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"ANTHOLOGY: ELEMENTAL"



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ORLANDO STUDENT EARNS SIXTH PLACE AT SCIENCE EVENT WITH MORE THAN 2,000 COMPETITORS

BY ORLANDO SCIENCE SCHOOLS
PHOTOS COURTESY OF ORLANDO SCIENCE SCHOOLS

An Orlando Science Schools student who attended a national STEM event alongside 2,000 competitors placed in the top 10! Maram put her skills to the test at the Science Olympiad National Tournament in Nebraska. Maram B.N. competed alongside her teammates at the Science Olympiad National Tournament, which was held in Nebraska in May, and scored sixth place in an event that challenged participants to build a miniature helicopter using rubber bands. The OSS group earned 29th place overall at the prestigious event.



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CITY OF ORLANDO CELEBRATES 150TH ANNIVERSARY WITH A TIMELY PHOTOGRAPHY EXHIBITION AT CITY HALL

BY CITY OF ORLANDO
PHOTOS COURTESY OF CITY OF ORLANDO

In celebration of Orlando's 150th anniversary, the City of Orlando invites the public to a special ribbon-cutting and opening reception for the new art exhibition, *"The Changing Face of Orlando: A Sesquicentennial Celebration,"* on Wednesday, July 9, 2025, from 5:30 to 7:30 p.m. at the Terrace Gallery at Orlando City Hall.

Presented by T.G. Lee Dairy and sponsored

by the Orange County Regional History Center, this unique exhibition offers a striking visual journey through time, pairing 12 historic photographs of Orlando with modern-day recreations that spotlight the city's evolution over the last 150 years.

From bustling street corners to quiet neighborhood landmarks, the photos highlight each of Orlando's six city districts through the lenses of celebrated local photographers and artists John Baker, Peterson Guerrier, Jim Hobart, Steven Madow, Walter Phuego, and Kayla Smith.

"The Changing Face of Orlando: A Sesquicentennial Celebration" bridges the past and present, honoring the city's rich cultural heritage while celebrating the people and places shaping its future.

The exhibition will remain on view through August 31, 2025, in the Terrace Gallery at Orlando City Hall, 400 South Orange Avenue.



LOCAL BATON TWIRLING TEAM REPRESENTING USA IN WORLD CHAMPIONSHIPS



BY PENELOPE ABREU, MCKENZIE COOKE AND LYNETTE STARKEY
PHOTOS COURTESY OF MCKENZIE COOKE

Last summer, Twirl Florida competed at the United States National Baton Twirling Championships in Fairborn, Ohio, where they earned the opportunity to represent the USA in multiple events at the 2025 International Baton Twirling Federation (IBTF) World Championships in Torino, Italy. Twirlers from studios across Florida joined forces with Lake Nona's local baton twirling team, the Sundancers, to create a team of 27 girls to compete as "Twirl Florida": Epic Twirl (Lake County), M&M Sweeties (Port St. Lucie), Rhapsody (St. Cloud) and Solid Gold (Palm Beach). This will be the group's second time competing in the World Championships. They previously traveled to Liverpool, England, in August 2023, earning a silver medal in ShowTwirl with Accessories Corps. Afterward, coaches Lynette Starkey of the

Sundancers and Cheri Howard of Epic Twirl invited additional athletes from around the state to participate in the 2025 World Championships. Additionally, they added Tessah Ceballos and Jordan Steele to the Twirl Florida Staff.

Bringing twirlers from all over the state has its challenges, from travel expenses to coordinating 27 athletes – it is no small task. They have met monthly throughout the year for all-day practices and will meet throughout the summer to perfect their routines.

In the 2025 World Championships, Twirl Florida will be competing in four events, including corps in youth, junior and senior divisions. A corps event consists of a team of 10 or more twirlers performing a routine incorporating elements of dance, gymnastics, multiple batons and props in order to tell a story.

One of the Sundancer athletes, Julia McFadden (Lake Nona HS Class of 2021), also qualified to compete in an individual event at the World Championships in Torino, Italy: Nations Cup Adult 2-Baton. Julia is currently attending Florida Polytechnic University, pursuing a degree in Mechanical Engineering.

The Sundancers and Twirl Florida will be attending the 2025 U.S. National Baton Twirling Championships in Daytona Beach from July 7-11. Here, they will compete in their four corps events and receive their final feedback before competing in the World Championships. Additionally, they will compete in other team and individual events.

None of this would be possible without the support of the athletes' parents. They've spent the year building props, figuring out travel logistics, and hosting fundraisers for costumes, props and travel expenses.

Their success has been tremendous. In order to prepare for Nationals and the World Championships this summer, the Sundancers and their Twirl Florida teammates will undergo rigorous training, practicing from 9 a.m.-5 p.m. Monday through Friday in the weeks leading up to the competitions. It's not all work, no play for these girls because, on June 2-4, Twirl Florida had a big sleepaway summer camp at The Big House in Tavares, Florida. In addition to the usual training, this camp was full of fun, games, learning new skills and twirling fire batons!

The Sundancers will be hosting day camps this summer, open to anyone who is interested – no experience required. For more information, inquiries or to donate to Team USA, visit www.sundancerstwirers.com or email sdtwirers@gmail.com.

Follow along our journey this summer on Facebook: Sundancers Baton and Dance, Twirl Florida, and Instagram: @SundancersTwirlers, @TwirlFlorida.





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THE WINNING FAMILY: MAKE THIS SUMMER COUNT

BY RODNEY GAGE



Summer is here – and with it comes a golden opportunity that slips away far too quickly: time with your kids. As parents, we only get **18 summers**. That’s it. Eighteen windows to create memories, build trust, and shape the hearts of our children.

But something is quietly stealing that time – and it glows from the palm of their hands.

Between smartphones, video games and social media, more

kids are spending their summer in front of a screen instead of engaged in real life. According to the **American Academy of Pediatrics**, kids ages 8 to 18 now spend an average of **7.5 hours a day** on entertainment media – that’s more time than they spend sleeping.

And the impact is serious. Research links excessive screen time to **higher rates of anxiety, depression, poor sleep and even obesity** in children and teens.

But there’s good news: You don’t have to settle for a summer of silence and screens. With a little intentionality, this can be the season your family reconnects, grows stronger, and rediscovers what matters most.

Here are **five research-backed, real-life steps** to help you take back your summer:

1. Set Tech Boundaries – and Stick to Them

Kids need structure – even if they push against it. One of the best gifts you can give them is *healthy limits*. Set screen-free times during meals, outings and before bed. The **National Sleep Foundation** warns that using screens an hour before bedtime can delay sleep and reduce quality rest.

Try a “No Tech Tuesday,” create daily curfews, or establish offline hours. Use built-in controls like Apple’s Screen Time or Google Family Link to help reinforce boundaries.

They may push back – but one day, they’ll thank you for protecting their time, minds and memories.

2. Replace Screen Time With Real Time

Kids don’t just need less screen time – they need more meaning-filled time.

A study in the **Journal of Child Development** found that shared parent-child activities – like playing, exploring or creating – boost emotional health, brain development and even academic performance.

Create a family “Summer Bucket List” that includes beach days, game nights, hikes or service projects. Don’t aim for perfect – aim for being *present*. When you engage in life together, you give them something better than entertainment. You give them you.

3. Make Mealtimes Sacred

Want an easy way to improve your child’s grades, confidence and well-being? Eat dinner together.

Harvard researchers found that regular family meals lead to better self-esteem, stronger academics and healthier eating habits. In fact, family dinners are a stronger predictor of success than even time spent on homework.

So turn off the TV. Put phones in a basket. Ask questions like, “What made you laugh today?” or “What are you thankful for this week?” Make the dinner table a screen-free zone – and a safe place for meaningful conversation.

4. Lead by Example

If we want our kids to unplug, *we need to show them how*.

A **2018 Common Sense Media** study revealed that nearly half of parents admit to struggling with their own screen use – and kids are paying attention. They’re far more likely to self-regulate when they see you doing the same.

Read a book. Go for a walk. Be fully present at meals. Let them catch you living offline. *Your example will shape their habits far more than your rules*.

5. Speak Into Their Soul

This isn’t just a screen-time issue – it’s a heart-time opportunity. What if this summer were about more than unplugging? What if it became the season you spoke life into your child?

Clinical psychologist Dr. Lisa Damour notes that today’s teens are overwhelmed by digital comparison and cultural



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anxiety. They don’t just need entertainment – they need anchoring.

Use this time to speak truth and identity over them. Remind them they are loved, valuable, capable and created for a purpose. Teach them to connect with God and find their worth beyond likes, followers or filters.

The Bottom Line:

You only get 18 summers with your kids. Don’t let screens, social media or video games rob you of the moments that matter most.

This summer doesn’t have to be screen-free. It just needs to be *intentional*.

Choose *time* over tech. *Presence* over pixels. *Faith* over filters.

Because at the end of the day, your kids won’t remember the TikToks they watched...but they will remember the time you spent – *just being with them*.

Rodney Gage is a family mentor, author of The Winning Family: 5 Essential Shifts Every parent Needs to Win At Home, and founding pastor of ReThink Life Church in Lake Nona.
For more resources to build a stronger home, check out thewinningfamily.com and rethinklife.com.



THE ARTIST: KELLY JOY LADD

BY CORALIE CLAEYSEN-GLEYZON
PHOTOS COURTESY OF THE ORLANDO MUSEUM OF ART

Kelly Joy Ladd is a paper artist whose work explores our spiritual connection to the self, others and the universe. Ladd's Liberal Studies degree allowed her the opportunity to explore a vast array of subjects, such as astronomy, physics and creative writing. During this time, she also discovered Eastern philosophies and meditation, which have been a major influence on her life and art practice. Health has also been a major factor in determining the course of Ladd's practice over the years. She developed her own style and unique techniques using paper as her main medium due to her husband's Lyme disease and his adverse health reactions to chemicals and paint. In March 2020, Ladd experienced a traumatic head injury that greatly affected her vision. Since then, she has been retraining her brain and eyes to refocus and track again. During her recovery, when she was unable to read, watch TV or look at screens, Ladd used this time – free from outside distractions or influences – to devote her full attention to her art and meditation practices.

Ladd uses energy as a medium, just like she uses paper or glue to create her pieces. At the heart of her process lies the belief that energy is not only present in all things, but that it can consciously be harnessed and embedded into art. For over a decade, the artist has written sacred words – Love, Joy, Wonder, Kindness, Compassion, Gratitude, and Peace – onto her canvases before layering materials on the surface, allowing each word to serve as a vibrational anchor, a sort of unseen, yet omnipresent, force within the work. Though invisible to the eye, these energies pulse beneath the surface, subtly resonating with attuned viewers.

Building upon this practice, the works in this exhibition expand into new realms of energetic infusion. From the physical energies of Earth, Fire, Water and Air to celestial and ancestral forces, as well as the seven sacred energies, Ladd intentionally places unseen frequencies into each piece through ritual acts – burning old journals on the winter solstice, collecting soil from ancestral lands, charging crystals under a full lunar cycle – she transforms ordinary materials into vessels of sacred experience. Each artwork in the exhibition serves a distinct purpose, whether honoring lineage and the memory held in soil (*Sacred Earth*), celebrating soul connections (*Eternally Together*), or reflecting the transformative journey of healing (*Through the Fire, Reconnection to Self*). Even the most personal pieces – like *Self Portrait* and *Love, Kelly Joy* – reach beyond the autobiographical to touch the universal, evoking themes of unconditional love, transition, healing and growth.

Pursuing the theme of connection through every inch of her art practice, in 2022, Ladd created a project called “Artists on Couches” on Instagram. Each day, she connects with a different artist from around the world and asks them to share an insight about their personal art journey. Ladd considers these connections as part of her artistic practice and this project as an artwork itself. It is shaped by the collective energy of artists as they share personal reflections on the creativity that connects us all. Ultimately, Ladd's entire body of work is a call to presence; asking us to slow down, feel deeply and reconnect – with ourselves, to each other, and to the vast, mysterious forces that surround and sustain us all.



Kelly Joy Ladd in her installation for the 11th Annual Florida Prize in Contemporary Art, 2025, Orlando Museum of Art. ©Rich Johnson of Spectacle Photo



LEADERSHIP MYTHS THAT KEEP YOU PLAYING SMALL

BY DR. LINDA TRAVELUTE, HOST OF THE LEADER FUEL PODCAST, FOUNDER & CEO, MAXIMIZED LEADERS COACHING & TRAINING



Some of the strongest leaders I know once believed they had no business leading.

Ever catch yourself thinking, “I’m not qualified to lead?” You’re not alone – and that thought might be the only thing holding you back.

In the LimitLess Leaders & Minds Group Coaching program, I hear these myths all the time. They sneak in with good intentions – to protect you from failure – but what they *really* do is keep you from impact. Let’s call them out.

Myth 1: “I’m not a born leader.”

Leadership isn’t a gene. It’s a decision. You become a leader by leading – messy, imperfect and learning as you go.

When I hosted my first leadership event, I wasn’t some polished “pro.” I was scrappy, nervous and figuring things out in real-time. You know what made it work? I showed up. So did the people I was meant to serve.

Harvard Business Review confirms that leadership is shaped through adversity, not ancestry. The best leaders are often made in moments when everything feels uncertain.

Real-world proof: Phil Gilbert transformed IBM’s culture using design thinking. He didn’t have a textbook background in leadership – he built influence by solving problems and bringing people with him.

Myth 2: “I don’t have enough experience.”

Tenure doesn’t equal leadership. Influence does.

One of our LimitLess Leaders clients was only 18 months into their role when their boss tapped them to lead a high-stakes team project. They almost turned it down – until they realized that their *fresh eyes* were exactly what the team needed. Fast-forward: that project earned them a promotion.

Think about it: Experience is helpful – but what matters more is how you show up, ask better questions, and create momentum.

Proof: Indra Nooyi didn’t take the reins at PepsiCo on day one. She rose through the ranks by leaning with strategy and clarity – not years alone.

Myth 3: “I don’t have the right credentials.”

Degrees can open doors – but they aren’t what make people follow you.

My doctorate gave me insight and knowledge. But what built trust with my clients? Listening deeply. Offering tools that actually worked. Creating space for growth.

One of our group members came from a non-traditional background – no MBA, no Ivy League – but they built a culture-shifting leadership style that’s now getting copied across departments.

Look at Ursula Burns, who started as an intern at Xerox and became the first Black woman to run a Fortune 500 company. No silver spoon. Just consistent value and grit.

Myth 4: “I’m not one for the spotlight.”

You don’t need to be loud to lead. You just need to be clear, consistent and connected.

Some of the most powerful leadership I’ve witnessed happened behind closed doors. A one-on-one conversation. A well-timed word of encouragement. A decision that protected the team when no one was watching.

Janice Marturano led a quiet cultural shift at General Mills by introducing mindful leadership practices. Not flashy – but incredibly effective.

Leadership isn’t about being front and center. It’s about taking responsibility for how you influence others, whether one-on-one or across the whole organization.

Myth 5: “People wouldn’t follow me – I feel like an imposter.”

If you’ve ever thought, “Who am I to lead?” – you’re not alone.

I’ve had seasoned executives whisper this to me after training sessions. And yes, I’ve felt it, too – especially before speaking on stages or launching new leadership programs. Imposter syndrome doesn’t mean you’re unqualified. It means you care. It means you’re stretching.

Studies from *Harvard Business Review* show that most top performers wrestle with imposter feelings – especially those who are truly self-aware.

Barbara Corcoran, of *Shark Tank* fame, said her insecurities pushed her to outwork and outthink competitors. That edge made her millions.

Quick Wins to Lead Now (Not Someday):

- Speak up in one meeting this week. Even one sentence can shift your confidence.
- Ask someone for feedback. Leadership is shaped by input, not ego.

- Own one decision fully – no disclaimers, no shrinking. Just stand in it.

There’s no magic resume, no gatekeeper credential, no perfect personality profile.

You don’t need to wait for permission to lead. You just need to get in the game.

Dr. Linda Travelute is the CEO of Maximized Leaders Coaching & Training and host of the Leader Fuel Podcast. As a certified John Maxwell Coach and Doctor of Clinical Psychology, she fuses leadership strategies with real-world psychology to help business owners, professionals and high-capacity leaders grow stronger from the inside out. Whether she’s writing, coaching or speaking, Dr. Linda is known for delivering practical, no-fluff tools that get results – with a side of humor and heart. Follow her for more leadership insights at MaximizedLeaders.com.





STEADY IN THE STORM: WHY SMALL BUSINESSES MUST RESIST ECONOMIC PANIC

The numbers are daunting. According to a recent report from Relay, a small-business banking and money management platform, 88% of small businesses are experiencing disruptions to normal cash flow while 33% of small business owners say they are not prepared for a potential economic downturn. These statistics paint a sobering picture, but they should not paralyze us. In fact, now is the time to stay focused, not fearful.

Economic uncertainty can cause business leaders to pull back, such as cutting marketing expenses, postponing hiring, or pausing investments. While caution is natural, excessive fear can do more damage than the economy itself. Fear changes behavior, and when enough people act on fear, we risk creating the very downturn we are trying to avoid.

History shows us that resilient businesses don't wait for perfect conditions. They adapt, innovate, and look for opportunities even in challenging times. Some of the most successful companies were born during recessions. This is because their founders didn't panic – they acted strategically.

That's not to say the current climate isn't difficult. It is. Cash flow disruptions can be painful. Uncertainty is exhausting. But fear is not a strategy. Awareness and preparation are. Business owners should take this moment to evaluate expenses, strengthen customer relationships, and seek out efficiencies. Proactive communication with suppliers, lenders, and employees can create a stronger safety net.

Local resources like chambers of commerce, business associations, and peer networks can offer support, fresh ideas, and valuable perspective. You are not alone, and you don't

have to solve everything on your own. We also can't forget the power of optimism. Confidence isn't blind hope – it is the belief that your hard work, creativity, and persistence matter. Customers still need products. Clients still need services. Communities still need small businesses to thrive. When business owners maintain a steady hand, they model calm and clarity for their teams, vendors, and peers.

Now is the time to be cautious but courageous. Tighten where you must, but don't disappear. Adjust plans, but don't stop showing up. The economy may ebb and flow, but your mind-set can remain strong.

Let's be realistic, not reactive. Prepared, not panicked. Let's work together to ensure this moment strengthens our resolve rather than shakes our confidence. After all, the heartbeat of the economy is small business. And that heartbeat is powered by resilience, not fear.

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



PHOTO GALLERY



Members and guests networking at Chamber Connections.



Members and guests networking at Chamber Connections.



Mark Reid addressing guests at First Tuesday hosted by Beep.



L to R: Julio Aviles, Unik Title; Colin Callaway, Lake Nona Realty, Mark Mueller, Osceola Magic; Joselyne Muszynski, OIR Realty; and Goretti Garcia, New Era Advisory at First Tuesday.



L to R: Craig Collin, Tavistock; Jim Gray, City of Orlando District 1 Commissioner; Mark Reid, Beep; and Candy Cole, Lake Nona Regional Chamber of Commerce.



AdventHealth discusses patient advocacy with Nona Professional Ladies.



Stephanie Houde of Lake Nona Arts and Rafael Andrade of 3 Thought On perform for guests at First Tuesday hosted by Beep.



L to R: Vicente Pimienta, Google; Efrain Sora, Sora Global; Lucy Pinto, Google; Anna Yu, Google; Congressman Darren Soto; Candy Cole, Lake Nona Regional Chamber; Rhys Lynn, Nona.Media; Arbra Calvert, Chamber Board Member.



AdventHealth discusses patient advocacy with Nona Professional Ladies.



Attendees at the Grow With Google workshop for small businesses.

JULY in the NONAHOOD

2

- Morning Meditation at Dockside
- Lake Nona Farmers Market at Laureate Park Village Center
- Wine Down at Wave Hotel
- Sunlight Yoga at Dockside

3

- Mixology Mixer at Wave Hotel
- 4th of July Country Weekend at Boxi Park

4

- Sunlight Yoga at Dockside
- Art After Dark in the Town Center
- 4th of July Country Weekend at Boxi Park

5

- Yoga in the Garden
- Yoga Nona in Crescent Park in Laureate Park
- Art After Dark in the Town Center
- 4th of July Country Weekend at Boxi Park

6

- 4th of July Country Weekend at Boxi Park
- Family Fun Day at Boxi Park

7

- Sunlight Yoga at Dockside

8

- Prenatal Yoga on the Green at UCF Lake Nona Hospital

9

- Morning Meditation at Dockside
- Wine Down at Wave Hotel
- Sunlight Yoga at Dockside

10

- Mixology Mixer at Wave Hotel
- Paint & Sip at Boxi Park
- Italian Summer Weekend at Boxi Park

11

- Sunlight Yoga at Dockside
- Art After Dark in the Town Center
- Italian Summer Weekend at Boxi Park

12

- Yoga in the Garden
- Yoga Nona in Crescent Park in Laureate Park
- Art After Dark in the Town Center
- Italian Summer Weekend at Boxi Park

13

- Italian Summer Weekend at Boxi Park
- Family Fun Day at Boxi Park

14

- Sunlight Yoga at Dockside

15

- Prenatal Yoga on the Green at UCF Lake Nona Hospital

16

- Morning Meditation at Dockside
- Lake Nona Farmers Market at Laureate Park Village Center
- Wine Down at Wave Hotel
- Sunlight Yoga at Dockside

17

- Mixology Mixer at Wave Hotel
- Trivia Night and Video Bingo at Boxi Park

18

- Sunlight Yoga at Dockside
- Art After Dark in the Town Center

19

- Yoga in the Garden
- Yoga Nona in Crescent Park in Laureate Park
- Art After Dark in the Town Center

20

- Family Fun Day at Boxi Park

21

- Sunlight Yoga at Dockside

22

- Prenatal Yoga on the Green at UCF Lake Nona Hospital

23

- Morning Meditation at Dockside
- Wine Down at Wave Hotel
- Sunlight Yoga at Dockside

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- Mixology Mixer at Wave Hotel

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- Sunlight Yoga at Dockside
- Art After Dark in the Town Center

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- Yoga in the Garden
- Yoga Nona in Crescent Park in Laureate Park
- Art After Dark in the Town Center

27

- Lake Nona Triathlon
- Family Fun Day at Boxi Park

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- Sunlight Yoga at Dockside

29

- Prenatal Yoga on the Green at UCF Lake Nona Hospital

30

- Morning Meditation at Dockside
- Wine Down at Wave Hotel
- Sunlight Yoga at Dockside

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- Mixology Mixer at Wave Hotel

ORLANDO MUSEUM OF ART PARTNERS WITH ESIGHT BY GENTEX TO MAKE ART MORE ACCESSIBLE FOR VISITORS WITH VISION LOSS

BY ORLANDO MUSEUM OF ART
PHOTOS COURTESY OF ORLANDO MUSEUM OF ART

FROM VISION LOSS TO VISIONARY ART: NEW INITIATIVE INSPIRED BY FLORIDA PRIZE ARTIST KELLY JOY LADD'S POWERFUL STORY OF RESILIENCE AND RECOVERY.

In celebration of the 2025 Florida Prize in Contemporary Art exhibition at the Orlando Museum of Art (OMA), OMA is proud to announce a new partnership with eSight by Gentex Corporation (NASDAQ: GNTX) – an innovator in assistive technology for low vision – to make art more accessible to those with vision loss.

To expand accessibility, museum visitors with low vision will be able to check out an eSight Go wearable low-vision device free of charge and experience the exhibition during the museum's summer Access for All days on June 19, July 17 and August 21.

eSight is a wearable assistive technology designed to help individuals with visual impairment maintain an active, independent lifestyle. Supporting people with more than 20 different eye conditions, eSight enables users with central vision loss to experience

enhanced vision. eSight devices integrate high-definition cameras, custom-built algorithms and a powerful processing system to capture and enhance live video, displaying it on two high-resolution screens in front of the user's eyes to create improved binocular vision.

The heart of this new accessibility initiative is inspired by Florida-based artist Kelly Joy Ladd, one of 10 featured artists in this year's Florida Prize. In March 2020, Ladd suffered a traumatic brain injury that disrupted a vital connection between her eyes and brain,

making everyday experiences like reading, working on a computer and watching TV impossible, forcing her to explore new avenues in her art. In the early days of her recovery, Ladd attended OMA's Florida Prize exhibition. Due to her inability to focus and distorted depth perceptions, she was unable to truly see the work on display and left the museum in tears. This year, in a powerful full-circle moment, Ladd returns to that very show – not as a visitor but as one of the 10 featured artists.

"As an artist, being unable to experience art due to my vision impairment was heartbreaking," said Ladd. "Being a part of Florida Prize and this initiative that brings art to people in similar situations is a huge honor."

Ladd's inclusion in this year's Florida Prize exhibition, coupled with OMA's mission of connecting people from all backgrounds with art, has paved the way for the partnership with eSight.

"Hearing Kelly Joy Ladd's story, we saw a unique opportunity to make the Florida Prize experience more inclusive for visitors with vision impairments," said Cathryn Mattson, CEO of OMA. "Partnering with eSight brings our mission to life by ensuring that everyone, regardless of vision ability, can fully experience the stories and creativity showcased in this exhibition."

OMA and eSight will welcome members of the community to experience the transformative power of art through this new lens. Visitors will also have an opportunity to connect with Ladd during select Access for All events.

"Art has the power to move us, challenge us and connect us – and everyone deserves the chance to experience it fully," said Roland Mattern, director of sales for eSight by Gentex Corporation. "eSight's purpose has always been to expand access – for daily life, education, employment and, now, the arts. Partnering with the Orlando Museum of Art brings that mission to life in a powerful way. Kelly Joy Ladd's journey from visitor to featured artist is a testament to what's possible when technology and accessibility come together to open new doors."

This initiative marks an important step forward in expanding inclusive access to cultural institutions and shines a spotlight on the profound relationship between technology and human expression.

eSight Go is designed to enhance vision for people with central vision



loss. It may not enhance vision for people with dementia, glaucoma or other neurodegenerative diseases.

About the Orlando Museum of Art: Founded in 1924, the Orlando Museum of Art is a leading cultural institution in the Southeast, dedicated to stimulating creativity and intellectual curiosity by connecting people from all backgrounds and experiences with compelling art and new ideas.

About eSight by Gentex Corporation: eSight champions vision enhancement, offering cutting-edge assistive devices for individuals with vision loss. Catering to over 20 eye conditions, including macular degeneration and diabetic retinopathy, eSight combines innovation with the latest in assistive technology to provide the most advanced digital device for central vision loss. Clinically validated, registered with the Food and Drug Administration (FDA) and the European Databank on Medical Devices (EUDAMED) as a Class 1 Medical Device, eSight is dedicated to helping people with vision loss see more possibilities. Discover more at www.esighteyewear.com.

About Gentex: Founded in 1974, Gentex Corporation (NASDAQ: GNTX) is a technology company that leverages its core competencies, strategic partnerships, acquisitions and ongoing research to create market-leading positions in a variety of verticals. You can view some of the company's latest technology at www.gentex.com.



MAKE NONA: IT'S FINALLY HAPPENING! A MAKERSPACE IS COMING TO LAKE NONA

BY RHYS LYNN

I'm so excited to be writing this article, and to bring back the Make Nona column. There is some history here: I used to write this column when Nonahood News was first published. It was a place to highlight projects that locals created. I am thrilled to bring it back as part of a renewed focus on highlighting great, local content and to shine light on cool projects and initiatives. It seems that the pieces are finally all coming together: a new nonprofit makerspace focused on hands-on learning and sustainable innovation is coming soon to Lake Nona!

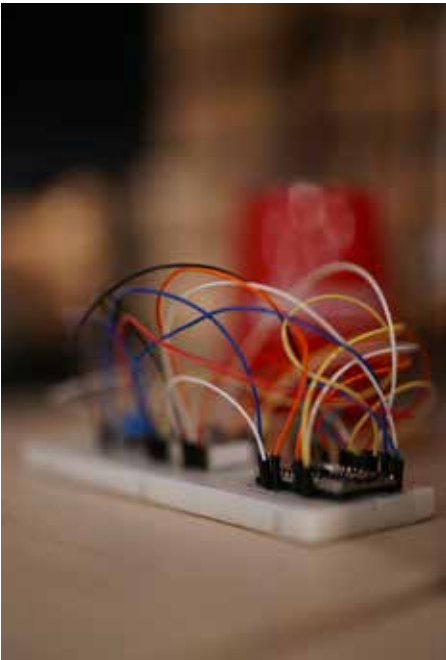
Designed to empower people of all ages and skill levels, this future space will offer access to 3D printers, laser cutters, sewing machines, and donated tools - creating opportunities for creativity, connection, and real-world skill building. This isn't just a workshop. It's a Sustainability & Innovation Hub that merges conservation values with maker culture. Think: tech recycling turned into art, broken electronics repaired or reimaged, and discarded materials transformed into something entirely new.

Beyond the tools and tech, the heart of this makerspace is a skill-sharing community. Whether you want to learn to see, solder, or code....., the goal is to create an inclusive, eco-conscious environment where people learn together—skills you can't always pick up from a YouTube Tutorial. The space will also feature a cozy retro lounge, complete with CRT monitors, vintage game consoles, and a library of books and movies to spark inspiration.

One of the first major events from the makerspace will be Junk Jam - a 72-hour hardware hackathon where creativity and chaos collide in the best way. Participants will take apart old "junk" like broken scales, Bop-Its, game controllers, kids toys, or even discarded ellipticals - anything with a hint of electronics - and transform the parts into something totally new, interactive, and unexpected. You don't need to show up with a team (or a plan) - a fun mixer beforehand will help attendees brainstorm, connect, and form teams if they'd like. All skill levels are welcome, and the final builds will be showcased at the end of the challenge. The event is scheduled for November - dates and signup links coming soon, along with a subscription model for those who want first dibs on events and early access to the space.

As the team behind the makerspace prepares to launch, they're asking for the community's support. An Amazon Wishlist makes it easy to donate supplies - from sewing notions and tool organizers to classroom essentials that will help get programs off the ground. This makerspace isn't just about what you can build - it's about what we can build together.

I can't wait to see what we all make of this space... Want to be part of it? Scan the QR code or visit this short link to sign up for more information or help support the space: <https://nona.link/makerspaceinfo>



NONA. LIFE. STYLE: MOM'S SUMMER SURVIVAL

BY MARISSA BURNS

I'm slipping off my stylist hat this month to share something else near and dear to my heart... surviving summer. If you're a Nona mom, I see you, sister. We always enter the season strong—hopeful, excited to be done packing lunches, and downright euphoric that the end-of-year madness is behind us. *Hello, summer—we made it!*

But fast forward a few weeks, and bedtime gets blurry, snack demands are at an all-time high, and you find yourself counting popsicles as a food group. (There's fruit in there somewhere, right?) So this one's for you, my fellow tired-but-trying mamas. Here are a few ideas to keep the kids entertained as July limps along.

First up: *culture, dahling*. Let's start with one of the more surprising gems I discovered this summer: the Orlando Museum of Art. If your kids are old enough to enjoy exploring without trying to climb into the art (ask me how I know), it's a great way to mix a little culture into your week. Plus, it's indoors. That alone is worth something. Through their "Access for All" program, they offer free admission on select Thursdays, including July 18! From 10 a.m. to 8 p.m., the museum opens its doors with live performances, interactive experiences, and even sketching materials available for use in the early evening.

Speaking of air conditioning, movie theaters. Remember those? Several theaters offer cheap, kid-friendly movies early on weekdays during the summer. Regal's Summer Movie Express has \$1 showings on Tuesday and Wednesday mornings, including the Waterford Lakes location. Cinemark on I-Drive offers \$1.75 tickets on Wednesdays and includes discounts on snacks (because popcorn really does taste better in a tub). And for the brave souls out there, Fashion Square Mall has completely free movies on Wednesday and Thursday mornings. (We covered this in a recent "In the Nona" episode, and you can watch it here: nona.link/itn0525.)

Now, for the days when your children are bouncing off the walls by 10 a.m., it might be time for a splash pad. Barber Park is the closest public option to Lake Nona, and it's a solid one with shaded areas, a playground, and bathrooms—critical details. Barnett Park and Lake Lorna Doone are also great, free options with timed sessions, so be sure to check the schedule before you head out.

Here's a little luxury you may not know about: you can book a day pass to some of Orlando's best hotel pools *without* staying the night. Visit resortpass.com to browse options. One family favorite is Hilton Orlando, where day passes typically run around \$30 for adults and a bit less for kids. You get access to the lazy river, splash pad, and family pool. It's instant vacation vibes—well, as vacation-y as it gets while incessantly asked to watch cannonballs and judge a handstand.

And for those "I need air conditioning and a place where no one will break anything" days, head to Launch Family Entertainment Center in Waterford Lakes. Between the trampolines, obstacle courses, arcade, and laser tag, your kids will burn energy while you take a breath. They also offer Toddler Time on Saturday mornings, which is less chaotic and perfect for littles. (Pro Tip: Go with a friend and take turns sneaking over to shop at Style Encore, my favorite resale spot a few doors down.)

For younger kids, Terra Play Center in Lake Nona is a great option. It's brand new, clean, and built for littles, ages six months to eight years. Also, they have coffee. So, I'll see ya there.

Summer with kids at home can be a lot. Some days you're nailing it with sunscreen, snacks, and smiles... and other days you're hiding in the bathroom for a few moments of peace. (Cue little fingers poking under the door.) You don't need to curate a Pinterest-worthy summer. You don't need to make it magical every day. You just need to make it through. They'll just remember you being present. So, if all else fails, head to the beach and pretend real life doesn't exist. We've got this! But send coffee.



LAKE NONA INTERIORS

INSIDER:

VOLUME TWELVE

SUMMER SURVIVAL: DESIGNING A BUSY FAMILY HOME FOR WORK, PLAY AND PEACE OF MIND

BY EDINA HOUSTON



Summer is in full swing, and if your house is anything like mine, both the noise level and the number of soccer balls rolling through the living room seem to multiply. Between working from home and keeping the boys entertained, our house needs to work overtime for everyone.

Here are my top tips for making your home organized, stylish and family-friendly this summer:

1. Make Organization a Team Sport

If you haven't checked out digital home helpers like Hearth Display or Skylight, you're missing out. These planner displays let you assign (and track!) chores, remind everyone about practice schedules, and even leave digital notes. It's like having a calm, organized coach rooting for you all day. No more "I forgot to feed the dog!" or "When's practice?" Just check the wall and go.

Bonus: We created a little gallery wall around our Hearth Display Organizer, and it turned out so cute! Framing family photos and some of the boys' artwork alongside the planner made it feel like a fun, personalized command center – proof that staying organized can look great, too.

2. Sound-Absorbing Style for Your Home Office

Let's be honest – some days, Zoom meetings feel like a game of "guess who's making all that noise in the background." Decorative wall panels with built-in sound absorption are a stylish way to help keep your office feeling peaceful (and professional). These panels come in fun colors and patterns, so you can coordinate with your décor while reducing the echoes and muffling the energetic sounds of kids playing nearby. Everyone on your video calls will appreciate the quieter background – no matter how lively your house may be!

3. Set Up Flexible Work and Play Zones

With video calls in one room and Lego masterpieces in another, flexible zones are key. Try using stylish bookshelves or



rolling carts to create little "work islands" for you and independent play or reading nooks for the kids. That way, you can do your thing, and they can do theirs – all within sight.

4. Designate Safe Sports Spaces

Since the boys are all about soccer, we made it a priority to create a safe indoor-outdoor play zone. Soft rugs inside – think high-pile or foam tiles – mean less stress about accidental slides. Outside, we marked off a "goal area" with brightly colored cones in the backyard, so everyone knows where soccer is fair game (and the flowerbeds are safe).

5. Storage for the Win

Bins, baskets and storage ottomans are your secret weapons. Put your most-used bins at kid height to make cleanup a true team effort. Perfect for corralling soccer balls, toys and craft supplies!

6. Celebrate the Chaos...and Build in Breaks

Summer is going to be lively. Lean into it by displaying some of the boys' soccer trophies or art where everyone can see them. And don't forget a spot for downtime – a cozy reading

chair by the window or a corner with headphones for quiet time does wonders for everyone's sanity.

If this summer has you juggling work emails and referee whistles, you're not alone! With a few organizational tools, creative space planning, and thoughtful sound absorption, your home can rise to the challenge.

Wishing everyone a happy, safe and organized summer at home!

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

PROVIDING STATE'S MOST RELIABLE SERVICE AS FLORIDA'S MOST RELIABLE ELECTRIC UTILITY

BY OUC—THE RELIABLE ONE

OUC Customers Experiencing Shortest Service Disruptions in the State

OUC—*The Reliable One* has once again delivered the highest electric reliability in the state, according to 2024 data submitted to the Florida Public Service Commission by investor-owned utilities. OUC's quarter-of-a-million customers experienced the shortest average interruption time of these Florida utilities. The key factors in OUC earning the title of most reliable include grid hardening and other proactive infrastructure improvement efforts, as well as faster outage restoration.

"This recognition is a tribute to our 1,300 talented employees who work relentlessly to ensure we're the reliable one," said **Linda Ferrone**, OUC Chief Customer and Marketing Officer. "So, as we move into our second century of service, we remain committed to maintaining reliability and resiliency that our customers expect and deserve as we build a clean energy future."

OUC's electric service was more reliable than the investor-owned utility companies across the state in 2024 in key performance areas that measure overall electric reliability:

System Average Interruption Duration Index (SAIDI): Measures the average amount of time a customer is without

power during a year, excluding hurricanes. SAIDI is considered the best overall way to measure the reliability of electric service to customers in the industry. By this measure, OUC is 14% more reliable than the next closest finisher.

Customer Average Interruption Duration Index (CAIDI): Represents the average time required to restore service when an outage does happen. OUC is 25% faster than the closest next finisher at restoring outages.

OUC has also exhibited significant improvement in reliability when compared to its own performance in past years. In terms of SAIDI, the utility had its best year since 2015. And CAIDI improved by 26.8% compared to 2023.

In addition to reliability, OUC continues to focus on innovation for added resiliency, especially in areas prone to outages. The utility's smart grid devices prevented more than 54,000 outages last year, including during strong storms.

OUC's top showing in these key indicators was the result of its investment in strengthening its electric grid through superior system design, rigorous maintenance schedule and installation of new infrastructure and technology.

- OUC has several major transmission line projects underway, including a new 230 kV line to meet growing electric demands of customers in St. Cloud and southeastern Orlando, and another connecting west St. Cloud with the newly acquired Osceola Generating Station. Undergrounding of a transmission line along Robinson Street was completed in January 2025.
- OUC maintains 3,027 miles of electric transmission and distribution lines over its 419-square-mile electric service area, with 67% of its system underground. Annual inspections of overhead infrastructure include 6,500 utility poles and replacement of wooden poles with concrete poles, when necessary, as well as vegetation line clearance and tree trimming along 430 miles of overhead lines each year.

- Among smart grid devices designed to limit the frequency and duration of service disruptions, there are 1,369 TripSavers and 87 three-phase electronic reclosers that restore power automatically after temporary interruptions in service. There are also seven FLISR (Fault Location, Isolation, Service Restoration) systems in service that automatically isolate outages so fewer customers are without power and locate the source of outages for faster restoration.

In addition to its ongoing reliability and resiliency initiatives, OUC's team works swiftly to address outages from storms, including during the 2024 hurricane season that featured above-average severe weather. When Hurricane Milton hit Florida in October, more than 89,000 OUC customers lost power; however, crews completely restored electricity within 72 hours.

About OUC—The Reliable One

For more than 100 years, OUC—The Reliable One has provided exceptional value to its customers and community through the delivery of sustainable and reliable services and solutions. The utility provides electric, water, chilled water, lighting and solar services to more than 400,000 accounts in Orlando, St. Cloud and parts of unincorporated Orange and Osceola counties. As OUC prepares for the next century, it remains committed to a goal of achieving net zero carbon emissions by 2050 while supporting the Central Florida community with conservation, sustainability and energy efficiency resources. Visit www.ouc.com to learn more.



HEATHER FAGAN, MD, NAMED PEDIATRICS DEPARTMENT CHAIR AND PEDIATRICIAN-IN-CHIEF FOR NEMOURS CHILDREN'S HOSPITAL, FLORIDA

BY NEMOURS CHILDREN'S HOSPITAL

Dr. Fagan will also retain her duties as the hospital's Designated Institutional Official for graduate medical education and serve as Chair of the University of Central Florida College of Medicine - Nemours Children's Health Department of Pediatrics



Heather Fagan, MD, MS, FAAP, has been named Chair of the Department of Pediatrics and Pediatrician-in-Chief for Nemours Children's Hospital, Florida. Dr. Fagan will also serve as Chair of the University of Central Florida (UCF) College of Medicine - Nemours Children's Health Department of Pediatrics. In addition, she will retain her role as the hospital's Designated Institutional Official

for graduate medical education.

"Dr. Fagan is a visionary leader who has been instrumental in our journey to ensure that our hospital is and continues to be a leading institution for clinical excellence, academic

preeminence, and medical training," said Martha McGill, BSN, MBA, MHA, Central Florida President for Nemours Children's Health. "I am confident that her ongoing leadership will help ensure that our patients can receive high-quality care and emerging pediatric physicians receive the best training and medical education possible."

In her new leadership capacity, Dr. Fagan will provide strategic direction and oversight for all aspects of the hospital's pediatrics department, ensuring the highest standards of patient care and family experience, quality and safety, faculty engagement, scholarly activity, education, and training.

"The convergence of medicine and academics has helped create endless possibilities in the way we treat and care for patients, and I am honored by the opportunity to continue nurturing this critical dynamic to ensure patients get exceptional care and that we can create a pipeline of skilled, passionate physicians to care for children well into the future," said Dr. Fagan.

In 2024, Nemours Children's and UCF expanded their long-standing partnership to establish the University of Central Florida College of Medicine – Nemours Children's Health Department of Pediatrics. A distinguished critical care physician and award-winning medical educator, Dr. Fagan will leverage her extensive healthcare and academic expertise to lead the department's efforts to support the growth and maturation of UCF medical students through a focus on medical training, workforce development, innovation, community partnerships, and advocacy.

Dr. Fagan joined Nemours Children's Health in 2014 to develop a graduate medical education infrastructure at Nemours Children's Hospital, Florida. Under her leadership, the hospital achieved institutional accreditation from the Accreditation Council for Graduate Medical Education. She has since overseen the successful accreditation of the pediatrics residency program and multiple subspecialty fellowships, as well as the

administration of medical student educational programs and the training of more than 200 visiting residents and fellows annually.

Dr. Fagan completed her pediatric residency, chief residency, and pediatric critical care fellowship at the University of Chicago. She earned her medical degree from Chicago Medical School and is board certified in pediatrics and pediatric critical care medicine by the American Board of Pediatrics.

About Nemours Children's Health

Nemours Children's Health is one of the nation's largest multistate pediatric health systems, which includes two free-standing children's hospitals and a network of more than 70 primary and specialty care practices. Nemours Children's seeks to transform the health of children by adopting a holistic health model that utilizes innovative, safe, and high-quality care, while also addressing children's needs well beyond medicine. In producing the highly acclaimed, award-winning pediatric medicine podcast *Well Beyond Medicine*, Nemours underscores that commitment by featuring the people, programs and partnerships addressing whole child health. Nemours Children's also powers the world's most-visited website for information on the health of children and teens, [Nemours KidsHealth.org](https://www.NemoursKidsHealth.org).

The Nemours Foundation, established through the legacy and philanthropy of Alfred I. duPont, provides pediatric clinical care, research, education, advocacy, and prevention programs to the children, families and communities it serves. For more information, visit [Nemours.org](https://www.Nemours.org).



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CREATIVE CITY PROJECT REIGNITES THE SENSES WITH THE RETURN OF “ANTHOLOGY: ELEMENTAL” AT THE RENAISSANCE THEATRE COMPANY, AUGUST 15-17

BY CREATIVE CITY PROJECT
PHOTOS COURTESY OF CREATIVE CITY PROJECT

Presented by Massey Services, Experience a Unique and Memorable Night of Poetry, Custom Cocktails and Live Jazz Music in Partnership with Play The Moment

Tickets on Sale Now at www.creativecityproject.com

Creative City Project brings back its captivating literary experience *Anthology: Elemental*, an immersive evening of poetry, music and craft cocktails, taking place at Renaissance Theatre Company from Friday, August 15 through Sunday, August 17, 2025. Presented by Massey Services and produced in collaboration with Play The Moment, the event invites guests to explore the five classical elements—earth, water, air, fire and spirit—through powerful literary performances and perfectly paired artisanal drinks.

Each themed poetic performance is complemented by a custom cocktail designed to deepen the sensory impact, creating a multisensory journey through story and flavor. Between elements, audiences will be serenaded by the jazzy sounds of the Thomas Milovac Trio, setting an atmospheric tone that lingers throughout the 70-minute experience.

Since its debut in 2014, *Anthology* has earned a reputation for pushing the boundaries of how literature and performance intersect. *Anthology: Elemental* continues that tradition, offering an unforgettable night where words ignite, music flows and the spirit soars.

“Our director, Aradhana Tiwari, brought poetry to life in a beautiful and striking way earlier this year in her show, “VersUS,” says Cole NeSmith, Founder & Artistic Director of Creative City Project. “When we were conceptualizing the literary element of this year’s *Anthology*, it was a perfect fit. This isn’t just readers reciting poetry. These incredible actors powerfully bring these poems to life.”

“This show is a call to slow down and feel. In a world rushing past, *Anthology: Elemental* invites us to root, to breathe, to burn, to flow—and to remember what connects us,” says Aradhana Tiwari, Director, Play The Moment. “With *Elemental*, we’re inviting audiences to experience poetry not just as text, but as something embodied, alive and electric. Each element carries its own emotional charge—and through engaging the senses, we translate those energies into something visceral and immediate.”

For more information on all Creative City Project events, to purchase individual event tickets or season passes, visit www.CreativeCityProject.com.

Creative City Project is supported by United Arts of Central Florida, funded in part by the Orange County Government through the Arts & Cultural Affairs Program, and sponsored in part by the State of Florida, Department of State, Division of Arts and Culture.

About Creative City Project

Creative City Project began in 2012 as a group of artists performing on street corners and in plazas around Downtown Orlando. The event was renamed IMMERSE at the beginning of 2017. Its mission is three-fold: To cultivate a thriving arts community in Central Florida, to nurture a deeper sense of ownership of and care for Orlando amongst its residents and to shape the global perception of The City Beautiful as one known for innovation and creativity. In addition to IMMERSE, Creative City Project is committed to helping guests live a life of creativity and adventure by connecting them with meaningful arts experiences throughout the year. Each Monday, Creative City Project releases “This Week In Art” video series highlighting interesting arts events happening across Central Florida that week. For more information, visit www.creativecityproject.com.

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About Play The Moment

Play The Moment is a dynamic artistic coalition dedicated to enriching communities through bold productions, transformative educational programs and a wide range of live and digital experiences. Founded by theatre director and producer Aradhana Tiwari, Play The Moment celebrates the synergy of artistry, authenticity and human connection through innovative storytelling and inclusive creative practices. From emotionally resonant stage works to poetic journeys and community-driven events, Play The Moment invites artists and audiences alike to pause, connect and fully inhabit the present. With a deep commitment to collaboration, equity, and artistic excellence, we empower storytellers to create work that is both socially conscious and soulfully human. For more information, visit playthemoment.com.



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