

nonahood news®

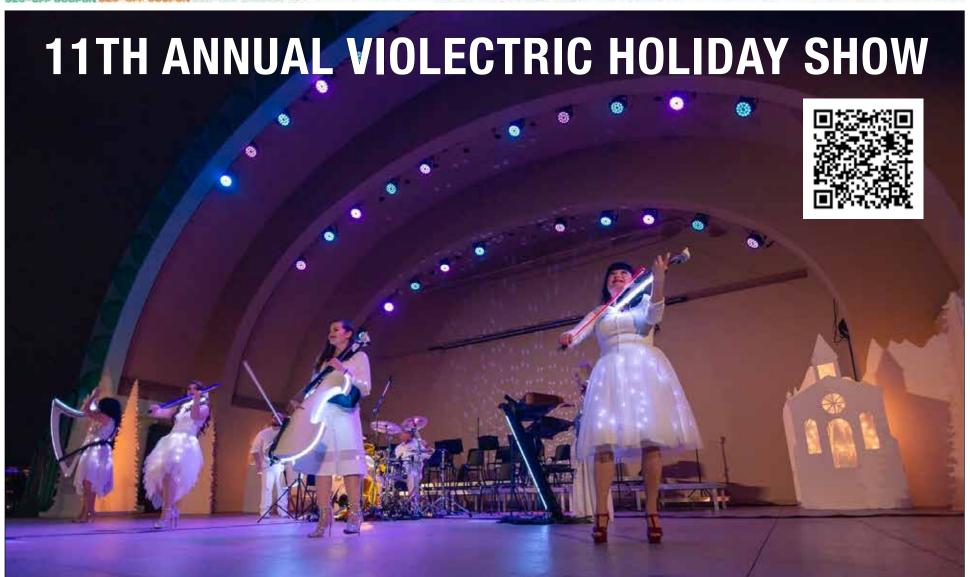
DECEMBER 2023 CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA | VOLUME 8 ISSUE 12











TO NONA & BEYOND: FIRST LADY JILL BIDEN VISITS PATRICK SPACE FORCE BASE

LAND OF FAITH: RETHINK LIFE CHURCH BUILDS FOR LAKE NONA'S FUTURE

CRUISING DOWN LEADERSHIP LANE: UNRAV-ELING THE HIGHWAY CHICKEN WING FIASCO

SAVOR TOOTH TIGER: VICTORIAN CHRISTMAS PUDDING



10330 WITTENBERG WAY ORLANDO, FL 32832 6BD / 8BA \$3,999,000



10851 SAVONA WAY ORLANDO, FL 32827 5BD / 6BA \$1,430,000



2873 CHERRY BLOSSOM LP SAINT CLOUD, FL 34771 3BD / 3BA \$665,000



DISCOVER YOUR



PERMIT NO. 4 CALLAHAN, FL **GIA9** J.S. POSTAGE **DT2 TA2A9**

Orlando, FL 32827 6555 Sanger Rd Nonahood News LLC



nonahood news*

Publishers/Owners

Rhys & Jenny Lynn

Editor-in-Chief

Angelica Medina

Media Service Manager

Michael Perez

Writers & Reporters

Allyson Van Lenten, Camille Ruiz Mangual, Emerson & Ethan Walsh, Dr. Linda Travelute, Lyndsi Bigbee, Marissa Burns, Pastor Rodney Gage, Patty Reber

Proofreading

Joe Henry

Layout Design

Marnie Brophy

Creative Director/Producer

James Rayner

Submissions

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

Advertising

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

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



Nonahood News is a nona.media publication

FRIDAY DECEMBER 1

- Sunlight Yoga at Dockside Lake Nona
- Crescent Cinema: Elf
- Art After Dark at Lake Nona Town Center
- **LNRCC Member Event: Realtor Appreciation Happy Hour**
- SATURDAY DECEMBER 2 Yoga Nona at Crescent Park
- Live on the Lawn at Lake Nona Town Center
- Club Cardio + Core at Dockside Lake Nona **SUNDAY DECEMBER 3**
- Family Fun Day Boxi Park
- **MONDAY DECEMBER 4**
- **Sunlight Yoga at Dockside Lake Nona**
- TUESDAY DECEMBER 5
- Club Cardio + Core at Dockside Lake Nona **WEDNESDAY DECEMBER 6**
- Morning Meditation at Dockside Lake Nona
- Sunlight Yoga at Dockside Lake Nona
- **LNRCC The 2023 Illumination Awards & Reception** THURSDAY DECEMBER 7
- Oh, What Fun!® Holiday Festival at **Lake Nona Town Center**
- Club Cardio + Core at Dockside Lake Nona FRIDAY DECEMBER 8
- Oh, What Fun!® Holiday Festival at **Lake Nona Town Center**
- Sunlight Yoga at Dockside Lake Nona ATURDAY DECEMBER 9
- Yoga Nona at Crescent Park
- Oh, What Fun!® Holiday Festival at Lake Nona Town Center
- Club Cardio + Core at Dockside Lake Nona
- **LNRCC Adopt-A-Highway Volunteers Needed SUNDAY DECEMBER 10**
- Oh, What Fun!® Holiday Festival at **Lake Nona Town Center**
- Family Fun Day at Boxi Park
- **MONDAY DECEMBER 11**
- Sunlight Yoga at Dockside Lake Nona TUESDAY DECEMBER 12
- Club Cardio + Core at Dockside Lake Nona
- **LNRCC Education Committee Meeting**
- **LNRCC Nonprofit Committee Meeting**
- **LNRCC The Lake Nona Regional Chamber Jingle** Mingle I Holiday After Hours

- Oh, What Fun!® Holiday Festival at **Lake Nona Town Center**
- **Morning Meditation at Dockside Lake Nona**
- Sunlight Yoga at Dockside Lake Nona
- **LNRCC Membership Committee** THURSDAY DECEMBER 14
- Oh, What Fun!® Holiday Festival at
- **Lake Nona Town Center**
- Club Cardio + Core at Dockside Lake Nona

FRIDAY DECEMBER 15

DECEMBER IN THE NONAHOOD

- Oh, What Fun!® Holiday Festival at Lake Nona Town Center
- Sunlight Yoga at Dockside Lake Nona
 - SATURDAY DECEMBER 16
- Oh, What Fun!® Holiday Festival at
- Lake Nona Town Center Yoga Nona at Crescent Park
- Latin Night at Boxi Park
- SUNDAY DECEMBER 17
- Oh, What Fun!® Holiday Festival at Lake Nona Town Center

MONDAY DECEMBER 18

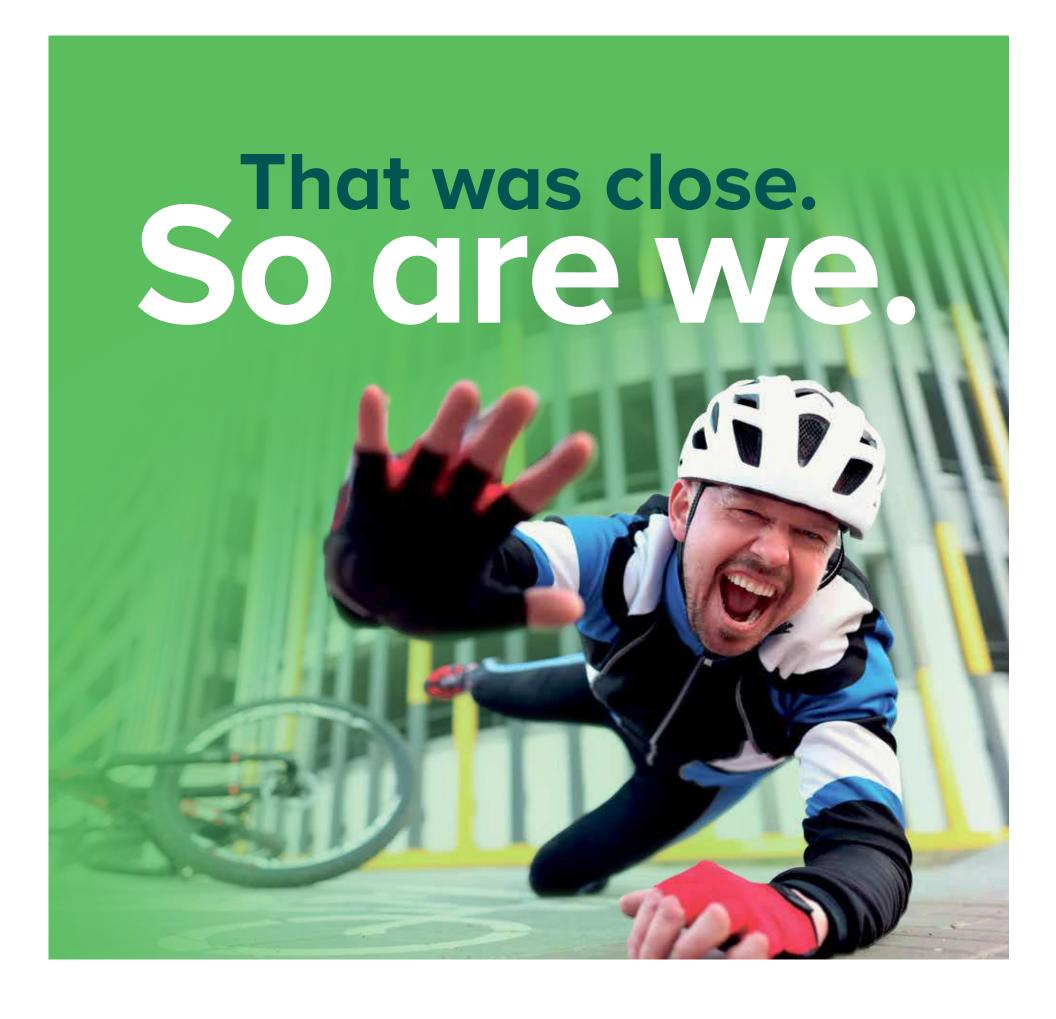
- Oh, What Fun!® Holiday Festival at Sunlight Yoga at Dockside Lake Nona
- **LNRCC Economic Development** and Innovation Meeting

TUESDAY DECEMBER 19

- Club Cardio + Core at Dockside Lake Nona
- **LNRCC Young Professionals Group Meeting** WEDNESDAY DECEMBER 20
- Oh, What Fun!® Holiday Festival at Lake Nona Town Center
- **Morning Meditation at Dockside Lake Nona**
- Sunlight Yoga at Dockside Lake Nona THURSDAY DECEMBER 21
- Oh, What Fun!® Holiday Festival at
- Lake Nona Town Center
- Club Cardio + Core at Dockside Lake Nona FRIDAY DECEMBER 22
- Oh, What Fun!® Holiday Festival at
- Lake Nona Town Center
- Sunlight Yoga at Dockside Lake Nona SATURDAY DECEMBER 23
- Oh, What Fun!® Holiday Festival at
- Lake Nona Town Center Club Cardio + Core at Dockside Lake Nona
- Yoga Nona at Crescent Park
- **SUNDAY DECEMBER 24**
- **Christmas Eve**
- MONDAY DECEMBER 25
- **Merry Christmas!**
- TUESDAY DECEMBER 26
- Club Cardio + Core at Dockside Lake Nona
- WEDNESDAY DECEMBER 27 Morning Meditation at Dockside Lake Nona
- Sunlight Yoga at Dockside Lake Nona
- THURSDAY DECEMBER 28
- Club Cardio + Core at Dockside Lake Nona FRIDAY DECEMBER 29
- Sunlight Yoga at Dockside Lake Nona
- SATURDAY DECEMBER 30 Yoga Nona at Crescent Park
- Club Cardio + Core at Dockside Lake Nona
- **SUNDAY DECEMBER 31**
- **New Year's Eve**







Sometimes, life can take an unexpected turn. When it does, it's great to know that the area's top ER docs are within blocks. Our elite team of specialty-trained physicians and critical care nurses are there 24/7 to care for any of life's thrills and spills. We offer the most ER locations in Central Florida, so expert emergency care is always within reach.



Find your neighborhood ER at MyClosestER.com.



NONA.LIFE.STYLE: HOW TO SLEIGH YOUR **HOLIDAY LOOKS**

BY MARISSA BURNS PHOTOS COURTESY OF LV SOCIAL



t's Beginning to Look a Lot Like Christmas. And they are coming for you, if they haven't already.

The onslaught of holiday invitations has begun. Don't you love it when the kiddos' school Christmas program, the neighborhood hang, the girls' gift exchange and the mandatory office party all fall in the same week? All this forced merriment can leave a girl's little black dress burned out. Or even worse, it can tempt us to suspend

our laurels, throw on jeans and reach for that tacky, blinky, light-up necklace crammed in the back of our jewelry drawer. (Don't do it!) Take heart, women of Nona. I am here to help.

As cute as your kid's (fresh-outta-undergrad) teacher looks in those tiny present earrings and blinking Christmas Walmart necklace, I would argue, we can do better. Dressing up to feel "Christmas-y" doesn't have to imply a tacky combination of red and green or include your LBD. Here are some festive fashion ideas that will help you shine this holiday season, no batteries required.

Rock Winter White

You heard that right. A post-Labor Day display of head-to-toe white is no longer a fashion faux pas, but a rather chic statement. The best part? Being the Florida gal you are, you probably already have these pieces in your closet. So what's the trick to make this holiday outfit read Christmas and not Easter? It's how you accessorize! Adding heavier jewelry and accessories will ground this airy ensemble. Think lux fabrics like leather, velvet, suede or faux fur. Mixing with metallics will also add some quintessential holiday sparkle. And if you finish this look with a bold, red lip, then you are ready to Jingle Bell

Jazz It Up With Jewel Tones

Swap the traditional red and green for rich, saturated colors that will read just as festive. Deep sapphire, bold amethyst, citrine and topaz are all sumptuous colors perfect for your winter wardrobe. Why do these work? These warmer, deeper colors are found in precious stones and metals, so they evoke that more lux and elevated feeling we want out of nicer outfits during this celebratory season. So go ahead, don't be afraid to welcome this kind of Blue Christmas and think outside the red and green box. I suggest a dress, silk top or even a jumpsuit in one of these decadent, yummy colors.



Shine on, Sister

Don't save those sequins for New Year's Eve, friend. Wear your metallics, your sequins and your shiny pieces a little early this year. Nothing says "special occasion" quite like something that shimmers. Whether it's a fully adorned blazer, a wide leg pant (swoon!), a tank or even a beaded bag, adding some glitz to your outfit will get you party-ready in an instant. For an easy outfit formula, try pairing jeans, a white collared top, and heels with a sequined accessory. The statement sequin makes this timeless, classic combo feel ready for the season. But if you want to go all out, retailers are reimagining the classic blazer and pants set in full-on sparkle because after all, It's the Most Wonderful Time of the Year. You can find a sequined version from department stores, local boutiques and even good ol'

So before you settle for an ugly sweater, take a look in your closet. I'll bet you have the makings for one of these three festive fashion formulas! Have some fun with your holiday looks this month, friends. I officially give you permission to steal the spotlight at your holiday affair, just as long as your accessories don't include a power button.

Still Shopping?

We've spent a whole year together, can you believe it!? It has been such a privilege to connect with you each month and

support you in your stylish next steps. If your next steps for 2024 include new clothes, I would love to help. I'm offering a new Personalized Shopping Experience. Give yourself the gift of a guided shopping trip, customized according to your unique style and budget, led by yours truly. Discover what colors, shapes and styles look best on you. Walk away with pieces you truly love (and will be excited to wear!) plus learn expert fit and styling advice. Start off 2024 in style by booking your Personalized Shopping Experience. Send me an email to get all the details at: Hello@MarissaAlexandra.com.

Marissa Burns is a personal branding expert, stylist and speaker. 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 its residents. She invites you to connect with her on Facebook and Instagram @MarissaAlexandraStyle.







We know emergencies can happen anytime, anywhere.

At Orlando Health Emergency Room – Randal Park, we're ready to handle life- or limb-threatening conditions with expert care 24/7. Visit us and you'll find a place where chaos meets calm and uncertainty finds answers. Giving you more reasons to choose well.

OrlandoHealth.com/ER

10155 Dowden Rd. | Orlando, FL 32832

Our ER experts provide care for:

Broken or dislocated bones

Chest pain

Deep cuts or burns

Loss of consciousness

Seizures

Serious allergic reactions

Severe trouble breathing

Trauma injuries

Abdominal pain

Abrasions

Allergies

Asthma

Bronchitis

Burns

Cold and flu symptoms

-----Emergency Roor

Emergency Room
Randal Park

choose well.

Cuts that require stitches

Fractures and sprains

High fever

Minor injuries

Rashes and hives

Respiratory infections

Vomiting or diarrhea

^{*}This list is not all-inclusive. Always rely on your best judgment to determine if you need emergency care.

TO NONA & BEYOND: FIRST LADY JILL BIDEN VISITS PATRICK SPACE FORCE BASE

BY EMERSON & ETHAN WALSH PHOTOS COURTESY OF EMERSON & ETHAN WALSH

n October 16, we had the unique opportunity to cover First Lady Dr. Jill Biden's visit to Patrick Space Force Base as a part of the Joining Forces initiative. The initiative contributes to three areas of support for military members, their families, caregivers and veterans. These areas include educational opportunities for military children, the overall well-being and health of military families, and areas for growth in entrepreneurship and employment. While there, Dr. Biden attended a military spouse roundtable event to better comprehend and alleviate the particular challenges that military families face.

In addition to the roundtable event, she explored the new Department of Defense Starbase program facility. This hands-on program is designed for students from the 5th grade through high school and centers around development in the fields of STEM. Alongside Secretary of Veterans Affairs Denis McDonough, she spoke with local students, observed their Lego creations, and even participated in giving Sphero robot operations a try.









LAND OF FAITH: RETHINK LIFE CHURCH BUILDS FOR LAKE NONA'S FUTURE

BY LYNDSI BIGBEE PHOTOS COURTESY OF GABRIELA CASTRO

When Pastors Rodney and Michelle Gage were challenged with settling on a name for the church they founded in Lake Nona, they chose with purpose and care. "The name of our church raises eyebrows in the best way possible," Rodney says with a smile. "It intrigues people. They want to know more. It inspires and challenges people to ask themselves two of life's most important questions: Who am I living for and what am I living for? Those two questions inspire everyone to 'rethink' their life and to focus on what's most important. That's why we settled on ReThink Life Church."

Rodney is the lead pastor of ReThink Life Church in Lake Nona. He and his wife, Michelle, are well-known in the Lake Nona community for their church, his monthly *Nonahood News* column and podcast called "The Winning Family," and their commitment to transforming lives for Christ. Recently, they took one giant step toward a dream that's been long in the making: finding a permanent home in the Lake Nona area.

Since 2016, ReThink Life Church has been meeting on Sundays at the Performing Arts Center at Lake Nona High School. On September 30, thanks to caring friends, generous supporters and many passionate hearts for Christ, ReThink Life Church closed on 4.7 acres of land. This parcel of land is stra-

tegically located at 2550 N. Narcoossee Road, just 4.8 miles from Lake Nona High School. From the south, it's located just one mile from Cyrils Drive, which serves as the south entrance to the brand new SunBridge Community, owned and developed by Tavistock. In short, their new property will have great potential to be an essential hub here in Lake Nona.

"After many years of starts and stops and relocations throughout the city, God's faithfulness has allowed ReThink Life to see thousands of people won to faith in Christ at every location along our journey," Rodney shares. "But Michelle and I – and our entire church family – are so excited and grateful for this new chapter. We can't wait to see this new loca-

tion's positive impact on Lake Nona and beyond. We believe God has big plans for this area, and we hope to be the hands and feet of Christ to this community. That's what we're called to do. And with so many people moving here, this new building is the perfect opportunity."

It's no secret that Lake Nona, located in Orange County, has been growing by leaps and bounds, and its growth has now crossed over into Osceola County. Currently, Osceola County is the second fastest-growing county in Florida and the seventh largest in the nation. The latest data projections by the Orlando Economic Partnership estimate that 1,500 people move into the Orlando area weekly. As of this writing, Tavistock plans to develop 27,000 acres in their new Sunridge community, adding thousands of new homes.

This makes Rethink's new property a strategic location for visibility and accessibility. With over 50,000 cars traveling by this location daily, this parcel of land connects the southern boundary of Orange County and the northern boundary of Osceola County and Sunbridge Community. This location will offer distinctive advantages as they seek to build a 24,000-square-foot, state-of-the-art facility to serve as an intersection for faith, family and the community. That means the future of ReThink Life Church in Lake Nona is just getting started.

This is why the Rethink Life Church congregation is excited about the new opportunities their future building will bring. "This is truly going to be a life-changing place," Rodney begins, "filled with hope and help for families, businesses, special events and education, to name a few." Rodney generously offers to break it down when asked to explain further, and the plans are wonderfully ambitious.

Using a part of their church name, "LIFE," as an acronym, the L stands for "Learning." Rethink's future facility is projected to be an essential hub for education, designed to equip people of all ages for spiritual growth and development. It will serve as the home for the Phase Family Learning Center, a new national, faith-based preschool franchise that features private preschool, pre-K, after-school, and camp programs. This is childcare and early learning reimagined.

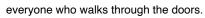
The I stands for "Innovation." This new facility will provide cutting-edge technology throughout the building. Local business owners, entrepreneurs, creatives and content creators can access production suites for audio, video and podcast recordings to promote their products and services to the community.

Next, the **F** stands for "Family" — an essential focus of this new building. "Every family has a story," Rodney shares. "Every family ends up somewhere, but few end up somewhere on purpose." With that focus in mind, this facility will provide safe, life-giving experiences for every family member. It will be a home for pre-marriage workshops, marriage conferences and parenting seminars so that couples and parents are encouraged and equipped with the tools they need to thrive. In short, they hope it will add education, joy, faith and community to every family's story.

Lastly, the **E** stands for "Events." ReThink's future home will be a world-class venue for conferences, concerts, corporate and community events, and the church's Sunday morning and mid-week services. The plan is also to offer a full-service kitchen, café, and resource center that fosters connection for







For Pastors Rodney and Michelle, these L.I.F.E. pillars have been at the heart of ReThink Life Church for a long time, but "Family" is what stands out the most. "There are truly so many wonderful reasons to move to Lake Nona," Rodney says. "But when a family makes a big transition like moving, they inevitably leave behind friends, family and support systems. No matter how many people move here, there's still the potential for loneliness or isolation. This can create a void in their community life, causing people to feel alone and disconnected.

Missy Isom, her husband, and two children have been attending RTL since 2019. When asked what being a part of ReThink Life has meant to their family, she said, "The church has always been there for us from day one. They are there whenever we need advice, counsel, or simply someone to connect with. We've never experienced a connection like our one with RTL." When asked why others in the community should consider attending ReThink Life, she said, "ReThink is about family, community and living Life together. I truly believe that's what people desire. When a church fulfills those needs, you know it's the place to call home!"

The number of Americans who say they have no close friends has roughly tripled in recent decades. We want to turn that around here in the Lake Nona community. Families shouldn't have to feel siloed from each other or do life alone. We need one another, and the best place to grow spiritually and relationally is in a community of faith known as the local church.

ReThink's emphasis on "family" and "community" has been transformative. Church member Isabel Gillespie, her husband, and two sons moved to the Lake Nona area from California and have been attending ReThink Life since 2021. When asked, "What made you call ReThink Life your home church?" she said, "It felt like home, and we like being a part of a church family. Everyone was very welcoming. We have made amazing friends who we call our tribe. My kids love going to church. We have become very involved, and it's been an amazing experience for our family. We are closer as a family and love volunteering in our church and community."

If you're new to the area or simply looking to "rethink" your Life in a fresh new way and get in on the ground floor of a thriving new church, you can check out ReThink Life by going to ReThinkLife.com. Also, check out Pastor Rodney Gage's monthly column in *Nonahood News*, The Winning Family, designed to help parents raise morally resilient kids. You can also learn more about additional resources like The Winning Family Podcast by checking out thewinningfamily.com.













LAKE NONA: EMBRACING THE HOLIDAY SPIRIT

transformation magical takes place this time of year in our glorious community. Streets and homes are adorned with decorations and twinkling lights, the smell of cinnamon abounds, and there is a palpable sense of warmth and joy. The holiday season is upon us. So much more than just a date on the calendar, the holiday spirit is a very powerful force that brings people together and fosters a sense of connection, generosity and joy.

One of the hallmark features of

the holiday spirit is the pervasive sense of joy that permeates the atmosphere. It's a contagious emotion that spreads like wildfire, lighting up faces with smiles and hearts with warmth. Whether it's the joyous laughter of children unwrapping presents, the glow of festive decorations, or the familiar tunes of holiday music, the season has a unique ability to evoke happiness.

In addition to joy, the holiday spirit is synonymous with generosity. It's a time when people feel inspired to give, not just material gifts but also the gifts of time, kindness and compassion. Charities and community organizations experience a surge in volunteers and donations during the holiday season, highlighting the innate desire within individuals to make a positive impact on the lives of others. Acts of kindness, whether big or small, become the currency of the season, creating a ripple effect that extends far beyond the holiday period.

The holiday spirit is also a pow-

erful catalyst for connection. Families gather around tables laden with festive feasts, friends exchange heartfelt greetings, and communities come together for celebrations and events. The season serves as a reminder of the importance of human connection, transcending cultural and religious boundaries. In a world that often fast-paced feels and disconnected, the holidays offer a respite - a chance to reconnect with loved ones and strengthen the bonds that form the foundation of meaningful relationships.

Traditions play a significant in cultivating

holiday spirit. In Lake Nona, the annual holiday festival held in the Town Center transforms into a winter wonderland filled with decorations, activities and opportunities to celebrate. You can discover all kinds of goodies at the holiday market, hear stories from Santa, and enjoy all sorts of sweet treats. These activities bring comfort and a sense of belonging but also contribute to the rich tapestry of cultural diversity that defines both Lake Nona and the holiday

The holiday spirit goes beyond the exchange of gifts and festive decorations. It's a time when joy becomes infectious, generosity knows no bounds, and connections are strengthened. As we immerse ourselves in the magic of the season, let's not only revel in the festivities but also strive to embody the true essence of the holiday spirit - spreading joy, practicing generosity, fostering connections, and creating a world that reflects the warmth and compassion of this special time of year.

For information about how to join the chamber or to get the most out of your chamber membership, please reach out to the Lake Nona Regional Chamber of Commerce at administration@lakenonacc.org or call us at 407-796-2230. We would love to hear from you!







Opportunities that enable growth and success while Progressively serving the Lake Nona Region and Supporting our members through their journey.

IOIN TODAY

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

Annual memberships from Business Builder to Partnership www.lakenonacc.org























CRUISING DOWN LEADERSHIP LANE: UNRAVELING THE HIGHWAY CHICKEN WING FIASCO

BY DR. LINDA TRAVELUTE, CEO AND FOUNDER OF MAXIMIZED LEADERS

trap in, leadership enthusiasts! I'm about to take you on an eye-opening ride down the highway of self-leadership, sparked by an event as unconventional as it is instructive. Imagine this: a gleaming BMW cruising along, its passengers flinging chicken wings out the window as if it's the most natural thing in the world. Yes, flying fried chicken wings.

This peculiar occurrence, while seemingly trivial, ignited a flash of insight in my mind. It was not just an act of roadside littering, but a symbol of leadership in action – or rather, a stark example of leadership missing in action. John C. Maxwell, the sage of leadership wisdom, often says, "Leadership is influence." And in this unique scenario, the influence was quite literally flying out the window! (Note: We love BMWs and their passengers and know this is not representative of the majority of BMW owners).

Let's dissect this a bit. Leadership isn't just about the big moments, the boardroom strategies, or the rousing speeches. It's found in our everyday choices and behaviors. Here, the BMW passengers' choice to jettison their chicken wings into the great unknown was a prime example of missed self-leadership. It showed a disregard not only for the environment but also for the unspoken responsibilities of being a conscientious human being — let alone a leader.

Self-leadership is about grabbing the steering wheel of our behavior and driving it with purpose and integrity. It means making deliberate choices that align with our values and set a positive course for others to follow. Whether in the driver's seat of a car, leading a team in a corporate boardroom, or managing a household, every action paints a picture of our leadership style.

The airborne chicken wings, while a small and perhaps comical mishap, serve as a potent lesson. Our actions, however minor they may seem, create ripples in the pond of life. They define our character and influence as leaders. As Maxwell aptly points out, leadership transcends titles; it's about posi-



tively impacting others. In this case, the thrown wings were a fluttering example of influence gone awry.

As the captain at the helm of Maximized Leaders, I've always championed the significance of everyday leadership moments. It's not just about the big decisions we make but also about how we navigate the seemingly insignificant details of daily life. How we dispose of our waste, how we engage with our peers, and how we manage our personal time are all critical indicators of our leadership acumen.

This brings us to the intriguing concept of the leadership ripple effect. Much like a stone cast into a pond, our actions – good, bad, or chicken-wing-related – set off ripples that extend far beyond our immediate vicinity. The BMW's chicken wing escapade, while likely unpremeditated, initiated a ripple – one that inadvertently modeled a lack of environmental and social responsibility. It's a vivid reminder that our actions, especially as leaders, are constantly observed and can inspire or dis-

courage others.

Your Leadership Challenge:

I invite you to embark on a self-leadership exploration this week. Reflect on your daily actions. Ask yourself, "Do these actions mirror the leader I aspire to be? What kind of ripples am I creating?" If you spot areas where your leadership could use a polish, don't fret. Leadership is an evolving journey. Small, intentional adjustments in your daily conduct can profoundly influence your leadership path.

Let's keep the chicken wings on our plates and out of our leadership narrative, and remember that every action, no matter its size, contributes to the grand tapestry of our leadership identity. Let's lead by example and transform every moment into a chance to demonstrate true leadership.

New to the Campus?

NOW'S THE PERFECT TIME FOR US TO GET TO KNOW YOU.



Schedule a free 30-minute hitting session with one of our pros to try tennis, pickleball and padel.

LEARN MORE



NATIONAL - CAMPUS-

LONGEVITY VITALITY HEALTH Feed your Cells. Fuel your Life. IV Vitamins & Shots Red Light Therapy Salt Therapy Infrared Sauna **December Specials!** Gift Card Promo: Buy \$100 get \$25 free! 12 Days of DRIP-MaS: Dec 13 -24. To learn about these daily deals, 14152 Narcoossee Rd scan the QR code! Suite 330 • \$50 Off Drip Specials Orlando, FL 32827 PowerPack IV – Dec 20-27 Time Machine IV – Dec 27-31 (407) 734-3540

www.thedripbar.com

SAVOR TOOTH TIGER: VICTORIAN CHRISTMAS PUDDING

BY ALLYSON VAN LENTEN
PHOTO COURTESY OF ALLYSON VAN LENTEN

ow bring me some figgy pudding! The old, albeit quite bossy, line from an old Christmas carol reminds us what an integral part of a Christmas meal this famous dessert truly is. So popular that the people demand it! This dessert was made world famous in Charles Dickens' 1843 masterpiece, A Christmas Carol. This dessert has many names: Christmas Pudding, Figgy Pudding, Plum Pudding, Plum Porridge, and Plum Pottage. In actuality, the Christmas puddings of today and Victorian Britain contain plums or

figs. Plums referred to any dried fruit in the Victorian Era. It is quite possible that Christmas Pudding once contained dried figs, but the modern version uses raisins and dried currants. While making this dessert, families took turns stirring the pudding, each making a wish while doing so. This traditional British dessert was once baked with a silver sixpence inside. The family member who found the coin would have good fortune in the following year. While a very charming tradition, it sounds dangerous to my modern ears.

While I strive for authenticity, especially when recreating very traditional dishes from other countries, some of these ingredients are difficult to track down. Suet, or beef fat found along the kidney, is a traditional British ingredient that sounds simple enough but can be tricky to find. If you don't want to order it online, butter or shortening will make a decent substitute. Another ingredient we don't often see in American supermarkets needed for this dessert is dried currants. Currants thrive in Northern Europe and are notably popular in England, Ireland, France and Denmark. Dried currants can be found in American markets but of course can be found online as well. If you have trouble finding them, you may substitute for more raisins, dried cranberries, dried figs or prunes. Just remember that the more substitutes you use, the farther you get from the original flavor.

Today in Great Britain, Christmas Pudding is made in a more modern fashion, using a pudding bowl covered in parchment, foil and steamed. In Charles Dickens' era, these desserts were boiled for several hours in a cloth. Many cooks used a copper laundry kettle to accommodate the large Christmas pudding. They simply mixed the ingredients together, floured a clean tea towel, added the mixture, tied it with a string and literally boiled it for hours. It took on a round shape; some compared it to a cannonball. I found one (very large) recipe from 1909 that suggested boiling the pudding for 14 hours! Today, I am going with the old-fashioned method of boiling in the towel, but with my smaller recipe, it only takes 3 1/2 hours to boil. In comparison to 14 hours, nearly 4 hours of cook time doesn't sound so bad...but, hey, this is Christmas! Many Victorian families made these puddings days or weeks in advance in preparation for Christmas feasts. Many believed this aging added flavor. I veered from tradition here and opted to serve it right away. Today, this dessert is often served with hard sauce, a mix of butter, brandy and sugar. I adapted this recipe from Eliza Acton's 1845 cookbook, which makes no mention of the sauce. Another traditional topping is flaming brandy, which can be quite impressive. If you prefer to keep your eyebrows un-singed, you could opt for a flurry of powdered sugar and a holly leaf on top.

Christmas Pudding (Adapted from Eliza Acton's 1845 Cookbook-Serves 4-6)

Ingredients:

- · 3/4 cups all purpose flour
- 3/4 cups breadcrumbs
- 3 ounces suet grated (or grated butter or shortening)
- 1 1/2 cups raisins
- 1 1/2 cups dried currants
- 1 cup minced fresh apples
- 3/4 cup sugar
- 1/2 cup candied orange peel (minced)
- 1/2 teaspoon spice (nutmeg, mace, cinnamon)
- · Small pinch of salt
- 1 small wine glass of brandy (2-ounce shot glass)
- 3 eggs

Instructions

- Mix filling together. Take a clean tea towel and flour it well. Add the pudding mixture and tie with kitchen string.
- Take a large pot more than halfway filled with water. Bring to a boil. Add the pudding. Cover with a lid and simmer over medium-high heat for 3 1/2 hours. You will need to occasionally add more water and check often.
- Remove the pudding with tongs. Allow to cool.
- Remove the towel and place pudding on a plate. Top with powdered sugar, hard sauce and/or holly sprig.





BEST FRIENDS IN THE NONAHOOD: 'WELL, HELLO, WANDA!'

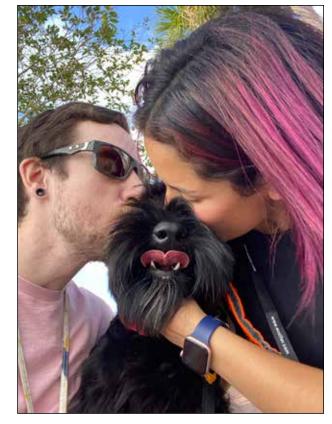
BY PATTY REBER PHOTOS COURTESY OF DANIELA LUENGO





here was no doubt in Daniela's mind that she wanted a Giant Schnauzer. Growing up, Daniela's family always had a mini Schnauzer, and it wasn't until Daniela researched the Giant Schnauzer breed that she fell totally in love! Coincidentally, Daniela's dad had a friend who happened to be a breeder. What happened next? Vava VOOM! "Well, hello, Wanda!"

Daniela works at Pet Paradise and adores animals, so Wanda is in the right household. Wanda had her first birthday in March and already has a full-time job since she accompanies Daniela to work and is definitely considered "Miss Congeniality." Wanda is very comfortable there and greets everyone before heading directly to the pool. She loves to swim and happily shares the excess water with everyone once she is out of the pool. She is so kind! When Wanda gets tired, she has her own suite where she can nap. I'm sure she is in their "rewards" program. Wanda gives continuous smooches to all staff and



has become known as a support dog since she is always caring and looking out for others.

Daniela and her partner, Nick, also live with two cats named Brie and Feta...so I can imagine that the family loves cheese! They are working with Wanda to be gentle with the cats, which cannot be easy since Wanda is a "plus size" lady! Wanda happens to be multi-talented! She not only goes fishing with Nick and inspects his catches, perhaps to advise Brie and Feta what dinner might be that night, but she also sings. No, not "how much is that doggie in the window" but Christmas songs. If your doorbell rings at Christmas and a beautiful Giant Schnauzer happens to be standing there singing...please be sure to give her a treat since it will most likely be Wanda! I believe she will take requests!

NONA YOUR NEIGHBOR: CAITLYNN RAINEY

BY CAMILLE RUIZ MANGUAL PHOTOS COURTESY OF CAITLYNN RAINEY



Nonahood News: What's your job?

Caitlynn Rainey: I'm the founder and Executive Director of COC scious Evolution of Community. It's a newly founded nonprofit that focuses on intimacy within communities. also a teacher and a practitioner of the healing arts. I teach yoga, meditation, Chi Gong, sound breathhealing, work, and different varieties of meditation and a retreat

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

CR: After waking up, the first thing I do is connect my feet to Earth and gaze at the sun coming up. Then I make a cup of cacao, coffee, tea or matcha. I spend my day nurturing community, supporting and building events, having meetings, and working individually and with my small core group. Moving my body is important to me, so throughout the day I usually go back outside in my bare feet, and I ground. I have two dogs, so they keep me moving. I also do a range of dynamic movements to keep my limbs and my body nurtured. Every day feels full.

NHN: What are the most challenging and rewarding aspects of your work?

CR: Part of the work I'm doing is to help evolve communities and to help grow parts of our existence that aren't serving us anymore. That requires a new approach to things. My hardest part is being patient with culture, with patterns of participation, and with people and their stories. It can be challenging to hold space and be patient knowing that what we're doing is huge, but that huge trajectory is going to take time. It's not all going to happen at once.

The most rewarding aspect is witnessing transformation and change in people's lives as well as creating a safe space for people to feel seen and heard. Giving people permission to fully show up for themselves, witnessing them showing up for themselves, and witnessing personal transformation through authenticity is the most rewarding.

NHN: What led you here?

CR: My own healing journey. I was always an adventurer and

I got hooked on traveling very young. I have a Catholic background, so I always sought something beyond myself, connection to God and divine, and being a servant at heart.

But I became sick. I had heavy metal poisoning, black toxic mold poisoning, which is mycotoxin poisoning. I was working for a big corporation where the air was heavily polluted. I would do contracts and get sick every time. My third contract was to the point where I couldn't speak sentences. The neurotoxin poisoning was polluting my mind, skin, memory and energy. I was at a critical point of recognizing I used to feel amazing and something else was happening. Along the way, I'm studying yoga and meditation, going organic. I was vegan for five years. Healing has been this process of realizing I can heal myself, access intuition, and make decisions for my healing intuitively. I've been coached and mentored by the most incredible

people who ve helped support me on my healing journey. I became a health coach to help others seek empowerment on their healing journeys.

NHN: Do you have any hobbies you would like to share?

CR: I love plants, hanging out with my sisters, and listening to Trevor Hall.

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

CR: I see myself leading, with a team, a longevity focused community space that invites you to participate in the space differently. We are creating a space to meet every

are creating a space to meet every modern-day human need in one place. In five years. I want to be leading community-driven research and hosting large community initiatives that are supportive to regenerative community models. I always pitch our project like the YMCA meets a secular church meets a spa, meets a forest, and they all birth this sacred place into existence.

NHN: Where are you originally from? What brought you to Lake Nona?

CR: I am originally from a town called Bracebridge in Muskoka, Canada. It's in Ontario. I moved to Lake Nona three years ago now. My husband and I both got an opportunity to be a part of the Lake Nona Performance Club and launch Chopra Global's first yoga studio in Florida, Chopra Mind-Body Zone. I think what brought us here originally was that my husband and I are both innovators, and this is a hub





of innovation.

NHN: What is your favorite thing about Lake Nona?

CR: The people. A lot of people move here, with a focus on health and well-being, or at least they're seeking health and well-being. Lake Nona feels like this place of growth and potential and newness. I've met a lot of people from around the world here and gained amazing connections. It's a great place to meet and find support systems for you and your family.



8 INSURANCE FACTS THAT MAY SURPRISE YOU

More than 460,000 uninsured Floridians qualify for health insurance that's \$0 each month! Surprised?

Here are a few more health insurance facts that may surprise you.

Many people find health insurance confusing, expensive, or out of their reach. For those reasons, and others, they may not have any kind of health insurance to help keep them and their families healthy and protected from expensive medical bills.

Here are eight facts to help simplify health insurance - and maybe help you realize it's easier to get and less expensive than

- 1. The state's leading health insurer, Florida Blue, estimates that more than 460,000 people in Florida are uninsured even though they qualify for health insurance that's \$0 each month, thanks to financial assistance. 1 That's right - people are missing out on insurance that would cost them nothing each month. Are you one of them?
- 2. Think health insurance is always expensive? Think again. This year, 9 out of 10 people could pay \$10 or less each month for insurance through the Health Insurance Marketplace, sometimes called Obamacare, thanks to financial assistance, according to the Department of Health and Human
- 3. In Florida in 2023, 97%3 of people enrolled in an individual or family health plan through the Marketplace received help

from the government that lowered their monthly insurance bill.

- 4. When the Affordable Care Act (ACA) was created. nearly 50 million people in the United States didn't have health insurance. 4 In 2022, that number dropped to 27.6 million Americans.4 Plus the federal government increased the amount of financial assistance you can get to help lower your monthly bill (also called a subsidy.)
- 5. The average three-day hospital stay is \$30,000, 5 according to Healthcare. gov. No one plans to get
 - sick or injured, but unfortunately, it will likely happen to each of us at some point during the year. And you could be on the hook for the full cost if you don't have health coverage. 6
- 6. Florida has more people enrolled in health insurance through the Marketplace than any other state in the country. More than 3.2 million people have signed up for a Marketplace plan in our state, including some of your friends, family, and neighbors. 3
- 7. There are thousands of licensed health insurance agents and navigators across the state who will charge you nothing for their expert guidance. You can find agents and navigators in your local community who can help you determine which

health insurance plan is right for you and your family, enroll in a plan and apply for financial help - and you should never be charged for their

8. Getting a Marketplace subsidy won't impact your immigration status. Financial assistance for health insurance (also called a subsidy) isn't just for U.S. citizens. Many lawfully present immigrants qualify for help paying for insurance through the Marketplace, including green card holders and those with work or student visas. And receiving this financial help will not negatively impact your immigration status and process due to the public charge regulations, which were eliminated in March 2021.

If you have questions about how health insurance works or where to find help signing up for plan, check out GetCoveredFlorida.com.

Florida Blue 📲 🛡

Your local Blue Cross Blue Shield

97 percent of Floridians

insurance plan in 2023

Marketplace health

got financial help.*

GetCoveredFlorida.com

who bought a

- 1. Based on actuarial analysis of the 2019 American Community Survey Public Use Microdata Sample (PUMS), with adjustments due to Covid-19 of Florida's Medicaid Growth from the Agency for Health Care Administration, individual enrollment growth from CMS' 2022 Open Enrollment Report and job losses from the Bureau of Labor Statistics.
- www.cms.gov/data-research/statistics-trends-and-reports/marketplace-products/2023-marketplace-openenrollment-period-public-use-files
- www.hhs.gov/about/news/2022/06/22/fact-sheet-whathappens-premiums-if-extra-help-american-rescue-planexpires.html
- 4. www.cms.gov/data-research/statistics-trends-and-reports/marketplace-products/2023-marketplace-openenrollment-period-public-use-files
- www.cdc.gov/nchs/pressroom/nchs_press_releases/2023/202305.htm#:~:text=Highlights%20from%20 the%20report%20include,or%203.7%20million%20 in%202019
- 6. www.healthcare.gov/why-coverage-is-important/protection-from-high-medical-costs/

Blue Cross and Blue Shield of Florida, Inc. DBA Florida Blue. An independent Licensee of the Blue Cross and Blue Shield Association









TO HELP CLEAN-UP THE MESS WITHOUT ADDING TO IT.

ORDER TODAY!

PRODUCTS ARE IN STOCK, READY TO SHIP

WWW.HEMPINC.COM 720-220-0037 | INFO@HEMPINC.COM



oil spill absorbents and loss circulation material for cleaner well drilling.



OH, WHAT FUN! HOLIDAY FESTIVAL RETURNS FOR THREE WEEKS OF ENCHANTING CELEBRATIONS

PHOTO CREDITS LAKE NONA

ather your loved ones this holiday season as the Lake Nona Town Center transforms into Peppermint Square for the return of the *Oh, What Fun!* Holiday Festival. The annual celebration, open to the public at no cost, will be held on select nights — Fridays, Saturdays and Sundays from December 7 through December 23.

This year, the season kicks off with a special Hanukkah celebration on Thursday, December 7, featuring a menorah lighting and blessing, fire performers, a live DJ, a stilt walker, children's activities, face painters, and more. Then, experience the magic of the holiday season in Peppermint Square, filled with festive decorations, nightly snowfalls, and live entertainment Fridays through Sundays.

As you stroll through Peppermint Square, snack on something sweet from a collection of holiday-themed, pop-up food stands. Get a chance to meet Santa and Mrs. Claus in their whimsical winter cottage. Make holiday memories to last a lifetime with your loved ones along the Oh, What Fun! Photo Wall or in front of Peppermint Square's centerpiece 24-foot-tall Christmas tree.

Each day brings a new adventure from the high-flying acrobatic shows of Santa's Toy Box on Fridays to enchanting Snow Days on Saturdays and the activity-filled Family Fun Days on Sundays. Enjoy live shows throughout the festival, including showcases from local schools, professional carolers, live bands and the return of dance parties with everyone's favorite MC, Peppermint the Penguin. Explore the holiday market, featuring local vendors and artisans, to find one-of-a-kind gifts for everyone on your nice list.

Enchanting Tree Trail & Fa La La La Bar

Stroll through the glittering Evergreen Tree Trail, where Christmas trees, festively decorated by local Lake Nona businesses, light up the path to the Lake Nona Wave Hotel, where adults can sneak away to the sculpture garden's Fa La La Bar for a crafted seasonal cocktail or a spiked hot chocolate with all the sweet garnishes.

Santa's Cottage Experience

Snowbirds Santa and Mrs. Claus have made their way down south once again to their winter home at Peppermint Square. Visit the Clauses for storytime and a sing-along experience, then meet and greet St. Nick and his sweetheart and take the perfect holiday photo with them. Advance booking is required, so be sure to reserve your tickets now.

Verse Orlando's Peppermint Forest VR Experience

New this year, dive into a magical augmented reality adven-

ture with Lake Nona's favorite holiday character, Peppermint the Penguin, at Verse Orlando next to Boxi Park.

Step into Peppermint's enchanted wonderland and immerse yourself in a magical world of holiday cheer! Engage in delightful conversations, decorate a Christmas tree and indulge in snowball fights, all while experiencing cutting-edge AR technology. Peppermint's Forest is a seasonal experience crafted by the ingenious minds behind the Unreal Garden and Star Walk, promising an unforgettable adventure for the entire family. Book this seasonal experience before tickets run out.

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

As one of the nearly 1,000 free community events hosted annually, this festival stands out as a beacon of holiday cheer and community spirit. Lake Nona events are known for immersive experiences featuring live musical performances, interactive displays, mouthwatering food and beverages and specially curated photo opportunities. For the latest information on what events are happening in Lake Nona, visit facebook.com/learnlakenona/events.











READY TO MOVE BEYOND YOUR EXPECTATIONS?

Look No Further

Premier | Sotheby's INTERNATIONAL REALTY

Scan below for a full list of Open Houses, property details, driving directions and more





13055 Stanthorne Avenue \$1,247,000 Seda Gulliver 321.506.6295



12191 Aztec Rose Lane \$935,000 Seda Gulliver 321.506.6295



13387 Stoddart Avenue \$1,150,000 Derek Kammerer 443.905.2089



10563 Gatley Place \$849,000 Seda Gulliver 321.506.6295



9648 Bryanston DriveJeanne Green & Shane Carson

\$1,399,000 317.439.2555



SOUTHEAST ORLANDO | 407.480.5014 NEW SMYRNA BEACH | 386.957.5652 WINTER PARK | 407.644.3295 SOUTHWEST ORLANDO | 407.581.7888 SPRUCE CREEK AND THE BEACHES | 386.761.2172 SEMINOLE COUNTY | 407.333.1900 LAKE COUNTY | 352.227.3905

BROKERAGE | RELOCATION | NEW DEVELOPMENT
MORTGAGE | INSURANCE | FINE ART CONSIGNMENT

PremierSIR.com

THE WINNING FAMILY: HOW TO SHIFT YOUR FAMILY IN 2024

BY PASTOR RODNEY GAGE

As a couple or parent, let me encourage you to set aside a few days before you turn the calendar to 2024 to reset your family priorities for the new year. Why is it so important? Because every family ends up somewhere, but few end up somewhere on purpose. Let me encourage you to consider making five critical shifts for the new year.

1. Shift in Direction.

As a family, where are you headed? Specifically, who do you want to become as a husband or wife in the new year? As a parent, who do you want to become as a father or mother? Who are your children becoming? What do you want most for your kids? As you reflect on these questions and evaluate the direction of your marriage and family, think WHO before you do. When we get our WHO right, we get our do right! No matter how sincerely you intend to have a healthy marriage or raise wise, morally resilient kids, it doesn't just happen. The direction your marriage and family is moving along the path you have set with your values, commitments and priorities will ultimately determine your destination. The good news is you can make a SHIFT and move in a new direction in 2024.

2. Shift in Focus.

It's easy to confuse activity with accomplishment.

A recent survey by Lending Tree of more than 1,000 parents with children ages 18 and younger discovered that 8 in 10 (79%) of parents have gone into debt due to their children's competitive activities. This causes tremendous stress on families trying to take advantage of all the opportunities for their kids to participate in. An important question is whether these activities pull you apart or draw you closer as a family. Remember, a good thing can become a bad thing if it keeps you from the best thing. Write down what is most important to you for your marriage and family. Remember, if everything is important, nothing is important, and if you value everything, you don't value anything. As a family, identify 5-10 "nonnegotiables" that will shift your focus and serve as your true north for 2024.

3. Shift in Motivation

The old saying is true: When you lose your why, you lose your way. Anytime we experience vision drift in our marriage, family relationships, or life in general, life can come to a standstill. Anytime one of your family members feels stuck or lacks confidence, it can indicate that your internal "GPS" is off. Your internal "GPS" represents your Goals, Passions and Struggles. Have you set goals for your marriage and family? Are you doing things in your work and family life that bring you joy and fulfillment? What struggles have you or your kids encountered recently that could be turned around and used as a strength to help someone else? Our "GPS" refers to our "why," which can motivate us to get up and keep going.

4. Shift in Reinforcement

Our friendships are like elevators. They are either taking us



up or taking us down. The late Jim Rohn said, "You are the average of the five people you spend the most time with." How is your friending trending? Take some time to do an inventory of your friendships. How are your current friendships influencing you on a professional, spiritual, financial, parental and relational level? Who are you associating with? We may need to make a shift in some friendships and commit to surrounding ourselves with positive reinforcements in 2024.

5. Shift in Purpose

How do we shift our purpose? By living intentionally every day. It requires intentionality to keep the main thing the main thing in your marriage, raising your kids, and making a difference in your lives. Remember this: Yesterday ended last night, and

the pages of 2024 are blank. Be encouraged. You are doing better than you think you are, and you matter more than you think you do. Before we jump blindly into a new year, make this declaration of your firm intentions: I declare a shift is coming – a shift in my marriage. A shift in my family relationships. A shift in my priorities. A shift in my future.

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 family mentoring, or how you can a copy of this new book called Why Your Kids Do What They Do, check out thewinningfamily.com and rethinklife.com.

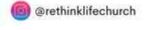


Rodney Gage Lead Pastor

+1 (407) 408-9884

www.rethinklife.com

rgage@rethinklife.com



ff rtlchurch

Rethink Life Church





NEMOURS RECREATIONAL

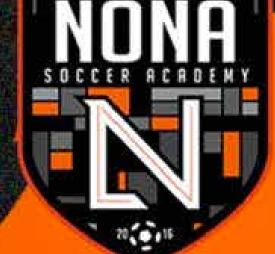
PLAY WHERE YOU BELONG!

\$149 /JOIN

\$129 /MONTH

SATURDAY GAMES 2 PRACTICES/WEEK

Game uniforms and practice shirts included 10 month season august Thru May! NEW! Nona Recreational Tournament December/23











O NONASOCCERACADEMY WEARENONASOCCER.COM (407 256 1070

