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MARCH IN THE NONAHOOD

FRIDAY MARCH 1

- Art After Dark at Lake Nona Town Center
- Sunlight Yoga at Dockside Lake Nona
- LNRCC Member Event: Realtor Appreciation Happy Hour

SATURDAY MARCH 2

- Yoga Nona at Crescent Park
- Live on the Lawn at Lake Nona Town Center
- Ties & Tiaras Daddy Daughter Dance at Dockside Lake Nona | Tickets Required

SUNDAY MARCH 3

- Family Fun Day at Boxi Park

MONDAY MARCH 4

- Sunlight Yoga at Dockside Lake Nona

TUESDAY MARCH 5

- LNRCC First Tuesday After Hours | Longhorn Steakhouse

WEDNESDAY MARCH 6

- New Lake Nona Farmers Market at Laureate Park Village Center
- Morning Meditation at Dockside Lake Nona
- Sunlight Yoga at Dockside Lake Nona

THURSDAY MARCH 7

- LNRCC Good Morning Lake Nona Region: A Community Update
- '90s Trivia Night at Boxi Park

FRIDAY MARCH 8

- Art After Dark at Lake Nona Town Center
- Sunlight Yoga at Dockside Lake Nona
- Country Night at Boxi Park

SATURDAY MARCH 9

- Nona Fest 2024 | Celebrate the Nonahood! at USTA National Campus
- Live on the Lawn at Lake Nona Town Center

SUNDAY MARCH 10

- Family Fun Day at Boxi Park

MONDAY MARCH 11

- Sunlight Yoga at Dockside Lake Nona

WEDNESDAY MARCH 13

- Morning Meditation at Dockside Lake Nona
- Sunlight Yoga at Dockside Lake Nona

THURSDAY MARCH 14

- Sports Trivia Night

FRIDAY MARCH 15

- Art After Dark at Lake Nona Town Center
- Sunlight Yoga at Dockside Lake Nona
- St. Patrick's Day Weekend at Boxi Park

SATURDAY MARCH 16

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

SUNDAY MARCH 17

- Happy St. Patrick's Day!
- St. Patrick's Day Weekend at Boxi Park

MONDAY MARCH 18

- LNRCC Economic Development and Committee Meeting
- Sunlight Yoga at Dockside Lake Nona

TUESDAY MARCH 19

- LNRCC Marketing Committee Meeting
- LNRCC Young Professionals Group Meeting

WEDNESDAY MARCH 20

- Morning Meditation at Dockside Lake Nona
- Sunlight Yoga at Dockside Lake Nona

THURSDAY MARCH 21

- LNRCC Ribbon Cutting for Regenerative Sport, Spine and Spa
- Disney Trivia Night at Boxi Park

FRIDAY MARCH 22

- Art After Dark at Lake Nona Town Center
- Sunlight Yoga at Dockside Lake Nona
- Luau at Boxi Park | Tickets Required 21+

SATURDAY MARCH 23

- Live on the Lawn at Lake Nona Town Center
- '80s Night at Boxi Park

SUNDAY MARCH 24

- Family Fun Day at Boxi Park

MONDAY MARCH 25

- Sunlight Yoga at Dockside Lake Nona

WEDNESDAY MARCH 27

- LNRCC Chamber Connections | "Morning Mixer"
- Morning Meditation at Dockside Lake Nona
- Sunlight Yoga at Dockside Lake Nona

THURSDAY MARCH 28

- General Trivia Night at Boxi Park

FRIDAY MARCH 29

- Art After Dark at Lake Nona Town Center
- Sunlight Yoga at Dockside Lake Nona

SATURDAY MARCH 30

- Live on the Lawn at Lake Nona Town Center

SUNDAY MARCH 31

- Happy Easter!
- Family Fun Day at Boxi Park



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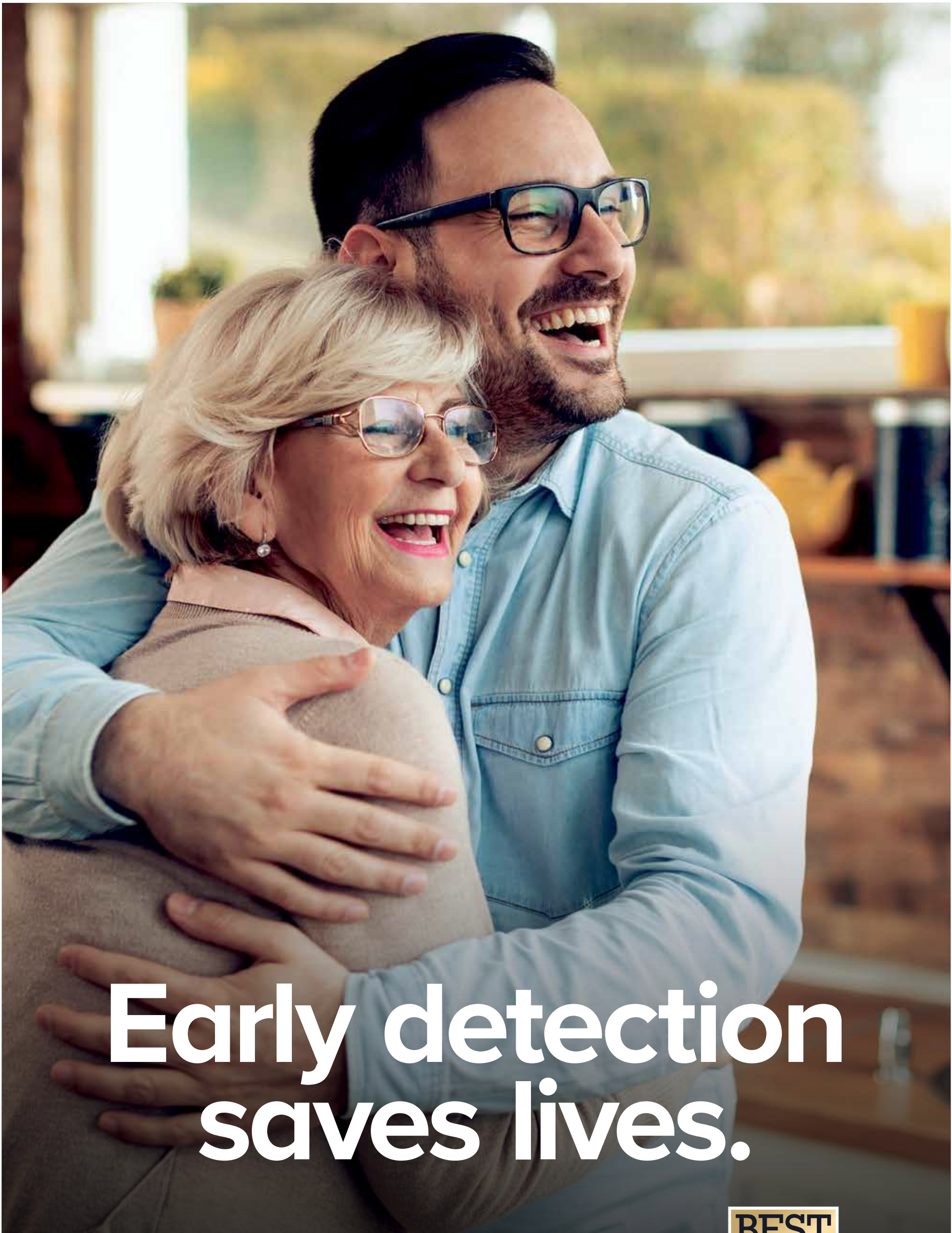
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WORKING ON VACATION? SIX WAYS YOU'RE DESTROYING YOUR LEADERSHIP INFLUENCE

BY DR. LINDA TRAVELUTE

Vacation? Fuggeddabout it: Why chronic availability is sabotaging your leadership influence and your team's ability to follow you.



Greetings, fellow leader! Dr. Linda Travelute here, your guide to maximizing both your impact and your well-being at Maximized Leaders. Today, we're diving into a topic as vital as it is often overlooked: **vacations**. Yes, those magical, sun-drenched escapes where you're supposed to ditch the laptop and recharge your batteries. But for many leaders, the idea of true detachment feels like a distant dream. We check emails on the beach, answer calls while sipping margaritas, and return from "vacations" feeling more drained than ever. Why? Because we've inadvertently created a culture of **chronic availability**.

Imagine this: You're basking in the Italian Riviera, picturing yourself sipping espresso and soaking in the Colosseum. Suddenly, your phone buzzes with a work email. It's "urgent," and you, the ever-reliable leader, jump in to save the day. But hold on, vacation-zombie. What message are you sending by doing this? Let's unpack the six ways chronic availability is sabotaging your leadership and your team:

- 1. You're training your team to expect you to be a human robot.** Every time you answer that email on the beach, you're reinforcing the idea that your work is never truly done. This creates an unhealthy dynamic where your team feels they can (and should) reach you anytime, anywhere. Remember, boundaries are your friend, not your enemy.
- 2. Subliminal message: "Take your vacation, but don't really."** By constantly checking in, you're subtly implying that

your team shouldn't truly disconnect, either. This leads to burnout, resentment and disengaged employees. Don't be the reason your team dreads their "relaxation."

- 3. Trust is a two-way street.** When you micromanage even on vacation, you're sending a clear message: "I don't trust you to handle things without me." This stifles initiative, creativity and leadership development within your team. Empower your people, and they'll surprise you.
- 4. Restless leader, restless team.** Picture this: You return from your "vacation" frazzled and stressed. Guess what? Your energy is contagious. Your team will pick up on your frantic pace, leading to a ripple effect of anxiety and exhaustion. Prioritize true rest – it's not a luxury, it's a necessity.
- 5. From passion to ashes.** Chronic availability is a recipe for burnout. When you never truly disconnect, your passion for your work dwindles, replaced by resentment and exhaustion. Remember why you started this leadership journey? Reconnect with that spark by giving yourself permission to unplug.
- 6. You become the victim of your own creation.** The irony is, by being "always available," you end up feeling taken advantage of. You've blurred the lines, and now the responsibility for constant work falls on you. Take back control by setting clear boundaries and leading by example.

So, how do we break free from this chronic availability trap? Here are three actionable steps:

- a. Set clear boundaries:** Communicate your vacation schedule and expectations to your team. Train them to solve problems independently and know when to truly escalate.
- b. Delegate effectively:** Empower your team members to take ownership of their tasks and make decisions. Trust them, and they'll rise to the occasion.
- c. Embrace the power of "off":** Turn off notifications, resist the urge to check emails, and truly disconnect. You'll return refreshed, recharged and ready to lead with renewed passion.



Remember, leaders who prioritize their well-being are not weak, they're wise. They understand that true leadership starts with self-care. So, ditch the guilt, embrace the "out of office" reply, and step into a leadership style that fuels both your success and your sanity. Now, go forth and conquer ... after you've enjoyed that gelato, of course!

Leadership whisperer Dr. Linda Travelute blends leadership legend John Maxwell's magic with psych savvy at Maximized Leaders. Think zingy workshops, insightful coaching, assessments that score, and magnetic keynotes, all sprinkled with behavioral mojo to maximize your leadership. Dr. Linda would love to connect with you on Facebook @DrLindaMaximizedLeaders and BONUS, grab her FREE "Delegation Made Easy" infographic for a taste of maximized leadership at MaximizedLeaders.com!

LAND ROVER ORLANDO TO PRESENT KAIROS ADVENTURES INC. WITH A CUSTOM DEFENDER 130 FOR MAKING A HEROIC IMPACT WITHIN THE CASSELBERRY COMMUNITY

BY LAND ROVER ORLANDO

Join Land Rover Orlando in Presenting Kairos Adventures Inc. with Their Customized Defender 130 SUV on Wednesday, March 6 at 11am with a Special Celebration at Land Rover Orlando



Land Rover Orlando is proud to present **Kairos Adventures Inc.** with a customized Defender 130 SUV after winning one of six categories in the 2023 "Defender Service Awards" presented by CHASE, which recognize organizations across the U.S. and Canada that exemplify the Defender ethos of helping positively serve their communities. Kairos Adventures received the "Community Service Award" presented by ei3, which recognizes charitable organizations that do so much to benefit their local communities and the people who call them home. Located in Casselberry, Florida, Kairos Adventures empowers people with varying abilities to discover and develop their unique, inherent potential and purpose. They offer innovative programs in the arts, including music, drama, dance, martial arts, culinary arts and video production, as well as local exploration opportunities and community service projects. The ancient Greek word "kairos" refers to the right time for crucial action, and the organization believes that by being present and engaged in a community that empowers and elevates artists, everyone experiences moments of kai-



The winning organizations are all awarded a custom Defender 130 SUV that will aid them in their work with ease. The Defender 130 vehicle features three rows of seating for up to eight people and 88.9 cubic feet (2,516 liters) of load capacity. The Defender 130 vehicle is fully capable of assisting these organizations with transporting animals, gear or volunteers.

Kairos Adventures has also been awarded \$25,000 from ei3 as the Community Service Award category sponsor. As a Presenting Partner, CHASE has awarded \$5,000 to each of the 30 category finalists. An additional \$2,500 was awarded by the Premier Sponsor, Warner Bros. Discovery, for a total of \$32,500 in prize money to help these organizations achieve even more.

ros every single day. Land Rover Orlando will hold a special celebration on Wednesday, March 6, 2024 at 11am to present Kairos Adventures with their custom Defender 130.

"Defender has always been known for empowering organizations across the globe with capable vehicles to facilitate humanitarian work," says Matthew Yates of Land Rover Orlando. "We are very happy to keep with this tradition and honor those who exemplify these values right here in our Central Florida community and award the much-deserving organization, Kairos Adventures, their very own Defender 130."

Six category winners were announced in the 2023 Defender Service Awards:

- Veterans and Civil Servant Outreach Presented by Hearts & Science - Honour House Society (New Westminster, BC)
- Community Service Presented by ei3 – Kairos Adventures Inc. (Casselberry, FL)
- Search, Rescue and Emergency Support Services Presented by Pelican – Squamish Search and Rescue Society (Squamish, BC)
- Outdoor Accessibility and Education Presented by OUTSIDE Interactive Inc. – Youth Sports Alliance (Park City, UT)
- Animal, Wildlife and Marine Mammal Welfare Presented by Animal Planet – Manitoba Underdogs Rescue Inc. (Winnipeg, MB)
- Defender Service Honorees – Charleston Animal Society (North Charleston, SC)

Join Land Rover Orlando in presenting Kairos Adventures Inc. with a custom Defender 130 SUV on Wednesday, March 6, 2024 at 11am. Land Rover Orlando is located at 199 South Lake Destiny Drive, Orlando, FL 32810. To learn more, visit www.LandRoverOrlando.com.



ORLANDO FEATURED
ON NETFLIX'S
SOMEBODY
FEED PHIL

BY VISIT ORLANDO
PHOTO COURTESY OF VISIT ORLANDO

Orlando will be one of only eight destinations (and one of two U.S. destinations) profiled in season 7 of the popular Netflix show, *Somebody Feed Phil*, an unscripted culinary travel series starring Phil Rosenthal, premiering on Friday, March 1. *The Everybody Loves Raymond* creator and his production crew filmed in Orlando last year, eager to showcase the destination's award-winning, diverse and evolving dining scene.

Visit Orlando, the destination's official tourism association, worked for over a year to secure this opportunity to feature Orlando in more than 190 countries and eight languages, including English, Spanish, Portuguese and French.

Following the unscripted and unrehearsed nature of the show, Rosenthal and his production crew spent a week exploring Orlando's lesser-known and multicultural food scene. Visit Orlando's team connected Rosenthal and producers for *Somebody Feed Phil* with Orlando businesses, award-winning chefs, noted local personalities, elected officials and foodie experts such as *the Orlando Sentinel's* Amy Drew Thompson and Ricky Ly Tasty Chomps to highlight Orlando's culinary gems.

The local businesses visited by the *Somebody Feed Phil* crew include everything from Michelin-starred restaurants and immigrant-owned businesses to multicultural and fusion options favored by locals. The full list will be revealed once the episode makes its debut March 1.



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ANNOUNCES OPENING OF HCA FLORIDA
OSCEOLA EAST EMERGENCY

BY HCA FLORIDA HEALTHCARE

\$15.5 Million Freestanding Emergency Room in St. Cloud
Offers 24/7/365 Emergency Care for Adults and Children



HCA Florida Osceola Hospital, an affiliate of HCA Florida Healthcare, announces the opening of a new freestanding emergency room, HCA Florida Osceola East Emergency. Opening today, the \$15.5 million facility offers emergency care for adults and children, 24/7/365, and is located on the corner of Route 192 and South Narcoossee Road/Hickory Tree Road in St. Cloud.

HCA Florida Osceola East Emergency is a full-service, state-of-the-art emergency room with board-certified emergency medicine physicians, nurses and healthcare professionals ready to service the needs of the community with the same capabilities as a main hospital emergency room. It features 11 emergency exam rooms, CT scan, digital X-ray, ultrasound and laboratory services and is capable of caring for all ages, including pediatrics. The 11,000-square-foot facility is expected to serve more than 100,000 local residents and employs approximately 22 full-time healthcare professionals.

“We are pleased to be part of HCA Florida Healthcare’s continued expansion in communities in the Orlando metro area,” said David Shimp, chief executive officer of HCA Florida Osceola Hospital. “HCA Florida Osceola East Emergency will offer high-quality, expeditious emergency care by board-certified physicians around the clock and close to families’ homes.”

With the opening of HCA Florida Osceola East Emergency, HCA Florida Osceola Hospital offers four 24/7/365 freestanding emergency rooms in Central Florida: HCA Florida Hunter’s Creek Emergency, HCA Florida Millenia Emergency, HCA Florida Airport North Emergency and HCA Florida Osceola East Emergency.



About HCA Florida Osceola Hospital

HCA Florida Osceola Hospital is a Joint Commission-accredited, 407-bed tertiary hospital and a designated Level II Trauma Center. The hospital is a teaching hospital in collaboration with UCF College of Medicine and offers the highest level of heart and stroke care in Osceola County at the Heart and Vascular Institute and the Certified Comprehensive Stroke Center, respectively. Other only-in-the-county services include: the highest level of Neonatal Intensive Care (NICU Level III) in affiliation with Nemours Children’s Health, Acute Inpatient Physical Rehabilitation and Inpatient Behavioral Health. HCA Florida Osceola Hospital also provides robotic surgery in General Surgery, Spine, Orthopedic, Gynecology, Urology and Oncology. 24/7 emergency services include Accredited Chest Pain Center with Percutaneous Coronary Intervention (PCI) and three free-standing emergency rooms not including the new Osceola East Emergency: Hunter’s Creek Emergency, Millenia Emergency and Airport North Emergency. In addition to the maternity program at the Baby Suites, the hospital offers outpatient services, including the Osceola Imaging and Breast Center, Wound Healing and Hyperbaric Center, Kissimmee Physical Therapy Center, Kissimmee Surgery Center and counseling center. For more information, please visit HCAFloridaHealthcare.com.

About HCA Florida Healthcare

HCA Florida Healthcare, a part of HCA Healthcare, is a family of more than 650 affiliated sites of care, including hospitals, physician practices, freestanding emergency rooms and urgent care centers. United as a statewide network in 2022, HCA Florida Healthcare includes approximately 11,000 experienced doctors and more than 79,000 colleagues working together to deliver equitable, evidence-based collaborative care to more than 8.6 million patients each year. HCA Florida Healthcare is committed to improving more lives in more ways and giving back to the communities it serves. The network provides more than \$848.8 million in uncompensated care and contributes \$2.1 million to community organizations across the state. In addition, HCA Florida Healthcare offers patients access to highly-trained specialists, including the state’s largest cardiovascular network. A strong advocate for the next generation of healthcare professionals, HCA Florida Healthcare is also a major supporter of university-based healthcare programs and residencies and fellowships throughout the Sunshine State. For more information, please visit HCAFloridaHealthcare.com.

BY MARISSA BURNS
PHOTO COURTESY OF LV SOCIAL

Let's start with a little quiz. True or False?

You have several things in your closet that you've never worn. (Bonus points if the tag is still attached!) Buying clothes that end up just serving as closet decoration is a super common habit, so at least you're in good company. But wouldn't it be cool if you could decipher how much wear you will get out of something BEFORE you buy it?

If you answered “True,” then I’m calling with the solution to your wardrobe woes. Your next style step is to ... (drum roll, please) ... **discover your unique personal style!**

(And I promise you have one.) Even if you gravitate toward more basic, neutral pieces, we all have our own style that makes us feel like ourselves and reflects who we are to the world around us. Getting clear on your style point of view can be a total game changer when it comes to getting dressed.

If you aren't clear on what your style is, then

If you can't connect the dots on what you like and why you like it, you are more susceptible to buying things you'll never wear. Clothes are like art. You can appreciate a lot of different types, but you generally hang only a few styles on your walls at home. The same goes with clothes. Just because you like a certain piece doesn't mean you need to give it a home. Appreciate it for what it is and only add it to your closet if it truly represents you and works well with what you already own.

Knowing what your style is can also make mixing and matching outfits easier. For example, knowing that you like a style that is tailored and sophisticated with a touch of glamour means that you have a mental picture of what you want your finished outfit to feel like. Having a clear end game can help guide you as you create outfits. Plus, once you have some verbiage around your ideal personal style, you can search online for inspiration with more ease. So instead of searching “cute casual outfit,” you can search for “tailored and glamorous casual outfit.” The results will be much closer to the style you are trying to achieve.

So how do you discover what your personal style truly is? Enlisting the help of a professional stylist will expedite the process. But the truth is you can also work through this process on your own! Start by creating a Pinterest board or even an album on your phone of styles you are attracted to. You don't even have to know why you like it at first. Just start collecting every photo you see of clothes you want to wear and store them in one place. Once you have enough inspiration photos (at least 15), study them. What do they have in common? Are the colors or prints similar? Do they have similar details? What is it that ties them together? Try to draw as many parallels as you can between these inspiration pieces. Focusing on the things these photos have in common will help you uncover what styles you like. Remember, there is no right or wrong answer here. Putting a little effort into your style self-discovery will help you save time, money and stress when it comes to getting dressed this spring.

Still want some help? Reach out to me on
Insta @MarissaAlexandraStyle.



Marissa Burns is a personal branding expert, stylist and speaker. Her mission is to help professionals leverage the power of personal style to build confidence and grow their business. She is passionate about the small business culture in Nona and building community among its residents. You can connect with her on Facebook, Instagram and Tik Tok @MarissaAlexandraStyle.



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LAKE NONA: A CULINARY ADVENTURE

Are you looking for alternatives to traditional travel? Embarking on local culinary adventures can be a delicious option! Exploring the diverse flavors in your own backyard can reveal hidden gems and a variety of delectable culinary traditions from cultures around the world. From hole-in-the-wall eateries serving authentic regional dishes to farmers' markets filled with locally sourced ingredients, there is

a world of gastronomic wonders waiting to be discovered just around the corner. Food is a great way to connect with the local community as well as cultures across the globe. Think of it as a journey of flavors that serve as extraordinary experiences rather than ordinary meals, all without the need for a passport.

Let us embark on our adventure at The Wave Hotel in Lake Nona. Delight in the flavors of Japan as Nami, the contemporary Japanese concept restaurant, transports you on a culinary journey. Immerse yourself in rich Japanese traditions with Nami's intimate Chef's Counter, where a rotating tasting menu offers a unique and ever-changing dining experience for up to 10 guests.

elegant dining experience with spectacular flavors and presentation. Enjoy a bespoke cocktail and a signature ceviche to begin your sensory feast. The fresh, high-quality ingredients showcase the bold flavors of Peru and are certain to leave you craving more.

You can also enjoy the tastes of home by indulging in exceptional modern American cuisine by gathering your loved ones to savor the vibrant and contemporary tapas menu at Chroma Modern Bar + Kitchen. The design of the restaurant fosters a social atmosphere, making it the ideal place for connecting with others, enjoying a delightful meal, and unwinding. In addition to craft beer, fine wine, and specialty cocktails, their menu offers a variety of vegan and gluten-free options as well.

When you cannot traverse the world physically, try to discover the countless delectable culinary experiences in your own community. Doing so will allow you to learn more about local history and culture as well as cultures around the world, and all while supporting the local economy.

Also at The Wave Hotel, Bacàn – Taste of the Americas is a Michelin-recommended restaurant that boasts an open-theater style kitchen, tableside showmanship, and an immersive dining experience. You can also choose to dine on the outdoor terrace, overlooking the lush landscaping and world-renowned sculptures of the sculpture garden, an outdoor art gallery like no other. Executive Chef Guillaume Robin and Sous Chef Ryne Wood are certain to exceed your expectations while taking you on a delicious voyage across Latin America.

While you're in South America, a visit to Pisco Peruvian Gastrobar is a must! Pisco features an

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!

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THE WINNING FAMILY: 5 QUESTIONS TO TEACH TEENAGERS ON MAKING WISE DECISIONS

BY PASTOR RODNEY GAGE



Psychology Today reported that the average adult makes approximately 35,000 decisions each day. Children make approximately 3,000 decisions each day. Talk about decision fatigue!

The truth is, consciously or subconsciously, we make decisions every minute of every day. The same is true for our teenagers.

As our children become less dependent upon us as parents to help guide their decisions, they will experience more freedom to make choices on their own. This keeps many parents up and night, especially as their kids enter adolescence. Mental growth doesn't necessarily involve the amount of information a teenager is learning but how that information is processed. Younger teenagers are concrete thinkers, seeing life in basic terms: right or wrong, black or white, true or false. Gray areas tend to confuse them. Around eighth grade, teenagers begin to process thoughts abstractly. Other people's beliefs and opinions expand their thoughts and challenge their way of thinking. This is why social media can be dangerous and become a slippery slope for teenagers. In the transition from concrete thoughts, where everything is one way or the other, to abstract thoughts, where nothing is known for sure, teenagers face doubt and indecision.

Why are decisions so critical? Because our choices define our character.

5 Questions to Teach Teenagers on Making Wise Decisions

1. What Is the Right Thing for Me to Do?

Thanks to social media, our teenagers are drowning in information and starving for wisdom. Just because something is trending and popular or an "influencer" recommends something doesn't mean it's right or true, especially for your teenager. As our teens find themselves standing at the fork of

the road trying to make the right decision, more than anything, they need wisdom and perspective.

I heard someone once say that to find wisdom, you must look for it; to gain understanding, you must work for it! As parents, it's important to encourage our kids to seek advice from wiser, more experienced or mature individuals who can share perspective, wisdom and guidance, especially regarding choices that will impact your child's morals, mission in life, and future mate. One of the benefits of seeking advice is you learn from others' mistakes, failures and successes. Why is this important? Because our decisions will determine our destiny.

2. What Do I Need to Know?

Anytime a decision is on the table, encourage your teen to get all the facts before making a decision.

Unfortunately, too many teenagers – and even adults – make decisions based on uneducated enthusiasm. Life is not about making quick decisions; it's about making the right decisions.

It's essential to help our kids see the importance of getting all the facts so they clearly understand what to expect before deciding.

When our oldest daughter was in the middle of sixth grade, she approached us with the idea of switching schools. At the time, she was attending a private school that she had attended since kindergarten. She wanted to explore possibly changing schools and attending a public middle school near our home. We were shocked that she was desiring to make such a radical change. My wife and I were scared out of our minds to put her into an environment that she may not be ready for on an academic or social level.

The first thing we encouraged her to do was to write out a pros and cons list. Secondly, we scheduled a tour of the middle school she was considering so she could meet some of the teachers, administrators and students to get a better feel for the environment she would be involved in every day during the school year. As we weighed all the facts and considered all the pros and cons, we knew it was vital that she decide for herself. Either way, we assured her of our support. She made the decision after seeking wisdom, getting the facts, and waiting for her own affirmations and peace in her heart. As scary as it was initially, it was one of the most important and best decisions she ever made. Her decision set her up and opened the door to other opportunities that prepared her for what she is doing professionally today.

3. Is It Worth It?

Every decision has a price tag! It will cost time, money, energy, reputation, etc. Often, our kids don't count or weigh the cost of their choices.

One of the laws of life to pass along to your teenager is this principle, "It's easier to get IN something than it is to get OUT of something." It's easier to get in debt than out of debt. It's easier to fill up your calendar than to fulfill it! Our kids must learn to calculate the cost of their decisions because every decision has a price tag.

4. What Could Go Wrong?

Murphy's Law says, "Anything that can go wrong will go wrong." No matter how hard our kids try to make good decisions, they will encounter unexpected problems. It's a fact of life, and some of those problems are out of their control. We can't ignore problems because problems don't ignore us!

An excellent motto to pass on to your teenager is this principle: "Expect the best, but prepare for the worst." Our teens must

remember that every good idea has something wrong with it. However, that doesn't mean they shouldn't pursue their ideas, hopes and dreams. It just means they need to be aware and prepared because every wise person knows there are problems with every decision they make and prepares for them. There will always be a reason to say no, but that does not mean it's not the season to say yes.

5. What Am I Afraid of?

Fear is the root of all indecision. Whether it's fear of failure, rejection, embarrassment, making a commitment you can't keep, or the fear your hopes and dreams will never come to pass, fear paralyzes us from stepping out and deciding to go for it. The secret to helping our kids get unstuck is to move against their fear and do what they fear most!

Rodney Gage is a family coach, 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 how you can get a copy of his new book called Why Your Kids Do What They Do, go to www.thewinningfamily.com or ReThinkLife.com.



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TRANSFORMING HOMES WITH NONA FLOORS: A BEACON OF QUALITY FLOORING IN LAKE NONA

In the heart of Orlando's Lake Nona region lies a gem of a company dedicated to transforming spaces with exquisite flooring solutions. Nona Floors, under the adept leadership of Brian and Olivia Rix, have had a vision to revolutionize the floor covering industry since its inception in October 2023. With over two decades of experience in flooring sales and installations, the couple brings a wealth of expertise and a passion for customer satisfaction to every project undertaken by Nona Floors.

Nona Floors isn't just a typical flooring company; it's a full-service destination for all things related to flooring and beyond. From plush carpets to sleek hardwoods, durable tiles to versatile vinyl, Nona Floors boasts an extensive selection to cater to every taste and requirement. But the offerings don't stop there; the company also provides cabinets, countertops and backsplashes, ensuring that customers can achieve a cohesive and stylish look for their spaces, whether residential or commercial.

"Our mission at Nona Floors is simple yet profound: to assist our customers in finding the perfect flooring solution that aligns with their vision, functionality needs and budget," remarks Brian Rix, the driving force behind the company's success. "Every project is unique, and that's why we prioritize close collaboration with our clients. We believe that understanding their preferences and requirements is fundamental to delivering outcomes that exceed expectations."

Nona Floors takes pride in its commitment to customer convenience. With a convenient shop-at-home service, customers can explore the vast array of flooring options from the comfort of their own space. "We understand that selecting the right flooring involves visualizing it in the context of the actual environment," explains Brian. "That's why we offer free onsite estimates and deliver samples directly to our customers' homes or businesses. It's all about making the process efficient and hassle-free."

Looking ahead, Nona Floors has ambitious plans to enhance its customer experience further. Brian reveals, "In the coming year, we expect to announce the opening of a retail showroom right here in Lake Nona. While we plan to expand our physical presence, we remain committed to our shop-at-home service, as it has proven to be incredibly beneficial for our customers in terms of time-saving and convenience."

What sets Nona Floors apart is not just its impressive product range or convenient services but also its unwavering dedication to quality and craftsmanship. Partnering with renowned brands such as Stanton, Masland, Tufftex, Dal Tile, American Olean and Anderson, Nona Floors ensures that every product meets the highest standards of excellence. Whether it's the luxurious feel of a plush carpet or the timeless elegance of hardwood flooring, customers can rest assured that they're investing in durability, style and value when they choose Nona Floors.

Beyond its commitment to superior products and services, Nona Floors is deeply rooted in the Lake Nona community. Brian and Olivia, proud residents since 2021, have made it their mission to contribute positively to the local area through their business. "Lake Nona is more than just a location for us; it's our home," affirms Olivia. "We take great pride in serving our fellow residents and businesses, and we're grateful for the opportunity to be a part of this vibrant community."

As Nona Floors continues to grow and evolve, one thing remains constant: its unwavering dedication to excellence and customer satisfaction. With Brian Rix at the helm, backed by a team of skilled professionals, Nona Floors is poised to continue its journey as a beacon of quality flooring solutions in Lake Nona and beyond. Whether you're embarking on a residential renovation or commercial project, Nona Floors stands ready to transform your space into a masterpiece of style and functionality.

Residents interested in learning more about Nona Floors can visit their website at www.nonafloors.com or call (407) 341-6359 to schedule a free estimate.



REDISCOVERING NATURE IN OUR OWN BACKYARD

PHOTOS COURTESY OF LAKE NONA

Have you noticed something different about our community lately? It’s not just the new murals or the state-of-the-art buildings popping up. There’s a whole natural makeover happening right under our noses, and it’s turning our neighborhood into a buzzing, blooming ecosystem.

Leading the charge in this environmental transformation is Lake Nona’s Director of Landscape Architecture Jeff Thompson and his team. They’re on a mission to energize Lake Nona’s natural ecosystem. By weaving nature into our urban fabric, they’re turning our community into a sanctuary for all sorts of friendly critters, especially those hard-working bees and butterflies.

You’ve probably seen more bees around, right? But don’t worry, these aren’t the kind that’ll crash your picnic. We’re talking about mason bees – nature’s little helpers that are all about the pollination business without being bothersome. Jeff and his team have been planting special flowers around the community just to attract them.

“Mason bees are terrific pollinators and are key to sustaining our ecosystem by helping plants reproduce. And they’re solitary, unlike honey bees. This makes them much more docile, and they can adapt better to a modern suburban environment like Lake Nona,” said Jeff.

Moreover, these landscaping efforts extend to butterflies, attracting various butterfly species, including Florida’s state butterfly, the Zebra Longwing. This initiative not only beautifies our community but also plays a crucial role in supporting local pollinator populations.

And have you noticed how shady and green our streets are getting? That’s because our tree relocation program has given over 600 trees new homes in Lake Nona, and thanks to their wide canopies, these mature trees provide shade, nesting and sheltering space for birds, mammals and insects.

The effort to energize Lake Nona’s ecosystem isn’t just about the land; our lakes and ponds are getting in on the action, too. The team’s been busy introducing fish that naturally keep the mosquito population down so we can enjoy our evenings outdoors. Meanwhile, the placement of bat and martin houses around the neighborhood also aids in controlling adult mosquito populations, reducing the reliance on pesticides.

Around the water, you might also see some new greenery. Those plants are doing double duty, beautifying common spaces and providing a food source for birds and a home for other animals, like frogs. With the attraction of new birds, our skies are getting more colorful with all sorts of feathered friends like eagles, grackles, cardinals and even rare species like the roseate spoonbill.

These enhancements to our community aren’t just about making Lake Nona look pretty; they’re about creating a place where nature and urban life go hand in hand. So, next time you’re out and about in Lake Nona, take a moment to look around and appreciate all the natural buzz. It’s all part of making our neighborhood a greener, livelier place to call home. And who knows? You might just spot something new.

Pick up the latest *Lake Nona Magazine* to learn more.



THE 11TH ANNUAL UPTOWN ART EXPO
CELEBRATION OF ART AND MUSIC
RETURNS TO BEAUTIFUL CRANES ROOST
PARK IN ALTAMONTE SPRINGS
ON MARCH 22-24

BY UPTOWN ART EXPO
PHOTOS COURTESY OF UPTOWN ART EXPO

Friday: Kick-Off Concert 6:30 p.m.-10 p.m. with Hitmaker Icon Taylor Dayne
Art Show Hours: Saturday 10 a.m.-7 p.m., Sunday 10 a.m.-5 p.m.
Saturday: Featured Concert 8 p.m. with Slippery When Wet –
The Ultimate Bon Jovi Tribute

Cranes Roost Park at Uptown Altamonte will come alive with artisans showcasing their talents, color and music at the 11th Annual **Uptown Art Expo** on March 22-24, presented by WOW! fiber internet. The free festival will feature 140 art and fine craft artists with displays of glass, jewelry, mosaics, paintings, photography, pottery, sculpture and more, all available for purchase.

Uptown Art Expo will also highlight Chalk Street Artists creating mesmerizing chalk masterpieces with professional chalk artists and high school art students on the sidewalks of Cranes Roost Park as their canvas. Attendees can vote for the “People’s Choice Chalk Awards” by placing an Uptown Art Expo gold coin into the bucket next to their favorite chalk artwork. Winning chalk artists will receive cash prizes presented by VyStar Credit Union (visit their booth to receive a gold coin to vote!).

The following live musical performances will take the stage all weekend:

Friday, March 22, 6:30 p.m.: Kick-off concert with Gerry Williams Band. 8 p.m.: Taylor Dayne - It’s going to be an ’80s dance party with 3x Grammy-nominated artist Taylor Dayne performing her classic hits “Tell It to My Heart,” “Don’t Rush Me,” “I Will Always Love You” and so many more. VIP seating-only with tickets are just \$30 in advance.

Saturday, March 23, 4 p.m.: Miguel Larsen – acoustic current hits. 6:30 p.m.: Rockit Fly. 8 p.m.: Slippery When Wet – The Ultimate Bon Jovi Tribute performing all the classic hits “Runaway,” “Living on a Prayer,” “You Give Love a Bad Name” and many more. This is a free concert with VIP seating available in front of the stage for just \$15 in advance. For ticket information, visit www.uptownartexpo.com.

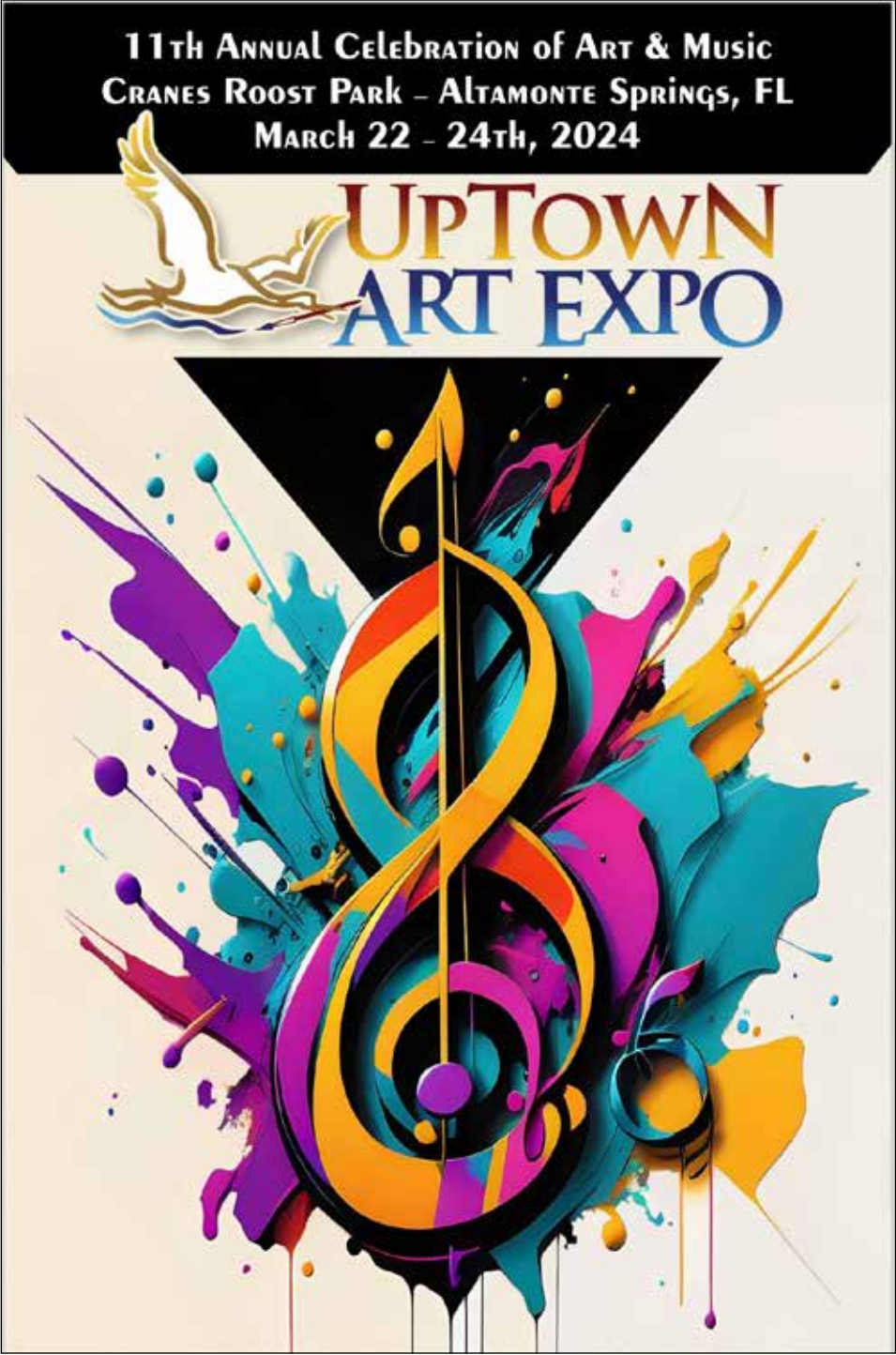
Guests will also enjoy the following free concerts: Sunday, March 24, 1:30 p.m.: Will Patrick – New York-based guitarist with a fiery, soulful and eclectic sound combines R&B, jazz, funk and rock. 3 p.m.: Local hot country rock group Hayfire with a trio of singers renowned for their outstanding vocals and upbeat energy.

Delicious international street cuisine and good old-fashioned festival foods, food trucks, craft beer from Sanford Brewing Company and wine will be available for purchase throughout the festival.

“This is a very exciting year to be celebrating our 11th anniversary Uptown Art Expo,” says organizer Jim Barton. “The event has evolved so much over the years, and it is now truly such a wonderful weekend filled with original art, classic music and fun-filled activities for the whole community that we are very proud of. We look forward to everyone coming out in March and enjoying all the Uptown Art Expo has to offer.”

The Uptown Art Expo is presented by WOW! fiber internet and made possible with sponsors AdventHealth, Duke Energy, Sanford Brewing Company and VyStar Credit Union.

Experience the 11th Annual Uptown Art Expo on March 22-24 at Cranes Roost Park in Altamonte Springs located at 274 Cranes Roost Blvd., Altamonte Springs 32701. Art festival admission is free, and free parking is available in the Altamonte Mall parking lots. No coolers or pets are allowed. Rain or shine. For more information, visit www.UptownArtExpo.com.





Newspaper in Education Week

Empowering young minds | March 4-8, 2024



How newspapers teach students important critical thinking skills

Newspapers are a valuable tool for nurturing critical thinking skills in students. They provide a real-world context for intellectual growth and help develop analytical, evaluative and argumentative skills. Here are some ways in which newspapers impact students' critical thinking skills.

NEWSPAPERS OFFER DIFFERENT VIEWPOINTS

Firstly, newspapers encourage students to engage with current events and complex issues. They provide in-depth coverage of local, national and international news, which allows students to explore different viewpoints and form their own opinions. This process of analyzing, synthesizing and evaluating information is central to critical thinking.

NEWSPAPERS TEACH MEDIA LITERACY

Secondly, newspapers promote media literacy. In an age of digital information overload and "fake news," students need to develop the ability to discern credible sources from unreliable ones. By regularly reading newspapers, they learn to identify trustworthy news outlets and differentiate between fact-based reporting and opinion pieces.

NEWSPAPERS IMPROVE LANGUAGE SKILLS

Moreover, newspapers enhance vocabulary and reading comprehension skills. The varied content and writing styles found in newspapers challenge students to understand complex ideas and concepts, which in turn improves their language proficiency and comprehension abilities.

Newspapers in Education Week takes place annually during the first week of March. It's a perfect time to encourage students to incorporate newspapers into their classroom routines to help in their intellectual development and prepare them to be informed, critical thinkers in today's complex world.



Using newspapers to foster civic engagement among young readers

Youth today have a reputation for not voting and being uninterested in getting involved in their communities. However, research shows that newspapers can play a vital role in increasing civic engagement among young people.

RESEARCH RESULTS

Research conducted by the Newspaper Association of America Foundation (NAA) found that young people who read newspapers regularly were more likely to volunteer, participate in community activities, get involved in local politics and vote in elections.

THE LINK BETWEEN NEWSPAPERS AND ENGAGEMENT

The study also found that engaged young people remembered having newspapers as part of their high school classes, homework that involved reading newspapers and consuming teen-focused content in their local papers. This also included digital media online.

Moreover, talking about news-related subjects and events with parents, teachers and peers had a sig-

nificant impact on their knowledge and involvement in public affairs.

TYPES OF ENGAGEMENT

Young people who volunteered cited youth mentoring, community improvement and environmental work as their top activities. Also, on the list were walking, running and riding a bike to raise money for a charity and taking part in blood donation drives. They were also more likely to donate to causes they felt were impactful and participate in local political rallies and election campaigns.

During newspapers in Education Week, ensure newspapers have an active role in your child's learning routine to help foster a future generation made up of engaged citizens.



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WOMEN AT RISK: HEART DISEASE, TREATMENT AND PREVENTION

BY DR. DURON LEE, FAMILY MEDICINE, HCA FLORIDA HEALTHCARE
IMAGES PROVIDED BY HCA FLORIDA HEALTHCARE



February is American Heart Month, an annual observance focused on raising awareness about cardiovascular disease prevention, encouraging a heart-healthy lifestyle, and supporting those affected by cardiovascular conditions.

Why it matters

Cardiovascular disease (CVD) is the leading cause of death for both men and women in the United States. Approximately one person dies every 33 seconds in the U.S. from cardiovascular disease, amounting to almost 695,000 people dying from the disease in 2021.

In the past, heart disease was thought of as a disease most commonly found in men. Lately, heart disease in women continues to be of particular concern. While many types of CVD affect both men and women, there are some conditions that may have unique characteristics or impact on women. Some of the different types of cardiovascular disease that affect women in the U.S. include: coronary artery disease (CAD), heart attack (Myocardial Infarction), heart failure, arrhythmias, valvular heart disease, peripheral artery disease (PAD) and spontaneous coronary artery dissection (SCAD).

Heart disease is the leading cause of death for women in the United States, surpassing all forms of cancer combined, which underscores the significant impact of cardiovascular disease on women's health. Over 60 million women (44%) in the United States are affected with cardiovascular disease, which can affect women at any age. A substantial number of deaths are attributable to cardiovascular complications in women. In 2021, over 310,661 women (1 in every 5 female deaths) died from cardiovascular disease or its complications despite decades of progress in risk factor detection and treatment. Nationally, men have experienced a much larger, sustained national decline in cardiovascular disease prevalence over the past 60 years compared to their female counterparts.

Perhaps one reason for this disparity is the difference in heart disease symptoms experienced by men and women. Women may experience no symptoms of cardiovascular disease, as two out of every three women who die suddenly from cardiovascular disease did not have symptoms. Women may present with the classic angina chest pain often associated with heart attacks in men, characterized as a dull or heavy chest discomfort that may radiate to the neck, jaw or throat. Oftentimes, women may experience different or atypical symptoms of cardiovascular disease, such as fatigue, shortness of breath, nausea, burning chest sensation, or pain in the abdomen, back, neck or jaw, rather than the classic chest pain often associated with heart attacks in men.

So what's a girl to do?

Benjamin Franklin said, "An ounce of prevention is worth a pound of cure." Simply stated, it is better to stop something bad from happening than it is to deal with it after it has happened, especially when it comes to taking care of your heart.

Your primary care physician can help you stop heart disease before it starts by working with you to develop a game plan to control risk factors and continuously monitor your health. If a problem arises, your doctor will help you obtain early intervention, which may prevent a serious cardiac event.

Your physician's assessment of your heart health will take into consideration risk factors you cannot control, such as genetics and family history, while continuously monitoring those risk factors you can control.

There are several medical conditions and lifestyle choices that contribute to the development of cardiovascular disease in men and women, including high blood pressure, an unhealthy diet, smoking, physical inactivity, obesity, diabetes, excessive alcohol consumption, stress and depression.

Know your numbers

Women also have additional risk factors that need to be considered when evaluating heart health. These include reproductive health (e.g., polycystic ovary syndrome), history of pregnancy complications (e.g., gestational diabetes, preeclampsia, preterm delivery, low/high birth weight), autoimmune diseases, and hormonal factors (e.g., early menses, menopause). Some risk factors, such as smoking and diabetes, may also have a stronger impact on cardiovascular disease risk in women compared to men.

It is essential for women to be aware of these risk factors and to take proactive steps to maintain heart health, including adopting a healthy active lifestyle, managing chronic conditions, and seeking regular medical check-ups and early screening. In addition, heart health education, awareness, research and prevention strategies from early childhood are vital in the fight against heart disease.

For more information and tips on improving your heart health, visit:

https://www.hcafloridahealthcare.com/healthy-living/blog?sort=published_on%3Adesc&page=2&display=10&pagelid=%7B57FF5380-CCA6-4479-B2FA-1878829A08BA%7D&filters.taxonomy_terms_sm%5B%5D=Cardiology



SAVOR TOOTH TIGER: THE ORIGIN OF EGGS BENEDICT

BY ALLYSON VAN LENTEN
PHOTO COURTESY OF ALLYSON VAN LENTEN

Is there a better brunch dish than Eggs Benedict? I think not. Eggs Benedict is the quintessential brunch specialty ... but where did it come from? As with any famous dish, there are discrepancies over who created this legendary dish. I'll present two stories and you can choose for yourself. Regardless of the results of the battle of the Benedicts, the results are surely delicious.

I believe Chef Charles Ranhofer of Delmonico's in New York City created this dish in the 1860s for a Delmonico's regular, Mrs. LeGrand Benedict. Legend has it that Mrs. Benedict barged into the kitchen and requested something new from Chef Ranhofer. A competing theory of origin, out of Delmonico's rival Waldorf Hotel, states that Lemuel Benedict created Eggs Benedict when he ordered the dish as a remedy for his hangover in 1894. While I do enjoy the story of a hangover being the inciting incident to the creation of a dish that hungover people everywhere enjoy at brunch today...I believe Ranhofer. Chef Ranhofer printed his book, *The Epicurean*, in 1893 with all his best recipes, including Eggs Benedict. When did Lemuel Benedict supposedly invent his version at the Waldorf Hotel? 1894...a year after it was printed in Chef Ranhofer's book. Both are fun stories. Both are named Benedict, but I know whose version I believe.

Chef Ranhofer served Eggs Benedict at Delmonico's in a very classic fashion. It was simply Hollandaise sauce, poached eggs, English muffins, and classic sliced ham. However, simple does not mean easy. Hollandaise sauce takes some practice, and it's very easy to overcook the sauce. Using a double boiler and removing it from the heat if things start clumping will be the secret to success. Today, Delmonico's restaurant serves its Eggs Benedict with pork belly on brioche, which sounds like my exact version of heaven. Feel free to explore your own version of this classic brunch specialty.



Eggs Benedict Recipe (Serves 2)

Ingredients:

- 2 English muffins (cut in half and toasted)
- 4 eggs for poaching
- 4 slices of Canadian bacon or several slices of regular cooked bacon

Hollandaise Sauce

- 3 egg yolks
- 1 stick unsalted butter
- Juice of half a lemon
- 1 teaspoon water
- Pinch of salt
- Black pepper
- Pinch of cayenne powder (optional)

Instructions

1. In boiling water, poach 4 eggs for 3 minutes. (I cook one egg at a time; you may need to replace with clean water.) Drain very well on a clean tea towel. Make sure that there is no water on top before assembling the dish and adding the sauce.
2. Toast English muffins and place 2 on each plate.
3. Heat 1 stick of butter in a small pan or microwave in a microwave safe glass measuring cup. Heat only 15 seconds at a time. Stir until fully melted but keep an eye while microwaving butter...don't ask how I learned this.
4. In a double boiler (a sauce pan with a few inches of water with a metal or glass bowl on top), bring water in the sauce pan to barely simmering heat.
5. In the bowl of the double boiler, whisk egg yolks and water.
6. Slowly pour in the melted butter to the egg yolks, whisk constantly. Continuously stirring will keep the eggs from curdling. If needed, you can even take the bowl off the heat if you see that the eggs are getting too warm. Once all the butter has been incorporated (except the white milk solids), remove from the heat. Add the lemon juice, salt, pepper and cayenne. If still runny, you can heat on the boiler briefly once more.
7. Assemble the Eggs Benedict with the English muffin on the bottom, then layer the ham or bacon, then the poached egg and completely cover each egg with Hollandaise sauce.
8. Serve right away. Garnish with chives if desired.



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