of Rebuild Yourself Inc., and Paula Pino, Youth President of Rebuild Yourself Inc. (Photo/Madelyn Long)



**Member Appreciation 10-Year Anniversary Holiday Party**  
Tyrone Walker (left), CEO, and Gloria Walker (right), Event Operation Director of Orlando Wedding and Events were the disc jockeys at the Member Appreciation and Holiday Party. (Photo/Madelyn Long)



**Member Appreciation 10-Year Anniversary Holiday Party**  
City of Orlando District 1, Commissioner, Jim Gray sponsors at table at the Member Appreciation Holiday Party and gives a proclamation to the Lake Nona Regional Chamber of Commerce. (Photo/Danielle Conley)



**Ribbon Cutting Ceremony**  
Nicole Rodriguez, owner of Right at Home, Dr. Mauricio Chavarriaga, and Anna Rodriguez with Right at Home Right celebrated the grand opening with a ribbon-cutting ceremony on Dec. 8. (Photo/Keilah Rios)



**Adopt-A-Highway**  
LNRCC Chamber Members donate their time early on Saturday morning to help keep a portion of Narcoossee road clean by picking up roadside debris on Dec 10. (Photo/Wayne Alleyne)



**Member Appreciation 10-Year Anniversary Holiday Party**  
Digital Memory provides photo opportunities for fellow Chamber Members during the Member Appreciation Holiday Party (l-r): Sunil Daswani, Director of Events at Digital Memory and Taylor Burnette of Digital Memory. (Photo/Madelyn Long)

# NONA.LIFE.STYLE: YOUR STYLE IN 2023

BY MARISSA BURNS  
PHOTO COURTESY MELISSA HANLEY  
PHOTOGRAPHY



what's cool and let yourself discover what works best for unique you. Feeling confident in your clothes is as simple as determining what you want your style to communicate and then finding pieces that work for: your body, your budget and your lifestyle.

## Let's Get Started!

When building the closet (and confidence) of your dreams, you first want to get super clear on what you want your image to convey. It's no secret that your first impression starts talking even before you open your mouth. How you present yourself to others will be key as you set to work on this year's goals. I instruct my clients to pick at least THREE adjectives that they'd like to be described as. Use these as guides when shopping and pairing pieces together. If you're looking for new clients, maybe you choose successful, approachable and trustworthy. If you're a new mom, maybe you decide on fun, put-together and friendly. Once you know your "Image Adjectives," we can build a wardrobe that truly aligns with your goals and who your best self decides to be this new season.

### Finding Clothes for YOUR BODY

The fashion industry is finally waking up to the reality of sizing garments for real bodies (hallelujah). So, finding trendy clothes in all sizes is easier than ever! Thanks to the body positivity movement, inclusive sizing is more readily available from big box retailers all over. You can also find both a petite and curvy line from Ann Taylor, Loft and J. Crew.

### Finding Clothes for YOUR BUDGET

Thanks to popular apps like Poshmark, finding high-end brands at affordable prices no longer requires a stroke of luck. Locally, Orlando's Style Encore is a good stop for business casual and everyday pieces. You'll save more at any retailer if you shop for seasonal pieces out of season. It's also wise to sign up for emails from lux brands that match your Image Adjectives so you can be alerted to special promotions and sales!

### Finding Clothes for YOUR LIFESTYLE

Whether you live for loungewear or favor fussy fashion, I've got good news. Since 2020, we've seen fashion trends skew more casual. (You can exhale. I'm not going to condemn your yoga pants.) Just keep in mind your Image Adjectives and choose comfy clothes that coordinate and fit you well. I wholeheartedly believe you can be comfortable and still look polished! Just ask Lululemon and Spanx. Their dress pant lines are the ultimate pairing of athleisure + workwear.

And just as we've full-on embraced leggings as actual pants, we're also seeing formalwear on the reg too. When my clients protest, "I love it, but I have nowhere to wear it," I'm quick to point out we shouldn't let our social calendar dictate how we feel in our clothes. Wear a dress just because! Sport a sequin if it makes you happy! Stop relying on a special occasion invite for permission to feel amazing in your clothes, girlfriend.

Oh, hey there. I'm Marissa, and I'll be holding your hand as you navigate the chaos that is fashion in 2023. And while we don't yet have flying cars (although I hear Nona's best are working on that), the way everyone is dressing right now can make you feel like you're living in uncharted times. So, think of me as your new style bestie. I'm here to serve up encouragement and also some "just between girlfriends" honest truth about what the heck is happening in the world of style these days.

The first thing you need to do to survive style in 2023 is to recognize that there really are no rules in fashion anymore! It's basically the Wild West. (If you just heard Will Smith's voice in your head, you are truly my people.) So lean in close, I'm gonna get real.

Yes, your side part and skinny jeans have come under unsolicited attack this year.

Yes, you did own that pair of Doc Marten boots in high school.

And yes, what's currently "in" is both too tight and too loose. (And don't get me started on the bra-under-a-blazer combination that's masquerading as work wear.) But we will get through this together, team.

The trick to being "in style" this new year actually has a lot more to do with YOU than any celebrity, influencer or current top designer. When it comes to establishing your style goals, let go of your inclination to copy



*Marissa Burns is a stylist, speaker and boutique owner. Her mission is to help women leverage the power of personal style to get where they want to go in life, in business, and in relationship to themselves. She is also passionate about small business in Nona and building community among its residents. She invites you to connect with her on Facebook and Instagram @MarissaAlexandraStyle.*

Whether they're second hand, sequined, curvy, or designer ... the pieces you choose to wear this year should serve one purpose only. Your 2023 style should portray the person you're working to become. So, get clear on what you want to communicate, wear what lights you up, and know I'll be here monthly to cheer you on.

# THE WINNING FAMILY: A VISION SCRIPT FOR YOUR FAMILY

BY PASTOR RODNEY GAGE



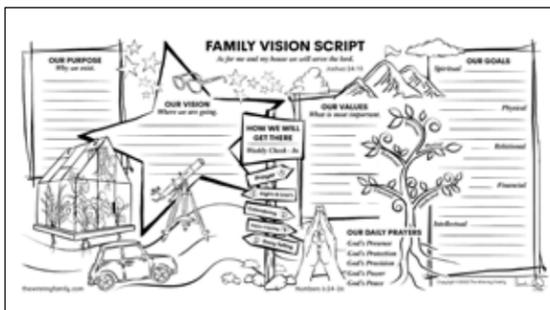
The legendary New York Yankee Yogi Berra once said, If you don't know where you're going, you'll end up somewhere else. Every family ends up somewhere, but few end up somewhere on purpose. As we head into 2023, do you have a vision for your life, marriage and family?

If we don't have a clear vision for our future, hopes die, dreams die, marriages die, and relationships die. A clear vision is crucial for your life, marriage and family.

## 4 Things a Clear Vision & Mission Will Do for You and Your Family.

1. Provide **Passion**
2. Provide **Motivation**
3. Provide **Direction**
4. Provide **Purpose**

Every person, marriage and family needs an injection of those for four things. At The Winning Family, we have created a fun, life-giving tool we call a Family Vision Script. **You can go to [thewinningfamily.com](http://thewinningfamily.com) and download a FREE copy to print out so you and your family can create your own.** After 31 years of marriage, raising three adult children of our own, and working with hundreds of families for over 35 years, I have learned that couples and parents need far more than prayer to survive in today's world. They need a plan so they can thrive!



Our Family Vision Script will help you develop five action steps that will provide a plan to follow to win in your life, marriage and family. Below is a breakdown of a 5-Step plan for your family.

**1. Your Purpose/Mission:** When a couple or family clearly defines their "why," it represents what they are all about and the guiding principles that will navigate their marriage and family.

**2. Your Vision:** There is something powerful about writing down your mission and vision.

- It will force you to clarify what you want for your future and who you desire to become.
- It will motivate you to take action.
- It will provide a filter for other opportunities. The greatest enemy of the best things in life is the good things.
- It will help you overcome resistance and setbacks.
- It will enable you to see and celebrate your progress.

**3. Your Values:** What do you stand for? What character qualities are most important to you? Do you have a north star to point you toward the person, couple or family you desire to become? When we have muddy values, we have slippery priorities. However, when we have clear values, we have compelling priorities. You can define your core values by downloading a FREE Values Worksheet at [thewinningfamily.com](http://thewinningfamily.com)

**4. Your Goals:** If you want to live intentionally, establishing clear goals is the key to living out your purpose, vision and values. Studies prove individuals with written goals are far more successful at achieving those goals than those who don't. We created a goals tree that focuses on five domains in life. Spiritual, physical, financial, relational and intellectual. These five branches of the goals tree serve as the daily choices we make. The roots are the values that grow deep into the fertile soil and foundation of our mission and vision.

**5. Your Strategy:** One of the ways to ensure you reach your preferred future and destination as a family is to have a weekly check-in. This is a systematic way for families to stay connected and build close-knit relationships. A weekly check-in includes five simple prayers to pray for each other. Discussing high-lows for the week, reviewing calendars, casting vision, and telling stories are just a few ways to enter each other's world and remind each other what matters most as a family.

If you want your marriage and family to thrive in 2023, carve out some time to write out your purpose, vision, values and goals and establish a night during the week to review, encourage and celebrate each other's successes along the way. To download these FREE tools and detailed instructions, go to [thewinningfamily.com](http://thewinningfamily.com) and create your Vision Script for 2023.

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



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# TO NONA & BEYOND: LUNAR MISSION

BY EMERSON & ETHAN WALSH  
PHOTOS COURTESY EMERSON & ETHAN WALSH

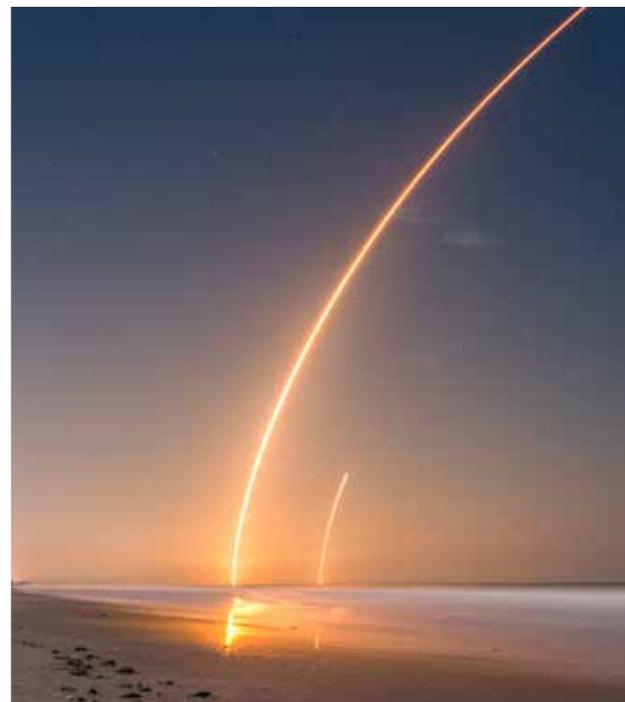
Ever since the termination of NASA's Apollo program, taking the sound of nine Merlin engines permeated the Space Coast as SpaceX's Falcon 9 rocket launched late in the night, sending ispace's Hakuto-R series 1 lander into a lunar transfer orbit. Along with the exciting lunar lander from the private Japanese company, NASA and JPL collaborated on a CubeSat, which will scan the moon's craters with a laser in search of water ice. This resource is paramount for sustained human habitation on the moon – providing breathable oxygen gas, rocket fuel in the form of hydrogen gas, and of course water. It will also be an important resource for the future lunar industry.

Switching focus to the primary payload, it will take four months for the Hakuto-R lander to reach lunar orbit after which another half month will elapse before the actual landing attempt.

The landing location will be within a prominent impact crater called Atlas. If successful, it would be the first commercial lunar lander to touch down on the moon. This is big news for the private space industry. Having a vehicle that can potentially be mass-produced will open the door to frequent lunar surface missions for many companies.

The profile for this mission allowed SpaceX to perform a return to launch site (RTLS). Approximately eight minutes after launch, Falcon 9's first stage returned to Landing Zone 2 at Cape Canaveral Space Force Station. A succession of thunderous sonic booms generated by the returning booster could be heard from many miles away. In the top image, you can see nearly the entire process of the rocket, which includes initial ascent and separation, as well as the second stage, boost back, re-entry, and landing burns! A true marvel of engineering captured in a single eight-minute exposure.

In Japanese folklore, Hokuto is a mythical white rabbit that was sent to live on the moon. According to the Asian calendar, 2023 is the year of the rabbit. This is timely as the Hakuto-R lander is anticipated to land on the moon in April. A long wait, yet it will certainly be exciting to see the completion of this ambitious mission.



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# USTA: NEW YEAR, NEW PROGRAMMING SESSIONS AT USTA NATIONAL CAMPUS

BY DANIEL PYSER  
PHOTOS COURTESY OF USTA NATIONAL CAMPUS

For those looking for a new and easy way to get fit in the New Year, look no further than tennis.

Recreational tennis has continued to thrive across the U.S. as participation has skyrocketed over the past three years. In addition, there are numerous health benefits to tennis as multiple studies have documented that playing tennis regularly improves overall health and leads to a longer life.

For beginners, the USTA National Campus offers a number of entry-level programs such as Tennis 101 and 102 for adults, as well as a number of entry-level youth programs.

For those looking for a new and unique fitness routine for 2023, the campus offers a number of cardio tennis programs, including Cardio Move, Cardio Fit and Novice Cardio for beginners. Cardio Tennis is a heart-pumping combination of tennis drills and a cardio workout allowing players to improve both their fitness and their tennis skills.

In addition to tennis, the USTA National Campus also offers pickleball and padel programming. Racquet sports participation as a whole is on the rise, and the campus offers a number of options for those wanting to try out a new sport in the new year.

The USTA National Campus offers similar entry-level pickleball programming, including its Pickleball 101 and 102 classes. There is also a pickleball skills and drills clinic for intermediate players as well as a number of drop-in and social play opportunities, including free community drop-in play.

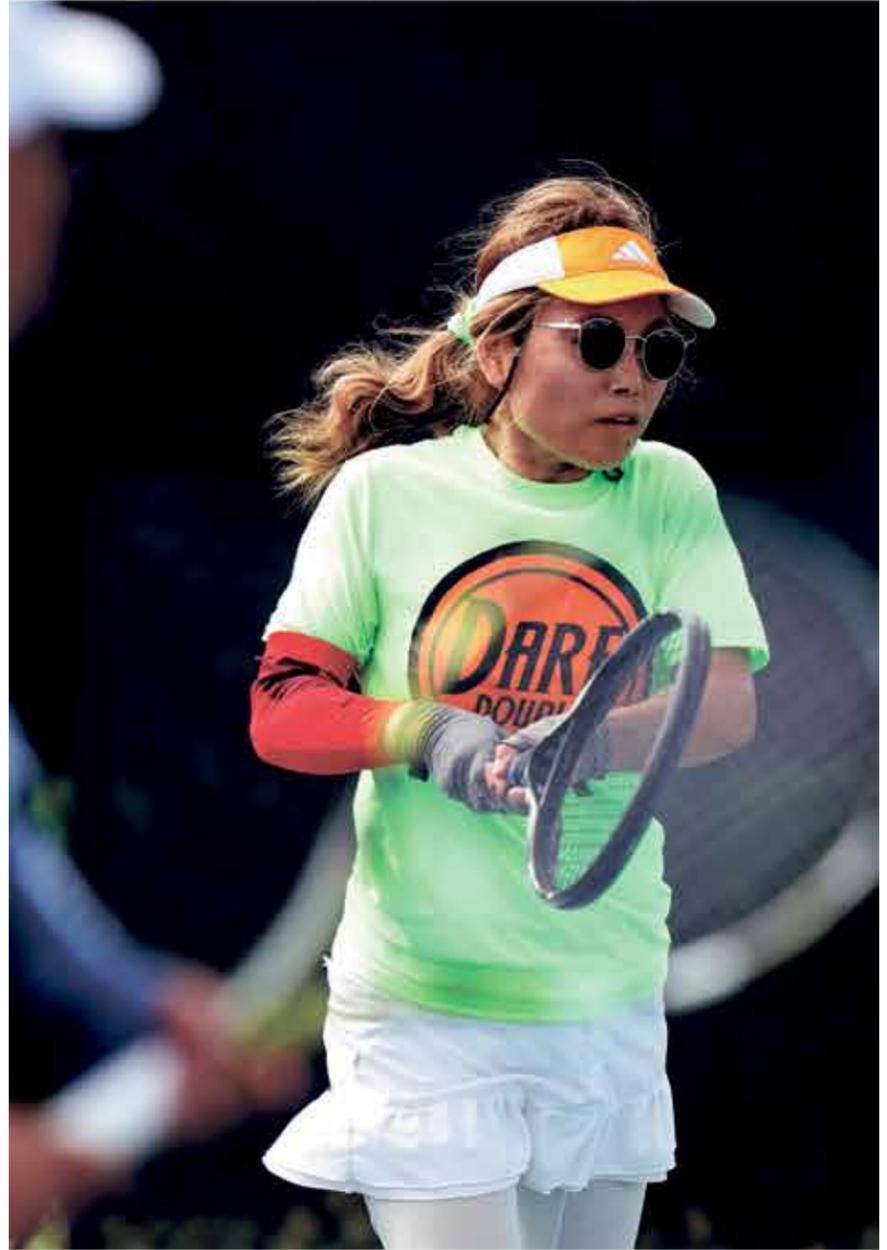
Similarly, the campus offers a beginner and intermediate padel program for those wanting to try a new sport that is rapidly growing in North America. There are both dedicated pickleball and padel pros that can help players pick up the sport or hone their skills.

As always, the full complement of USTA National Campus programming will be available in the coming year, with a wide variety of adult and youth programs available. The new programming session begins Jan. 2, and registration is currently available.

To register for all USTA National Campus programming, please visit [www.ustanationalcampus.com](http://www.ustanationalcampus.com).



# Your New Year's Resolution: More Tennis



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# NONA YOUR NEIGHBOR: MARISSA BURNS

BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF RACHEL KRAUSMANN AND MELISSA HANLEY

**M**arissa Burns is a personal stylist, a Nonahood resident, and owns The Cheap Chic Life boutique with her mom, Cheryl Moore. Read our interview with her below!

**Nonahood News: What is your job?**

Marissa Burns: I am a personal stylist, image consultant and boutique owner. I work to empower women through their style. Whether that's through the clothes and accessories we carry, working with clients, or speaking to groups of professionals.

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

MB: That varies. I do things to keep our boutique running and work with clients. I also speak to professional groups on the importance of styling in their brand and of presenting themselves well. Each day looks different, but that's what I enjoy. I also have two kids, so it's juggling all that alongside being present and engaged with my family.

**NHN: What are the most challenging aspects of your job?**

MB: It's probably the same across several different industries, but managing what needs to get done on a day-to-day basis or a week-to-week basis with long-term goals and passion projects I want to be working on. It's tricky to be able to create time and space for the big projects as opposed to the little things that must get done day-to-day to keep things running. The challenges are probably similar to most entrepreneurs.

**NHN: What are the most rewarding aspects of your job?**

MB: Working alongside my mom, Cheryl Moore, is a blessing. I'm an only child, so we're both grateful to have that special relationship and be able to work on something we're both passionate about together. The other thing that makes my heart happy is when I see pieces from our boutique on women out in the community.

**NHN: What got you interested in doing your job in Lake Nona?**

MB: I think it was my mom's desire to get back into the industry. Having been a designer with her own clothing line and a stylist for commercials before, she had a desire to get back into the biz. I had just had my second child and it was an invitation to do this. Without her, I probably would have made excuses for not pursuing my passion. I am grateful to her for pushing us to go on this awesome journey together because it's brought a lot of purpose to my life. We opened our boutique at the end of 2019. Which is, in retrospect, a very challenging time. We added personal styling in the spring of 2020 on the heels of COVID lockdown because we were sensing the need for wom-



en to find motivation to get dressed again. We're motivated by helping empower women through styling.

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

MB: I've always enjoyed writing, probably because I've always enjoyed talking. It's something I'm excited about picking up again and pursuing in 2023. I'm excited to be able to intentionally focus on writing and creating content and style resources for our clients and customers and starting to write for Nonahood News (we're going to do a style column).

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

MB: I want to remain faithful to God's guidance. 2020 taught us to plan with intention, but to also be open and adaptable. I hope to always be in the arena of empowering women and using fashion and style know-how to do that whether that's growing the boutique and styling resources, writing, speaking, and presenting to help women, or having a store on Narcoossee.

**NHN: What brought you to Lake Nona?**

MB: My family and I have lived in Lake Nona for about four years, but my husband has been with his organization for about 14 years, and he works on Narcoossee Road. We've seen the changes and evolution of this community. We feel like we adopted Lake Nona as our community long before we lived here.

**NHN: Where are you originally from?**

MB: I was born in Miami but grew up in St. Petersburg.

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

MB: The people. You could visit our attractions and drive down Narcoossee without knowing what a vibrant community of small businesses is here, but once you start to seek them out, you start meeting the same faces and building relationships with people who are passionate about investing in our community and shaping it into something we can all be proud of.

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

MB: Pack your patience on Narcoossee Road...maybe also pack a snack and a good podcast! I would also say welcome. We'd love to have you join us and work together to shape Lake Nona into the most connected, vibrant community in Central Florida.



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

# BEST FRIENDS IN THE NONAHOOD: WELCOME TO FLORIDA, NOVA!

BY PATTY REBER  
PHOTOS COURTESY OF TYNE AND ROD



Like all Labs and Lab mixes, Nova loves to swim and is learning NOT to go into the lakes here. Try explaining that one to a pooch who hasn't seen alligators! New pooch pals are waiting for Nova at the Bark Parks, and he is expected to romp there soon.



**D**og lovers, please welcome Nova, our newest transplant from the 14-degree weather in Minnesota to the Nonahood! Take off your coat, Nova!

A beautiful mix of Lab and English Setter with a fluffy tail, Nova is a rescue from a Facebook post. He was 9 weeks old when he arrived at his forever home. Now he is 9 years old and happy to be in the loving home of Tyne, a healthcare administrator, and her husband, Rod, a wind energy engineer.



Nova, ever the male pooch, will never be lost since – on his drive from Minnesota to Florida – he left his scent in every state he traveled through, including Iowa, Missouri, Kentucky, Tennessee, Georgia and now, of course, Florida – where he intends to stay!

Tyne's parents live in Laureate Park, and Nova is a frequent visitor to their home. Nova "nests" in a closet there after pulling down clothes on hangers. He never tries that at home! Grandparents are very tolerant!

# CONSTRUCTION UPDATE: STATE ROAD 417

BY CFX  
PHOTOS COURTESY OF CFX

**I**t may be a new year, but construction activity remains high on the Central Florida Expressway Authority's (CFX) State Road 417 capacity improvements project.

In February 2021, CFX began working on this 21-mile stretch of SR 417. This project will add a travel lane in each direction between International Drive and SR 528, as well as wider median shoulders that can temporarily accommodate additional traffic during emergency response events.

The contractor continues to make excellent headway on the inside widening work between Boggy Creek Road and SR 528. Also, a lot of the bridge work at Narcoossee Road, Moss Park Road and Dowden Road is complete, and most of the noise walls located along the right of way are built. The remaining noise walls will be constructed later in the project.

Completion of the full 21-mile corridor is scheduled for spring of 2024.

CFX owns, operates and maintains a 125-mile, user-funded network of expressways for 3.3 million residents and more than 75



million visitors in Brevard, Lake, Orange, Osceola and Seminole counties. As a regional transportation agency, we recognize increasing traffic demands as more people choose to make Central Florida their home. Making great progress on SR 417 means CFX is that much closer to improving traffic flow and safety on one of our system's busiest expressways.

Please contact Shemir Wiles with questions or concerns at 352-427-4054 or [Construction@CFXWay.com](mailto:Construction@CFXWay.com). For more information on this project, visit [www.cfxsr-417corridorwideningprojects.com](http://www.cfxsr-417corridorwideningprojects.com).



# SAVOR TOOTH TIGER: COZY SHRIMP BISQUE

BY ALLYSON VAN LENTEN



I know January is when food magazines tell us we should be going on juice cleanses and eating lighter after the holidays, but we have been robbed of cool weather this season and I will not go quietly! Maybe it's the native midwesterner in me that longs for cozy, cool nights cooking soup, but I can't be the only one. It's been a warm winter, and I'm still firmly in soup mode.

The coziest soup to me is a velvety shrimp bisque. Not difficult to make, but there are a few steps included. Making soup takes time and dedication, but the reward is so satisfying. And let us not forget that leftovers always taste better the next day or two! What exactly is a bisque anyway? Usually a bisque includes seafood like lobster or shrimp and cream. Bisques, as their name may suggest, are a French invention. Originally, lobster or crab shells were actually blended in to thicken the soup and impart extra flavor. Don't be alarmed, that's not happening in this recipe. After simmering the shrimp, I remove the cooked shrimp to be added later and get all the flavor possible out of the shrimp shells. This is a great way to get double duty out of whole lobsters or crabs as well. Think of it like using your turkey or chicken bones to make a flavorful stock. After creating the shrimp stock, some aromatic vegetables get cooked in butter with a little wine, cream and, surprisingly, rice for texture. This recipe is even gluten free because it doesn't use a traditional roux as a thickener. To get the texture incredibly velvety, you'll need a blender or better yet an immersion blender that you can put right into the soup pot. For a perfect winter dinner, serve with some toasted baguette and tuck in to this cozy meal.

## SHRIMP BISQUE (SERVES 6-8)

### Ingredients:

- 2 pounds (uncooked shell-on shrimp)
- 8 cups water
- 1/2 cup unsalted butter
- 2/3 cup heavy cream
- 1/2 cup Marsala wine, sherry or Madeira
- Juice of 1 lemon
- 4 tablespoons tomato paste
- 1 1/2 cups cooked white rice
- 1 large yellow sweet onion (diced)
- 2 medium carrots (diced)
- 3 stalks of celery (diced)
- Salt and pepper to taste

### Instructions:

1. In a large pot, cook shrimp in 8 cups of water for about 5 minutes or until just pink. Remove cooked shrimp with a slotted spoon. Do not throw out the cooking liquid. Once

shrimp are cool enough to handle, reserve the cooked shrimp for later and put the shells back into the cooking liquid. Turn heat back up to medium high and cook for 30 minutes.

2. In another pot, heat the butter to medium and cook the onion, celery and carrots for 10 minutes until lightly browned. Stir often. Add in the tomato paste. Then using a fine mesh strainer, pour the shrimp stock into the pot of vegetables. Make sure to use all the stock and discard the used shrimp shells.
3. Add the Marsala wine, rice and cream. Cook for 10-15 minutes on medium heat. Add salt and pepper to taste. Using an immersion blender, blend the soup to a very velvety consistency or use a blender. Be cautious using a blender with hot soup. You may need to cool it down a bit before blending and make sure to vent the lid of the blender a bit to allow steam to escape or blend in 2 batches.
4. Return blended soup to the pot. Season with more salt and pepper and lemon juice.
5. Chop the reserved cooked shrimp and add to the soup.
6. Serve hot with a toasted crusty baguette.

# WALT DISNEY COMPANY ANNOUNCES RELOCATION OF IMAGINEERS TO LAKE NONA

BY MEKENSIE FAUST

In June 2021, The Walt Disney Company announced the relocation of 2,000 Imagineers and other professionals from Anaheim, California, to Lake Nona.

The Lake Nona project would house Walt Disney Imagineers and more professionals in the Disney Parks, Experiences and Products division who are not fully or exclusively dedicated to working on Disneyland in California. The Walt Disney company purchased land in Lake Nona for \$46 million to create a 60-acre regional campus with 1.8 million square feet of development. Construction of the regional campus was initially expected to be completed in November 2022 alongside the construction of an age-restricted community in Sunbridge to alleviate concerns about housing availability. According to Josh D'Amaro, chairman of Disney Parks, Experiences and Products, the relocation of these 2,000 employees was to take place in the 18 months following the announcement. However, since this news broke, the relocation has faced some challenges.

The announcement of the relocation was met with pushback from Imagineers who were informed about whether their job would be relocated in the weeks following. Those whose jobs would be moved to Lake Nona were given 90 days to inform Human Resources about their decision to either retire, move or find a new job. If no decision was made, employees received an email from HR stating, "Because no response was received by the 90 day deadline of December 8, 2021, we assume you have decided not to accept

relocation to Florida. We know this was a difficult decision and encourage you to continue to have conversations with your leader on next steps."

By March 2022, the relocation had become controversial given political tensions between Disney's former CEO, Bob Chapek, and Florida Governor Ron DeSantis. Chapek initially came under fire after Disney donated to sponsors of the Parental Rights in Education Bill (deemed the Don't Say Gay Bill by critics). However, Chapek eventually issued a statement and committed to oppose the bill during a shareholder meeting. In response, DeSantis signed a bill dissolving the Reedy Creek Agreement, which removes Disney's self-governing status starting in June 2023.

In June 2022, The Walt Disney Company officially announced the years-long delay on the relocation to Lake Nona, saying, "While a growing number of our employees, who will ultimately work at the campus, have already made the move to Central Florida, we also want to continue to provide flexibility to those relocating, especially given the anticipated completion date of the campus is now in 2026. Therefore, where possible, we are aligning the relocation period with the campus completion."

By November 2022, the board of the Walt Disney Company fired Chapek as CEO and announced the return of Bob Iger. At this point, Iger stated in a Cast Member meeting that he had not made a decision and would look into the potential ramifications of relocating versus staying in California.

Fast forwarding to December 2022, the plans to relocate to Lake Nona seem to be back in business. At a December 8 conference called "Lake Nona Mastermind: The Future of Lake Nona," Jessi Blakley, Vice President of Tavistock Development Company, indicated that plans for Disney's relocation to Florida are moving forward. While Blakley could not share much, she indicated that there will be news in the coming months regarding this project.



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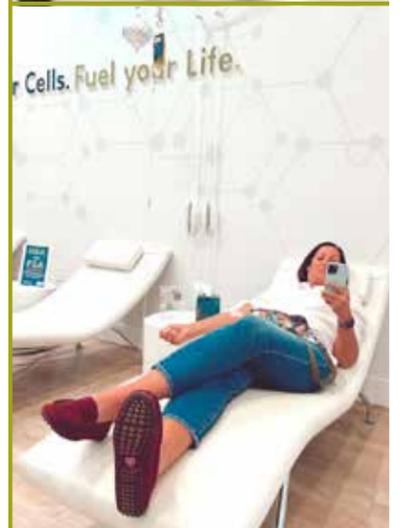


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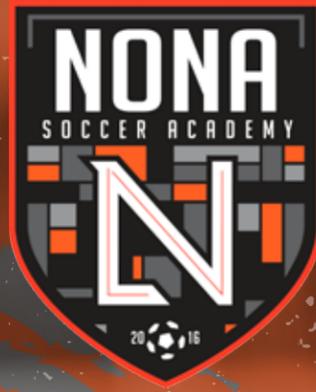
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