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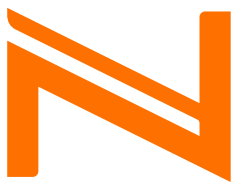


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APRIL IN THE NONAHOOD

MONDAY APRIL 1

- Sunlight Yoga at Dockside Lake Nona

WEDNESDAY APRIL 3

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

FRIDAY APRIL 5

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

SUNDAY APRIL 7

- 1st Annual Rotary Club of Lake Nona Charity Pickleball Tournament at USTA National Campus

MONDAY APRIL 8

- Sunlight Yoga at Dockside Lake Nona

TUESDAY APRIL 9

- LNRCC Education Committee Meeting

WEDNESDAY APRIL 10

- Sunlight Yoga at Dockside Lake Nona

FRIDAY APRIL 12

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

SATURDAY APRIL 13

- LNRCC Adopt-a-Highway Volunteers Needed

MONDAY APRIL 15

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

TUESDAY APRIL 16

- LNRCC Marketing Committee Meeting
- LNRCC Young Professionals Group Meeting

WEDNESDAY APRIL 17

- Sunlight Yoga at Dockside Lake Nona

FRIDAY APRIL 19

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

SATURDAY APRIL 20

- Reggae Day at Boxi Park

MONDAY APRIL 22

- Sunlight Yoga at Dockside Lake Nona

WEDNESDAY APRIL 24

- Sunlight Yoga at Dockside Lake Nona

THURSDAY APRIL 25

- Appetite for the Arches | Benefiting Ronald McDonald House Charities of Central Florida | Tickets Required

FRIDAY APRIL 26

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

SATURDAY APRIL 27

- Giving4Hope Annual Fundraiser Gala

MONDAY APRIL 29

- Sunlight Yoga at Dockside Lake Nona



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GIVING4HOPE TO HOST 5TH ANNUAL FUNDRAISER GALA, A NIGHT AMONGST THE STARS

Giving4Hope is set to host their 5th Annual Fundraiser Gala on April 27 at Lakeside Reception Hall in Orlando. Proceeds from the event will benefit orphanages and families affected by natural disasters locally and internationally.

Giving4Hope's vision is to provide basic needs, support and hope with a mission to transform the lives of children and families in need through good deeds to give hope for a better world.

Join Giving4Hope in A Night Amongst the Stars Gala on Saturday, April 27, for a formal, adult-only event and live auction. For tickets and event information, please visit www.giving4hope.org.



WHY LEADERS ARE ALWAYS IN DANGER OF ABUSING POWER

BY DR. LINDA TRAVELUTE



Hey fellow leader, it's Dr. Linda from Maximized Leaders, here to help you unpack a crucial yet often overlooked aspect of leadership: the ever-present risk of power abuse by those at the helm.

Let's dive straight into the heart of the matter. Imagine you're the boss, the go-to person, the one with all the answers. It feels great, right? You've got this unique vantage point that lets you see further and clearer than anyone else on your team. It's like you're holding a map that leads straight to the treasure, and you're the only one who knows the route. This kind of edge is what sets leaders apart, but it's also where the danger lurks.

The thing with power is, it's intoxicating. Think of it as the strongest brew you've ever tasted. A little bit might give you a pleasant buzz, the confidence to make bold moves, and the clarity to see things through.

But start drinking too much of it, and soon you'll find yourself on a slippery slope, losing touch with reality and the very people you're meant to lead.

Believing Your Own Hype?

John C. Maxwell, my mentor, known as the top expert in the realm of leadership, warns us that power doesn't just sit there; it acts like a magnifying glass, amplifying everything within us. So if there's even a hint of ego or self-serving ambition lurking in the shadows, power will bring it out into the open, making it harder to control.

This is why leaders are always skating on thin ice when it comes to wielding power. It's all too easy to start believing in your own hype, listening to the "Ego Echo" that tells you how indispensable and brilliant you are. This is where the real danger begins.

Once you're in that echo chamber, it's hard to hear anything else, like the valuable feedback from your team or the warning signs that you're veering off course.

Now, let's sprinkle in some wisdom from Andrew Carnegie, a titan of industry who knew a thing or two about leadership. He famously said, "It marks a big step in your development when you come to realize that other people can help you do a better job than you could do alone." This is a crucial insight for any leader teetering on the edge of power abuse.

Recognizing the value of others, sharing the spotlight, and holding the ladder steady for your team not only enriches their journey but also amplifies your own effectiveness as a leader.

A Real-Life Scenario

Imagine a leader, let's call her Jamie, at the forefront of a groundbreaking project. She's got the bird's-eye view, the insider information, and the strategic acumen. But here's the catch: Jamie can either use this arsenal for her personal glory, becoming the lone hero of the story, or she can distribute these tools among her team, enabling them to collectively navigate the challenges and seize the opportunities that lie ahead.

By choosing the latter, Jamie not only averts the trap of power abuse but also transforms her team into a constellation of stars, each shining brightly in their capacity.

This collaborative approach not only leads to more sustainable success but also safeguards against the isolating effects of power, keeping the leader grounded, connected, and in tune with her team.

How to Lead Without the Power Trip

This brings us to the crux of why leaders are perpetually on the brink of misusing power. It's not just about having the upper hand; it's about how that hand is played.

It's about resisting the seductive pull of power and remembering that true leadership is about elevation, not just of oneself but of everyone on the journey.

So, as we navigate the complex waters of leadership, let's remain cautious, always checking our compass to ensure we're not only moving forward but also lifting others as we go.

Let's transform the intoxicating brew of power into a nourishing elixir that fuels not just our ambitions but the dreams and aspirations of our teams.

Here's to leading with humility, wisdom and a deep-seated commitment to collective success. Cheers to the journey ahead!

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JESSICA LEWIS' DON'T BYPASS RED FLAGS COMPASSIONATELY HIGHLIGHTS WAYS TO LEAVE A TOXIC RELATIONSHIP

BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF JESSICA LEWIS

When Jessica Lewis confronted the traumatic reality of her marriage to a drug addict, her life started falling apart before her eyes, setting her on an unexpected journey. This pivotal moment marks the genesis of her memoir, *Don't Bypass Red Flags: Identifying the Signs of Drug Abuse in a Loved One's Life and Knowing When to Walk Away*.

Initially, Lewis grappled with the daunting prospect of sharing her personal story, adhering to a belief that family matters should stay private. Through prayer, she found that her testimony transcended her individual experience. Inspired by the community of Help Now of Osceola, an organization dedicated to supporting survivors of domestic violence, Lewis recognized the power of sharing personal narratives. A devout Christian woman, Lewis felt the Lord calling her to share her testimony to help others heal.

Lewis found comfort in venting to a friend about the overwhelming circumstances she faced. Balancing the responsibilities of mothering two young kids and a recent diagnosis of multiple sclerosis, she felt the absence of the spouse who had vowed to help her go through these experiences in sickness and health, good times, bad times, rich or poor. Lewis realized the depth of her experiences could fill a book. This thought caused something to stir inside her.

Lewis asked the Lord if He was nudging her toward the path of authorship. From that point forward, she noticed signs from the Lord leading her to writing, journaling, reading. Equipped with innate storytelling skills, when the Lord began giving Lewis signs that it was time to share her story, things started falling into place. Lewis acquired a laptop on which to start writing, and she contacted editors who helped her refine her manuscript. With each step forward, Lewis felt a sense of alignment with what the Holy Spirit called her to do.

The initial version of the manuscript served as a cathartic outlet for Lewis, allowing her to confront the layers of her experience in all its ugliness and complexity. In this vulnerability, Lewis felt shame and guilt. She battled with the notion that her story could portray her ex-husband as a villain and the propriety of sharing her experience publicly. Collaborating with a developmental editor who recognized her vision, Lewis transformed her story in ways that were authentic and sensitive to readers' emotions. Subsequent versions of the book demonstrate the insidious grasp of addiction and how it affects not just the abuser but also people around them. These developmental edits prompted Lewis to seek additional guidance from Scripture, aligning her story with her faith.

The journey to the final iteration of the book proved arduous yet transformative. With each revision, Lewis healed and crafted a story imbued with strength, resilience and insight.

Healing gave her the power to speak to readers from a place of empathy.

The book touches on three main themes: Identifying Red Flags, Prioritizing Your Safety and Finding Hope in the Unknown. In the first section, Lewis uses her experience and hindsight to illustrate how you can miss red flags and end up in a toxic relationship. Lewis talks about how to recognize red flags for what they are. For instance, Lewis missed the red flags because she did not know that mental and emotional abuse are still serious forms of abuse. In the second section, the book ensures that individuals in toxic relationships understand that their safety matters, too. Sometimes when people are in toxic relationships with drug abusers, they focus primarily on the safety of the other person or focus on who this person is spending time with and if those people are dangerous. The last section highlights how the fear of letting go may be greater than accepting that letting go may be the best thing to do. Life may take you in unexpected directions, but this is for the best if it means you are out of a toxic situation.

Lewis hopes that readers understand that you can always surrender your struggles to Christ regardless of how ugly or messy they are. There is life outside of chaos. Lewis is not perfect. She has gone through challenging times, but she is not



defined by these moments. "I'm not what I went through, but because I went through it, I am a different person and I think that I'm better for having gone through it," Lewis says. "I'm happy with who I am. I love who I am. I'm glad I'm not where I was, and I want that for other people as well."

Don't Bypass Red Flags: Identifying the Signs of Drug Abuse in a Loved One's Life and Knowing When to Walk Away is available on Amazon. For those in Lake Nona, if you run into Lewis, she may have a copy on hand.

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HUEY MAGOO'S CELEBRATES MAJOR GRAND OPENING OF NEW CORPORATE TRAINING STORE IN ORLANDO ON MARCH 26

PHOTOS COURTESY OF HUEY MAGOO'S

America's Greatest Tasting, Rapidly Expanding, Fast Casual Chicken Tenders Brand – Born and Bred in Orlando – Marks the Grand Opening of Its New Corporate Training Store and 60th Store Company-Wide in the Lake Nona Region of Central Florida



Huey Magoo's – the "Filet Mignon of Chicken"® – is proud to celebrate the official grand opening of its new corporate training restaurant in Orlando in the Lake Nona region on March 26, President and CEO Andy Howard announced.

Huey Magoo's Lake Nona marks the popular, fast-growing brand – born and bred in Orlando in 2004 by co-founders Matt Armstrong and Thad Hudgens – 60th restaurant opening currently spanning 11 states, with over 265 franchises sold now in 13 states. The 2,800-square-foot, free-standing restaurant features an outdoor patio, drive-thru and a mobile pick-up window, in which guests can order in advance through Huey Magoo's mobile app and pick up their order at the pick-up window at their scheduled time. This is the second Huey Magoo's corporate restaurant joining Lake Mary under the leadership of president and CEO Andy Howard, chief operations officer Mike Sutter, co-founder Matt Armstrong and vice president of operations Matt Poleos.

Huey Magoo's Lake Nona will offer dine-in/out, take-out, catering and delivery through third-party delivery services DoorDash and Uber Eats coming soon. Huey Magoo's Lake Nona will commemorate the grand opening with a special ribbon cutting at 10:30am. The first 100 guests who visit that day will be gifted with a Huey Magoo's swag bag, including a free 3-piece tender meal card for use on their next visit.

"The opening of Huey Magoo's Lake Nona, our brand-new corporate training store and our first corporate drive-thru store is a huge event for the company!" says Howard. "We are very



excited to bring our growing franchise family in from all over the country to train, connect and experience the joy and passion behind the one-and-only 'filet mignon of chicken.' " Director of training Travis Dodge continues, "It's an honor to lead our exceptional training department and work with Huey Magoo's incredible franchisees and guests. Having our new corporate training store in the booming Lake Nona region will certainly take us to the next level, and we look forward to celebrating the grand opening with everyone soon."

Huey Magoo's fast casual restaurants offer dine-in/out, take out, catering, delivery through third-party delivery services, drive-thru and curbside pickup at participating restaurants. All guests will enjoy Huey Magoo's signature grilled, hand-breaded or "sauced" premium chicken tenders, fresh-made salads, sandwiches and wraps. Each Huey Magoo's tender is always made all natural with no preservatives.

Enjoy Huey Magoo's Chicken Tenders opening March 26 at 9470 Narcoossee Road, Orlando 32827. Hours of operation are (dining room) 11 a.m.-9 p.m. daily, (drive-thru/pick-up window) Sunday-Thursday 11 a.m.-9 p.m., 11 a.m.-10 p.m. Friday and Saturday. For more information and a complete list of locations, visit www.hueymagoos.com or call 407-308-0565 for the Lake Nona restaurant. For franchising inquiries, contact Andy Howard at andy@hueymagoos.com.

About Huey Magoo's

Huey Magoo's was founded in 2004 in Central Florida by Matt Armstrong and Thad Hudgens, two Southern boys with a passion for quality chicken and a penchant for serving others. Voted "Best Fried Chicken," "Best of the Best Chicken Tenders," "Best-Rated Fried Chicken in Florida," "Best Chicken Fingers in Florida," "America's Hottest Startup Fast Casuals," among others, Huey Magoo's is rapidly expanding and franchising across the country with multiple locations throughout Florida, Georgia, Mississippi, Alabama, Tennessee, Ohio, North Carolina, South Carolina, Missouri, West Virginia and Las Vegas and coming soon to Kentucky and many more. Huey Magoo's prides itself on providing the greatest tasting chicken tenders in a clean, family-friendly environment while showing their love for people. Huey Magoo's delivers delicious, cooked-to-order chicken, and they do it to perfection. Huey Magoo's gives back a portion of profits to not-for-profit organizations and community groups. Committed to building a culture of excellence in service and food quality by serving only premium hand-breaded or grilled chicken tenders dipped or "sauced" in uniquely flavorful signature sauces, Huey Magoo's attracts a loyal following of Millennials, families and neighboring businesses craving quality, delicious food at reasonable prices.





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Synovus Bank educating the public about their services topped off with a sugary dose of cotton candy.



Nona.Media at Nona Fest, L to R Marissa Burns, Jenny Lynn, Rhys Lynn.



Restoration 1 hydrates the crowd and shares information about water damage, mold remediation and more. L to R Stephanie Di Biase, Richard Di Biase.



Presenting sponsor AdventHealth gave lots of great information about emergency care.



Rotary Club of Lake Nona is always happy to share about their outreach and mission. L to R, Sonya LaBosco, Viviana Solano, Wayne Alleyne, Mark Reid, Candy Cole.



Local singer Emily Caudill wows the crowd with an acoustic set.



The team from Studio Soul flash mob was a hit!



The Easter Bunny couldn't help but get in on the action with Studio Soul's dance performance.



The Kendrick Team supporting the community and sharing information about their services. L to R Mark Reid, Kevin Kendrick, Brandy Bennett.



USTA National Campus staff hosted tennis clinics for beginners of all ages at Nona Fest.



Swish, mascot for the Osceola Magic, shares his team spirit.

THE WINNING FAMILY: 3 QUESTIONS YOUR TEENAGER IS ASKING

BY PASTOR RODNEY GAGE



Have you ever wondered why teens think, feel and act the way they do? If you have a teenager living in your home, chances are you have asked those "why" questions that can leave you as a parent dazed and confused. Even though the teen years can be an exciting and fun season, it can also be confusing and uncomfortable for teenagers and parents alike.

The most challenging part of being a teenager is understanding your feelings and who you are. The teen years are a pivotal period that will determine how they view themselves and the world and interact with those around them as they grow into adulthood. Teens' internal and external pressures lead them to ask three critical questions.

1. Who Am I?

This is an *identity* question that ultimately leads to how they view themselves. Has someone ever told you, "Just be yourself?" We all have! While being "yourself" implies a singular self, the average teenager is constantly shuffling through multiple identities, trying to figure out which of "themselves" to be at that moment. Who they are at home can differ from who they are at school, their ball team, friends, church, or after-school job. Being "yourself" can be tricky because young people are rarely the sole source of their identities. The identity of every teenager you know is partly formed by the collective influence of family, friends and other adult authority figures in their lives. In addition, social media plays a significant role in shaping their identity and how they view themselves and the world. According to the HootSuite Trends Report, Gen Z (Zoomers) spends 24-48 hours monthly on TikTok. Their time spent on social media is at an all-time high of 41%. A teen's identity can be a collection of many experiences, not just one thing. All of these experiences shape who they are and the view they have of themselves.

2. Where Do I Fit?

This is a *belonging* question. It relates to our connection with others. It's how teenagers feel like they "fit in" with groups of people, especially their peers. Teenagers associate their sense of belonging with those who know, understand and accept them for who they are. Far too many teenagers struggling with so many pressures and challenges often feel disconnected and feel like they don't belong because of their personality, neighborhood, income, race, ethnicity, immigration status, disability and a host of other reasons. Even though teens can have friends and followers on social media, it's also a reminder of who isn't following them or where they don't belong.



3. What Difference Can I Make?

This is the *purpose* question. Teenagers want to know that they have a purpose and can make a real contribution to the world. Like a compass pointing north, purpose gives us all a sense of direction in life. Sadly, according to Emily Esfahani Smith's book, *The Power of Meaning*, only four out of 10 Americans have discovered a satisfying life purpose. Today's teens need and want direction in their lives and want to make a tangible difference. Gen Z has witnessed in real-time from their smartphones natural disasters, war, famine, racial and social injustice, political division, inflation, crime and scandals of every kind unfold before their very eyes. Perhaps more than any generation in history, Gen Z is motivated and attracted to causes that will improve the world. Today's teens want to make a difference in their lives.

3 RESPONSES PARENTS CAN GIVE

1. Love Them

With all the external voices and pressures influencing and shaping your teen's identity, make sure your voice is the loudest through your relationship and influence that they are ENOUGH. Be intentional with your teenager by verbalizing and demonstrating your unconditional love and acceptance by reminding them they are *valuable, lovable, acceptable, forgivable and capable*. When your teen looks at themselves in the mirror and asks who they are, may those five truths become the declarations that will ultimately become their core beliefs that shape their true identity.

2. Guide Them

When teens struggle with insecurity and question their true identity, they tend to gravitate to anyone who will give them attention and show them acceptance. Teens will throw their values and virtues out the window and compromise their standards because the need to fit in with others is so strong; therefore, when we help our kids discover their "why," it gives them a sense of direction that will motivate them to align themselves with others who share the same core values and a sense of purpose they have.

3. Empower Them

Over dinner, ask your teenager these questions. What do you love to do? When do you feel most alive? What are you doing when you feel most connected with others? Besides the talents and strengths you see in your teenager, ask them what skills and strengths others see in them. Why are these questions important? When teens become secure in who they are, develop confidence with a sense of purpose, and know where and how they fit into this world, they are poised to make an even more significant difference in their lives. Equipping and empowering our teens with their own internal G.P.S. (Goals. Passions. Strengths.) will help them impact this world for the greater good.

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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OVERCOMING ADVERSITY AT THE 2024 LAKE NONA IMPACT FORUM

BY DENNIS DELEHANTY
PHOTOS COURTESY OF THE LAKE NONA IMPACT FORUM

In a darkened ballroom at the KPMG Lakehouse, an audience of hundreds waited expectantly. Suddenly, a spotlight found a nurse rising from her seat to belt out in song. Then another nurse, this one male, joined her under a second spotlight. One by one, more singers in scrubs arose from the audience. Stepping on stage, the vocalists formed the thunderous ensemble of New York's own Northwell Health Nurse Choir. We had just witnessed a thrilling flash mob kickoff of the 2024 Lake Nona Impact Forum.

"Be prepared to be transformed by others," intoned Gloria Caulfield, Tavistock's top manager of the Impact Forum, as she formally opened the conference. At the forum, all paths lead to Gloria, at least according to the many participants I chatted with during the three-day-long event. With those few carefully chosen words, Gloria had perfectly framed one of this year's major themes, the struggle to overcome adversity in its many forms: physical, psychological and social. In tackling such weighty issues, the 2024 forum, happily bridging the leap day from February 28 to March 1, might have been the best yet.

If you are new to Lake Nona or have lived in our neighborhood for a while, don't be ashamed if you have never heard of the Lake Nona Impact Forum. Securing a seat at the forum is by invitation only, so the number of neighbors in attendance you could count on one hand, or really just a couple of fingers. Those invited are top leaders and innovators in their fields, disciplines that as a rule focus on health and wellness. To give you an idea of the level of the invitees, let's rattle off a few of the names speaking at this year's event: Sanjay Gupta, Martin Luther King III, snowboarder Shaun White, chef José Andrés, astronaut Peggy Whitson, John Grisham and the biggest surprise of all, Jeff Bezos. But some of the more intriguing and instructive presentations at the forum came from relative unknowns who had achieved seemingly superhuman accomplishments ... but we'll get into that below. Luckily for you, the organizers of the Impact Forum look kindly upon *Nonahood News* and reserved a ticket this year for your reporter so that you could gain a feel both of the ambiance of the conference and a taste of the cutting-edge discussions heard.

The first presentation was the hardest to watch. The year was 2006, and ABC television news anchor Bob Woodruff, embedded with U.S. infantry troops, was riding on the back of an armored personnel carrier north of Baghdad. A sudden blast from an IED shook the sky, and Woodruff lost consciousness, having sustained intense shrapnel damage to his skull. He woke up 36 days later at the Bethesda Naval Hospital in Maryland. "Had I been leaning forward or backward just a few inches that day, I would not be alive today," whispered Woodruff. Further luck combined to help save his life. Ignoring orders from superiors, nearby military helicopter pilots landed at a highly dangerous spot to whisk him away to the Baghdad airport, securing his flight home. And in Bethesda, he received the best medical care possible. "No concerns about malpractice" during his hospital stay, quipped Woodruff. Nevertheless, the blast left him with lasting brain injuries.

This brutal accident and difficult recovery led Woodruff to explore the very real problems our veterans face to readjust to civilian life. To make a meaningful contribution to their well-being, he founded the Woodruff Foundation. "I never thought that the foundation would last so long," conceded Woodruff, as he revealed that in the past decade, the organization had amassed donations of nearly \$160 million. Fast forward to 2023. Videos overhead flash scenes of Woodruff revisiting the scene of his accident near Baghdad and his emotional encounters with Iraqi civilians he had interviewed 17 years earlier. As the presentation drew to a close, former Surgeon General Richard Carmona rose to the stage to present Woodruff with a special honor, the Impact Forum's "Adversity to Impact" award. Hard to conceive of greater adversity than



New York's own Northwell Health Nurse Choir.

that faced – and overcome – by veteran reporter Bob Woodruff.

Woodruff's wrenching life story was followed by sessions featuring Iman Abuzeid, the CEO of Incredible Health, and Dame Emma Walmsley, who heads up GlaxoSmithKline, or GSK. Abuzeid brought us the unwelcome news that the U.S. healthcare industry currently confronts a shortage of *one million* nurses, a shortfall she expects to last for decades. To alleviate this alarming state of affairs, Incredible Health has turned the tables on recruiting: Under Abuzeid's direction, hospitals now contact nurses as possible hires for open positions, rather than requiring nurses to apply for these same jobs. And Abuzeid has succeeded with this innovative approach toward nurse recruitment with a staff of 100% remote workers. In her presentation, Dame Walmsley raised issues of common concern within the healthcare industry. "We are aging unhealthily," she contends, and the industry, particularly in the United States, copes with persistent challenges in achieving equity that will require considerable innovation to resolve. "We have to prevent illness before it starts, to get ahead of disease," cautions Walmsley, but attaining that objective will be difficult if pharmaceutical companies continue to rake in profits by super-serving the rich. Meanwhile, GSK has marked out a corporate goal to "positively impact the health of 2.5 billion people by the end of the decade."

The Gupta brothers, Suneel and his famous brother, Sanjay, CNN's health correspondent, now took the stage. Sanjay Gupta is a name that you would hardly associate with failure. Nonetheless, Suneel, 10 years younger than his famous brother, had become the "face of failure" when a *New York Times* article described his unsuccessful attempts to secure investor funding for his start-up at a 2012 conference called FailCon. Problem was, no investors were present at that FailCon. A *Times* reporter did, however, pay close attention to Suneel's keynote address and dubbed him with that unfortunate, and not entirely truthful, moniker. Later, Suneel successfully co-founded Rise, a telemedicine company connecting patients online with personal nutritionists. But the FailCon experience caused Suneel to think deeply about failure, not as the "opposite of success" but as a genuine *pathway* to success. That is, says Suneel, if you learn from your setbacks. In the audience were Mom and Pop Gupta, who basked in deafening applause at the end of the session as they rose to salute the crowd – as well as their two accomplished sons, one of whom, in his own personal way, had embraced, and eventually defeated, adversity.

Who would have expected to find bestseller phenomenon John Grisham at a wellness conference speaking about innovative medical treatments? In one of the forum's more remarkable sessions, Grisham explained that after moving to Charlottesville, Virginia, he initially hesitated to join the board of the Focused Ultrasound Foundation chaired by fellow panelist Neal Kassell. "I'm a writer, not a medical professional," argued Grisham. But Kassell insisted, and Grisham decided to contribute to the effort. The session's moderator, Juju Chang, co-anchor of ABC's *Nightline*, introduced Beverly MacGowan, who had long suffered from a severe case of essential tremor. Videos on stage showed clips of Beverly at her kitchen sink struggling to pour, and hold steady, a glass of water. Her right hand shook uncontrollably. Simple joys of daily life, like dining at restaurants, had become impossible, and she was forced to quit her job. Hope for Beverly came when she learned of focused ultrasound.

Speaking with an eloquence surpassing that of many credentialed presenters, Beverly described her treatment in precise detail. In the hospital, she donned a net-like headpiece topped with a cooling bag of water and slid several times in and out of an MRI scanner. The MRI's ultrasound waves focused on the section of her brain that controls motor movements. Just one session of ultrasound therapy sufficed to heal her. To demonstrate the success of her treatment, Beverly rose, and before a stunned audience, stretched out her right arm to hold a perfectly motionless glass of water. (At the evening reception, I had the good fortune to bump into Beverly. I praised her for her courage in speaking so honestly about a medical condition that most of us would prefer to conceal. For me, that brief chat was a real highlight of the conference. It occurred to me that at the forum, Beverly was the only actual patient – that is, patient



Tavistock's Gloria Caulfield opens the 2024 Impact Forum.

speaking as a patient – a fact that lent such authenticity to her remarks.)

The KPMG Lakehouse is a vast structure, an impressive architectural achievement. On the inside, at least. You could easily make your daily 10,000 steps just making your way from the conference hall to the many dining stations, where you have your pick of a wide array of cuisines. On the first day, for lunch, the lobster ravioli caught my eye, a personal version of which the chef whipped up for me on the spot. The next day, seafood linguini popped up on the menu, so I again partook. Food and beverages are not lacking at the Lakehouse. "We only open this building to the outside world once a year, for this event, the Lake Nona Impact Forum," announced Laura Newinski, the Chief Operating Officer of KPMG, as she welcomed us to her facility.

Later that day, the Lakehouse's luxuriant lawns offered an inviting, and oddly peaceful, setting for that evening's dinner reception. Your reporter, having reluctantly skipped chef José Andrés' presentation, slipped into the reception room early and quickly spotted enormous pots of paella awaiting a willing diner. Still later that evening, the lobby bar at the Wave Hotel hummed with the enthusiasm of many familiar faces, that is, those forum participants lucky enough to have booked accommodation at our "neighborhood living room." Reflecting on the scene, my aged brain – having absorbed gripping stories of exceptionally courageous individuals who had confronted and conquered debilitating medical adversity – bulged with news from the healthcare front. But I also learned this: that many of the seemingly staid doctors and medical industry execs who attend the annual Lake Nona Impact Forum do know how to have a bit of fun after hours!

Also of importance: Chip Bergh, the CEO of Levi's, explained that his company's reputation for antigun activism had produced the opposite of what the experts expected: the company grew by 40%. Levi's is also known as a leader in campaigns to guarantee access to voting. Speaking of elections, few of us would associate medical care with the right to vote. But not Dr. Alister Martin. One day, by chance, he asked one of his patients, an American citizen, if she had voted. No, she replied, adding that "no one ever asked me that question," and "I didn't know I could vote." Martin couldn't believe his ears. His initial disbelief led to the founding of A Healthier Democracy, whose stated goal is to build "platforms for collaboration and community organizing at the intersection of health and civic engagement." Such a simple but potentially transformative concept: leveraging the vast resources of our nation's healthcare professionals to shore up our fragile democracy. Inventor extraordinaire Dean Kamen, a regular forum speaker, spoke with pride about the latest iteration of his brainchild, the *FIRST* Global Challenge, where teams of young scientists from over 190 countries convene annually to best one another in building a winning robot. The 2023 event, held in Singapore, required competitors to build and navigate a robot that, according to the organization's website, would "produce hydrogen and use it to store, transport and convert energy." The real goal of the contest was to encourage the development of renewable energy technologies. One surprise star of the forum was Mick Ebeling, founder of Not Impossible Labs, who described to us his company's Project Daniel. The Daniel in question was a South Sudanese teenager who had lost both his arms from a rocket blast a dozen years ago. Hearing of Daniel's plight, Ebeling spun into action and led his labs to produce the first prosthetic limbs using 3D printing. Equipped with his newly manufactured arms, Daniel could feed himself for the first time in years. Ebeling's lab has also conducted experiments to help deaf individuals experience music using devices that emit powerful vibrations.

Next month in *Nonahood News*: "We are going back to the moon, then to Mars and beyond." Plus, the convergence of health and wellness with space and artificial intelligence as we continue our reporting on the 2024 Lake Nona Impact Forum.



Peter Lee, president of Microsoft Research.



Fun at the forum reception.

TEMPO + GRACE: ANOTHER OF LAKE NONA'S PREMIER DINING DESTINATION WITH A TWIST

BY JENNY LYNN

Nestled within the vibrant community of Lake Nona in Orlando, Florida, a new culinary gem has emerged, offering a unique blend of delectable cuisine, relaxed ambiance, and entertainment. Tempo + Grace, located within the stylish Aloft Lake Nona, is not just a restaurant; it's an experience that celebrates the harmony of good food and drinks.

Tempo + Grace is more than just a dining spot; it's a testament to the culinary artistry that thrives in Lake Nona. With a commitment to locally sourced ingredients, each dish is carefully crafted in-house, ensuring freshness and quality by Chef Guillaume Robin.

Chef Guillaume Robin is the executive chef at



Lake Nona Wave Hotel and is excited to be leading two food and beverage teams.

From savory appetizers to sumptuous entrees, every item on the menu at Tempo + Grace tells a story of culinary passion with a twist by combining a sports theme to each dish or drink. Whether you're craving a hearty steak, fresh seafood, or indulgent vegetarian fare, there's something for everyone.

At Tempo + Grace, dining is not just about nourishment; it's an opportunity to unwind and indulge in the finer things we have in Lake Nona. After a satisfying meal, guests are invited to retreat to the WXYZ Bar & Lounge, where you can sip expertly crafted cocktails and engage in lively conversations.

The WXYZ Bar & Lounge is more than just a place to grab a drink; it's a hub of social activity where guests can gather with friends, old and new, to create unforgettable memories. Whether you're in the mood for a classic cocktail or a signature concoction, the skilled bartenders at WXYZ Bar & Lounge are ready to impress you with their creativity and expertise.

In addition to its culinary offerings and lively bar scene, Aloft Lake Nona also features entertainment options to enhance your experience. Guests can test their skills on the pool table, challenge friends to some table top games, or simply sit back and enjoy the vibrant atmosphere.

For those who prefer a more active pursuit, the restaurant's proximity to Lake Nona's USTA, a perfect opportunity to engage in some friendly competition on the court before returning to indulge in a well-deserved meal.

If you're seeking a romantic dinner for two, a lively night out with friends, or a relaxing meal after a day of exploring Lake Nona, Tempo + Grace offers an experience like no other. With its commitment to quality, sustainability, and hospitality, the restaurant has quickly become a beloved fixture in the community, drawing locals and visitors alike to its doors.

So, whether you're a resident of Lake Nona or just passing through, be sure to make a reservation at Tempo+Grace and discover the perfect blend of food, music, and leisure in the heart of Nonahood.



THE ARTISTS: LAKE NONA ARTS

BY CAMILLE RUIZ MANGUAL
PHOTOS COURTESY OF STEPHANIE HOUDE

outdoor performances, Lake Nona Arts is now gearing up for something indoors, what they fondly refer to as their "first inside concert." For this upcoming concert on April 27, they plan to serenade the audience with music from the '60s to today, including tunes from movies and Broadway, accompanied by a six-piece band. Additionally, local artists will have the opportunity to display their fine art at the venue.



About a year ago, Stephanie Houde set out to find a community arts organization in Lake Nona. With her background as a professional musician and her past involvement in different arts organizations that were shut down due to the 2020 pandemic, Houde was eager to reconnect with an artistic community, specifically, a choir. However, there was a problem: Lake Nona didn't have any community arts organizations or choirs. Although Lake Nona High School offers robust and impressive arts programs, there was nothing available for adults. Plus, while neighboring areas like Downtown Orlando have great organizations, the thought of commuting 45 minutes downtown and back for rehearsal on a weeknight while also raising three school-aged kids wasn't practical. So, Houde suggested to her husband: Why not leverage her experience running choirs to create a community arts organization right here in Lake Nona? It was then that Lake Nona Arts was born.

Houde began brainstorming, reaching out to her musically inclined brother-in-law and friend, to plan the inception of this community arts organization. The organization started with the name Lake Nona Arts because even though a choir was likely the most accessible avenue for engagement – after all, people sing all the time – they wanted to remain open to the possibility of collaborating with instrumentalists, dancers and other visual artists.

Their aim was to launch the choir by late May and carry it through the end of the holiday season. Another challenge was the lack of public spaces in Lake Nona for community organizations that do not have the funds to pay fees. Houde approached Spring of Life to see if they might be willing to provide a space for a group of Lake Nona residents who just wanted to sing. Fortunately, they agreed.

Lake Nona Arts' success would be measured by the rehearsal attendance of at least 35 people. If interest dwindled throughout the season, it would signal that maybe Lake Nona just didn't need a choir or community arts group. To their amazement, 90 people expressed interest in joining the choir. While not all 90 registrants attended rehearsal, the turnout exceeded all expectations. Lake Nona Arts performed four times in the fall.

While their fall lineup consisted primarily of

The concert's objective is to fill up seats at Spring of Life, their venue, and to share their love of music and arts with the community. Whether you're a seasoned musician or simply someone who enjoys watching live music, everyone is welcome to attend.

Their motivation to perform stems from the joy of making music and forging connections with music lovers of diverse age ranges and abilities. Music has a profound ability to transcend barriers. Houde vividly recalls when Lake Nona Arts performed at Somerby, the local senior living community. During the performance around Valentine's Day, a resident who, 20 years prior, had been part of a choir directed by Jonathan, Lake Nona Arts' co-director, was moved to tears by the music. Despite being in memory care now, the music helped her remember Jonathan and other fond times.

For Lake Nona residents interested in joining or following along with Lake Nona Arts, it is an adult organization that understands the demands of life. While they hope members can attend rehearsals regularly, they recognize it may not always be possible. However, commitment to practicing independently with provided tracks is encouraged. The only non-negotiable rehearsals are the dress rehearsals, as the group aims to deliver a polished performance. The choir is open to all, with no auditions required and no prior musical knowledge necessary. The band, while self-selected, requires instrumentalists who can play along with the selected songs.

Anyone interested in joining or supporting Lake Nona Arts at their upcoming event can find them on Facebook or online at <https://lakenonachoir.com/>. Choir rehearsals take place on Tuesdays from 7-8:30 PM at Spring of Life Methodist Church. The choir welcomes participants 18 and older. While the first rehearsal is free, they kindly request that members contribute dues of \$40 a semester to cover expenses such as sheet music, space rental and insurance.

For those keen on supporting Lake Nona Arts' April event, keep an eye out for their reservation system. While the concert will be free, they may suggest a canned food donation for Second Harvest or a donation to Lake Nona Arts if possible. For additional inquiries, please contact Lake Nona Arts president Stephanie Houde via email at lakenonachoir@gmail.com.



HCA FLORIDA HEALTHCARE ANNOUNCES HCA HEALTHCARE FOUNDATION'S \$25,000 GRANT TO SUPPORT CAREERSOURCE CENTRAL FLORIDA'S HIGH SCHOOL CAREER EXPRESS PROGRAM

BY HCA FLORIDA HEALTHCARE
PHOTOS COURTESY OF
CAREERSOURCE CENTRAL FLORIDA

HCA Florida Healthcare announced the HCA Healthcare Foundation has awarded a \$25,000 grant to support CareerSource Central Florida's efforts to strengthen and expand the healthcare workforce. The funding is from the HCA Healthcare Foundation's Healthier Tomorrow Fund, an \$80 million community impact fund that supports innovative initiatives focused on addressing high priority community needs and health equity. Wendy Brandon, CEO, UCF Lake Nona Hospital, a part of HCA Florida Healthcare, formally presented the check to Pam Nabors, President and CEO, CareerSource Florida, during the hospital's monthly Board of Trustees meeting.

CareerSource Central Florida's High School Career Express program provides students in grades 11 and 12 with a valuable learning experience that bridges the gap between classroom education and real-world work environments. Participating youth learn about job and career opportunities in their local community. This program also focuses on enhancing students' skills, fostering personal and professional growth, and helping them make informed decisions about their future careers.

"CareerSource Central Florida is honored to receive an HCA Healthcare Foundation grant to expose high school students to a variety of business sectors, including healthcare, information technology, the public sector and more, to broaden students' career perspectives," Nabors said. "The High School Career Express program provides students with interactive activities and hands-on experiences, which lead to practical skill development and helps them choose the career pathway that best suits their interests."

"The ability to provide care for our communities today and for the future fully depends on a robust healthcare workforce," Brandon said. "We are proud to partner with CareerSource Central Florida to ensure students get an introduction to healthcare, view the work environment and talk to a variety of professionals so they can learn about the various careers available in the healthcare industry."

Funding the Healthier Tomorrow Fund at the HCA Healthcare Foundation is one example of the many ways HCA Healthcare is making a positive impact in the communities it serves.

"At HCA Healthcare, we believe partnerships are essential to advancing our mission to care for and improve human lives," said Joanne Pulles, president of the HCA Healthcare Foundation. "Partnering with organizations like CareerSource Central Florida allows us to do more for our communities than we can do separately."

For more information on the HCA Healthcare Foundation, visit www.hcacaring.org.



About HCA Healthcare Foundation

The mission of the HCA Healthcare Foundation is to promote health and well-being and strive to make a positive impact in all the communities HCA Healthcare serves. We accomplish this mission by providing leadership, service and financial support to effective nonprofit organizations working individually and collectively.

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.

About CareerSource Central Florida

CareerSource Central Florida (CSCF) is Florida's second-largest local workforce development board, state and federally funded with an annual operating budget of approximately \$38.5 million. CSCF provides comprehensive services to connect career seekers and local businesses at no cost. Services include finding and hiring talent, employee training and education, workforce intelligence and more. In fiscal year 2022-2023, CSCF served more than 59,000 career seekers and 3,300 businesses. CSCF placed more than 7,300 individuals in jobs and helped advance skills for more than 3,000 career seekers across Lake, Orange, Osceola, Seminole and Sumter counties. For more information, visit CareerSourceCentralFlorida.com.



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BEST FRIENDS IN THE NONAHOOD: WOOF, WOOF! TENNIS, ANYONE?

BY PATTY REBER
PHOTOS COURTESY OF SUSAN RUCHTI

If your tennis match happens to be interrupted by a speeding Golden Retriever, just shout out to “Buttercup”! She has a great return! Buttercup is partly owned by her original family and partly owned by Susan Ruchti, who acts as her doggie sitter and stand-in doggie mom. Susan happens

to be a tennis player herself in addition to working at the USTA. Buttercup enjoys sleepovers at Susan’s place, and they have become quite attached to one another.

As you can see from the photos, Buttercup loves going to the USTA National Campus and is always ready to retrieve a tennis ball or two. She can even tell when Susan has tennis balls in the trunk of her car. Buttercup will just sit and stare with a look that says, “Well, when are you going to open it and give me one.”

If Buttercup does not get enough attention, she rolls in the grass and lays on her back waiting for something to happen. Aside from rolling on her back, visiting the campus and chasing tennis balls, Buttercup spends the work day at the Lake Nona Pet Paradise day camp, where she greets each staff member by offering her paw, and then she romps with friends around the dog bone-shaped pool.

If Buttercup still has energy to spare, Susan takes her to parks for 2- to 3-hour visits, where Buttercup enjoys running through wooded areas chasing squirrels. Susan says she is such an energetic and happy

dog! Some evening or weekend, you may notice Buttercup walking down the street with her tongue hanging out. She will be looking for another tennis ball or squirrel to chase before she settles down for the night.

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TO NONA & BEYOND: ROCKET LAB HEADQUARTERS

BY EMERSON & ETHAN WALSH

PHOTOS COURTESY OF EMERSON & ETHAN WALSH

This month, we traveled west to Long Beach, California, where we were invited to tour Rocket Lab Headquarters.

Founded in 2006, Rocket Lab was rooted in Auckland, New Zealand. They are the first privately owned company in the Southern Hemisphere to reach space with its Atea-1 single-stage rocket. They have additionally developed a long way from their South Pacific Island, having in-use launch sites in Wallops Island, Virginia, and an effective manufacturing facility in California.

Their Rutherford engine is the world's first almost entirely 3D-printed rocket engine with the capability of printing the primary parts in approximately 24 hours, with complex regenerative cooling channels all machined in! This cooling method is vital to keep the engines from melting at such high temperatures during launch. To accomplish this, they run propellant through the channel walls of the combustion chamber, in their case RP-1, a highly refined form of kerosene.

To date, the company has 44 launches under their belt, and more exciting ventures for them are on the horizon!

Their industrious team is subcontracted alongside UC Berkeley to finish and test the two dual-crafts for NASA's mission, Escape and Plasma Acceleration and Dynamics Explores (ESCAPADE).

Mission ESCAPADE is expected to launch this year on Blue Origin's New Glenn rocket named after Astronaut John Glenn, the first American to orbit our beautiful blue and green marble in 1962. This two-stage rocket will journey to Mars, where ESCAPADE will orbit the red planet to observe its magnetosphere.

Keep your eyes on the skies!



SAVOR TOOTH TIGER: LEMON GINGER SCONES

BY ALLYSON VAN LENTEN

PHOTOS COURTESY OF ALLYSON VAN LENTEN

Afternoon tea really is the perfect meal for entertaining, and spring is the perfect time to have a tea party. There is something so undeniably delightful about tiered trays of goodies, an assortment of teas and beautiful scones. While afternoon tea is decidedly English, American tea parties can be nice, too. One vital component of an English afternoon tea is the scone. Traditionally, English scones look different from their American counterpart. Typically, English scones are taller and always served with jam and clotted cream.

Despite sharing the same name, American scones on the other hand, are much different. The ingredients are similar, but the method and shape vary. English scones are almost always round or use a scalloped edge cutter. American scones are often triangular and easier to make because they are formed together in a circle, then divided like a pizza. The flavor combinations of American scones can go in many directions. I absolutely love candied ginger, especially with lemon, and they really go well together in this scone. Once you master the base recipe, the combinations of flavors are endless. Dried cranberry scones with orange zest and almonds are delicious. Chocolate chip scones with walnuts are classic. The combination of white chocolate with freeze dried strawberries is outstanding! You really can't go wrong. You can even go the savory route with cheese, herbs, garlic and seeds. Sometimes, English scones include raisins, sultanas or dried currants, but traditionally they are served plain so that the jam and clotted cream are the star. There is apparently quite a controversy over which goes on the scone first, the jam or the cream.

If you're hosting a bridal shower or a Mother's Day brunch, these lemon ginger scones would be just the thing to serve your guests. To round out the menu, you could also serve macarons, cucumber sandwiches, mini fruit tarts and cupcakes. At a restaurant or hotel, afternoon tea is usually served on beautiful tiered trays, and you work your way up starting from the bottom. Traditionally, the bottom tier is reserved for savories like cucumber sandwiches, egg salad or curried chicken sandwiches. The middle tier holds the scones and their accompanying jams and clotted cream. The last stop is the top tier, which showcases the mini desserts.



LEMON GINGER SCONES WITH LEMON GLAZE (SERVES 8)

Ingredients:

- 2 cups all purpose flour (10 ounces)
- 1 tablespoon baking powder
- A pinch of salt
- 1/2 cup granulated sugar
- 5 tablespoons cold butter (cubed)
- 1 egg
- 3/4 cup heavy cream
- 1/3 cup diced candied ginger
- Zest of 1 lemon

Lemon Glaze:

- Juice of 1 lemon
- 1 1/2 cup powdered sugar

Instructions

1. Preheat oven to 450 degrees Fahrenheit.
2. In a bowl, sift flour, baking powder and salt. Add sugar and the cubed butter. Using your hands or a pastry cutter, work in the butter to the dry ingredients by breaking it up as you mix. There should be some visible pieces of butter but none larger than a pea. It should not be super fine like sand. I have also had success grating the cold butter with a large hole of a box grater to achieve a uniform size. Just be sure that the butter is cold or even frozen before grating. Add in the mix-ins (lemon zest and diced candied ginger).
3. Next, add the wet ingredients to the dry. Add the beaten egg and the cream and stir until just combined. Then transfer the dough to a lightly floured surface and knead it gently until a dough forms.
4. On a large baking sheet lined with parchment, form the dough into a flat round about 3/4 of an inch thick. Using a knife, divide the dough like a pizza into 8 slices. Lightly separate the triangles so that they are not touching on the baking sheet. Optional: You can brush the scones with an egg wash or cream and sprinkle with crunchy baking sugar like Demerara. I like to add even more diced candied ginger on top and press them into the tops of the dough. Let them look like little jewels on top.
5. Bake for 9-10 minutes.
6. Allow to cool completely before icing.
7. To make the glaze, mix the juice of one lemon with the powdered sugar. Drizzle on in ribbons or glaze completely with a pastry brush



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