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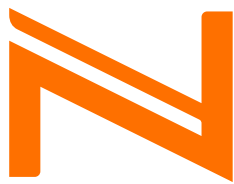
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EDITOR'S NOTE: HAPPY FALL, Y'ALL!

BY ANGELICA MEDINA, EDITOR-IN-CHIEF

Welcome to October in the Nonahood, where the heat and humidity are still in full swing! While we might be sweating through our pumpkin spice lattes, keep an eye out for fallen palm fronds—they're our unofficial sign of the season. We Floridians have our own ways of celebrating fall, with pumpkin spice treats and Reese's Peanut Butter Pumpkins leading the charge! :)

This month, we're excited to feature Savor Tooth Tiger's Recipe of the Month: Spiced Pumpkin Loaf. Trust us, it's so delicious you might just forget that it feels like 100 degrees outside! Plus, October brings National Retirement Security Month, and don't miss Helene Cavallo's article packed with tips for making the most of your time during retirement.

Events in the Nonahood are heating up too! Join us at Boxi Park for Trivia Nights every Thursday, Family Fun Days, and a 21+ Halloween Party. And mark your calendars for the Lake Nona Beer Festival: Mash of the Titans on October 12th at Lake Nona Town Center!

Enjoy the season, and let's make the most of this October!



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ELECTRICITY 101: HOW THE GRID WORKS

BY OUC – THE RELIABLE ONE

From a simple flip of the light switch to charging multiple devices beyond just your cell phone, electricity is a constant of modern life. And while we depend on it continually, we don't often think about where our power comes from. But the reality of the grid is surprisingly complex, and it's evolving fast.

Where does Central Florida get its electricity? Thomas Edison built the first central power station in 1882. Since then, power generation has evolved, from steam to diesel, later coal, nuclear and natural gas. Today, coal and gas are the leading forms of generation across much of America – Florida included. Currently, wind, hydroelectric and geothermal are not economically and/or technically viable in Florida – and biomass and landfill gas, while possible resources, are available only in small quantities. Looking forward, OUC is paving the way for a greener future using a diverse portfolio of energy sources including natural gas and solar. As other sources become available, those too will be considered in our energy mix. Not only are these options allowing us to move closer

to our goal of Net Zero CO2 Emissions by 2050, with interim reductions of 50% by 2030 and 75% by 2040, the diversification ensures a more resilient system for our customers.

How does electricity get from place to place? Before large amounts of energy can be transmitted quickly across Central Florida, its voltage – the pressure of its electric current – must be increased. OUC redirects electricity through centralized substations, where large-scale transformers “step up” the voltage to extremely high levels.

That powerful electric current travels across transmission lines to local distribution substations, where the voltage is “stepped down” for regional use. Finally, electricity is stepped down once again through small transformers attached to power lines before it reaches your home or business.

How is the grid changing, and what will it look like in the future? Nearly 70% of Florida's electricity comes from natural gas. That gas is delivered via a pipeline that runs the length of the peninsula to centralized power plants. Due to Florida's geographical positioning as a peninsula, Florida can import natural gas only from its northern border, unlike other states.

As Florida's population grows, and the demand for electricity increases, utilities like OUC are reimagining the traditional grid. Instead of relying on centralized power plants that distribute electricity across the state, the new grid will need to be decentralized, incorporating many smaller generation points – from solar panels paired with energy storage

to peaker plants (plants that only run when there is a high energy demand) – to provide a more sustainable and resilient network of energy.

As the landscape of energy changes rapidly, there's no better time to get to know the infrastructure that will power Central Florida for years to come. To find out more about how OUC keeps your power running smoothly, visit www.OUCBlog.com.



FINANCIAL FOCUS: ARE YOUR HEIRS READY TO RECEIVE AN INHERITANCE?

BY JOEL FERGUSON



In the popular imagination, receiving an inheritance always sounds like a good thing – after all, who doesn't want a financial windfall? And inheritances can certainly be life-altering events. But they can cause challenges, so you'll want to help your heirs be prepared.

To assist in this preparation, try to address some key questions affecting your heirs:

• *Do they know what's in your estate plans?* Your family and other heirs will be much better prepared to deal with an inheritance if they know what to expect. That's why it's so important that you share your estate plans with everyone involved. You need to let them know the wishes and decisions you've expressed in your will and other legal arrangements, such as a living trust.

Of course, sharing this information doesn't necessarily mean that all your heirs will be completely satisfied with your choices – but at least they won't be surprised, and perhaps will be less likely to cause disputes when the time comes to settle your estate.

• *Will they know what to do with the money or other assets?* You may be planning to leave your grown children a sizable amount of assets, possibly including cash, stocks, real estate, IRAs, 401Ks or other types of valuable personal property. But this inheritance brings with it several possible questions: Do your heirs already have an investment platform ready to accept inherited stocks? If you do leave behind rental property or a vacation home, can it be easily sold? These types of issues are generally not hard to resolve, but the more prepared your heirs are for their inheritance, the quicker they can take whatever actions are needed.

• *Are they prepared to handle any taxes that may result from the inheritance?* Unless you have a very large estate, your heirs likely won't face federal estate taxes. (In 2024, the first \$13.61 million of an estate is exempt from federal estate taxes.) However, other types of taxes may apply. A few states assess state inheritance taxes, and your heirs could incur federal and/or state income taxes when they withdraw money from inherited assets funded with pre-tax dollars, such as some retirement accounts. They could also face capital gains taxes when they sell inherited assets, such as stocks, for more than they were worth at the time of the inheritance. In any case, inheritance-related taxes can be complex, so you and your family and other heirs should discuss these issues with your tax advisor.

• *Will they be liable for any outstanding expenses?* If you have developed a com-

prehensive estate plan, it's unlikely your heirs will be on the hook for any outstanding expenses, such as credit card balances or funeral costs. If you do still carry a mortgage, though, and you are planning on leaving your house to your heirs, they may want to be prepared to act quickly to sell it.

When leaving an inheritance, there's a lot involved – emotionally, financially and legally. So, do whatever you can to make the entire process as easy as possible for your loved ones. By communicating your wishes regarding the inheritance, and by considering all the issues that may arise, you can go a long way toward achieving the outcomes you desire.

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LAKE NONA INTERIORS INSIDER VOLUME THREE: CREATE A HOME THAT WORKS FOR EVERYONE

BY EDINA HOUSTON



I know how important it is to design homes that work for everyone, especially when there are kids and four-legged family members involved. Let's discuss how you can turn your home into a cozy, functional space that caters to both the little ones and the adults in the family. After all, a well-designed home should be a sanctuary for all ages!

both the little ones and the adults in the family. After all, a well-designed home should be a sanctuary for all ages!

Prioritize Safety First

Let's start with safety. When designing for kids, it's crucial to think about how they navigate their surroundings. Trust me, I have two of them and those little guys can get into everything! Secure any heavy furniture to the walls to prevent tipping – especially items like bookshelves and dressers. Look for furniture with rounded edges, coffee tables in the family room and dining tables especially. It's a small detail that can make a world of difference when that toddler is learning to walk! And remember, choosing non-toxic paint and materials is a must. It's important to create a healthy environment for your family to thrive.

Durable and Easy-to-Clean Materials

As much as we love beautiful fabrics and finishes, kids can be messy – think spills, crumbs and arts and crafts mishaps! Opt for durable materials that are easy to clean. For upholstery, consider leather or Greenguard Gold Certified Performance Fabrics that can endure a bit of wear and tear. When it comes to flooring, hardwood or tile is often a practical choice. Try to avoid wall-to-wall carpet. Opt for area rugs, look for options that are machine washable or have low maintenance.

Creating Functional Layouts

One of my favorite aspects of interior design

is creating layouts that make life easier for families. Open floor plans work wonders for fostering connection. Imagine the kids playing in the living room while you cook dinner in the kitchen – you're all together without feeling cramped! Also, try creating distinct zones for different activities – like a play area, a homework nook, and a cozy family space. This way, everyone can engage in their favorite activities without stepping on each other's toes.

Storage Solutions

Kids come with a plethora of toys, books and art supplies. To keep your home from feeling cluttered, smart storage solutions are key. Invest in accessible bins and shelves so that kids can take part in organizing their own things. Remember "The Home Edit Professional Organizers"? They made organization fun!! You can do that, too. Selecting color-coded storage can make this less of a daunting chore! And don't forget about furniture with built-in storage – like ottomans that can hold toys or beds with drawers' underneath. They're lifesavers when it comes to maintaining a tidy home!

Creativity and Play

Kids thrive when they have a space to play and express their creativity. Consider setting aside an area specifically for play – this

can be a fun playroom or even a corner of the living room adorned with art supplies and toys. A chalkboard wall can encourage endless creativity, and a cozy reading nook can spark a love for books. These elements don't just enhance their play; they cultivate imagination and growth.

Color and Decor

Let's talk about color! Kids' rooms often benefit from bright, cheerful colors that stimulate creativity. Don't shy away from letting your children participate in choosing colors or decor for their space – this fosters a sense of ownership. Meanwhile, opt for neutral and calming tones in shared areas to create a balanced atmosphere throughout your home. Remember, soft textures and inviting spaces are key to making everyone feel comfortable.

Future-Proof Your Design

Lastly, remember that children grow fast! When designing, think about how your space can adapt as your kids get older. Choose furniture and designs that can be easily updated or repurposed. Consider selecting better quality materials to ensure the longevity of your pieces. For instance, a stylish bed can last through the years, transitioning from a child's room to a cool teenager's space with minimal effort.

So, in a nutshell...

Creating a home that works for everyone isn't just about beautiful design; it's about crafting a nurturing environment that supports the needs of your family. By focusing on safety, functionality and a sense of fun, you can create a space where everyone feels at home. So, roll up your sleeves and get ready to design a space that fosters growth, creativity and connection for all the days to come! Finally, don't be afraid to ask for help if you need it. Whether it's hiring a professional interior designer or getting advice from friends and family, sometimes an outside perspective can help you see things in a new light. Professional designers and/or professional organizers can provide valuable insights and expertise to help bring your vision to life with all the above. Take your time and enjoy the process! You'll be happy you did!

About Edina Houston

Edina Houston is a professionally skilled interior designer dedicated to creating visually appealing and functional spaces tailored to her clients' needs. Specializing in creating luxurious, comfortable environments that uniquely reflect each project's individuality, Edina infuses her work with a deep passion for design and unwavering dedication to excellence. Connect with Edina on Facebook and Instagram @EDesignsAndCo



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THE WINNING FAMILY: REPARING YOU

BREAKING DYSFUNCTIONAL PATTERNS IN PARENTING

BY PASTOR RODNEY GAGE

"When I grow up and become a parent, I will never..."



How often have you found yourself saying that, only to realize you're parenting exactly the way you vowed never to? It's a common experience for parents as we often replicate the patterns we were exposed to as children. Unfortunately, there are no formal schools for parenting. Most parents confess that they didn't have ideal role models growing up. As a result, we default to what we know, unconsciously repeating the behaviors and patterns we experienced in our upbringing.

So, how do we break the cycle? How can we stop ourselves from parenting the way we said we wouldn't?

Identifying Dysfunctional Patterns

The first step to change is awareness. Many parents struggle with behaviors they know aren't ideal but feel stuck in these patterns. Here are some common signs that you're caught in a dysfunctional parenting cycle:

- Do you wonder why you find yourself yelling at your kids?
- Are you uncomfortable with encouraging your teenager?
- Do you relate to your pre-teen or teenager through teasing, even though they've asked you to stop?
- Do you feel compelled to give your teenager advice during every discussion?
- Do you find it difficult to comfort your child when they are hurting?
- Do you lecture your teenager repeatedly on the same topic (also called nagging)?

These behaviors often mirror the way our own parents handled situations despite our best efforts to do things differently.

Why Do We Fall Into These Patterns?

In my book *Why Your Kids Do What They Do*, I share how parenting behaviors are often deeply rooted in our own childhood experiences. Our responses to our children are shaped by the relationships and environments we grew up in. If we were raised by parents who were critical or distant, we might struggle with giving praise or showing affection. On the other hand, if our parents were overbearing or controlling, we might find ourselves repeating those same behaviors when our children test boundaries.

Unhealthy patterns often stem from unresolved emotional wounds. These can manifest in a variety of ways – whether it's through yelling, withdrawing or overcompensating by trying to be the "perfect parent." The key is to recognize that these patterns don't have to define your parenting.

Breaking the Cycle

To break free from dysfunctional parenting patterns, you must first take an honest look in the mirror. Acknowledge the areas where you're falling short, without judgment, and commit to change. Here are some practical steps:

1. **Recognize Your Triggers:** Pay attention to the moments when you feel yourself slipping into those unhealthy patterns. Is it during moments of stress or frustration? Becoming aware of your triggers is the first step toward changing how you respond.
2. **Reflect on Your Own Childhood:** Ask yourself how you were parented and what impact that had on you. Understanding your own emotional landscape can help you pinpoint why certain situations with your children might be especially challenging for you.
3. **Learn New Skills:** It's not enough to simply decide to stop a behavior. You must replace it with something healthier. If you tend to yell, work on developing better communication skills. If you find it hard to praise your child, practice words of affirmation daily.
4. **Apologize and Repair:** Stop bleeding on people who didn't cut you! When you fall into old patterns, don't be afraid to admit your mistakes to your child. Apologizing models humility and opens the door for repair in your relationship. This will also help you establish a more open and understanding relationship with your child.
5. **Seek Support:** Sometimes breaking generational patterns requires outside help. Whether it's coaching, counseling or support from parenting groups, don't be afraid to seek guidance. Surround yourself with positive influences who can help you stay accountable.

Transforming Dysfunction Into Strength

Breaking dysfunctional parenting patterns is not an overnight process. It requires intentionality, patience and a willingness to grow. But the reward is well worth the effort. By transforming the way you parent, you not only break the cycle for yourself, but you also provide your children with a healthier, more nurturing environment.

Whether we realize it or not, children are a reflection of their parents' emotional and relational health. When we work on ourselves, we give our children the best gift – a model of what it looks like to live with emotional resilience and relational wisdom.

So, the next time you catch yourself parenting the way you said you'd NEVER parent, take a deep breath. Remember, breaking old patterns is hard work, but it's possible. With commitment, awareness and grace for yourself, you can chart a new course and become the parent your child needs you to be.

Rodney Gage is a family coach, podcaster, 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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LAKE NONA REGIONAL CHAMBER OF COMMERCE HOSTS SUCCESSFUL "STATE OF MEDICAL CITY" EVENT SHOWCASING INNOVATION AND EXPANSION IN HEALTH AND WELLNESS

Lake Nona, FL — September 13, 2024 — The Lake Nona

Regional Chamber of Commerce hosted its highly anticipated "State of Medical City" event, attracting over 200 attendees from the medical, business, and academic communities. The event highlighted key updates and future plans from leading organizations contributing to the growth and development of Lake Nona's Medical City, a hub for health and wellness innovation.

Tavistock's Vision for the Future

Tavistock, the developer behind Medical City, shared their ambitious vision of creating a high-tech, collaborative, smart city that would foster groundbreaking advancements in health and wellness. Their vision for Lake Nona as a connected ecosystem aims to drive innovation in medical technology, research, and patient care.

AdventHealth's New Hospital

AdventHealth provided a major update on the construction of their state-of-the-art hospital, which promises to bring cutting-edge healthcare services to the Lake Nona community. The facility is set to deliver world-class patient care, utilizing the latest medical technologies and providing a welcoming environment designed to enhance the patient experience.

UCF Lake Nona Hospital's Technology-Driven Care

UCF Lake Nona Hospital discussed how they are leveraging AI and other technological advancements to improve patient outcomes. Their focus on bringing patient care back to the bedside is a testament to their commitment to blending compassionate care with cutting-edge innovation.

Orlando Health's Panel on Equity in Healthcare

Orlando Health provided an update on their latest initiatives and led a powerful panel discussion on Equity in Healthcare. The discussion addressed the ongoing need to reduce disparities in care and highlighted strategies to ensure that health services are accessible to all members of the community.

Nemours Children's Hospital Welcomes Dr. Myron Rolle

Nemours Children's Hospital shared exciting updates and announced that Dr. Myron Rolle, renowned pediatric neurosurgeon, will be joining their team. Dr. Rolle's expertise is expected to enhance the hospital's already world-class pediatric care offerings, bringing new possibilities to the children of Central Florida.

Orlando VA Healthcare System's Commitment to Veterans

The Orlando VA Healthcare System, the busiest VA hospital in the country, reaffirmed its commitment to providing top-notch care for veterans. They discussed new efforts to expand services, particularly in mental health, as they continue to innovate in delivering healthcare to the nation's heroes.

University of Florida's Cutting-Edge Research

The University of Florida shared key updates on several critical medical research projects being conducted in Lake Nona. Their work aims to unlock new treatments and technologies that will further enhance the capabilities of Medical City as a global leader in healthcare innovation.

University of Central Florida's College of Nursing Expansion

The University of Central Florida shared updates on its new College of Nursing and other academic programs within Medical City. This expansion is set to address the critical shortage of healthcare providers, particularly nurses, ensuring that the growing needs of the community are met.

The "State of Medical City" event not only provided a platform to showcase these transformative initiatives but also reinforced Lake Nona's position as a thriving hub for medical innovation. The Lake Nona Regional Chamber of Commerce looks forward to continuing its work with these organizations to shape the future of healthcare in the region.

For more information, please contact:
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PHOTO GALLERY



Tony Jenkins, Florida Blue Market President, Central Florida Region speaks at the State of Medical City.



Juan Santos, SVP of Innovation, Tavistock speaks at the State of Medical City.



Doug Harcombe, CEO AdventHealth Central Florida South Market/ AdventHealth Lake Nona speaks at the State of Medical City.



Dr. Deborah German, Dean of the University of Central Florida College of Medicine speaks at the State of Medical City.



Wendy H. Brandon, CEO, UCF Lake Nona Hospital speaks at the State of Medical City.



Martha McGill, MBA, MHA, President, Central Florida Region at Nemours Children's Health speaks at State of Medical City.



Dr. Lisa L. Zacher, M.D., MACP, is Chief of Staff for the Orlando VA Medical Center speaks at State of Medical City.



Brian Wetzel, Vice President of Orlando Health and President of Orlando Health St. Cloud Hospital speaks at State of Medical City.



Dr. Myriam Garzon, Chief Well-Being Officer, Orlando VA Healthcare System speaks on a panel about understanding equity in healthcare at State of Medical City.



Kristine Ford MSN, RN, CEN, TNCC, Senior Nurse Manager, AdventHealth Lake Nona | Emergency Department, Chair of the LNRCC Health Committee, emcees the State of Medical City event.



Dr. Myron Rolle, Pediatric Neurosurgeon, Chairman and Founder of the Caribbean Neurosurgery Foundation speaks on a panel about understanding equity in healthcare at State of Medical City.



Members of the Lake Nona Regional Chamber's Health Committee who planned the State of Medical City Event. L to R – Viviana Figueroa, Alexandra Vazquez, Kayla De La Rosa, Alex Areces, Kristine Ford, Candy Cole, Gina Willman, Emma Williams-Laws, Jean Shawgo, Cheyenne Drafke, Prince Rountree, Habel Gazi.

WHAT WILL WE DO WITH ALL OF OUR FREE TIME?

BY HELENE CAVALLO



Are you nearing retirement age and wondering how you will constructively fill your time? Many of us cannot wait for retirement to do all the things we always wanted to do but were tied down working full-time. However, there are others who believe they have to continue working for more than financial reasons. I have heard people say they are ter-

rified of the thought of retirement, or they do retire and then go back to working because they are bored or depressed. Retirement should be a time for us to enjoy life as much as possible, depending upon our health and financial situations, of course. After many years of having to adhere to the schedules and rules of others, I think we deserve it! I have put together suggestions of rewarding activities, many of which are very affordable.

VOLUNTEERING: Many volunteer opportunities can be found in your local newspaper or online to help adults, children or animals in need. Animal shelters are always in need of volunteers. Also, if you love to travel and have the means to do so, there are many diverse volunteer opportunities abroad, such as community outreach, childcare, teaching English, basic education, medical aid, helping rescued animals, conservation, and many more. Some of these opportunities are geared toward seniors.

TRAVEL FOR PLEASURE: As a lover of travel and adventure, I have found a way to lessen the expenses of airfare and hotels. There are credit or charge cards that give back points for mileage for travel. In order to avoid interest charges, the statement balance should be paid every month. Some airlines have their own cards that give very good travel rewards.

GARDENING: Creating a garden or working in your garden can be very enjoyable. A butterfly garden is especially rewarding. It's so beautiful seeing all the different colorful butterflies and other pollinators reaping the rewards of our efforts. There are many host and nectar plants to be found but be sure to shop at pesticide-free nurseries for your pollinator-friendly plants. Also, make sure you wear plenty of sun protection and plan to be outside when the sun is not at its most powerful.

JOIN A GYM: A vital part of staying in good shape and mobile as you age is to stay active. Several Medicare plans provide a free gym membership to its members. Aside from using weights and cardio machines to keep us in good shape with strong bones, gyms have many classes, such as Zumba, other fun dance classes, yoga, tai chi, etc.

TAKE A CREATIVE CLASS: Painting, sculpture, glass blowing, mosaic, ballroom dance classes or something else that may interest you, such as learning to play a musical instrument. Many of us have unrealized talents!

CREATE USING ONLINE TUTORIALS: You can teach yourself how to make jewelry, scrapbooks or family histories with photos at no charge to you except for supplies of course.

TRY OUT SOME NEW AND CHALLENGING RECIPES: Maybe you enjoy cooking but were unable to spend a lot of time doing it since there were so many chores to get done on the weeknights and weekends while you were working. Also, baking can be a lot of fun and so rewarding (albeit a bit risky if you want to keep your weight down).

WRITING: Do you have interesting things to say or memoirs to write about your former career or travel you have done? Now is the time to do it.

JOIN A MEETUP: Check on Meetup.com, where there are a myriad of groups for many different interests and age groups. You can probably find several groups either in your area or within a manageable driving distance. Many are just social groups where people get together to do different activities, such as games, movies, shows, restaurants, etc. Many friendships have been forged through Meetup. You can never have too many friends, and you will never lack a companion to see a show or maybe even take a trip with, especially for those of us who are single.

SPEND TIME WITH FAMILY: This can be a time to reunite with family, both immediate and extended.

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PART-TIME JOB: Maybe you enjoyed the social aspect of having a job. You can always get a part-time job where you can interact with people every day but still have flexibility and time to spend on other activities or just relaxing.

The key to staying happy and healthy is to stay active, spend time with friends and family or your furry friend(s) so that you are never lonely or feel like you no longer have a purpose in life.

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Helene Cavallo grew up in Brooklyn, New York, the oldest of four children, and moved to Florida in 1997. She currently resides in Clermont, Florida, and recently retired from her full-time job of many years as a legal assistant/paralegal. Her dream has always been to be surrounded by animals which she has fulfilled by becoming a dog sitter in 2017 until the current time. She has always enjoyed expressing herself through writing and has fulfilled this wish by being fortunate enough to have some of her articles and stories published by local newspapers. Her hope is that readers will enjoy reading her writings as much as she enjoys writing them.



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NONA YOUR NEIGHBOR: AMANDA BURKE

BY KAYLA MARRERO
PHOTOS COURTESY OF AMANDA BURKE



Nonahood News: What is your job?

Amanda Burke: I am the owner of Mandi Poppins Pet Care. We are a local pet sitting and dog walking company here in Lake Nona. We also offer what's called "house sitting services." We are really just that extra piece of mind for people.

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

AB: I am usually on call 24/7. My day consists of having my own visits, being a support to the other sitters, and working on scheduling. And my main job is meetings with new clients. I am a heavily involved sitter, so I do a lot of visits. I immerse myself that way, so I always know we are doing our best. We have a variety of animals from dogs, cats, hamsters, guinea pigs, chinchillas and lizards. We have taken care of herds of chickens. We have done anything from a teeny tiny turtle to a huge tortoise that lives in the backyard. And we take care of lots of birds, too. Even those that don't have animals but are traveling for the summer can hire us to stop by, check on the home, and take care of lights.

NHN: What is the most challenging aspect of your job?

AB: Well, I am a perfectionist. I am always making sure everything is running to my standard. I hold myself higher than anyone probably should. What is never fun is accidents. And with what we do it is not something we can really control. Let us say, for example, one of their dogs has had a sick

stomach for a week. It is those little things that come out of nowhere. In the mornings, we will show up and there's a mess all over the place.

NHN: What is the most rewarding aspect of your job?

AB: It is putting peace of mind into our clients' heads, knowing their babies are being loved and cared for like they are our own. Because they really truly are. I will never forget when I first started this business. I was struggling so much to find somebody I could trust to take care of my cats. And I just thought, "People must have a hard time with this."

NHN: What got you interested in working in Lake Nona?

AB: I wanted to be closer to some friends in the area. My significant other at the time had lived here previously and said, "It's a cool area." We figured out our niche, and it has been amazing to see this place grow. But the Lake Nona area has just been exploding, it is absolutely insane.

NHN: Do you have any hobbies or interests?

AB: I am a huge foodie. I love watching all the food shows. I am a huge fan of Gordon Ramsey. I always say I am "Gordon taught." Cooking is definitely one of my passions. I am also a huge fan of knitting. Something to keep my brain busy. But more than anything I am such a homebody, I just love being with my babies. Listening to music and cooking is literally the best thing I could do.

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

AB: Doing the same thing, except thriving and being better. It is really cool to see where we are now and where we can be. We have done Pet Palooza in Laureate Park for the



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past four years, and we have been growing. In the next five years, we will probably have double the staff and even more homes that we service in the Nona area.

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

AB: I am from a little town called Oxford, Michigan. I got a new job working in market research, and I was bored. I saddled up and moved down to Florida. I have been in Lake Nona since 2019. Lake Nona has been the place I have landed, and I am so thankful. And you cannot do this business everywhere. Safety is big, and I make sure my sitters are always safe, have an awareness of their surroundings, and have protection on them.

Because a lot of us are young girls, and we have to be careful about that. And I am so thankful we have a safe place like Lake Nona to do our business.

NHN: What would you say to anyone moving to Lake Nona?

AB: I would say you are moving to one of the best up-and-coming places that is going to provide you with so much value. In such a thriving place, there are so many good options. And we are getting a Target, it is getting better and better.

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

EMBRACE THE SPOOK: A GUIDE TO A PERFECT HALLOWEEN

This beloved holiday, celebrated on October 31st, is a time for creativity, community, and a little bit of fright. Whether you're a seasoned trick-or-treater or hosting your first Halloween party, here are some tips and ideas to make your Halloween unforgettable.

The History of Halloween

Halloween traces its origins back to the ancient Celtic festival of Samhain, where people believed that the boundary between the living and the dead was blurred. Celts lit bonfires and wore costumes to ward off wandering spirits. Over the centuries, Halloween evolved, influenced by various cultures and traditions, eventually becoming the fun and festive celebration we know today.

Costume Creativity

One of the highlights of Halloween is the chance to dress up. From classic ghosts and goblins to trending characters from movies and pop culture, the options are endless.

Here are a few costume ideas to get your creativity flowing:

1. **Classic Characters:** Think witches, vampires, and skeletons.
2. **Pop Culture Icons:** Dress up as your favorite movie or TV show character.
3. **DIY Costumes:** Use household items to create unique outfits—like a "cereal killer" with empty cereal boxes and fake knives.
4. **Group Themes:** Coordinate with friends or family to create a themed group costume, like superheroes or fairy tale characters.

Spooktacular Decorations

Transforming your space into a haunted haven is part of the fun. Here are some decoration ideas:

- **Pumpkins:** Carve jack-o'-lanterns with creative designs or paint them for a less messy option.
- **Spooky Lighting:** Use colored lights, candles, or string lights to create an eerie atmosphere.
- **Cobwebs and Ghosts:** Drape fake spider webs and hang ghost decorations around your home.
- **Graveyard Scene:** Set up tombstones in your yard for a haunting effect.

Treats and Eats

No Halloween celebration is complete without delicious treats. Here are some spooky snack ideas:

- **Pumpkin Spice Treats:** Bake pumpkin cookies or cupcakes with cream cheese frosting.
- **Witch's Brew:** Serve a punch with floating "eyeballs" (lychee fruit with blueberries).
- **Monster Fingers:** Make hot dogs or sausage rolls and decorate them to look like creepy fingers.

Fun Activities

Keep the Halloween spirit alive with these engaging activities:

- **Haunted House:** Create a spooky walk-through at home or visit a local haunted attraction.
- **Pumpkin Carving Contest:** Host a friendly competition with friends or family.
- **Halloween Movie Marathon:** Gather your favorite horror films or family-friendly Halloween classics.
- **Trick-or-Treating:** Whether you're going door-to-door or hosting a neighborhood event, make sure to have plenty of candy on hand!

Safety Tips

While Halloween is all about fun, safety should be a priority:

- **Costume Safety:** Ensure costumes are visible at night and free of any tripping hazards.
- **Treat Safety:** Check candy for tampering before consuming, especially if it's from unfamiliar sources.
- **Street Safety:** Encourage children to walk in groups and follow pedestrian rules.

Halloween is a time for imagination and community spirit. Whether you're dressing up, decorating, or indulging in festive treats, the key is to enjoy the spooky season with friends and family. So, gather your ghouls, unleash your creativity, and get ready for a hauntingly good time! Happy Halloween!



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NONA. LIFE. STYLE: STYLE SWAPS FOR YOUR MILLENNIAL MAKEOVER

BY MARISSA BURNS



If you feel like high school was yesterday, but your daily pill case and assorted eye creams tell a different story, then lean in close this month, my friend. We're tackling the age-old problem of... well... age. Living in a community that celebrates health, vitality, and youth, it's only fitting that we explore how to refresh our wardrobe to keep up. (As someone currently enjoying my sixth year of being 30, I've got you covered!) So here is the skinny on how to keep those skinny jeans from aging you. Let's break down some simple but impactful wardrobe swaps that will help give your millennial styles a fresh, on-trend makeover for fall and winter.

SWAP: Leggings and Oversized Sweater for Trousers and Fitted Top

This swap offers all the comfort you love but with a more elevated, chic feel. Instead of the casual leggings-and-baggy-sweater combo, opt for wide-leg trousers paired with a fitted top. This change in

proportions—from slim on the bottom and oversized on top to voluminous trousers with a tailored top—instantly updates your look. Wide-leg trousers add sophistication while remaining comfortable and easy to wear. Choose figure-flattering, darker colors like black or navy. Pair them with a bodysuit or a slim-cut top to balance the silhouette of the pants.

SWAP: Skinny Jeans for Straight-Leg Denim

The reign of the skinny jean is over (for now), and wide-leg or straight-leg jeans are the new must-haves. The relaxed fit is not only more fashion-forward but offers comfort, especially in Florida's warm fall. Tuck in a fitted, ribbed top for a clean look, or throw on a cropped jacket to balance the proportions. For a polished finish, pair them with loafers or edgy ballet flats. (I know, I know, girlfriend, this can be a hard transition.) If you're not quite ready to part with your skinny jeans, try easing into the trend with a slim-straight style. Or if the relaxed fit just isn't your thing, opt for a denim skirt! Jean skirts are making a big comeback and offer a versatile alternative that still keeps you on trend. Choose a style with a longer hemline with slits in the front or back to keep it from overwhelming your frame.

SWAP: Graphic Tees for Fitted Knit or Ribbed Tops

Fitted knits are versatile and feel more polished than a basic cotton tee. Ribbed textures and sleeveless knits are huge for fall 2024. These tops look great tucked into high-waisted trousers or denim. You can also layer them under a blazer or denim jacket for cooler evenings. Stick with neutral colors, solids, or subtle stripes.

SWAP: Statement Earrings for Classic Earrings

While leather (and feather) earrings had their moment, current earring styles embrace a more refined, timeless look. Swapping these bold statement pieces for sophisticated hoop earrings, especially in mixed metals, is an effortless way to modernize your look. Hoops, whether sleek and minimal or textured and oversized, are universally flattering and versatile. Don't be afraid to experiment by mixing gold and silver for a fresh, fashion-forward look.

SWAP: Skinny Belts for Trendy Chains

Skinny belts may have been a go-to accessory years ago, but this fall, it's time to swap them for something with more impact—chain belts. Chain belts are not only trendy but also versatile, adding a touch of edge and elegance to any outfit. Whether worn with jeans, trousers, or dresses, they instantly elevate your look, drawing attention to the waist and creating a flattering silhouette. This season, opt for belts that have texture or metallic detailing and don't shy away from experimenting with gold or silver chains. These trendy belts bring a hint of glam and can be layered over blazers, oversized shirts, or even outerwear for a polished, up-to-date finish.

SWAP: Oversized Totes for Ladylike Purses

If you've been holding on to oversized, slouchy totes or bulky handbags, it might be time for an upgrade. While functional, these older styles can feel dated and weigh down an otherwise stylish outfit. This fall, opt for structured top-handle bags or sleek crossbodies, which are not only more on-trend but also bring an air of sophistication to your look. Look for minimalist designs or ones adorned with chic charms to add personality. A smaller, structured bag instantly updates and adds polish to any look.

See friends, way cheaper than Botox and fillers. (Bonus: you can still move your face!) I hope these quick swaps leave you feeling fabulous as you rewind the clock through your closet. Because let's be real, why grow up when you can just glow up?



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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CONQUER OVERTHINKING WITH ONE SIMPLE QUESTION!

BY DR. LINDA TRAVELUTE, FOUNDER, MAXIMIZED LEADERS



Here's a hack that will help you and your team when you get stuck in "what if" scenarios and paralyzed by future problems that haven't even happened yet.

Sound familiar? It's anxiety creeping in – stealing our ability to make decisions right here, right now. But what if I told you there's a simple shift you can make to flip the script?

Next time you or your team starts spiraling into "What if this happens?" or "What if we fail?" – try asking this one powerful question: "What would make the problem better?"

That's it. Simple, right? But here's the magic. By prompting yourself and others to focus on what can be done "right now," you pull everyone out of future fears and bring the conversation back to the present, where control lives. It's like giving your mind permission to stop panicking and start problem-solving.

Why It Works

When you shift focus from the future to the present, you're not just calming down the noise in your head – you're giving yourself and your team the chance to do something.

Anxiety thrives on uncertainty, but action kills anxiety. It helps your team feel like they have control over their next steps, which fuels productivity and, ultimately, leads to solutions.

When Nike Focused on Solutions Instead of Fear

Take Nike for example. In 2020, like many companies, they faced a massive challenge when the global pandemic shut down stores and disrupted supply chains.

The uncertainty about the future could have paralyzed the leadership team. But instead of obsessing over what might happen if things didn't improve, CEO John Donahoe and his team shifted their focus. They asked, "What can we do right now to make things better?"

Their answer? They doubled down on digital. Nike accelerated its online presence, rethought supply chain logistics, and even started virtual workout classes to keep their customer base engaged.

Their strategy paid off – according to Thomasnet and Digital Commerce 360, Nike's digital sales skyrocketed by 75% in the fourth quarter of 2020, even as overall revenue suffered a hit due to store closures. By focusing on what they could control in the moment, Nike not only survived but thrived in an unpredictable environment

3 Big Takeaways for Leaders:

- 1. Present Action = Control:** When you ground your team in present-day solutions, they immediately feel more empowered.
- 2. Break the Overthinking Cycle:** Asking "What would make the problem better?" stops the brain from running away into worst-case scenarios.
- 3. Small Wins Build Momentum:** Focusing on what can be done today leads to small victories, which snowball into bigger successes.

Reflective Questions for You & Your Team:

- When was the last time you or your team got stuck in a future-focused loop of anxiety? What was the outcome?
- How can you implement the "What would make the problem better?" question in your daily leadership practice?
- What small action could you take today that would improve a current challenge you're facing?

Next Steps for Yourself and Your Team:

Start using this strategy during your next meeting. When someone brings up a potential problem or starts spinning out on future fears, stop the conversation. Literally pause, take a breath, and ask, "What would make this better right now?"

Notice how the conversation changes. You'll see how solutions suddenly feel more possible, less daunting. Use this question as a tool to create a culture of action within your team. Over time, you'll train your team to think differently – to act in the present instead of being paralyzed by the future.

Just like Nike, your team can focus on what they can control in the moment, leading to progress, no matter how small. And small steps taken today can lead to major wins tomorrow.



BEST FRIENDS IN THE NONAHOOD: FROM HORSE HOOVES TO POOCH PAWS

BY PATTY REBER
PHOTOS COURTESY OF MCKENZIE PACK

Once you set your eyes on Bourbon, a gigantic harlequin Great Dane with floppy ears, unique markings, and loose skin flowing down his legs into creases, you will instantly fall in love! Bourbon became a one-year-old charmer in August of this year.

Bourbon's Paw-Rent, McKenzie Pack, is a powerhouse who has been riding horses since she was four years old. She started training horses when she was 13. Her first horse was a five-year-old thoroughbred, and the horse taught McKenzie the importance of patience in establishing control.

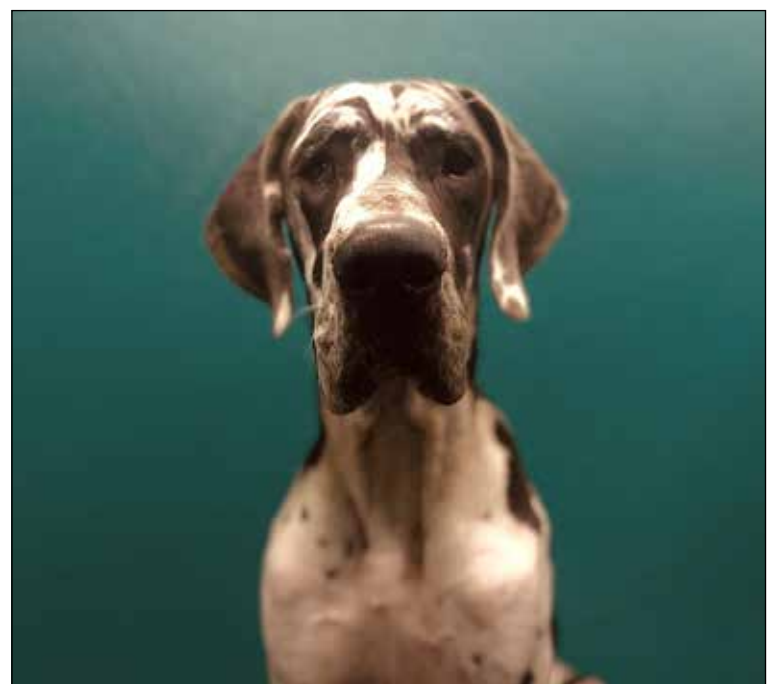
Now McKenzie trains dogs, and patience, as it turns out, is the key ingredient required in her current position of dog instructor. Anyone who has attempted to train their own dog can understand that!

McKenzie started working at Pet Paradise, where she became a certified dog trainer. Her first pupil was her own Bourbon, and she has taught Bourbon well. He walks with grace and confidence. When McKenzie asks Bourbon to sit, he bows forward, which is surely a part of his charm.

McKenzie applies the training skills she has learned with horses and with Bourbon as well as her formal training at Pet Paradise to help many dog owners achieve better control of and relationships with their dogs. She has achieved a notable reputation for her kind yet firm instruction.

You may notice McKenzie on a nightly bike ride with Bourbon. "His trot reminds me of a camel," McKenzie says. McKenzie and Bourbon have added Shade, a beautiful black German Shepherd, to their home. Shade serves as McKenzie's personal service dog.

McKenzie didn't stray far from horses, however. The only difference is these big canine boys just get to live indoors with her.



SAVOR TOOTH TIGER: SPICED PUMPKIN LOAF

BY ALLYSON VAN LENTEN
PHOTO COURTESY OF ALLYSON VAN LENTEN

I am an autumn person. I happily shed the dog days of summer and enthusiastically reach for fall. Pumpkin spice fills the air, flavors our lattes, and, in this case, the most delicious treat, spiced pumpkin loaf. This recipe is just like Starbucks' pumpkin loaf, without the high prices and long lines. Who needs Starbucks when you can make it better, cheaper and healthier at home? Plus, your home will smell like an autumnal utopia.

When did we all get so obsessed with pumpkin spice? In 2003, Starbucks first formulated its Pumpkin Spice Latte (PSL) in the "Liquid Lab" of Starbucks headquarters. Wouldn't you like to visit that lab? After spitballing ideas and debating between names (It was almost called the Fall Harvest Latte), the Pumpkin Spice Latte made its grand debut...without any pumpkin. Originally, the PSL contained the spices used in pumpkin pie, not pumpkin purée. Eventually, Starbucks did change to formula to contain actual pumpkin, and it remains in the secret recipe to this day. Spices have been a major luxury product for centuries. Spices like nutmeg, ginger, cinnamon and cloves traveled along the Silk Road, building empires and creating demand for their flavor. I often wonder what medieval Europeans would make of our well-stocked spice cabinets. Probably pure jealousy.

Believe me when I say that this is so simple that a child could make it. My 5-year-old enjoyed baking (and eating) this recipe. There are no complicated steps, it's as simple as mixing the wet ingredients together and the dry ingredients. No need to portion out muffins – although you could certainly do that if you desire – the loaf pan does all the work. After an hour and 15 minutes in the oven, you have an anytime treat. We like it for breakfast or an afterschool snack. Simply allow the loaf to cool, then invert the loaf from the pan and serve. I store this pumpkin loaf in an airtight container and make slices as I go. It is also fantastic toasted with a little salted butter and honey.

Spiced Pumpkin Loaf (8-10 Slices)

Ingredients:

- 1 can pumpkin purée
- 2 eggs
- 1/2 cup oil (canola oil, avocado oil, coconut oil, olive oil or melted butter)
- 1 cup granulated sugar
- 1/2 cup brown sugar
- 1 1/2 cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 teaspoons pumpkin pie spice
- OR 1 teaspoon cinnamon, 1 teaspoon ground ginger, 1/2 teaspoon ground cloves, 1/2 teaspoon ground nutmeg
- A sprinkle of pumpkin seeds on top (optional)



Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix the pumpkin, eggs, oil, sugar and brown sugar in a stand mixer with a paddle attachment or in a bowl with a whisk for a few minutes until well combined.
3. In another bowl, mix the flour, salt, baking soda and spices together very well.
4. Add the dry ingredients to the wet ingredients and mix slowly until just barely combined. Use a spatula to scrape down the sides of the bowl until everything is smooth but not overly mixed.
5. Grease a 9x5-inch loaf pan and dust with flour. Pour batter into the loaf pan. If using pumpkin seeds on top, sprinkle on top before baking. Bake for 1 hour and 15 minutes. Check for doneness after 1 hour by inserting a toothpick in the center. It is done when the toothpick comes out clean. Let the pumpkin loaf rest in the pan for 10 minutes. Invert the pan over your hand and remove the loaf. Allow to cool before slicing. Store in an airtight container.

INDIGENOUS PEOPLES' DAY: A CELEBRATION OF HERITAGE AND RESILIENCE

Every year on the second Monday of October, communities across the United States and beyond celebrate Indigenous Peoples' Day. This day serves as a powerful reminder of the rich history, culture, and contributions of Indigenous peoples, while also acknowledging the historical injustices they have faced.

Indigenous Peoples' Day was established as an alternative to Columbus Day, which has been celebrated in the U.S. since the late 19th century. While Columbus Day honors Christopher Columbus's arrival in the Americas in 1492, it often overlooks the impact of European colonization on Indigenous communities. For many Indigenous peoples, this period marked the beginning of centuries of displacement, violence, and cultural erasure.

In the 1970s, activists began advocating for a day that recognized Indigenous histories and cultures instead of glorifying colonialism. In 1990, the first Indigenous Peoples Day was declared in Berkeley, California. Since then, more than 130 cities and several states have adopted the day, recognizing the need for a more accurate representation of history.

Celebrating Culture and Resilience

Indigenous Peoples Day is not just about remembrance; it's a celebration of Indigenous cultures and their ongoing resilience. Events typically include:

- **Cultural Festivals:** Many communities host festivals that feature traditional music, dance, art, and storytelling. These events offer a platform for Indigenous artists and performers to share their heritage.
- **Educational Activities:** Workshops, lec-

tures, and panel discussions provide opportunities for education about Indigenous history, rights, and contemporary issues. Schools often participate by incorporating Indigenous perspectives into their curricula.

- **Community Engagement:** Many local organizations and tribal nations encourage community members to engage with Indigenous leaders and participate in discussions about land, sovereignty, and cultural preservation.

Acknowledging the Past and Looking Forward

Indigenous Peoples Day also serves as a call to action. It emphasizes the importance of recognizing the ongoing struggles faced by Indigenous communities, including land

rights, environmental justice, and cultural preservation. Many activists advocate for the inclusion of Indigenous perspectives in decision-making processes, particularly regarding natural resource management and education.

How to Get Involved

If you're interested in participating in Indigenous Peoples Day, here are some ways to engage:

1. **Attend Local Events:** Look for celebrations, festivals, and educational programs in your area.
2. **Support Indigenous Artists:** Seek out Indigenous artists, authors, and businesses to support their work and amplify their voices.
3. **Educate Yourself and Others:** Read

books, watch documentaries, and engage with resources that highlight Indigenous histories and cultures.

4. **Advocate for Change:** Support policies and initiatives that promote Indigenous rights and sovereignty. Engage with local Indigenous communities to learn how you can help.

Indigenous Peoples' Day is more than just an alternative to Columbus Day; it's a vital opportunity to recognize and honor the rich tapestry of Indigenous cultures, histories, and contributions. As we celebrate, let us also reflect on the ongoing journey toward reconciliation and justice, acknowledging that understanding and respect for Indigenous peoples are crucial for building a more equitable future for all.





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