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THE ARTIST: ARTHUR WEISS

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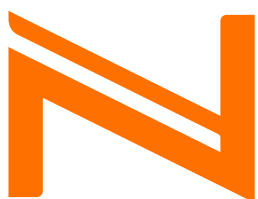
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Rhys & Jenny Lynn

Editor-in-Chief

Angelica Hamm

Media Service Manager

Michael Perez

Writers & Reporters

Allyson Van Lenten, Amanda Keefer, Camille Ruiz Mangual, Ciaran McArdle, Emerson Walsh, Ethan Walsh, Marissa Burns, Natalia Foote, Pastor Rodney Gage, Patty Reber, Rich Maladecki

Proofreading

Joe Henry

Layout Design

Marnie Brophy

Creative Director/Producer

James Rayner

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MARCH IN THE NONAHOOD

WEDNESDAY MARCH 1

- Morning Meditation at Dockside Lake Nona

THURSDAY MARCH 2

- Club Cardio

FRIDAY MARCH 3

- Art After Dark
- Ribbon Cutting: Hili Fitness Lake Nona

SATURDAY MARCH 4

- Nona Festival Celebration at USTA National Campus
- Live on the Lawn at Lake Nona Town Center
- Club Cardio

TUESDAY MARCH 7

- Club Cardio

WEDNESDAY MARCH 8

- Morning Meditation at Dockside Lake Nona
- Membership Committee Meeting
- Ribbon Cutting: Rooms Refreshed

THURSDAY MARCH 9

- Glow Party at Boxi Park
- Club Cardio

FRIDAY MARCH 10

- Art After Dark

SATURDAY MARCH 11

- Live on the Lawn at Lake Nona Town Center
- Club Cardio
- Latin Night at Boxi Park

SUNDAY MARCH 12

- She Village at Lake Nona Town Center

TUESDAY MARCH 14

- Club Cardio
- Education Committee Meeting
- Nonprofit Committee Meeting

WEDNESDAY MARCH 15

- Morning Meditation at Dockside Lake Nona

THURSDAY MARCH 16

- Club Cardio

FRIDAY MARCH 17

- Art After Dark

SATURDAY MARCH 18

- Live on the Lawn at Lake Nona Town Center
- Club Cardio
- St. Patrick's Day at Boxi Park

SUNDAY MARCH 19

- Mom, Move, & Learn at Dockside Lake Nona

MONDAY MARCH 20

- Economic Development and Innovation Committee Meeting

TUESDAY MARCH 21

- Young Professionals Group Meeting
- Club Cardio

WEDNESDAY MARCH 22

- Morning Meditation at Dockside Lake Nona

THURSDAY MARCH 23

- Club Cardio

FRIDAY MARCH 24

- Art After Dark

SATURDAY MARCH 25

- Live on the Lawn at Lake Nona Town Center
- Club Cardio

MONDAY MARCH 27

- Marketing Committee Meeting

TUESDAY MARCH 28

- Club Cardio

WEDNESDAY MARCH 29

- Chamber Connections: Procurement International

THURSDAY MARCH 30

- Club Cardio

FRIDAY MARCH 31

- Lunch with City of Orlando Mayor Buddy Dyer
- Luau Party at Boxi Park



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MAMA’S TURN: BYE BYE, BERTHA

BY SHARON FUENTES



If you drive by my house throughout March, you will notice a very pretty wreath I made filled with gorgeous cascading blue flowers that match my pretty blue door. If you take a closer look, you will notice a sign hanging on the bottom left side. And if you stop to read that sign, you may think it strange that someone would take the time to make a wreath for Colon Cancer Awareness Month. But since my recent surgery for a very large mass that had it not been removed would most definitely have turned into cancer ... I felt compelled to do just that!

Let me start off by saying, I am well aware that talking about your colon isn't very sexy. But, my thinking behind writing this piece is that if me sharing my story could help even just one person to get screened ... then it is worth it! Because the reality is that with proper screenings, colon cancer is preventable, treatable and beatable! If you still aren't convinced how important screening is, keep ready and perhaps my story will have you rethinking.

About a year and a half ago, my general practitioner, seeing my reluctance to have an actual colonoscopy done (because it didn't really sound like a fun thing to do), suggested that I do an at-home test (Cologuard). She put in the paperwork and literally a week later a box showed up at my door. That box sat in my bathroom for so long that the test went bad. I just couldn't do it! It was so embarrassing to me. Granted, I cannot tell you how many times I have picked up my dog's "business" while on walks, but doing something that could possibly save my life ... nope, I was too embarrassed to do that.

Seeing the test was expired, my doctor put in another request and another box showed up on my door in October. Something told me I couldn't put this off any longer, and I pulled up my big girl panties (okay, more like pulled down ... sorry, I couldn't resist) and did the at-home test and sent it in. A week later, I got the news that the test was positive, which means cancer or precancerous DNA was detected. My GP immediately said I needed to get in for a colonoscopy right away. I wanted a female gastro doctor because I thought it would make it a bit less embarrassing, and thankfully I somehow came across what turned out to be my husband's ex-girlfriend, which is a completely different funny story I could write a column about one day. While having it be my hubby's ex made for an awkward first meeting, it ended up being a godsend because she went out of her way to get me in right away.

On November 16, I had the colonoscopy. Not going to sugarcoat it, the prep was not fun, but the "nap" I got during the procedure was awesome! The doctor told us afterwards that she found one small polyp, which she easily removed, and a 4cm (size of a walnut) mass that she said she biopsied the hell out of but for obvious reasons could not remove at that time. I was referred to a colon cancer surgeon to talk about surgery options while we waited for the test results.

The initial biopsies came back negative, but the colon surgeon was concerned that, because of the size of the mass, cancer cells could be harboring within or even in the lining of my colon. After talking about different removal methods, we chose a lesser invasive procedure called Endoscopic Submucosal Dissection (ESD). There are not many places in the US that do this procedure, but we are fortunate to have a wonderful center right here in Orlando.

In January, I had the surgery, or what I called Big Bertha's Eviction Day. (I fondly nicknamed the mass BERTHA because it made me laugh and sounded less scary.) Thankfully, Bertha's Eviction



Day went super well, and I did not have to spend the night in the hospital like they had thought I might. Bertha was larger than they originally thought, but they were able to remove it all in one piece. My throat hurt after the procedure because they had to do general anesthesia and intubate me and I felt a bit sore all over, but other than that I was feeling pretty great. I felt even better when a couple days later I got the wonderful news that I was CANCER FREE! The doctor said I was a very lucky lady.

I need to go back in six months for another colonoscopy to make sure everything is still good, and depending on what they find then will determine how often I will screen from there. And I will do the screening as often as they say because perhaps if I would have had the colonoscopy years ago when I should have ... BERTHA would not have turned into a huge mass that even needed a separate surgery. And that is why I am sharing this with you all! Don't be like me ... don't wait! Make yourself a priority and just do it!!!! Colonoscopies are not glamorous or fun, but they could keep you around so you can do fun and glamorous stuff later!

Sharon Fuentes is an award-winning freelance writer, special needs parenting advisor and the author of the book, *The Don't Freak Out Guide to Parenting Kids with Asperger's*. You can reach her at sharon@sharonfuentes.com.

NAMASTE WITH NATALIA: KING PIGEON POSE

EKA PADA RAJAKAPOTANASANA

BY NATALIA FOOTE
PHOTO COURTESY OF KELLY RODRIGUEZ

Eka Pada Rajakapotasana, or King Pigeon, is a challenging and rewarding back-bending posture that works to open the heart and chest. This pose can be modified to be accessible to all levels of practitioners. When practicing this pose with the back leg held and the heart opened, it is important to ensure proper alignment and breath.

Before beginning the pose, it is important to warm up the body with some standing poses and hip openers. These can include lunges, mountain pose, and low lunge. Once the body is warm, begin to come into the posture. Begin by coming down onto all fours. Bring the right knee toward the right wrist and move the right foot toward the left wrist. If the right foot cannot reach the left wrist, place a block or blanket underneath the right foot for support. Make sure the right knee is stacked on top of the right ankle.

From here, begin to extend the left leg up and back. The left foot should be flexed and active as it reaches back. As the left leg extends, begin to draw the chest and heart up and forward. To open the chest and heart, draw the shoulders back and down and reach the chest forward, lengthening each time your heart opens.

In the photo shown, I can hold on to the leg with one arm and am unable to reach behind to catch the same leg with my other arm. This is part of my process. Remember, this is a challenging posture and, for most, requires a great deal of warming up.

Eka Pada Rajakapotasana

1. Start on your hands and knees in a tabletop position.
2. Slide your right knee forward so that your right shin is parallel to the front of your mat.
3. Slide your left leg backward so that your left knee is behind your left wrist and your left leg is extended straight back. Lower your hips onto your right thigh.
4. Bring your right arm underneath your body and rest your forehead on the floor. You can keep your left arm extended in front of you, resting on the floor, or you can bring your left hand to your left hip for a deeper stretch.
5. If it's comfortable for your hips and lower back, you can arch your chest up and reach your left arm back toward your left foot.
6. To come out of the pose, bring your right arm back up and underneath your body and press your palms into the floor. Step your left foot forward and come back into your tabletop position.



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.





FOR DR. BRITTNEY LAMBIE,
HER PATIENTS ARE
HER INSPIRATION

BRITTNEY L. LAMBIE, MD, FAAOS

Over the past 12 years, board-certified orthopaedic spine surgeon Brittney L. Lambie, MD, FAAOS, has served the communities of Orlando, Daytona and Lake Nona. During those years, she says that she gets a daily dose of inspiration from her patients.



“My patients are my inspiration. When I see them struggling with pain and disability, and they have the courage to do something about it – that truly inspires me,” says Dr. Lambie, who specializes in the comprehensive treatment of adult spine conditions. She treats patients who have degenerative spine disease, spine deformities, and spine injuries who are experiencing neck and back pain.

New to Hughston Orthopaedics Clinic, Dr. Lambie is treating patients with various spine-related conditions, such as herniated discs, spinal fractures, spinal stenosis, degenerative disc disease, scoliosis, and other spinal deformities. She also treats spinal injuries caused by trauma or accidents. “When I see my patient’s determination and perseverance to beat the condition or injury that afflicts them, it makes me even more unwavering in my determination to help.”

As a fellowship-trained reconstructive spine surgeon, Dr. Lambie appreciates that every patient is unique and that each neck or back problem requires a personalized and thoughtful solution. “Spine disease touches a diverse group of patients old and young, men and women, and it gives physicians a broad range of operative and non-operative interventions to offer. My emphasis is always nonsurgical first and less invasive surgical options if necessary.

“The best news I can give to someone who is experiencing back pain is that most patients can be treated without surgery,” explains Dr. Lambie. “At Hughston Clinic Orthopaedics, we offer our patients physical therapy, medications, braces, and other pain management practices to overcome their debilitating pain without going to surgery.” She works closely with regional non-operative spine specialists to coordinate the best possible care, reserving surgical options for those patients who have failed non-operative management. “People who are suffering from spine pain want to improve their quality of life.” This means that sometimes surgical intervention is the only way to alleviate their symptoms, relieve their pain, and improve their life.

While Dr. Lambie is new to Hughston Orthopaedics in Lake Nona, she is already part of the team of physicians who have devoted their lives to the study of orthopaedics and the treatment of musculoskeletal trauma, sports injuries,

degenerative diseases, infections, tumors and congenital conditions. The Hughston clinics offer specialized services in spine, hand, foot, joint, sports medicine and trauma. Most Hughston surgeons hold added certifications in specialty areas, making them the most sought-after orthopaedic physicians in the area.

Over the last decade, there have been tremendous advancements in technology, including biologics, motion preservation, minimally invasive surgery, and robotics in the area of spine care. Surgery often allows a patient to return to their normal activities and life with less pain and greater function. “I’m grateful for patients who share with me how I helped them get back to their normal life. Those stories are what keeps me smiling. Ask any doctor and they will say, “It’s the ability to improve a patient’s quality of life that makes orthopaedics such a wonderful profession.”

Debilitating spine deformities and pain affects the overall health, bone quality, and stature of patients. Walking, standing or bending hinders their movements, which, in turn, affects the patient’s lifestyle and ability to live an active life. Dr. Lambie adds, “After surgery, the pain is gone and the patient is healthier, taller, more self-confident, and can do what they want to do. Nothing is more inspirational than that!”

At Hughston Clinic Orthopaedics, we provide innovative surgical and nonsurgical treatments of musculoskeletal disorders and injuries, including outpatient services for many joint replacement procedures. Outpatient total joint replacement is safe, cost effective and convenient for our patients. From the rapidly growing areas of orthobiologics and advanced joint replacement to minimally invasive surgery, we are constantly striving to provide the best possible options for our patients. Our goal is to leverage the immense skills and experience of our physicians with their specialized training to deliver orthopaedic care like no other organization can. When it comes to your health and wellbeing, experience matters.

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THE ARTIST: ARTHUR WEISS

BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF ARTHUR WEISS



Nonahood News: What kind of art do you create?

Arthur Weiss: Everything is made of wood. Each piece is cut out, cleaned, painted and then put back together. I build my own frames so it all color coordinates and complements the artwork itself.

NHN: When did you start creating art?

AW: Maybe 20 years ago. I started making

little things, knickknacky kind of stuff. One day I was working on one of them and I thought, "I wonder what would happen if, like with a flower, if I cut each petal out and then put it back together," and then I just went on from there and started creating bigger and more elaborate wall hangings.

NHN: Have you always been creative?

AW: For the most part, yes. As a child, I enjoyed music, and if I saw a painting that inspired me it was just like, "Oh, God, I wish I could do that." There was always some sort of creativity inside of me. And my sister was an artist. I liked what she did, and I followed in her footsteps till I branched out on my own and found my own style.

NHN: When did you realize that creating art was something you wanted to pursue?

AW: Probably in high school. After I graduated, I went to school for art. The school I went to was strictly a commercial art school for either illustration or advertising design. After that, I was in an agency for a while. Then, I started the woodworking. It was my sister who told me to start woodworking because I was showing her this stuff and she goes, "Arthur, you can sell this stuff." I did craft shows for a while and then the bottom kind of fell out of craft shows.

NHN: How long did it take you to discover your ideal medium?

AW: I don't know. My father had a woodshop and, as a kid, I was always intrigued by that. His scroll saw was always the thing I was drawn to. When I started, I didn't have my own saw, so I was always running over to his house and using his saw to cut out the little things that I was doing. At one point, my father saw in the newspaper that a guy wanted to sell his. So, my father bought one for me. And then I continued working with that.

NHN: Recent artistic accomplishments?

AW: There hasn't been anything recent. We moved from Pennsylvania down to Florida a little over three years ago. I'm saying "we" because my wife and I moved, but ... my wife just passed away this past March. There hasn't been anything recent because since we moved down here, I have unsuccessfully been trying to get into some of the local markets and craft shows. So, I'm thrilled to be featured in the *Nonahood News* now. I'm hoping this is going to be the opening step for me.

NHN: Most rewarding project?

AW: I did a thing with the macaw, and when I finished it, I was just like, "Ohh, I really like this one," because he was really kind of impressive. There were other pieces, too, where I thought, "Wow. I actually did this."

NHN: Most challenging project?

AW: There were several. I push myself into things. For example, I did a thing with a hyacinth that was really challenging. Just the flower part alone had 115 little pieces that all needed to go back together exactly the way they were cut out. I did another one with a hummingbird that almost ended up in our fireplace because I got the pieces messed up and I didn't know how they fit back together. I just put it aside for a long time and I thought, "Oh, let me try again, and I got the pieces back together."



NHN: How long does it take you to create a piece?

AW: It depends on how much time I have and how big the piece is. If I can work constantly at it, it takes me about a week.

NHN: Who or what inspires your art?

AW: The only thing I can say is it comes out of my soul, or I might see something that inspires me. A lot of the pieces that I've done are flowers because, for most of my life, I was a floral designer.

NHN: Besides creating art, what are your passions?

AW: I like swimming. My wife also taught me how to knit. I've made a lot of Afghans, so knitting has also become a passion.

NHN: Do you have any new projects in the works?

AW: I've gotten some pieces of slab wood I've started working on. I was working on a wisteria.



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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Dear Lake Nona Community:

Everyone loves Lake Nona – what's not to love and appreciate? Our regional community features inspiring innovations, walking and biking trails, entrepreneurs, medical institutions, thoughtful neighbors and businesses, and a "can-do" attitude.

The Lake Nona Regional Chamber of Commerce (LNRCC) is one of the valuable assets of our fine community. The Chamber just celebrated its 10-year anniversary and is now in the process of reinventing itself through an inclusive strategic planning, branding, and leadership process. The goal is to better position the organization to reflect the needs of this vibrant region.

Should you consider LNRCC membership? To help you make that decision, please take a few minutes to review the Chamber website at www.lakenonacc.org, where you will find various types of networking and informational events that are offered each month. For additional membership information, please contact LNRCC staff member Keilah Rios at 407-738-7764.

Significant events for the month of March are:

March 4: The Nona Festival will be held on the campus of USTA from 10 a.m.-3 p.m., featuring 45 interesting entertainment and food booths.

March 31: Business Luncheon honoring Orlando Mayor Buddy Dyer will be at the GuideWell Innovation Center from 11:30 a.m.-1 p.m.

Warm regards,
Rich Maladecki
Executive Director, Lake Nona Regional Chamber of Commerce

Lake Nona Regional Chamber of Commerce
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ONE SATURDAY MORNING

Saturday, April 9, 2023
8:00 - 9:00 a.m.
Meet in Chili's parking lot on Narcoossee Road and Irenic Way



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EVENT GALLERY



The Lake Nona Regional Chamber of Commerce holds its quarterly in-person board meeting at GuideWell Innovation Center on Feb. 19 (l-r): Joel Ferguson with Edward Jones, Wayne Alleyne with Nona Enviro Group, Stu Gutter with American Balloon Décor, Keilah Rios with LNRCC and OG Fitness, Rich Maladecki with LNRCC, Hope Perez with Synovus Bank, Glenn Cook with EV Transports and Arcimoto, Mark Reid with Beep AV Solutions, and Brandy Bennett with eSpaces of Orlando and LNRCC Board Chair. (Photo/Viviana Solano)



LNRCC Health Committee hosts the Business Luncheon: Preventative Health in the new year at Ronald McDonald House Charities on Jan. 27. A delicious lunch was provided by Gourmet Gratis. (Photo/Danielle Conley)



LNRCC Health Committee hosts the Business Luncheon: Preventative Health in the new year at Ronald McDonald House Charities on Jan. 27. A delicious lunch was provided by Gourmet Gratis. (Photo/Danielle Conley)



The Grand Opening and Ribbon-Cutting Ceremony for The UPS Store was held on Feb. 11, and the honors were given to owner and operator Ivette Tirri. (Photo/Keilah Rios)



The Grand Opening and Ribbon-Cutting Ceremony for Nature's Table was held on Feb. 15, and to quote Rich Wagner, President and Co-Founder of Nature's Table, "This is the best day in Nature's Table history." Ann and David Hasselberger, owners (center), pose with staff. (Photo/Keilah Rios)



(l-r): Ryan Rodrigo with New York Life and Stella Miller with Aagaard-Juergensen LLC facilitate the Chamber Connections: Speed Networking Event at Culver's of Lake Nona on Jan. 25. (Photo/Danielle Conley)



Business Luncheon: Preventative Health panel (l-r): Dr. Mohammed Elamir, Aviv Clinics, Dr. Pallavi Cherukupally, Regenerative Sport, Spine and Spa, Dr. Marty Nalda, DC, Inspire Weight Loss™, and Dr. Yaphet Tilahun – AdventHealth Colorectal Surgeon



The Chamber Connections: Speed Networking Event allows LNRCC Chamber Members to network professionally while enjoying breakfast at Culver's of Lake Nona. (Photo/Danielle Conley)



The Nona Professional Ladies' Luncheon: Social Media and Branding featured guest speaker Brenda Torres with Nik of Time Mktg Co. at GuideWell Innovation Center on Jan. 30 (l-r): Maytel Sorondo Bonham with Shuffield Lowman and Wilson, PA, Goretti Garcia with New Era Advisory, Brenda Torres, and Rich Maladecki with LNRCC. (Photo/Danielle Conley)

The First Tuesdays After-Hours Event was held at Beep AV Solutions Headquarters on Feb. 7. Everyone enjoyed professional networking, cocktails and appetizers from fellow Chamber Member, Cocktails Catering, along with an inside tour of Beep's latest prototype.



(l-r): Mike Scott, District 6 Commissioner, Mark Reid of Beep AV Solutions, Jim Gray, Orange County Commissioner



Jim Gray, Orange County Commissioner, Mark Reid of Beep AV Solutions, Rich Maladecki with the Lake Nona Regional Chamber of Commerce.



Beep's new prototype



This night would not have been possible without our generous sponsors (l-r): Mark Reid of Beep AV Solutions, Courtney Felton with Detailing Express LLC, Robert Mercado with EV Transports, Johnathan Borgwing with Vig XR, and Wayne Alleyne with Nona Enviro Group (not pictured).

NONA FESTIVAL FLASHBACK



One-Year Anniversary on 02.23.23! Check social media for updates.

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WORK WELL: YOU ARE AWESOME!

BY NATALIA FOOTE

Hi! This is a very loud and obnoxious reminder that YOU ARE AWESOME! The International Day of Awesomeness is celebrated every 10th of March. Some crazy folks invented the holiday, purposely on Chuck Norris' birthday, to celebrate and highlight everyone's unique awesomeness. If you don't feel like you're awesome, I encourage you to keep reading. And if you already know you're a freaking badass, awesome human, quit reading and continue living your awesome life. (But don't let me tell you what to do.)

Most of our days are spent worrying, questioning and making mundane decisions. Our lives are filled with email and junk mail and laundry and dishes, and none of that ever feels awesome. We get stuck believing that awesomeness is only found on vacation in some beautiful paradise. Awesomeness comes later, after I'm done with all my earthly chores.

STOP. WRONG. YOU ARE PERFECTLY AWESOME RIGHT NOW! Read it again. YOU ARE PERFECTLY AWESOME RIGHT NOOOOOWWWWWWWW!!!!

First, there is only ONE YOU in this world. No one else out there can feel what you feel or see what you see or think what you think. Even if you are a twin, you know that you are vastly different. You may share the same DNA, but you are both two different humans – two awesome humans. Take a moment to recognize that no one else on this earth can feel the chair you are sitting on, just you. No one else can taste a strawberry on your behalf. No one else can sleep and dream like you do. You can't outsource a good night's rest! Only you possess the awesome quality of having a front row seat to being YOU!

Next, take a moment to recognize all that has happened in your life to be where you are right now. If you are reading, that means at some point you learned how to read. YOU KNOW HOW TO READ!!! That's AWESOME!!!! And if you are lucky enough to have someone reading this to you, that means YOU CAN HEAR!!!! And guess what, THAT'S AWESOME, too!!! And if you were born or lost the ability to see or hear, YOU ARE AWESOME!!! You are here, on this earth, ALIVE with the opportunity to taste and smell and smile and feel the warmth of our beautiful sunshine on your face.

Last, let me remind you of what a miracle it is that you are here, on this planet, right now. The opportunity for a woman to get pregnant is only 15-25%. You beat that odd. Our planet currently has all the right mixture of oxygen, carbon dioxide, and air pressure that is suitable for your unique body. If you were born on Mars, you would've needed a special body suit and oxygen tank from birth. But not you, you are awesome and you were born here, on EARTH! Then, think of the fact that there are over 100 BILLION stars in our Milky Way galaxy; each star with at least ONE planet. That is ONE galaxy, out of 200 BILLION others in our universe. And guess what, YOU ARE ON THE PERFECT PLANET FOR YOUR AWESOME SELF!!!

Somehow, and for some reason, you are here – doing what you believe to be mundane. But the mere fact that you EXIST means that you have landed exactly where you need to be. I don't know the reason, but it's up to you to appreciate all that is here for you RIGHT NOW. YOU ARE AWESOME!

Did you also know that it is a distinctly human gift to experience AWE? And that when we experience the sense of awe, we are happier, and healthier in our lives? Check out the research done on AWE and our brain by Michelle N. Shiota.

Only YOU possess your unique capabilities coupled with your experiences. Until we fully prove the multiverse exists, there is only ONE YOU, on this entire UNIVERSE. THAT'S PRETTY AWESOME. Celebrate it! Celebrate how UNBELIEVABLY AWESOME YOU ARE! And when you feel bored, lonely or tired of folding laundry, remind yourself, it's okay, I'M JUST HERE, BEING AWESOME!

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.

10 MARCH 2023

THE SOCCER OF BUSINESS: MENTAL TOUGHNESS

BY CIARAN MCARDLE
PHOTO COURTESY OF XL SOCCER WORLD

When else in life other than soccer or sport do we engage in a weekly battle where we face opposition that genuinely wants to defeat us? Everything is relative, so whether you are playing in the Champions League final or your over-40's C division game, you are facing an opposition that will do pretty much anything to defeat you. Yes, you may be friends before and after the game, but during the game, you are enemies and anything goes. Maybe even dirty tactics will appear from the very people that shook your hand just moments before. They may even be out to hurt you. Facing this on a weekly basis gives us the mental strength to handle this in the workplace. We realize that our opposition isn't doing anything personal; it's just their job. They are out to hurt you, to take your sales quota, to claim the recognition for the idea you brought to the team, and that's just from inside your own company!

The competition is just as ruthless when competing against a different company. We have all been there, knowing that we should have gotten that sale, gotten that account and signed the contract, but the other company misled the client and you know it. You know you have a better product, service and price, but somehow, they weaseled their way into getting the deal done. What do you do about it? By the time the client realizes it, it's too late for them. Do you throw your toys out of the stroller? Do you bad mouth the other company and let the client know just how misled they have been? How many times has a referee changed their mind when you have complained to them about a call? They didn't listen? Well, just scream and shout louder! You get it, it simply doesn't work and can actually make things worse. You may end up with the corporate equivalent of a yellow card for dissent. "Better not give these guys the opportunity to pitch again, remember what happened last time they didn't get the job?" We just have to take it on the chin and remember that moment for the next time we encounter something similar. We keep our head in the game and focus on our next action, next deal and next play. Never forgetting what happened, learning from it and pushing forward. Games cannot be won in moments like that, but they certainly can be lost. The mental lessons we can learn from soccer to give us the strength to perform better in business and our daily lives are everywhere:

Late for the meeting?: Stay calm, if you go into it flustered, you will show that and start off 2-0 down. You know you will leave the house even earlier next time. Didn't get that promotion you thought you deserved? Work harder, put your head down and prove that you did deserve it. Lost the account that was 25% of your annual bonus? That gives you more time to create new accounts, better accounts and new relationships. Who knows where they will lead?

Even in moments of traffic road rage, soccer gives us the mental strength to be calm in volatile situations. Not only do we come to not fear the mental and physical weekly battle, but we long for it, look forward to it and miss it when it is not there. Soccer prepares us for the daily battles that we face at work, at a reception desk, in the boardroom and at a counter serving coffee. It gives us the strength and reassurance to know that, although we may have lost today's battle, the next one is right around the corner next week and I know I will be better prepared next time, I know I won't make the same mistakes next time, I know I won't lose those small individual battles next time – that all will come together to make the team performance stronger for that game, for that season, for that quarter, for that year. Because if I don't do those things and lose too many battles in a row, there are plenty of substitutes waiting on the bench chomping at the bit to get on and replace me.

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CHACE DANCE COMPANY RECOGNIZING YOUNG DANCER’S TOTAL HEALTH

BY AMANDA KEEFER
PHOTOS COURTESY OF KIMBERLY BURKE AND AMBER MASON

The dance team at Lake Nona’s Chace Dance Company is hard at work nearly every day of the week putting in the time it takes to compete at an elite level. The award-winning dance team made up of dancers ranging in age from 6 to 16 have been competing for nearly a year and putting in hours of practice each day.

In early February, this hard-working team took some time out to better understand how to take care of themselves as a whole person at the first Chace Healthy Dancer Day.

Several Lake Nona residents versed in different areas of expertise came together to offer one-on-one advice and tips to the group. The dancers rotated through several stations exploring different areas of health and well-being.

Dr. Vonda Wright, Lake Nona orthopedic surgeon specializing in sports medicine, spoke to the group about preventing injuries and understanding the importance of strength training. The studio’s owner, Tamra Chace, had a recent ACL surgery with Dr. Wright and felt it important for the doctor to share ways to prevent injury. Dr. Wright has worked with dancers and athletes for many years and had much knowledge to share.

Kayla Torres, health and wellness coach, was on hand walking dancers through food choices for pre- and post-rehearsal and practice.

Kaylin Luu, LCSW, led dancers through a guided meditation and talked on the importance of mental health.

Kimberly Burke, RN, spoke to the group about the importance of sleep and how it affects all parts of your overall well-being. The dancers were able to have a better understanding around the impact sleep has on mind, body, soul, spirit and performance.

Healthy Family Project managing director Amanda Keefer is a Lake Nona resident and was excited to bring her blender to the event to blend healthy smoothies for the dancers to sample. The goal was to showcase that these kids can make easy smoothies on their own at home and many other foods that fuel a healthy body.

“At Chace, we put great emphasis on the whole dancer and recognize everyone is facing different challenges on a day-to-day basis,” said Tamra Chace, owner. “Our dancers need to feel good physically, mentally and know they are supported in order to perform and compete.”

After spending time at each health and wellness station, each dancer went home with a bag full of health and wellness materials from speakers and sponsors to share with their families.

Local organizations sponsoring the event included Hughston Clinic, Lake Nona Performance Center, Mom Pros, Peter Luu, Signature Group Premiere Luxury, exp Realty, and Healthy Family Project.



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MEGAN CASSIDY’S SECOND WORLD RECORD ATTEMPT SUCCESS!

BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF SHANE MARCUS, MIKE MACINA & MEGAN CASSIDY

Lake Nona’s very own Megan Cassidy, dubbed The Feisty Runner, is back at it again. *Nonahood News* last checked in with Cassidy in 2022 when she attempted to beat the world record for consecutive marathons run. While she didn’t beat the world record then, that didn’t stop her from attempting another one. Most recently, Cassidy attempted and successfully beat the world record for most consecutive days to run an ultramarathon distance (female), which currently sits at around 106-107 consecutive days.



In addition to her world record attempt, Cassidy fundraised for Happy Trails Animal Rescue and Innocence Project, two organizations close to her heart. When she learned about the Innocence Project and heard they had exonerated a man who was wrongfully imprisoned for 39 years, it pulled on Cassidy’s heartstrings. Thinking about how this could happen to anyone, she wanted to raise awareness and money for the cause. Her decision to fundraise for Happy Trails Animal Rescue was twofold: (1) She raises money for them often. (2) Cassidy lost her dog, Chibby, less than a month before starting this attempt and felt he would have wanted her to help the puppies.

It was important to Cassidy to attempt to beat the world record after coming up short last year. To prepare, Cassidy, already an avid runner, extended her usual runs. “I run a lot as it is. I try to run at least 200 miles per month,” she says. “Since I have 109 marathons behind me, I thought, ‘What’s 5 more miles a day?’” And so, she began. Cassidy ran 23 single-session ultramarathons in 23 days. This means she ran at least 50 kilometers (31.06 miles) every day without breaks. She answered when nature called, had to replenish water or food, empty rocks from her shoes, or wait for traffic crossings, but otherwise she never stopped running.

For many, the mere idea of running 31+ miles a day while hosting two fundraisers is exhausting, but Cassidy faced this challenge like a champion. Cassidy stayed motivated by thinking of her goals and preparing for the unexpected. But, of course, motivation isn’t all a runner has to keep in mind. Cassidy describes her first week of runs as “taxing” and “stressful” because she was going into work after her runs and doing the prep work on her own, but as soon as she finished work on December 23, she knew things were looking up. She was fueled with lots of delicious food, stayed hydrated, and even visited Lake Nona’s DripBar for some treatment.

Partnering with the DripBar made all the difference for Cassidy. The team ensured Cassidy took care of herself, stayed hydrated, and got her vitamins even as she ran 31+ miles a day. “Overall,” she says, “these runs felt SO much nicer than the daily marathons that I ran last year. I went into DripBar for hydration a few times because last year – when attempting the marathon record – I got rhabdo twice. Rhabdo happens when damaged muscle tissue releases its proteins and electrolytes into the blood. These substances can damage the heart and kidneys and cause permanent disability or even death. Dehydration impairs the body’s ability to get rid of these muscle proteins and electrolytes, so I knew I would be visiting the DripBar.”

Along with becoming the NEW world record holder for most consecutive days to run an ultramarathon distance, Cassidy raised \$2,000 for Happy Trail Animal Rescue, \$763 for Innocence Project, and was even named an ambassador for Newton Running, her ideal running shoe brand.

For readers interested in running, Cassidy offers advice: “Stay hydrated. But also, don’t be intimidated by it. We all start somewhere. I started running basically on a dare. My sister wanted me to run a marathon with her, and I’d never run a day in my life. I showed up on race day and just kept my eye on the prize [to finish before her sister did]. If you don’t try, you don’t know what you can do. There are also several run clubs in the area – the Lake Nona Run Club is great for beginners. They have runners and walkers between 16 minutes per mile and 10 minutes per mile. Not all are marathoners. Some don’t race – they just run to stay fit and socialize. They offer morning and evening sessions Tuesdays and Thursdays and a large group run on Saturday mornings.”

For Nonahood residents who want to support runners, Cassidy asks for patience with early morning runners. “Streetlights light the streets, not the paths and slippery sidewalks (from algae buildup of sprinklers), low-hanging branches, spider webs, and cars hanging over the path are some of the top reasons we run in the road. On the same note – runners: wear your lights!”

<https://www.guinnessworldrecords.com/world-records/447110-most-consecutive-days-to-run-an-ultra-marathon-distance-female>



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TO NONA & BEYOND: COMET CLOSE APPROACH

BY EMERSON & ETHAN WALSH
PHOTO COURTESY OF EMERSON WALSH

Over the past couple of years, astrophotographers and observers alike have been graced with approximately one brilliant comet per year. In 2020, we had Neowise, 2021 Leonard, and 2022 comet C/2022 E3 (ZTF).

Comet C/2022 E3 (ZTF) was discovered on March 2, 2022, by the Zwicky Transient Facility – hence the acronym ZTF attached to the comet’s name. The comet was incredibly dim when this discovery was made, yet over the next few months, as it approached the sun, it would brighten substantially. By late January 2023, the comet reached perihelion, which is its closest point to the sun along the trajectory. Going into February, the comet made its closest approach to Earth, 42 million kilometers (26 million miles) distant, which provided a brief window for naked-eye observation in proper viewing conditions.

Due to the moon, clouds and general light pollution, we were unable to visually spot the comet. However, this did not stop us from trying to capture it! Ethan spent one night in a Bortle 4 location imaging C/2022 E3 (ZTF). Years of using star-hopping to find deep space objects with a non-motorized telescope allowed him to acquire the hidden comet in little time. He then quickly set off to capture an hour of data before the clouds rolled in. It was our one chance to document the comet’s close approach. NASA’s Jet Propulsion Laboratory calculated an orbital period of 50,000 years, yet it is possible that gravitational perturbations may have increased the comet’s period or potentially sent it on a trajectory out of our solar system forever.

With the comet data now acquired, an even more challenging step loomed ahead – processing. Unlike nebulae and galaxies, which are many light years away (trillions of kilometers),

the comet is relatively close to Earth at only a few million kilometers. This results in a much larger relative motion between the target and the background stars. So, if you were to stack the comet-like nebula, the comet would lose its detail and blur across the image. This means the comet and stars need to be separated from the light frames and stacked individually. It took considerable time to get the entire image processing workflow just right, yet we believe it was worth the effort to share this beautiful otherworldly object with all of you!



NONA. LIFE. STYLE: SPRING STYLE ON A BUDGET

BY MARISSA BURNS
PHOTO COURTESY OF MELISSA HANLEY PHOTOGRAPHY



“How can I be stylish without spending a fortune?”

Aside from “Can I have a snack, Mom?” this is one of the questions I’m asked most often. It’s easy to assume that, with an unlimited budget, everyone would look amazing. There is a point, though, where designer fashion becomes just plain weird. (Did you know for the low price of \$1,500, you can own a purse that looks like an actual shrimp? Thanks, Edie Parker.) But I’m going to assume you are a real person, who needs real wardrobe advice that doesn’t include a handbag likened after your favorite appetizer. No matter your budget, it is possible to look and feel like a million bucks! Here’s how to build a stylish spring wardrobe on a budget.

Mind the Gap

The first thing you want to do is take stock of whatcha got. A good old fashioned closet cleanout will help you define your personal style more clearly. What do all your favorite pieces have in common? What’s similar among the pieces you haven’t worn in six months? Note what you like and why. Cleaning out and organizing what you have will also help you identify the gaps in your wardrobe. Do you have a ton of tops but few bottoms? Sneakers and flip flops but nothing more versatile? Make a list of the pieces you need to purchase in order to round out what you already have. Discipline yourself to shop for only what’s on the list. Prioritizing these “gap” items will gift you multiple new outfits.

Style isn’t a price tag

Bargain shopping is cool now, y’all. In fact, secondhand shopping is a \$23 billion business according to the U.S. Chamber of Commerce. So, if you are open to resale shopping, you’re in good company.

For beginners, I recommend starting online. Search for all of your “gap” items on Poshmark, Ebay, or even Facebook Marketplace. You can find everything from nearly new designer pieces to everyday brands at a fraction of the original cost. For resale veterans, expand your search to different areas of town. You’ll find that each pocket of Orlando has its own inventory personality. I also advise you to try on everything you like. I know it can be a chore, but fits vary drastically from brand to brand, and you might leave “the find of a lifetime” on the rack simply because it fits differently than its listed size. (Vintage pieces will run smaller than clothes made in the past 25 years.) Because shopping resale successfully is a skill, you’ll get better with practice! Remember, too, just because it’s a good deal doesn’t mean you should take it home. Building a closet of things you love actually starts at the store. Ask yourself, “If it wasn’t on sale, would I still want it?”

Regardless of whether you’re shopping at Walmart or Neiman Marcus, a piece of clothing is only as stylish as what you pair it with! Research Pinterest for inspiration on how to mix and match items together in unique ways. What truly makes style “STYLE” is the interplay of all the pieces together. If you can adopt that perspective, you’ll equip yourself to find a gem anywhere you shop!

Final Touches

Where I see outfit potential fall short most often is in the lack of final touches. The right cuff on a pant leg, roll of a tailored shirt, or trick tuck of a casual tee can elevate your whole appearance. (Did you know there are multiple ways to tie a buttoned-down shirt, fabric belt and jacket sash?) Manipulating the actual garment in this way is a simple, no-cost option to up your chic factor. When it comes to accessories, ditch the flip flops for a pointed toe flat. Loafers, (clean) neutral sneakers, or braided mules are also go-to spring options that will read more sophisticated than your standard Florida ‘flops. Adding a belt, classic earrings or layered necklaces will also serve to polish up even the most casual looks. Instead of reaching for the same slouchy purse, opt for a structured bag this season. (A structured bag is one that maintains its shape when you set it down, unlike a tote style.) A purse upgrade is an easy way to make an outfit look more put together and intentional. It’s these details that can transform resale finds into an outfit that gives you star quality style.

My final advice is to give yourself time. It’s when we are pressed for time that we find ourselves in a harried, dressing room frenzy, paying too much for something we only kind of like. If you map out your upcoming events to build your wardrobe ahead of time (and steer clear of shellfish purses), you can assemble an affordable, swoon-worthy, spring style of your own.

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.



BEST FRIENDS IN THE NONAHOOD: CLAY AND TILLY

BY PATTY REBER
PHOTOS COURTESY OF JENNIFER TAYLOR

Don’t be surprised one day if you happen to see two dachshunds playing pickleball around town! That’s because their PAW-RENT is Jennifer Taylor, the Pickleball Head Professional at USTA! The net would definitely have to be adjusted, but with Jennifer’s coaching, there’s no telling how far they could go to be professionals.

Clay is Jennifer’s first dachshund and was named after the European red clay courts. That is so appropriate since Jennifer played college tennis.

Tilly is a newcomer to the Taylor family. It will take time for the 13-year old Clay to warm up to the 17-week-old Tilly, but there’s nothing like a younger, more energetic new baby in the house to shake things up a bit. These dachshunds, however, love to cuddle together when they sleep, which is a great start. I am sure Clay continues to wonder when Tilly will be departing. Sorry, Clay, she’s here for the long haul. Wait, did I say, “Long”?



SAVOR TOOTH TIGER: VICTORIA SPONGE CAKE

BY ALLYSON VAN LENTEN
PHOTOS COURTESY OF ALLYSON VAN LENTEN



It's strawberry season here in central Florida! To other parts of the country, strawberries symbolize summer. To Floridians, spring (and sometimes even late winter) is the time we go out to enjoy gorgeous weather and pick strawberries. What to do with your strawberry haul? Well, last spring I offered up my favorite strawberry jam. This year, I want to take that strawberry jam and turn it into something extra special. By now, you have probably picked up on my love for food history, and this special recipe has royal origins.

Victoria sponge cake (or Victoria sandwich) was Queen Victoria's favorite cake. So beloved by the Queen that she apparently ate it every day at 4 p.m. with tea. It was actually Queen Victoria's friend and lady in waiting, Anna Duchess of Bedford, who helped popularize what we know today as afternoon tea or tea parties. Hungry and bored before the

late formal dinners, Anna and Queen Victoria would have tea and cakes sent up on trays. Inviting ladies over for tea and socializing became instantly popular, and what we know today as afternoon tea comes from this Victorian tradition.

This recipe is significantly easier than baking in the 19th century. Baking powder wasn't invented until the 1840s. Before this staple baking ingredient, cooks had to use wild yeast, potash or beat massive amounts of air into the batter, which could take hours of hard work. Luckily, baking today is much more precise, but even now cakes especially can be tricky. This recipe is very simple. No buttercream required. Simply bake your cakes and cool. Whip some cream and add jam. Personally, I like to add more whipped cream to the top and add fresh strawberries and a few chamomile flowers. The traditional British Victoria sponge has just cake, strawberry or raspberry jam, whipped or cream, and finished with a dusting of powdered sugar. For more food history, check out my new YouTube channel called Savor Tooth Tiger Food History. I create historic recipes while sharing their origins and what people of different eras were cooking and eating.

Victoria Sponge Cake (serves 8-10 slices)

- 4 eggs (room temperature)
- 2 sticks unsalted butter (room temperature)
- 1 1/2 cups granulated sugar
- 2 cups cake flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt

Whipped cream:

- 1 pint heavy cream
- 2 teaspoons vanilla extract
- 1/4 cup powdered sugar
- 1/2-1 cup strawberry jam (I like Bonne Maman brand)
- Additional strawberries sliced for top
- Optional, chamomile flowers

Instructions:

1. Preheat oven to 350 degrees.
2. In a stand mixer with a paddle attachment, beat softened butter and sugar for several minutes on medium until fluffy.
3. Add eggs one at a time.
4. Mix dry ingredients in a separate bowl. Whisk together
5. Add dry ingredients to the bowl of eggs, sugar and butter. Only mix until smooth. Do not over mix or your cake could turn out dense.
6. Divide batter into two 8-inch round cake pans. Make sure to grease and flour the cake pans and line the bottom with a round of parchment
7. Bake cakes for 26-27 minutes.
8. Allow to cool completely before assembling.
9. Whip the cream in a stand mixer with a whisk attachment. Add vanilla and powdered sugar. Whip until medium peaks form, about 5 minutes on medium-low.
10. On a cake stand, layer one cooled cake. Add strawberry jam, then whipped cream on top.
11. Gently place the second layer on top. Add more whipped cream, a dollop of jam and slices of strawberries. Garnish with mint, chamomile flowers or any small, delicate edible flowers or herbs. Or if you want to stay traditional, just cake, jam and whipped cream with a dust of powdered sugar.



THE WINNING FAMILY: WHY LIVING YOUR LEGACY MATTERS

BY PASTOR RODNEY GAGE

Recently, my wife, Michelle, was walking through the Dallas Love Field Airport and saw a display of women wearing orange suits. They were life-size, 3D images (replicas) of prominent women in the "STEM" fields who made a significant mark through their lives.

These 3D statues inspired my wife to take pictures with her phone and capture photos of how real they looked along with their inspiring stories. A sign near the 3D images explaining the project said, "If you can see it, you can be it." In other words, if you can see a positive example or role model, you can be it.

How true is that for us as parents? Can we say we are living our lives in a way that inspires our children to *replicate, copy, duplicate* or *repeat* what they see in us?

That is a sobering thought. When we hear the words legacy, we tend to think of that "distant" part of our lives after the kids are grown and leave the house, or we've reached that part of life where we can finally breathe to focus on what matters most, right?

Legacy matters because legacy is the mark of our life. It is also a mark that can't be erased. However, it's easy to overlook that how we choose to live today determines what kind of legacy we will leave tomorrow.

The question is, are we leaving a mark and living a life worth repeating or duplicating? Remember, if our children can SEE it in us, they can BE it in their own lives.

As a parent, here are some 3D principles to help you start living your legacy today.

1. Decide What Your Legacy Will Be.

As Steven Covey states in his *7 Habits of Highly Effective People*, "Begin with the end in mind."

How can we do this?

Examine Your Past - What legacy did your parents and grandparents leave you? Is it rich and meaningful, or do you need to change the script so you leave a different legacy?

Examine Your Present - What is the state of your marriage relationship? Your relationships with your kids, your family?

Examine Your Future - As the old saying goes, it's now how you start, it's how you finish. Remember, you may be a product of your past, but you don't have to be a prisoner of your past. We have a choice! Therefore, we can start today rewriting our future.

2. Determine How You Want to Make Your Mark

Good intentions will only take us so far. We must determine how to make positive marks on the children we *love* and *lead*.

Four Legacy Marks To Consider:

• Mark of Your Convictions

We have to decide what will serve as the foundation of our beliefs and values. What will we use as our "north star" to guide and direct our lives?

• Mark of Your Character

Character is the *moral qualities that are distinctive to a person*. Your reputation is what you are perceived to be, but your character is who you really are. Our character is often shaped by the trials and times of testing we encounter in life. Remember, tough times don't make or break you; they reveal you. What have the difficulties in your life revealed about your character?

• Mark of Your Communication

What are the words that will mark your life? Our speech is a reflection of what's in our hearts, and it can do great good or harm to those around us.

3. Dare to Live Each Day With Greater Intention

Life is short; live intentionally. Life is long. Therefore, stay encouraged. That's why it's essential to make a choice to live our legacy daily.

Remember, your most significant contribution in this lifetime may not be something you do but someone you raise. If our children can see it, then they can be it. As parents, let's live a life worthy of being replicated and repeated. Your legacy matters, so live the legacy you want to leave.

Rodney Gage is a family mentor, author, speaker and the founding pastor of ReThink Life Church, which meets at Lake Nona High School. His passion is to help families win at home and in life. To learn more about his marriage and parenting mentoring, or how you can receive a FREE copy of his new book check out thewinningfamily.com and rethinklife.com





Rodney Gage
Lead Pastor

 +1 (407) 408-9884
 www.rethinklife.com
 rgage@rethinklife.com

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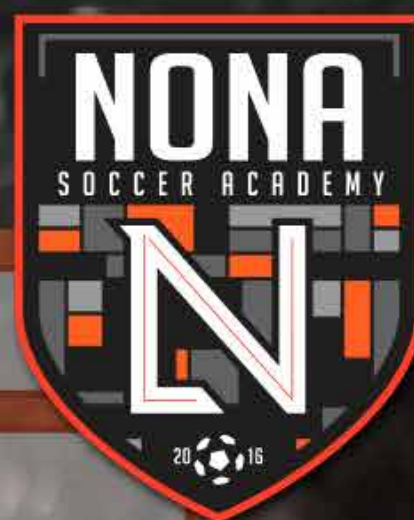
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