

nonahood news®

CREATIVELY AND INDEPENDENTLY PRODUCED BY THE RESIDENTS OF LAKE NONA

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IN THIS ISSUE

LOCAL LEADERS, 4
BUSINESS & REAL ESTATE, 6
FEATURES, 10
HEALTH & WELLNESS, 17
EDUCATION, 21
FOOD & DRINKS E2
LAKE NONA LIVING E4
LIFESTYLE E7
SPORTS & FITNESS E11
ARTS & CULTURE E15

TOPPING OUT A DREAM
4



LNHS GOES TO CARNEGIE HALL
10



DRIVING IN LAKE NONA: A PLEA TO
THE COMMUNITY
15



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ENTERTAINMENT! E-17 & 18



NOTABLE & QUOTABLE 2018

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Publishers/Owners

Rhys & Jenny Lynn

Editor-in-Chief & Operations Manager

Elaine Vail

Director of Content

Nicole LaBosco

Production Manager

Kyle Hamm

Writers & Reporters

Nir Bashan, Linda Carvin, Dennis Delehanty, Natalia Foote, Sharon Fuentes, Rodney Gage, Dr. Deborah C. German, Dr. Richard Gregory, Kyle Hamm, Amber Harmon, Katie Jasiewicz, Nicole LaBosco, Monica C. Leimer, Philip Long, Don Long, Debra Lowe, Dr. Mitchell Machado, Visshaael Patel, Daniel Pyser, Sophia Rogers, Camille Ruiz Mangual, Vernice Salveron-Gasper, Valerie Sisco, Demi Taveras, Elaine Vail, Dr. Vishwas Vanar, Chris White

Copy Editor

Demi Taveras

Proofreading

Joe Henry

Layout Design

Marnie Brophy

Creative Director/Producer

James Rayner

Director of Public Relations

Saul Markowitz

Submissions

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EDITOR'S NOTE

Help! I'm Stuck!

BY ELAINE VAIL



What do you do when you're stuck? When you find yourself spinning your wheels but making no progress? When you feel trapped in a perpetual state of mediocrity or "survival mode" setting? I'm talking days of writer's block. And processes, procedures, and daily routines that used to work but suddenly don't, and I'm not 100 percent sure why.

My go-to solution is to take a nap to reset ("Have you tried turning it off and on again?"). Having chronic illnesses do leave me in a perpetual feeling of overall exhaustion, so a nap does help ... but often I wake up and the problems are still there.

I don't have all the answers, but I'm really grateful to have a lot of helpful resources within arm's reach, including the insight of our contributing and staff writers here at Nonahood News! Let me share with you some of the gems in this month's edition that I found for guidance to get "unstuck" ...

In "Creator Mindset," Nir Bashan reminds us of the importance of creatively "playing the cards you've been dealt" in life, even when (or, maybe, especially when) that hand is less than ideal.

Chris White reminds us in "Get Traction" to always have three potential solutions to each problem before attempting to resolve those problems

with the people around you.

We are reminded of the value of finding your "happy place" and practicing mindful 10-minute vacations in "Work Well" by Natalia Foote.

Our "Artist of the Month" teaches us that inspiration is all around us.

Kyle Hamm urges us to slow down, be kind, and think of others in "Tough Things to Talk About." Yes, I know this article is about driving in Lake Nona, but I do feel the principles apply to everyday life as well. We do need to slow down – I know that I am suffering from whiplash! How about you?

We're taught and reminded of many ways to take care of ourselves physically and mentally throughout our Health & Wellness section. Sometimes being "stuck" can be a result or byproduct of not taking care of ourselves. Likewise, remaining "stuck" can cause more health problems.

I always find Sharon Fuentes' column, "Mama's Turn," to be very validating each month, reminding me that I'm not alone in my struggles and providing me with a humorous perspective to view these adventures in life.

Speaking of adventures, perhaps adopting some of the spirit in "NonaVentures" could help provide a new perspective in life! I, personally, choose to live vicariously through Nicole LaBosco rather than repel off the side of a building, but you get the idea. Nothing like an adventure to get out of being stuck in a rut!

In one of my favorites this month, Rodney Gage coaches families to step back and reevaluate our commitments and truly determine where our priorities and values lie. "Family Shift" exists for the purpose of helping families find their footing in this busy, crazy world and get "unstuck"

together.

Finally, we have no shortage of some entertaining distractions to everyday life with three new review columns, a humor piece, and fine arts features in our Arts & Culture section.

I do hope you enjoy this edition and appreciate all the time, thought, and effort that went into offering a place for everyone in the community to find inspiration, education, perspective and entertainment. We love this community and hope that we bring value to everyone we reach.

Of course, the insight, lifestyle and culture ideals shared here all take a deliberate effort to accomplish. There is no magic pill to overcome being stuck. But, I've found that anything worth having takes concerted effort and time. For me, these efforts are ongoing and never-ending. There is always room for improvement.

I'd love to hear how you get through feeling "stuck" in this life. Drop me a note at elaine@nona.media any time! The one challenge with print media is that it often feels like one-sided communication, so I invite you to share your thoughts, ideas, impressions and feelings with us as you experience our – your – newspaper.

I believe we are meant to find joy in this life, and I believe that one way we do that is to help one another. I hope we've been a resource for you and that, together, we can navigate this crazy place we call home and always be working to improve!

Stick to it, Lake Nona!



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Topping Out
A Dream

BY DR. DEBORAH C. GERMAN, M.D.



Dr. Deborah German

Eleven years ago in Lake Nona, we held Topping Out Ceremonies for our new College of Medicine medical education and Burnett Biomedical Sciences buildings. At those ceremonies, we dreamed of building an Academic Health Sciences Center that would bring together in Medical City all of UCF's health-related programs in education, research and patient care. We knew that a teaching hospital would complete that dream.

On May 3, we placed the final and highest beam on that hospital – UCF Lake Nona Medical Center – and honored the men and women who have been working so hard to build it and get it open by late 2020.

When you think about it, this hospital site is a kind of sacred ground. It's a place where we will heal, treat and cure, where we will care for each other. That is truly a



noble calling. And because we are a teaching hospital, as we do that work, we'll also be training young people to do the same – to care for others. At the same time, we'll be inspiring scientific discovery – advancing medical research to find tomorrow's treatments and cures.

Our hospital is a joint venture between UCF and HCA Healthcare that will provide care to the growing Lake Nona community while serving as a clinical research center and learning environment for medical students, residents, and fellows. Wendy Brandon, CEO of the new hospital, said the Topping Out Ceremony "marks a bright future for physicians, students, and Central Florida residents. What you see today are the bones of our new hospital – Central Florida's first teaching hospital."

Before the final beam went up, construction workers had placed the 20-foot struc-

ture in the College of Medicine atrium, so faculty, staff, and students could sign it and write on it their well-wishes. We covered the beam's top and sides in just a matter of hours, so teams had to flip over the beam to make room for more signatures.

I was honored to meet many of the 150 Layton Construction workers who were at the site for the ceremony. They wore black and gold t-shirts proclaiming, "BIG Things Are Happening – UCF Lake Nona Medical Center." It was thrilling that many signed the beam before it went up, so we have their good work and their good names as part of the spirit of our hospital forever.

The three-story hospital will open at 204,079 square feet with 64 beds and shelved space enabling expansion to 80 beds. It is authorized to grow to 500 beds without further state approval. At opening, the hospital will include a 20-bed emergency department open 24/7/365, four operating rooms, six delivery suites, cardiac catheterization lab, comprehensive imaging and laboratory services, a medical office building, and a destination café. The hospital is located on 25 acres of UCF land next door to the medical school and adjacent to our emerging UCF Lake Nona Cancer Center at the former Sanford Burnham Prebys research facility.

A teaching hospital is part of our dream to create a Medical City in Lake Nona



that is a nationally known destination for education, research and patient care. And as dreams go, the hospital is also special for John Thomas, Layton's senior project manager, who is leading the construction efforts. UCF Lake Nona Medical Center is the sixth hospital he's built from the ground up in the last eight years. But this one is special. He raised the highest beam for a hospital he called "a place of healing and wellness" just days before he and his wife had their first child in Lake Nona.

Deborah German, M.D. is the Vice President for Health Affairs and Founding Dean of the UCF College of Medicine.



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Homes Inspired by You

Neighborhood Watch: Orlando Police Department Community Programs

BY VISSHAAEL PATEL

There are moments as citizens of Orlando where we feel we've done it all. From Disney World theme parks to a walk around Lake Eola, we've probably exhausted all the possible options of doing something new.

While that seems to be the case, the good news is that there is always going to be a place or some activity in Orlando we have yet to visit or do. If you still believe there is nothing left, then we at Nonahood News suggest some great community programs offered by our Orlando Police Department.

Residents have all of the following to choose from: starting a neighborhood watch group, becoming an OPD volunteer, participating in the Teen Police and Fire Academy, requesting a free home security walkthrough, or participating in the Citizen Observer Program.

Every neighborhood has a desire to feel safe, and rightfully so. These are the areas that create some of our first social bonds, especially when moving to a new place. The OPD offers a program in which neighborhoods can receive training on how to identify and report any suspicious activity. From their street or entire community, residents can work with the OPD to create a neighborhood watch group.

The first thing to consider is ensuring that your community is within the city of Orlando and at least 40 percent of its members will participate. The community should also be able to meet at least twice a year with the OPD for training.

If your fellow neighbors are not currently in a place to become part of a neighborhood watch group just yet, there are other ways to secure individuals homes. The OPD offers a free home security walkthrough by appointment.

The city of Orlando's website shares common tips that every resident should be mindful of. One of the first tips provided is that address numbers should be visible from the street. With a lot of front lawns having an array of different plants, the OPD also suggests keeping bushes or shrubs under two feet.



When considering your front door, which the OPD says to be a common place where break-ins happen, the bolt lock should be at least one inch in length. The strike plate of the front door should have screws of two to three inches. By calling (407) 246-2369, residents can have a full survey done of their homes to reduce vulnerability.

If you've ever wanted to explore a career as a law enforcement officer, are looking for unique college credit, or are investing in ways to give back to the community, there are volunteer opportunities with the OPD. Background information, such as job history and education, along with references, would need to be provided when applying.

Eligibility, however, would be disqualified if the applicant had committed a felony or an offense considered to be a felony in Florida. Use of illegal drugs within the last year or having sold them within the last two years would also result in disqualification. If eligible to apply, then a phone interview would be conducted within two weeks of your application's submission.

Even if you're sim-



ply looking to volunteer as a citizen who can reduce potential crime, the OPD also offers a program for that. Known as the Citizen Observer Program, or COP, volunteers who are at least 25 years old are given special training in observing and reporting suspicious criminal activity. COP volunteers patrol neighborhoods, shop-

ping malls, and school zones. Though they cannot confront a situation directly, cannot carry any weapons, and have no law enforcement authority, volunteers of this program reduce criminal activity while helping in the apprehension of criminals.

Volunteers of the COP must be in good



physical condition and moral character, have a valid Florida driver's license, and pass multiple examinations. Applications can be submitted directly to the OPD headquarters, 1250 W. South St.

Whether you're looking for a new challenge or would like to explore something unique, the OPD has multiple programs to help with just that. If you have any interest in the programs mentioned, more key information can be found on the city of Orlando's website via the public safety programs or at

www.orlando.gov/Public-Safety/OPD/Community-Programs.



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*A Fleet of Fishing Vessels at Anchor by Hendrik Willem Mesdag used with permission



BUSINESS & REAL ESTATE



92

Total Inventory

Number of available homes on the market. Including single family, townhomes, villas and condos.

\$458,193

Average Sales Price

The average sales price in the rest of Orlando was \$235,000.

124

Average Days on Market

Average days on market in April 2018 was 93 days.

28

Number of Sales Closed

35 homes closed the month of April 2018.

47

Homes Under Contract

During the month of April of 2018, 88 homes were under contract and in the closing process.

34

New Contracts

In April of 2018, 71 new contracts generated.

43

New Listings

74 new listings came on the market in April 2018.



Continuing a trend that we've been seeing for quite a while, median sales prices for both existing single-family homes and for condo-townhouse properties rose in Florida during the first three months of 2019," says 2019 Florida Realtors President Eric Sain. "The state's population continues to increase, our jobs outlook is strong and the economy is growing. In fact, Florida continues to be ranked as the second-best state in the U.S. to do business, according to the 2019 survey of CEOs from Chief Executive magazine.



Data compiled by Sophia Rogers and provided by Orlando Regional Realtor® Association. Zip Code Plus™ data represents all listings taken or sold within the given zip code and is exclusive to residential property, which includes townhomes, duplexes, single-family homes, and condos. It does not include vacant land or commercial transactions.

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Creator Mindset: Playing Your Hand

BY NIR BASHAN



I used to work with a woman we will call Jane. That is not her real name, but the story I will tell you about Jane is as real as it gets. You see, Jane was born in abject poverty to a single mom and had four other brothers and sisters. Right from the start, she was dealt what you might call a bad hand.

Pulled from school to school while her mother tried to find work, she was on the road from a young age. She endured countless cities coming and going all while watching her mother bounce in and out of meaningless relationships. She was partially raised by her grandparents. And I am not doing justice to her full story with this description! Yet, you would think that her story ends as a sad one – but it does not. You see, after leaving the military, Jane earned an entry-level job in the advertising business and worked her way up. I hired her with zero ad experience, but I saw in her a relentless drive. She is now a successful businesswoman.

We in business can learn a lot from Jane. I often find myself wishing that the hand I was dealt was better when I'm at work. I wish I had more cash flow. Less turnaround. More new opportunities. More publicity. The list goes on and on. Do you wish that you had a new piece of machinery that could increase production by 15%? Do you wish that you had more market share in a particular area? Do you wish that you were a better writer? (I know I do.)

You can wish all you want, but what is most important is how you deal with the

cards you have in front of you. How do you utilize what you do have and make the best of it? You need creativity because analytics alone cannot get you there.

By maximizing what you do have to its utmost potential, you will find success if you look at it creatively no matter how small that success seems at first. Because eventually a bunch of little wins adds up to a big win, and focusing on what you do have instead of what you don't have is essential to get one foot in front of the other. It is literally the stuff that wakes you up in the morning and gives you purpose. But only if you will it. Jane is living proof of this. Countless times, she could have given up. Or given out. Or compared herself to others and gotten derailed. But she built on each success creatively, no matter how small, and eventually made her own luck and opportunities.

And seeing what can be – not what is at the time – is one of the cornerstone creative outlooks of The Creator Mindset. It shifts your perspective. You can start this shift by refusing to see any problem as binding and crippling. Instead, see problems as opportunities to solve them creatively and in ways no one has before. In doing so, problems you thought were monsters turn into lambs. Issues that were once unsolvable become manageable. All you have to do is believe in a creative ability to solve problems.

I am sure that you know some people like Jane who have likewise risen above peril. Not sitting idly by or accepting mediocrity and failure, regardless of how bad your situation seems, is a critical step in The Creator Mindset to actually manufacture your own triumphs. Taking it step by step, no matter how small the steps, builds momentum. This is the manufacturing part, and you will get to the next level this way in slow but measured increments. Perhaps you will be dealt a new hand to play at some point by earning it. Still, nothing will happen until you set the cycle in motion.

You can spend a lifetime comparing yourself with others, to what someone else is

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doing, or what they have and what you don't, be it professionally or personally. I know I have. Embarrassingly, perhaps too many times. But by playing the hand you were dealt and making the most of your creative way of seeing things, the walls and obstacles to your success will begin to crumble.

Nir Bashan is an executive creative director/managing director with over 19 years of advertising, entertainment and business development experience. He helps teach folks in non-creative fields how to think creatively to solve problems. He leads workshops and lectures on topics relating to The Creator Mindset. McGraw/Hill is publishing a book on The Creator Mindset that will be released in 2020. www.nirbashan.com



Work Well: A Mindful 10-Minute Vacation

BY NATALIA FOOTE

It is June. It is getting warmer, and the allure of summer and vacation is ahead of us. When is your next vacation? Do you have one planned? Furthermore, how many days do you get? According to the Bureau of Labor Statistics, "Paid vacations were available to 76

percent of private industry workers in March 2017. On average, workers received 10 paid vacation days after one year of service. The number of paid vacation days increases slightly as tenure with the current employer increases. After five years, workers received 15 paid days on average. They received an average of 17 days after 10 years and 20 days after 20 years." Assuming that you work five days a week, there are about 260 possible workdays. If you get 15 days of vacation, you might work 245 days out of the year. If we remove 10 days for personal or health reasons, that leaves us with 235 days of work a year. Some Americans refuse some, if not all, of their vacation due to fear, guilt, or workplace pressure. And yet, according to the article "The Data-Driven Case for Vacation" from the *Harvard Business Review*, "Statistically, taking more vacation results in greater success at work as

well as lower stress and more happiness at work and home." So what can be done now? Take a 10-minute vacation. Find a comfortable seat or lay down if you are able to do so. It is most important to find a place where you can be still and comfortable. Try to find a place that is quiet. Perhaps turn on some calming music or nature sounds and place a 10-minute timer on your phone. Then begin to visualize. *Imagine yourself walking down a shaded path that borders a little stream. Tall trees surround you. You pass through areas that are allowing the sun to beam through. Curiosity leads you down the path as you want to know where this stream will lead to. As you walk, you notice how it feels to have the sun shine on your shoulders and then move into the shade. A calm breeze is present. Notice what the air feels like against your skin. The breeze brings about wonderful scents from this path. Your curiosity wants to identify the smells, and you keep walking. As you continue to walk, you begin to notice the ground and its texture. You notice how your feet strike and how the texture in the path is changing. You pause to look at the stream and can see that it opens up ahead. You turn and instead see a beautiful, calm animal. What animal is it? What color is the animal? You see the eyes of the animal, and you are calmed by them. The animal allows you to continue on your path, and when you turn to thank it, it is gone. When you reach the clearing, the stream opens up into a large body of water. You*

look around and notice the visible edges around the body of water. You also see where the water meets the sky. A thin line is the only thing that defines the sky from the water. You decide to sit and take in the splendor of this place. Sit for a few minutes in your special place. Once your timer has rung, allow yourself to return to "real life." As your day or week continues, and as stress begins to rise, come back to your special vacation spot. The more often you practice visualization, the stronger the image will become and the easier it will be to recall a calm, quiet place when necessary. Enjoy your 10-minute vacation daily or weekly and give yourself some much-needed recovery time.

Natalia Foote is the owner of threeR, a company bringing mindfulness, meditation and yoga practices to the workplace. Her mission in life is spreading love and light in the world. When not spending time with her family, you can find Natalia taking and teaching yoga all around Lake Nona.



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Get Traction: Stop the Interruptions and Be in Control

BY CHRIS WHITE, ENTREPRENEUR, AUTHOR AND CERTIFIED EOS IMPLEMENTER



Chris White

Are you frustrated by the relentless onslaught of people interrupting you? Is your work suffering because of all the interruptions? Would you believe me when I say, "It's your fault"?

If your day is filled with people coming into your office, unscheduled, and asking for your help, consider this: In his book *The One Minute Manager Meets the Monkey*, Kenneth Blanchard describes this scenario the following way:

"When a person goes to their boss with a problem and the boss agrees to do something about it, the monkey is now off of their back and now on the boss'." And if you do this all day long, your office is now overrun with monkeys. Sound familiar?

Well, fear not! I have the perfect solution to put a stop to all the interruptions. It's as simple as 1-3-1. I was taught this simple tool by a client.

My client's business was growing rapidly, and she was dealing with 136 issues a day. What she realized was that her direct reports were not taking the time to think about their issue before coming to see her. She found herself stopping what she was working on to help them, and this became her daily routine. She sought advice from her executive peer group, and that's where she was introduced to Blanchard's book. After reading it, the answer to her problem came to her.

She informed her executives moving forward that she was



implementing a new protocol called 1-3-1. For every issue someone had, they needed to think about it, prepare 3 solutions, and then come to her so she could help them pick the best one. 1 issue, 3 solutions, 1 result.

The next time someone interrupts you with an issue, stop them in their tracks and ask them if they have thought about the issue and if they have three solutions. If they don't, send them out of your office and tell them that when they have three possible solutions, they can come back and you'll be happy to help them pick the best one!

Chris is a successful entrepreneur, author and head coach at Traction in Florida. He's passionate about helping entrepreneurs get what they want from their businesses. Learn more at tractioninflorida.com.



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The Lake Nona High School Wind Ensemble Goes to Carnegie Hall

BY MONICA C. LEIMER

The Lake Nona High School Wind Ensemble, under the direction of Monica C. Leimer, recently had the distinct privilege of performing in the renowned Carnegie Hall in New York City. The 61-member ensemble was selected to perform as part of the National Band & Orchestra Invitational Festival held on April 19.

The band worked very hard all year to prepare for this opportunity, and all of that hard work paid off with an amazing performance that received a standing ovation from the audience and high evaluations from the esteemed panel of adjudicators!

While in New York City, the band had the opportunity to tour local destinations such as the Statue of Liberty, Grand Central Station, the Empire State Building, 5th Avenue, Central Park, and Rockefeller Plaza. One of the highlights of the trip (besides the performance in Carnegie Hall) was a rehearsal with composer Michael Markowski.

The students had the oppor-

tunity to rehearse at the DiMenna Center for Classical Music with Mr. Markowski and work specifically on his piece *City Trees* in preparation for the performance. This experience proved to be very educational and fulfilling for all members of the Wind Ensemble.

Mr. Markowski even stayed after the rehearsal so that students could ask questions, have conversations, take pictures, and ask for autographs on their music. For many of the students, this was their first interaction with a professional composer.

The Lake Nona High School Wind Ensemble would like to thank everyone in the Lake Nona community who supported them in this opportunity. Thank you so much for helping these young people experience this once-in-a-lifetime performance!



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Lake Nona and Other Central Florida YMCAs To Provide Free Water Safety Lessons

ARTICLE BY VISSHAAEL PATEL
PHOTOS PROVIDED BY YMCA



When it comes to time spent in or around the water, there are plenty of ways to enjoy. Even then, for some of us, we choose to stay clear of getting wet while others spend most of their time in the water. In any situation, there is one thing we should all probably know how to do.

With summer break, individuals will choose to spend more time cooling off in or around the water. Where pools and beaches can be considered a hallmark of the summer season, a great emphasis for safety around water can also be seen. Especially with Lake Nona’s abundance of pools and Nona Adventure Park, such safety is critical.

YMCAs across Central Florida hosted their Safety Around Water Week May 28-31.

In its fifth consecutive year of this initiative, seven YMCAs participated. They offered free, introductory water safety and drowning-prevention lessons to children from four to 12 years of age, according to a press release.

In six Florida counties, including Orange County’s Lake Nona YMCA, the aim of these lessons is part of a nationwide effort to combat childhood drowning. In multiple years, Florida has been the top state with the most fatal drownings in children, according to the USA Swimming Foundation. As one way to combat this cause of death, the month of May was National Drowning Awareness Month.

“Teaching children how to be safe in and around water is not a luxury; it is a necessity, especially here in Central Florida. Every parent and child deserves to feel confident and safe in and around the water,” said Rowdy Gaines in the press release.

Gaines, a three-time Olympic gold medalist in swimming, currently serves as vice president of YMCA Aquatics in Central Florida. His experiences with the statistics behind those who cannot swim have motivated him to encourage swim lessons and water safety.

The initiative in Central Florida began in 2014, and, according to Gaines, the whole initiative was put together based on multiple reasons. The week is hosted in May as it “makes the most sense,” with waters being warmer and summer right around the corner. Additionally, the University of Memphis with the USA Swimming Foundation has released reports revealing the data and factors behind swimming participation and competence. In their 2017 report, 49.4 percent of all children, defined as ages four to 18, reported a no to low swimming ability.

Parents who have lost a child to this unfortunate cause have become proponents for raising more awareness. In general, water-safety awareness is both for children and adults to become more familiar with. Gaines mentioned that 80 percent of drownings happen when an adult has

been near or around that child. It can take as little as 30 seconds for a child to drown. He further said that while accidents happen, there is always a reason to make an effort to know and do more.

“Just sit at the dinner table and look your child in the eye. Ask yourself, ‘What’s 30 minutes of my day just to help my child out?’, especially for a child in Florida,” Gaines mentioned.

Since the initiative began, there have been more than 2,500 kids who the organization has been able to reach in Central Florida. According to Gaines, they are seeing the trend that is reducing childhood deaths caused by drowning. Even if the trend is reducing the rate only by two percentage points, that is well worth it.

The YMCA of Central Florida is not the only organization to have such initiatives. Gaines mentioned that if you simply search on the Internet, you’ll have a large variety of options that can best fit your circumstances. In Florida, “water is a way of life and it’s everything to us,” he said. For that reason, he doesn’t see becoming safer around water as optional.

It is key to know how to be a better swimmer, according to Gaines. When the aware-



ness week and month ended, that doesn’t mean it’s all over. In fact, even after the age of 12, it’s not too late. Gaines recalled that it wasn’t until he was 17 and a junior in high school that he started competitive swimming.

Based on his personal experience, though not the only reason, he knows it’s never too late to learn. Swimming is similar to riding a bicycle. Once you learn how to do it, it’s virtually impossible to forget.

“The first and most important thing is four words: Swim lessons save lives. It’s a gift you’ll have for the rest of your life,” Gaines said.



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A NOTE FROM THE CEO

BY DON LONG

Please join me in welcoming our new staff addition, volunteer/intern Claudia Baez Sola. Claudia will work with us for at least the summer before resuming school at UCF this fall. Claudia joins us with an impressive resume, including Student Government Association president at Valencia College, Kissimmee. Claudia is a native of Puerto Rico but presently resides here in Central Florida. Part of Claudia’s responsibilities will be assisting with member communications and updating our member database. Make sure to say hello when you see her.

I also want to greet Starling Chevrolet/Buick/GMC of St. Cloud as a new member and Gold Partner. In addition, joining us as a Bronze Partner this past month is UCF Lake Nona Medical Center with their new hospital under construction here in Lake Nona.

Make sure to enroll early for our upcoming events. Highlighting the next two months are a Business Luncheon with Commissioner Jim Gray and Orlando Police Chief Orlando Rolon on June 28 along with the July 26 Luncheon featuring the very popular and motivating former Notre Dame Coach Lou Holtz. Sign up early to reserve your seats.

WHY YOU SHOULD JOIN THE LAKE NONA REGIONAL CHAMBER OF COMMERCE, PART ONE

BUSINESS ADVOCATES – Your ability to influence public policy on common business problems becomes greater as more voices are added to advocate on behalf of businesses like yours. The local chamber takes on the tough issues and opposes new regulations, taxes, fees, assessments, and costs directed at small businesses. It also helps protect the principles of free enterprise and aids businesses in being treated fairly.



CHAMBER CHARITY OF CHOICE: NEMOURS CHILDREN’S HOSPITAL

Nemours Children’s Hospital is our Chamber Charity of Choice for 2019. This year, we want to feature some brief Q&As about their efforts and needs.

Q: Does Nemours Children’s Hospital only serve kids in Lake Nona?

A: Nemours Children’s Hospital provides expert medical care to children in Lake Nona as well as the greater Central Florida area and all 67 Florida counties, all 50 states, and more than 70 countries worldwide. In addition, there are 17 primary care and four urgent care locations in the Central Florida region.



EVENT GALLERY



April 26, Business Luncheon with Mayor Jerry L. Demings at GuideWell Innovation Center – Mayor Jerry Demings of Orange County spoke to our members and guests on the collaborative points between the city and the county. Pollo Tropical served a delicious lunch to the group at the GuideWell Innovation Center. Photo by Orange County Government.



April 26, Business Luncheon with Mayor Jerry L. Demings at GuideWell Innovation Center – (from left to right) LNRCC Director of Economic Development Paty Wright, LNRCC CEO Don Long, Mayor Jerry Demings of Orange County, and LNRCC Director of Marketing Pam Moore. Photo by Orange County Government.



May 7, First Tuesdays After-Hours at 310 Nona – Attendees enjoyed a relaxing happy hour with fellow members at 310 Nona, who served a selection of their best-selling appetizers. Photo by Felicity Gomer.



May 7, First Tuesdays After-Hours at 310 Nona – The Chamber recognized Brandy Bennett of Creative PGM as our invaluable Ambassador of the Month for May. Photo by Felicity Gomer.

The Lake Nona Regional Chamber of Commerce is not affiliated with, or sponsored by, Lake Nona Property Holdings, LLC or its affiliated entities

UPCOMING CHAMBER EVENTS

May 23

Ribbon Cutting for Edward Jones
10783 Narcoossee Rd., Suite 121
4:00-7:00pm

June 4

First Tuesdays After-Hours - "A Trip to Turkey"
Bosphorous Turkish Cuisine, 5:30 - 7:30pm

June 11

Ribbon Cutting Ceremony for all Members
in GuideWell
6555 Sanger Rd., 4:00-5:30pm

June 12

Ribbon Cutting for Home2 Suites by Hilton
Orlando Airport
5445 Hazeltine National Drive 4:00-5:30pm



Register at lakenonacc.org

June 13

Breakfast Connections with Lake Nona
Information Center Team - "Latest, New, and
Coming in Lake Nona"
LakeHouse, Lake Nona, 8:00 - 9:30am

June 18

Contagious Connecting - "How to Network in Real-
Life Scenarios so People Will Remember You"
Ronald McDonald House
8:00 - 9:30am

June 28

Business Luncheon with Commissioner Jim Gray and
OPD Chief Orlando Rolón - "Growth: The Good and the
Bad"
Orlando VA Medical Center Auditorium, 11:30am -
1:00pm

July 11

Breakfast Connections with Regine Bonneau -
"Protect your Business Data and Financial
Transactions from Cyber Attacks"
LakeHouse, 8:00 - 9:30am

July 26

Business Luncheon with Coach Lou Holtz -
"Game Plan for Success"
GuideWell Innovation Theater 11:30am -
1:00pm

EVENT GALLERY



May 9, Breakfast Connections with Nir Bashan at Eagle Creek Golf Club & The Belfry Restaurant – Nir Bashan spoke to attendees about the value in approaching business creatively. The Belfry Restaurant served a spectacular breakfast of fresh fruit, eggs, sausage, and French toast. Photo by Don Long.



New to LNRCC – Please welcome our newest volunteer/intern at the Lake Nona Regional Chamber, Claudia Baez! Photo by Felicity Gomer.

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First-of-Its-Kind Florida DNA Study Could Diagnose And Prevent Disease

BY VISSHAAEL PATEL



The color of our eyes might match our mother's, while our hair color matches our father's. In a great number of ways, our appearances are determined by DNA. But it doesn't just determine our appearances. DNA can also share how likely or unlikely in our lives we are to see changes, like tolerance to dairy or cardiovascular disease.

AdventHealth in collaboration with Helix, a California-based genomics company, has recently launched a DNA study, WholeMe. Being the first-of-its-kind, according to a press release from AdventHealth, the study aims to help people identify potential risk for high cholesterol.

Known as FH, or familial hypercholesterolemia, the life-threatening genetic condition causes high cholesterol. If untreated, cardiovascular disease can result, includ-

ing heart attacks. Though cardiovascular diseases are more common with an increase in age, FH can still be a severe issue for young adults.

The study will sequence the DNA of 10,000 individuals. Sequencing will allow researchers to help order the building blocks of DNA for each individual. This, in turn, will provide the genetic information that is carried along segments of our DNA.

In addition to DNA sequencing, participants of the study will be screened for genes that are connected back to FH. They will also be able to learn about other traits that can influence their health such as lactose, glucose, magnesium, and calcium levels.

With its rebranding last summer, the organization shared the importance of genomics in the future of medicine. WholeMe will allow researchers to learn about how genomics can be used to diagnose, treat and prevent diseases.

The Healthy Nevada Project, a study similar to WholeMe, has been able to see success in its partnership with Helix. Currently, 115 participants were able to learn about their FH risk. It was also found that 90 percent of them would not have been diagnosed under current medical practice, according to the press release.

The study anticipates more insight about how genomics can impact personal health decisions, according to the press release. The hope is that consumers will be able to know more about their heart health with information that could secure a healthier life.

"Nothing is more personal than your DNA. ... WholeMe is an exciting first step for AdventHealth, and we're thrilled to bring this project with Helix to Florida," Daryl Tol said in the press release. Tol serves as president and CEO of AdventHealth's Central Florida Division.

AdventHealth, formerly known as Florida Hospital Orlando, currently oversees two million patient visits each year in just the metro Orlando area. According to the press release, they provide health services for, but not limited to, cardiology, women's medicine, cancer, and pediatrics. Be-

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gun in 2015, Helix has created the first marketplace for DNA-powered products. The group is headquartered in San Francisco and looks to share personalized products developed by high-quality partners.

Both groups are excited to see how this one important study can give comprehensive knowledge to those who seek it. It will be a way to increase the standard in medical care, according to the press release.


WholeMe is scheduled to begin recruiting this July. There is no cost to join the study. While the study is open to all adults in Florida, the Orlando area will be the basis for enrollment sites. Ultimately, the study will allow individuals to learn more about their health and potential risks based on their genetics.

"We believe personalized medicine that focuses on the whole person is superior health care," Tol said.


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Tough Things To Talk About: Driving in Lake Nona

BY KYLE HAMM

The rude, unthoughtful, inattentive, inconsiderate, and disrespectful driving that I have seen around our neighborhood has started to push me over the edge. Where are you going in such a hurry that is so important to put someone else's life in danger? Something needs to be done about it, and fast. Lake Nona is only growing bigger, and we shouldn't allow this type of driving behavior to be accepted.

I bet if there were a police officer located at one of our stop signs here in Lake Nona, he would have one busy day pulling over a majority of the drivers. It's not even just the stop signs; there's the speeding, inconsiderate parking, and the flat-out rude driving.

Orlando is one of the largest cities in Florida and has one of the busiest interstate systems in America, which is bad enough as it is, so let's really try not to bring that madness into our beautiful home of Lake Nona. I see it every morning when I am taking my son to school at Laureate Park Elementary. We drive down Lake Nona Boulevard bright and early, and I constantly see cars speeding down the road over 50 mph; it's insane! It really makes me wonder why people who drive this way think that it is okay to put others at risk (including children) just so that they can get to where they need to go. If you're running late to work or a meeting, you're not getting there any faster, you're



already late!

Drivers need to have the common courtesy to watch for our pedestrians on the road. Too many times I've seen people in the crosswalks having to get out of the way of a car trying to get through. The drivers are supposed to yield to pedestrians, not the other way around.

The biggest point I want to get across is to watch for our children. I'm not just speaking to our regular commuters, but the construction and commercial drivers, too. Recently, in a neighboring community near Boggy Creek, there was a tragedy of a hit-and-run that took the life of a young

boy, all of which could have been avoided if drivers can just use common sense and courtesy. Put your phone down, pay attention, and drive courteously.

So please, let's keep Lake Nona a safe, growing environment that cares about its residents. Use common courtesy when driving; be thoughtful and attentive of others. Drive through school areas and crosswalks cautiously. Stop the speeding and make those complete stops to be sure that nobody is walking across the road. We all have families and loved ones who we care about, and nobody wants to be the victim of a distracted driving accident. What if it were you, your family, or one of your

loved ones?

Tough Things to Talk About is a recurring article for Nonahood News that brings the controversial subjects to light. This article is not to shame, blame, or toss anyone under the bus but to express the views of others who might find it tough to talk about. If you have a topic that you would like to express that might be too tough to talk about, reach out to me at kyle@nona.media.



The Artist: Why Wait for Inspiration to Strike When It's All Around Us

ARTICLE BY NICOLE LABOSCO
PHOTOS COURTESY OF NATHANIA GUERRA



A young woman, found with sketchbooks filled with words, typography, and drawings ... strolling through the streets of Guayaquil, Ecuador, where she was born. Whereas some might fall in love with words, this young woman has found love in type, and she is Nathania Guerra. Guerra has a bachelor's degree in graphic design and visual communication. She moved to the U.S. in 2015 with her family and discovered Lake Nona, thanks to her family who lives here as well. A “really welcoming neighborhood” helped the Guerra family adjust in no time. Here's her story.

Nonahood News: What drove you to become an artist? When did you realize creating art was your passion?

Nathania Guerra: I think when you're an artist, the passion for creating stuff is always there. But ever since I was a kid, my mom says I was always doing stuff with my hands. Always painting, dancing, using my body as a form of expression. So, when I graduated high school, I had no idea what I wanted to do, but it was definitely in the creative field. When I was in college, I always had major interest in **type**; anything editorial, branding, or illustration-related that involved type were always my favorite classes. But it was not until I moved to the U.S. that I became aware that being a "lettering artist" was really a thing, and there were like-minded artists making a living out of it. At some point in your life, you develop this interest more intensely, hoping it will turn out into something greater. And that is how I currently feel about lettering.

NHN: How long have you been an artist?

NG: I would say around four years approximately, which is when I started to practice lettering more constantly and getting involved in the lettering and design community in Orlando.

NHN: How often do you find yourself creating art?

NG: Let me put it to you this way: I carry my sketchbook everywhere. As a matter of fact, I have different sizes of

sketchbooks (one for every purse I own). It might sound a little exaggerated, but lettering is not like pottery or making an oil painting. It's drawing words and making compositions with it that will be appealing to the human eye and can communicate a message clearly and in a fun, illustrative way. So, I try to take notes all the time about things that call my attention, or that mean something to me, so I don't forget later when I'm working on a piece more detailed. Every person has [their] own creating process, and when I'm in the early stages of a project, I always recur to pencil and paper. That's why I like to keep them handy.

NHN: How long did it take you to discover yourself as an artist?

NG: Although art and design are two separate disciplines, I think there has always been a thin line between the two, and, at some point, they overlap. I say this because, in my case, it is my keen eye for design that awakens my spirit to pursue art through letterforms and shapes. I admire the beauty of type and enjoy making these pieces for pure pleasure and just letting my mind flow more creatively. Whereas in design, there's a specific problem that needs to be solved and communicated visually.

NHN: Which of your projects would you consider to be your favorites? (Pick a top three.)

NG:
- My "Not So Lovely V-Day Cards" because it shows a little [of] my personality and what I really think about Valentine's Day. To me, it's just a waste of money, when showing love and care to your loved ones should be through daily signs of affection that don't necessarily involve expensive gifts.

- A rebranding I recently made for TEA-VANA in the hopes they decide to change their packaging of their loose leaf tea. They used to have some beautiful colored tea tins (that helped the tea last longer, by the way), and now they cut down the number of flavors and sell their tea in plastic containers. I bet they reduced some costs of production, but c'mon! It's Starbucks, they can do better.

- A very amateur stop-motion video I created last year in homage of my Latin background. It's a little inside joke about a song called "Es Merengue, No Merengue" where I used actual meringues dancing around and, later on, the actual phrases appear. I had so much fun doing this video – even though it was a lot of work – it was something totally new and out of my comfort zone. But I would definitely revisit this piece and try to master and polish it.



NHN: Which of your projects were the most time-consuming/challenging and why?

NG: As I mentioned before, even though we live in a digital era, I like to use my hands a lot. With that said, I challenge myself to paint on different surfaces all the time. I once hand-lettered a kid's baseball bat (so it was way smaller than a regular adult-sized bat). ... Because of its cylinder shape, it was so hard for me to paint on it and calculate dimensions, and it took more time than I expected it to be.

Another ultimate favorite is the **#36daysoftype** Instagram challenge created for ALL designers and artists out there in the IG community to create their very own version of the alphabet, including numbers. I am currently working on mine using flowers. I knew from the beginning it wasn't going to be easy, but I love florals and wanted to recreate my version using real petals. The size of the petals and color variations is what has been challenging because it's not easy to find small ones or lots of different colors (although I can alter it using Photoshop, I'd rather keep it natural and leave it as original as possible).

NHN: What are some of your dream projects?

NG: I would LOVE to paint a mural in the city of Orlando! I am currently on the hunt for any businesses that would like to have a mural painted on their locations, so if you can think of any, please let me know! I would also love to partner and collaborate with Florida's own Rifle Paper Co. Their products are so dreamy, and it would be an honor to create something together.

NHN: What serves as your inspiration on a day-to-day basis?

NG: Literally anything. A lot of it has come during conversations with friends or listening to music. Most of the time, [they] are inside jokes or things that are relatable to my peers. For instance, ever since I joined the gym with my coworkers, I started writing down all the little sayings our sensei (as we call him), or instructor, would tell us during our training because they really spoke to me. Later on, I narrowed them down to my top 12, and I painted a huge mat with all these phrases. I



just felt the urge to transmit his legacy into something artistic and useful at the same time. What I'm trying to say is, I don't really wait for “inspiration to strike,” I just take random things from my daily basis and try to make something valuable from it.

NHN: Future goals/plans?

NG: I am excited to see where this whole lettering world takes me – trying to create more work that I would like to be hired for so that I can build up my portfolio and become better at what I do each and every time.

To check out Nathania Guerra's work, you can visit her website at natguerra.com.

NOMINATE AN ARTIST
We are looking for interesting artists who live in the Nonahood to be featured. If you or someone you know should be nominated to be a Nonahood News Featured Artist, send your nomination to nonahood.to/artist.



USTA: ITF World Tennis Tour

ARTICLE BY DANIEL PYSER
PHOTO CREDITS: USTA

The month of June will see the USTA National Campus host an international men's and women's tennis tournament that will see the best young talent competing in our backyard.

The Orlando Tennis Series is an ITF World Tennis Tour M15 and W15 event that welcomes the top amateur and junior players from around the world to Lake Nona.

The ITF World Tennis Tour is the new umbrella name for all former USTA Pro Circuit and Junior Circuit tournaments and serves as the player pathway between the junior game and the elite levels of professional tennis.

While the M15 and W15 events are the lowest level of professional tournaments on tour, they serve as a vital platform for up-and-coming stars while also granting 15- and 16-year-olds, who are still getting their feet wet, the opportunity to transition from the junior game to the profes-

sional ranks. The main draw of the tournament begins on Monday, June 17, with men's and women's singles and doubles matches being played throughout the week on the Har-Tru clay courts of the campus. The finals are slated to take place on Sunday, June 23.

The tournament will feature a number of the American players who currently train in the USTA Player Development program at the campus. In addition, the University of Central Florida women's tennis team has been awarded wild cards into the main draw of the doubles competition.

The tournament is open to the public with matches starting at 10 a.m. and the last match of the day starting at 4 p.m.

The Orlando Tennis Series is the second professional tennis tournament to be held at the USTA National Campus this year. In January, the campus welcomed the Orlando Open, an ATP Challenger 90 men's event that gave American Marcos Giron the first ATP title of his career.

For more information, please visit www.ustanationalcampus.com.



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Stimulating the Beautiful You

BY RICHARD GREGORY, MD

It's Your Call

You have the power within you to be beautiful. In most instances, it's simply a matter of releasing this power or stimulating your body to release it. In fact, the healing process involves inflammation. Inflammation is known to produce collagen in response to stimulation whether by heat or some other means. In fact, most medicines are nothing more than the ability to release your body's innate healing processes. Plastic surgery is no different.



High-tech Beauty

Of course, we have had the surgical ability to restore beauty for many years. Only in recent years have we become able to utilize minimally-invasive or non-invasive techniques to improve the appearance. For instance, although lasers have existed for over 60 years, the newer generation of lasers and other high-tech rejuvenating sources have changed the approach to beauty drastically. In many cases, treatment of minor issues, such as pigmentation of the skin and unwanted hair, to deep internal problems, including unwanted fat and slack muscles, can be aided by newer high-tech methods that will restore your confidence as well as your youthful physique.

Physiological Beautification

Among the newer rejuvenation devices on the market are lasers, radiofrequency,

magnetic energy, and even other light-based energy sources. As we age, our body structures deteriorate. Thinning and atrophy of collagen structures, including skin, is a natural phenomenon accelerated by sun exposure, smoking, and other toxic and physiologic processes. However, collagen, the main structural protein of the body, can be created, restored and tightened in many instances. Collagen is a long-chain protein constructed like a helical bedspring. Although inclined to fragment, distort, and disrupt, this can be changed and even reconstructed with the use of heat sources, including laser energy and radiofrequency. Collagen molecules will shorten much like shrink-wrap packaging by simply heating them. Obviously, the "magical" technique is to control the heat. Lasers can do this very precisely.

The Future Is Here – Your Beauty Is Waiting!

Generally, lasers have been the technology of choice for external treatment of the skin and structures. More recently, microneedling with radiofrequency has been introduced to accomplish similar goals. Internal radiofrequency heating of the subdermis as well as the supporting ligaments can be used for tightening. Tools such as fractional CO2 lasers, FaceTite, and other procedures have supplemented and even supplanted traditional procedures like surgery. However, surgery, including facelifts and tummy tucks, continues to be the gold standard for those in need of significant correction. It is also important not to forget the role of nutrition, exercise and even good skincare procedures to improve and maintain the appearance.

To learn more about the various non-invasive and surgical rejuvenation options available, join IAS for a complimentary consultation. Call 407-409-8000 or visit iasurgery.net.



An internationally known board-certified plastic surgeon, Dr. Richard Gregory has developed an outstanding reputation locally for his unparalleled surgical technique, excellent service and integrity. While skilled in all areas of plastic surgery, his passion is in facial rejuvenation, utilizing surgical procedures, non-surgical options, and laser technology to achieve the desired result. Dr. Richard Gregory is a world-renowned expert welcoming patients and surgeons from around the world who seek his expertise.

Year after year, Dr. Richard Gregory is voted 'Best Plastic Surgeon in Orlando' by Orlando Magazine, recognized in America's Best Doctors list, and chosen as 'Best of the Best' by SELF Magazine. Dr. Richard Gregory is dedicated to helping his patients look and feel their best.



GERD: Avoiding Acid Reflux Through Diet And Lifestyle Changes

BY VISHWAS VANAR, M.D. – UCF HEALTH



The last thing we want while enjoying a good meal is heartburn. However, if you are among the 19 million people who suffer from persistent heartburn, also called gastroesophageal reflux disease (GERD), you know that it can be difficult to avoid.

By adjusting what you eat (and how you eat), you might be able to control your symptoms and enjoy life heartburn-free. Here are some tips that might work for you.

1. Avoid Alcohol and Other Carbonated Beverages

Alcohol is commonly associated with acid reflux and might irritate the lining of the esophagus, which is already inflamed from acid reflux. Try to opt for something else, like water or decaffeinated drinks that are not carbonated. If you do choose to drink, stay away from red wine and limit yourself to a drink or two to best avoid aggravating acid reflux.

Ginger tea is a great option for an after-meal drink as the ginger can naturally reduce stomach acid production. However, carbonated drinks such as ginger ale do not have the same effect. Carbonated beverages increase gastric pressure and can worsen your symptoms.

2. Skip the Spice, Grease, and Tomatoes

Spicy foods might irritate the stomach lining and cause symptoms similar to heartburn. The same applies to other acidic foods such as citrus fruits (lemon, lime) or tomatoes. A golden rule in managing reflux is to listen to your body and avoid foods that trigger symptoms.

3. Curb Your Chocolate Craving

It's hard to not indulge in some sweet treats every now and then. However, chocolate might relax the lower esophageal sphincter and worsen heartburn. If you're craving something sweet, oatmeal can help absorb acid in the stomach and actually reduce heartburn. Adding cinnamon can help satisfy your sweet tooth while keeping your acid reflux in check.

4. Don't Overeat

Overeating can worsen your acid reflux. Instead, eat smaller portions throughout the day so that your stomach does not go empty. Don't "save room" for one big meal by not eating breakfast and lunch. Also, don't lie down immediately after eating.

Remain upright and allow gravity to work in your favor.

5. Be Healthy

Obesity is a known risk factor for acid reflux. The excess body fat raises the pressure in the stomach (especially when lying down) and increases chances of reflux. Similarly, smoking can worsen heartburn in addition to increasing your risk of esophageal cancer.

If your acid reflux is a regular occurrence, visit a gastroenterologist to discuss your symptoms and possible treatments. Persistent heartburn can be problematic since it can affect the health of the esophagus.



Dr. Vanar is a gastroenterologist at UCF Health. In addition to routine endoscopies, Dr. Vanar offers advanced GI screening and treatment procedures, including video capsule endoscopy, esophageal manometry, impedance pH monitoring, single balloon enteroscopy, radiofrequency ablation for Barrett's esophagus, and fecal microbiota transplant. Learn more at ucfhealth.com.

Guys: Don't Skip These Screenings

BY ADVENTHEALTH MEDICAL GROUP

Gentlemen, you have a lot of responsibilities, manage a lot of moving parts, and take care of your home and family. But are you taking care of YOU? Men often put off health screenings that could have an enormous impact on their health. Sure, they're not exams anyone looks forward to exactly, but these screenings are absolutely necessary. Early detection of these treatable, beatable cancers could save your life. Get



the facts and talk to your doctor.

Colorectal Cancer

For men of average risk with no family history, it is now recommended that screenings for colon cancer begin at age 45 (American Cancer Society). However, this could change based on your risk for colon cancer. Risk factors include:

- Family history of colon cancer
- Personal history of certain types of polyps
- Personal history of inflammatory bowel diseases like Crohn's or ulcerative colitis
- Personal history of radiation to the abdomen or pelvis

Being overweight and consumption of red/processed meat, tobacco use, alcohol consumption, and diabetes have also shown

links to increased risks for colon cancer.

"There are several different ways your primary care physician can screen for colon cancer, and they can recommend a colonoscopy if needed. There's no need to feel embarrassed or ashamed during a colonoscopy," says Dr. Mitchell Machado, a board-certified oncologist and hematologist in Orlando.

Lung Cancer

The leading cause of cancer-related deaths among men and women in the United States is lung cancer. Globally, as well as here in the U.S., it is a fact that the majority of smokers are men. There are criteria now used to screen for lung cancer, and you should discuss this with your primary care provider to determine if you are eligible. Characteristics for an individual to be screened include:

- Being ages 55-74
- Having smoked at least one pack of cigarettes per day for 30 years or two packs a day for 15 years
- Either currently smoking or quit within the last 15 years

Dr. Machado advocates, "Smoking cessation is a vital part of this process as well, and I encourage patients to set up a dedicated time with their physician to discuss ways to end the habit."

Prostate Cancer

This is the most common form of cancer discovered in men. Screening for prostate cancer has evolved over many years. Although there are no current guidelines to start screening at a certain age, you are encouraged to start discussing prostate cancer screenings with your primary care physician at age 50 (American Cancer Society). However, if you are at higher risk for prostate cancer, this discussion should start as early as ages 40-45. Risk factors

include:

- Being African-American
- Having a first-degree relative (father, brother) with prostate cancer younger than age 65
- Having a known genetic mutation like BRCA in the family

"Screening includes a blood test for prostate-specific antigen, or 'PSA.' An examination of the prostate by your physician might be done only if deemed necessary. There are no obvious symptoms of early prostate cancer, which is why it is important to discuss screening for it. If it is found and treated early, the chances of survival are very good," says Dr. Machado.

Talk to your doctor about these essential screenings. They could save your life.

Mitchell Machado, MD, is an experienced board-certified oncologist and hematologist with the AdventHealth Cancer Institute. For more information, visit YourCentralFloridaDoctor.com/Oncology or call 407-303-6772.



Namaste With Natalia: Dolphin Pose

Catur Svanasana

Your Monthly Yoga Pose

ARTICLE BY NATALIA FOOTE
PHOTOS BY JEN BRUNK

Summer is around the corner! Kids are done with school, days are longer, heat is higher, and vacation mode is about to set in. Here in Florida, it likely means beachwear is headed our way! Incorporating dolphin pose into your regular yoga practice is excellent to open the shoulders and tone the core and arms.

1. Begin in an all fours, tabletop position.
2. Allow the elbows to bend and place the forearms on the mat. Your hands may be placed palms facing down with the thumbs near each other or palms facing in toward each other and the fingers interlaced.
3. Adjust your elbows so they are under the shoulders. It is a common mistake to spread the elbows further or feel as if the shoulders are wider than they are.
4. Untuck the toes and press the hips up towards the sky. The knees may be bent depending on how warm and mobile your body may be.
5. Focus on lifting the hips toward the sky and elongating the spine.
6. Making sure your neck is loose, allow the head to drop and gaze past the feet or toward the navel.
7. Press the heels toward the ground (with bent or straight knees) and press the chest toward the legs.
8. Stay for 30 seconds to a minute, breathing a natural breath, then come back to your knees.

Dolphin pose is an excellent pose to work on to gain strength for poses like forearm stand or headstand. It is also a great pose to strengthen your core. For a core exercise in dolphin, follow the steps below.



Follow steps 1-7 from above.
Adjust your gaze to your thumbs.
Inhale and bring your chin over your thumbs.
Exhale and press yourself back to dolphin.

In addition to strengthening the core, dolphin pose helps open and strengthen the shoulders, arms, and legs while stretching the chest, hamstrings, and calves. Take caution with dolphin pose if you have shoulder or neck injuries.

I wish you a beach- or pool-filled June, and I hope you enjoy practicing dolphin pose!

Namaste.

Natalia Foote is the owner of threeR, a company bringing mindfulness, meditation and yoga practices to the workplace. Her mission in life is spreading love and light in the world. When not spending time with her family, you can find Natalia taking and teaching yoga all around Lake Nona.



Florida House Passes Drug Importation Program

BY VISSHAAEL PATEL

Residents of Florida may be able to start seeing cheaper options of prescription drugs. On April 11, the GOP-led Florida House passed a bill that would help import medication. Such importation would give a more affordable and quality healthcare to Floridians, according to a press release from House Majority Leader Dane Eagle.

In order to succeed, the final Senate bill and House bill must be in agreement. Thereafter, the program would also need approval from the Food and Drug Administration at the federal level.

Known as the Prescription Drug Importation Programs, it would allow people to have access to FDA-approved drugs from other countries that are known to abide by “good manufacturing practices.” Such access could help reduce costs for prescription medications that can have higher costs when bought here in Florida.

“We are dedicated to providing Floridians with greater access to affordable, quality healthcare. Our goal is to encourage and support competition by removing excessive regulation and empowering Floridians with more information and more options,” mentioned Eagle.

As head sponsor of the bill, Rep. Tom Leek (R-Ormond Beach) has helped to identify specific conditions that the bill must meet.



Such conditions range from distribution requirements to annual reporting. The bill is intended to ensure that safe distribution is maintained throughout the state when imported from other countries, such as Canada.

“Today, the Florida House gave Floridians a fighting chance for safe, lower cost prescription medication. It’s time we put patients over profits,” Leek said on the day the measure passed.



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- February 9: Behind the Badge
- March 9: What is That? Curious Facts of Orlando and Orange County
- April 13: Neighborhood Wellness Challenge
- May 11: Be Prepared. Stay Safe.
- June 8: 2019 Legislative Updates
- July 13: HOA & Condo Board Of Directors Certification Training
- August 10: Crime Prevention and Neighborhood Safety
- September 18: Building Stronger Neighborhoods
- October 12: Sustainable Living Made Easy
- November 9: Navigating Neighborhood Resources

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Astronaut Dr. Don Thomas Visits Elementary Schools for New WonderWorks Program

BY VISSHAAEL PATEL



Dr. Don Thomas motivates students to pursue any dreams of entering space. He considers those in elementary school to be the "Mars Generation," the generation that will be the first to land on Mars.

In a gymnasium on May 5, 1961, students of an elementary school in Cleveland, Ohio, gathered before a small black and white television. As one student watched on the day before his sixth birthday, it wasn't just about seeing Alan Shepard become the first American in space; it was the moment he realized that he, too, wanted to do the very same.

"You have these moments of inspiration when you're like that [as a kid] that change your life," Dr. Don Thomas mentioned when reflecting on his inspiration to become an astronaut.

For Thomas, that moment, captured through a small screen, was the moment that propelled him forward to earn a Master of Science and doctorate in materials science and engineering from Cornell University. He did so because he knew that, in order to achieve his dream of entering space, he would have to work and study hard.

To help young kids feel inspired just as he did, Thomas mentioned that he teams up with WonderWorks via the WonderKids program to visit schools across the U.S. The hope behind such efforts is that students can hear first-hand about the experiences of an astronaut while motivating students to learn more.

In its first year launching the WonderKids program in Orlando, WonderWorks collaborated with Thomas to visit schools across the Central Florida area on April 25 and 26, including Lake Nona's very own Sun Blaze Elementary School.

The program allows teachers to nominate students so that they can meet astronauts like Thomas. In meeting those who have visited space, the aim is to create a passion for science, according to Brian Wayne, the manager of WonderWorks Orlando.

On April 27, at the WonderWorks attraction, a ceremony was held to honor the nominees from all across Central Florida. After being honored individually, teachers of the nominated students, family members, and the students themselves were able to listen to Thomas' presentation. Thereafter, they were all given the chance to meet him and receive his autograph. Students were then allowed to spend time at the attraction for free, courtesy of WonderWorks.

Thomas stayed until the end to meet each person waiting in line for him after shar-



Dr. Don Thomas answers the many questions students were eager to ask after his presentation in different elementary schools.

ing his story. From taking photos to signing autographs, he took his time to interact with all the students who wished to meet him. Thomas shared his enthusiasm for why he continues to share the same story over and over again, while meeting as many students as he can.

"Did you see the energy in those kids? This is why I do this. They're the Martians of the future," Thomas mentioned.

Right before leaving NASA 12 years ago, Thomas was looking for the next step in his future. With the program, Thomas was previously able to visit schools to excite students in subjects like math and science. These school visits had energized him, so he chose to continue these efforts after leaving.

"There hasn't been a single day that I said, 'Why did I ever leave NASA?'" Thomas said.

When presenting to different age groups, Thomas mentioned he always ensures that he speaks in a way that allows each group to understand accordingly. However, the general story is the same.

He makes it a point to stress the idea that a person shouldn't ever give up regardless of what obstacles they face. Those obstacles were what allowed Thomas to receive the opportunities he did.

Thomas first starts by informing the crowd of his credentials, including the fact that he has been able to orbit Earth 700 times. He then shares the story of how he got to visit space, a story that includes some failure. Even after getting turned down from the astronaut program four times, Thomas still decided to stay motivated. After his fourth rejection, he was finally asked to participate in the program. Thomas shares the experiences of being in space, and especially for younger groups, he energizes them to consider the idea of being the first astronauts on Mars.

Even though it was the first year of the WonderKids program in Central Florida, Thomas hopes to return to continue motivating and inspiring as many people as he can. Having been able to fulfill his dream of visiting space, visiting schools is a passion that leads to a newer dream of his.

Thomas said, "My ultimate dream would be one day, 25 years from now, I get a phone call or letter from somebody that says 'I just got back from Mars. You visited my school in Orlando 15 or 20 years ago, and that was the moment for me that I said I want to be an astronaut.'"



Dr. Don Thomas shares his experiences in space during the WonderKids program ceremony on April 27. Thomas hopes to motivate future generations through such experiences.

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Monday	August 12	First Day of School
Monday	September 2	Labor Day Holiday
Wednesday	October 16	End of First Marking Period
Thursday	October 17	Teacher Workday/Student Holiday
Friday	October 18	Teacher Professional Day/Student Holiday Teacher Non-Workday
Monday	October 21	Begin Second Marking Period
Monday-Friday	November 25-29	Thanksgiving Break
Friday	December 20	End of Second Marking Period
Two Weeks	December 23-January 3	Winter Break
Monday	January 6	Teacher Workday/Student Holiday
Tuesday	January 7	Begin Third Marking Period Begin Second Semester
Monday	January 20	Martin Luther King, Jr. Holiday (Schools and District Offices Closed)
Monday	February 17	Presidents' Day Holiday (Schools Closed/District Offices Open)
Thursday	March 12	End of Third Marking Period
Friday	March 13	Teacher Workday/Student Holiday
Monday-Friday	March 16-20	Spring Break (Schools Closed/District Offices Open)
Monday	March 23	Begin Fourth Marking Period
Monday	May 25	Memorial Day Holiday (Schools and District Offices Closed)
Wednesday	May 27	End of Fourth Marking Period/Last Day of School
Thursday-Friday	May 28-29	Post-Planning (2 Days)

Enjoy your summer break, Lake Nona!

Disney's Cast Members Can Attend UCF for Free

BY DEMI TAVERAS

The Disney Aspire Education Investment Program has officially reached central Florida. Disney just announced on May 23 that the program, which has given Disney's hourly employees/Cast Members the opportunity to receive an education free from the costs of tuition, now includes the University of Central Florida here in Orlando.

"Since its launch, Disney Aspire has enabled thousands of Cast Members to dream bigger and reach higher. Adding UCF to this prestigious network of schools will provide our Cast Members with even more options to create the futures they imagine," said George A. Kalogridis, president of Walt Disney World Resort, who's also a UCF alumnus.

Disney Aspire helps Cast Members who want to pursue undergraduate/graduate degrees, while also including options to complete a high school education or vocational training. The program is currently open to 53,000 eligible Cast Members, and these Cast Members now have the choice of enrolling in any of the qualifying 34 undergraduate and master's degree programs at UCF with 100% free tuition.

"Many of our students already are Disney employees who will immediately benefit, and this program has the potential to change lives in our community for generations," said Thad Seymour Jr., UCF's interim president.

It's amazing to see the steps Disney and UCF have taken to ensure a free education, and it'll be great to see all of the incoming Knights from this Disney Aspire program. Charge on!



For more information about the program, visit aspire.disney.com.



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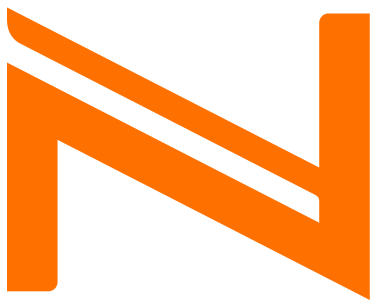
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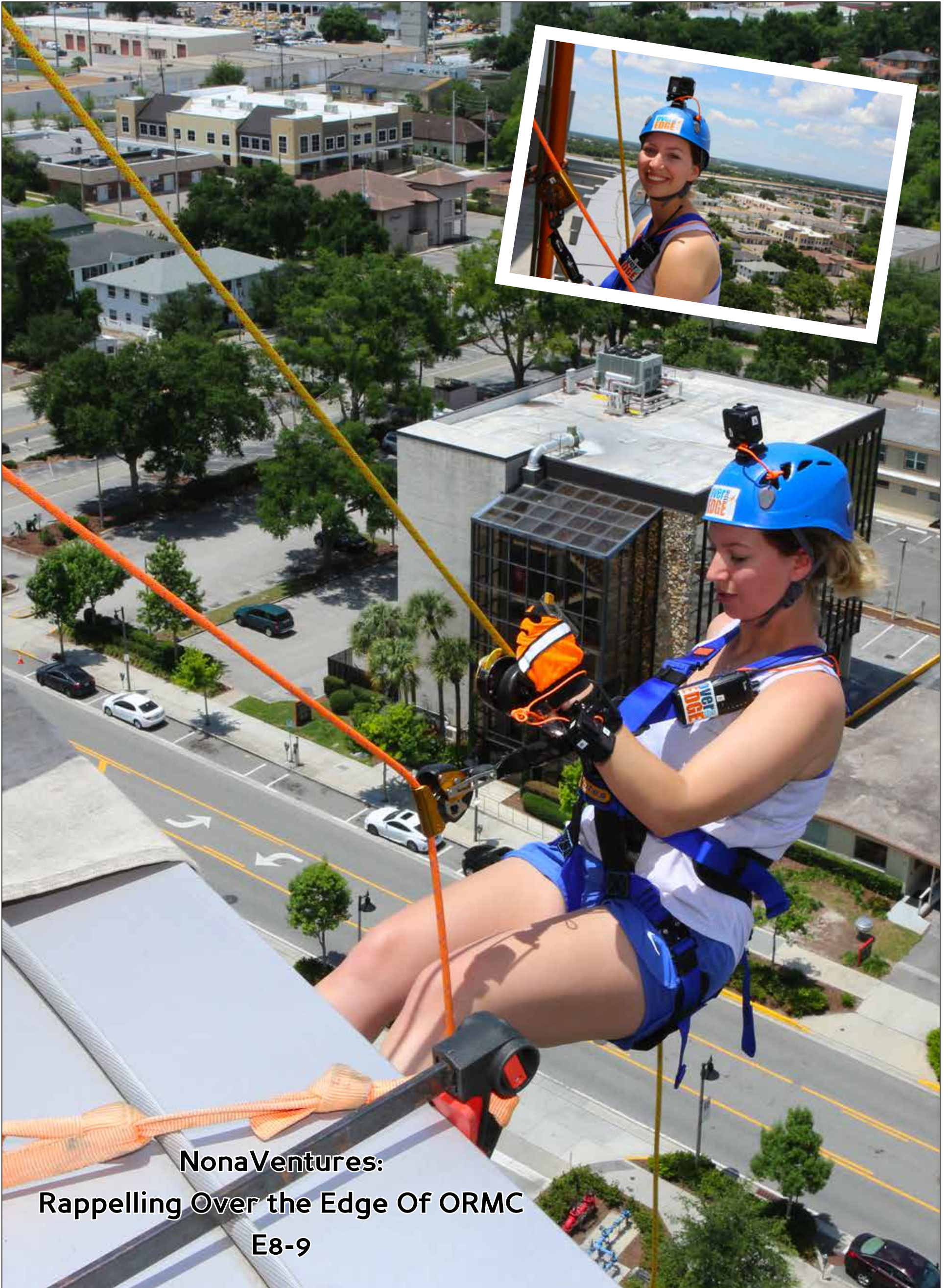
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FOOD & DRINKS

Kyle's Culinary Column: Romaine Calm!

BY KYLE HAMM



The title strikes well with this amazing, commonly-known vegetable; everyone can now remain calm in regards to romaine lettuce! The outbreak in romaine lettuce is no longer a scare, and we can go back to enjoying one of our most favorite leafy greens.

Even though commercial romaine lettuce has been the subject of product warnings in the United States, the Centers for

Disease Control and Prevention has linked back to its known outbreak origin. Now that the outbreak has been controlled, we are going to start seeing a lot more varieties of the romaine lettuce that we've grown to love.

Also known as "cos" lettuce, this lettuce was presumably introduced on the Greek island of Cos. Then, it reached to Asia and Western Europe, such as Rome, Italy, and France, where they termed the vegetable "Roman lettuce." Hence, the common North American name, romaine.

Romaine lettuce is one of the most popular in the garden and in the kitchen. It's one of the fastest-growing vegetables that is easy to harvest and takes up little space. As soon as they are ready to use, you can just pull them right out of the ground. They can even continue to grow if they are cut from the heart, but it won't grow to be one single, neat head of lettuce.

When choosing your romaine from the store, you want to be sure that you are picking a head of lettuce that is crisp and unwilted. Unwilted meaning it is not limp or slimy and is free of dark spots. The outer layer of the lettuce should be a darker green, with no yellow or brown coloring to the edges of the leaves. When storing your lettuce, you want to keep it away from fruits like apples, pears and bananas because they will cause the leaves to brown. Romaine lettuce can keep its freshness up to seven days if stored and refrigerated properly.

This common salad green is mainly known to be used in Caesar salad, another known Greek attribute. I am a big fan of a good Caesar salad with zesty dressing, freshly grated parmesan cheese, and seasoned croutons. Classic and delicious. But there are many different varieties of recipes where you can use the romaine leaves, such as a teriyaki glazed chicken lettuce wrap with carrots and ginger, another one of my favorites! Make a platter with romaine lettuce leaves, diced vegetables, chicken and/or tofu, and a variety of nuts. Now, everyone can interact by



making their own lettuce wraps. Garnish your sandwiches with crisp romaine lettuce for a little extra crunch! When it comes to salads, get creative! Mix your lettuces together, find your favorite foods to add, and use fresh vegetables, nuts/seeds, fruits, cheeses and/or meats.

Romaine hearts can also be used to cook, like when braising. Over medium/high heat, heat oil in a sauté pan, place the leaves cut side down and flip after 30 seconds. Then, take the romaine out of the pan onto a separate plate. Heat garlic, red pepper flakes, and oregano with spent oil; deglaze with white wine and add chicken stock. Then, place the romaine leaves back into the pan, lower heat to simmer, and cover. Don't forget to season to taste! This really makes a great side veggie dish, especially when not everybody cares much for fresh greens.

If you have any questions or would like to discuss new ingredients, you can always feel free to chat with me! I love to work with any ingredients that I can get my hands on and have explored many traditional and innovative, alternative methods of cooking. So, even if there's something new that you would like to explore, we can go on that culinary adventure together! You can reach me at kyle@nona.media.



Katie's Cucina: No-Churn Toasted Marshmallow Ice Cream

ARTICLE AND PHOTOS BY KATIE
JASIEWICZ, KATIESCUCINA.COM

Hello, June! The first full month the kids are out of school, and we are spending our days poolside. In an ode to the official start of summer, June 21st, which also happens to be my anniversary – Happy Anniversary, babe! – I wanted to share a homemade ice cream recipe. No worries – you don't need any fancy ice cream-making equipment for my No-Churn Toasted Marshmallow Ice Cream.

I love making homemade ice cream. The flavor options are endless, and thanks to small batches, you're not obligated to eat gallons upon gallons of the same flavor of ice cream. I created this No-Churn Toasted Marshmallow Ice Cream by mistake last summer. Boy, was it one of the best recipe mistakes I've made in a long time. I was testing my recipe for s'mores popsicles when I tasted the layer of toasted marshmallow batter and knew that I needed to dedicate a recipe in itself to this toasted marshmallow ice cream. The little brown bits from the toasted marshmallow are infused throughout, making this a marshmallow lover's treat.

I'll be honest, the only way I really love eating marshmallows is toasted. I also found that in order to offset the sweetness of this ice cream (it's definitely on the sweet side) is to eat it alongside some graham crackers. I can only imagine making an ice cream sandwich with this ice cream and some graham crackers, then dipping part of the sandwich in chocolate. Maybe even a drizzle of chocolate shell (you know, the chocolate that hardens the minute it hits the cold ice cream).



Hello, reinvented s'more!

I started making no-churn ice cream over the past few years. Before that, I was a traditional homemade ice-cream maker. Freezing my bowl, making an egg-based custard that had to sit in the refrigerator for 24 hours, then churning, etc. It was a very long and tedious process. Over the years, I've found that no-churn ice cream produces the same great taste in half the amount of time and with zero equipment.

I make my no-churn ice cream using my whisk and paddle attachments in my KitchenAid Stand Mixer. However, if you don't have a stand mixer, no worries. You'll just need to use a little elbow grease and a hand-mixer. Either method will yield the same great taste.

Wondering how to get that toasted marshmallow flavor? There are many different methods you can use to toast marshmallows without a grill. I'll be honest, I rarely ever toast them on the grill. The easiest method is using an oven with the broiler turned on high. You will only need to toast the marshmallows for 20-30 seconds max. Make sure the oven light is on, and watch them carefully so they don't burn.

NO-CHURN TOASTED MARSHMALLOW ICE CREAM

Prep time: **5 minutes + 8 hours freezing**
Cook Time: **1 minute** | Total time: **8 hours, 6 minutes**
Servings: **1.2 quarts**

Ingredients:

- 4 cups mini marshmallows
- 2 cups whipping cream
- 1/2-cup sweetened condensed milk



Directions:

1. Preheat the broiler on high. Line a baking sheet with aluminum foil and spray with non-stick spray. Set to the side.
2. While the oven preheats, you'll make the base for the toasted marshmallow layer using a stand mixer fitted with a whisk attachment. Add the heavy whipping cream and condensed milk. Beat on high for one minute. While the batter mixes, spread the mini marshmallows out on the pan. Toast for about 30 seconds until golden brown, but not burnt. Remove from the oven and set to the side.
3. Stop the mixer, remove the whisk attachment, and insert the paddle attachment. Add in the toasted marshmallows. Mix on medium for 30 seconds until incorporated and not lumpy.
4. Pour the thick ice cream mixture into a freezer-safe container. Freeze for at least 8 hours. Scoop and enjoy once frozen.

I also have a toaster oven where I can crank up the heat if I don't want to heat my whole house for the 30-second toast. In this case, it sometimes takes a little longer to toast. Either way, make sure you watch the marshmallows. The last option is using a butane torch for toasting. This option will yield an even quicker browning process and give you the toasted flavor you desire.

*Katie Jasiewicz is a full-time food blogger and recipe developer at **KatiesCucina.com**, a recipe blog that provides family-friendly, easy-to-make recipes that anyone can make. Join her on her culinary adventure, where life always tastes good.*



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DECORATING DEN INTERIORS

Nobel Notable
Of Laureate
Park: Roger
Sperry

The Man Who Split Our Brains

BY DENNIS DELEHANTY

This is the third in a series of articles that celebrate the lives of the Nobel Prize laureates whose names grace the 100 streets of Laureate Park. These laureates are extraordinary men and women - many of whom are alive today - who through their lifetime achievements have made our daily lives immeasurably richer, often in ways not readily evident. Through these articles, we hope to introduce you to these exceptional individuals and encourage you, perhaps, to learn more about them.

The next time you say to your mother-in-law, “I’m of two minds about that suggestion of yours,” you might give a moment’s thought to Roger Wolcott Sperry, the American neuropsychologist who discovered that we are all quite literally of two minds, on every subject. This is because Sperry found that the two half-moon hemispheres of our brains carry out distinct, discrete functions, and in some cases can operate independently of one another, a discovery for which he won the Nobel Prize in medicine in 1981.

Sperry’s contributions to our knowledge of the human brain were voluminous and far-reaching, but today he is most remembered for his development of the split-brain theory. In recent decades, popular culture has regrettably distorted this the-

ory by pigeonholing individuals into the two categories of analytical “left-brained” scientists and imaginative “right-brained” artists. The brain’s combined functions and their interconnectedness across the two hemispheres, however, tell a more complex story – an inkling of which we will see below.

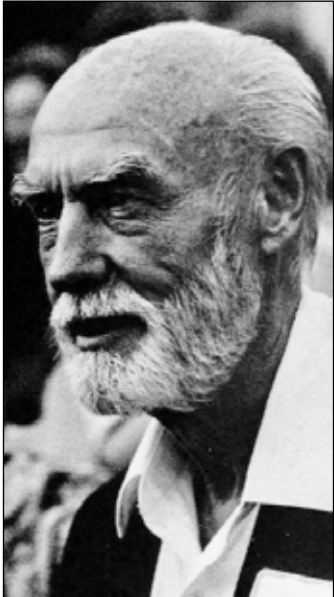
Born in Hartford, Conn., into a family of modest means, Sperry at an early age exhibited a serious and relentlessly curious character. In the 1940s, after acquiring advanced degrees in psychology and zoology at Oberlin College and the University of Chicago, Sperry pursued postdoctoral research at the secretive Yerkes Laboratories of Primate Biology, then located in Orange Park, Fla. While conducting this wartime research, Sperry postulated in a series of carefully crafted papers that the areas of the brain that perform specific functions are not entirely plastic or interchangeable but mostly hardwired. In one of his early experiments, Sperry severed the optical nerves of amphibians and reconnected them upside down, expecting their brains to compensate to view the world right side up. But the amphibian brains could not adjust, and in their eyes the world remained upside down.

In further experiments with cats in the 1950s, Sperry began to appreciate that mammalian brains were not only hardwired but also asymmetrical. It was already widely known that the right hemisphere controls movement on the left side of our bodies, while the left hemisphere controls bodily motion on our right side.



The two halves of the brain, in both humans and animals, are connected by a bundle of nerves, a sort of system of cables, called the corpus callosum, which propels information via neurons between the hemispheres. In his experiments with cats, Sperry severed the corpus callosum and altered the wiring of the cats’ optic nerves so that each eye communicated with only one side of the brain. The goal was to see how a complete separation of the two hemispheres might alter the cats’ behavior. (Although such brain surgery sounds brutal, a cat undergoing this operation would only feel pain at the cutting of the scalp, but none within the brain itself, since brain cells register no pain.) The cats with a severed corpus callosum immediately showed odd behavior. Those wearing a patch on one eye could successfully navigate a maze used for the experiments, but when the patch was applied to the other eye, the cats froze or became lost in the labyrinth. As no information could pass through the corpus callosum, Sperry concluded that each hemisphere of the cats’ brains controlled separate functions.

In 1962, an opportunity arose for Sperry and his team, including the noted neuropsychologist Michael Gazzaniga, to continue this brain research with human subjects. Sperry learned that to reduce the effects of epilepsy, several patients had undergone an operation to sever their corpus callosum. While testing these patients, Sperry and Gazzaniga uncovered further secrets of the two hemispheres’ functions. The patients, for example, could name objects, such as a screwdriver or key, shown to them using solely their left hemisphere but could not name those same objects using their right hemisphere, though they could draw a picture of the objects using their left hand. Thus commenced Sperry’s mapping of the human brain, as he assigned facility with language, numbers, logic, and analytic reasoning to the left hemisphere, and art, creativity, intuition, and holistic thought to the right hemisphere. The two sides of our brains are never fully complete, though, nor do they function optimally without the continuous messaging across the corpus callosum.



Roger Sperry 1986 Wikimedia Commons

So, yes, tell your mother-in-law that you are of two minds about her suggestion. But be aware that she might have read up on Nobel laureate Roger Sperry and know quite well that the two sides of your brain are constantly talking to one another, making them work as one.

Next month: Ada Yonath, the Cheerful Chemist.

Dennis Delehanty moved to Laureate Park with his wife, Elizabeth, from the Washington, D.C., area in mid-2018. Dennis completed a long career in international affairs at the U.S. Postal Service, the United Nations and the U.S. Department of State, jobs that required extensive global travel and the acquisition of foreign languages. Please contact Dennis about the Laureate Park Nobel Prize honorees or suggestions for future articles at donnagha@gmail.com.







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Dog of the Month



Jake & Duke

Owner: Alessandra Gouvea

Breed: Maltese

Age: 2 years and 3 months

Dog's Quirk/Story:
Jake and Duke arrived to the family when they were only eight weeks old. They are brothers from the same litter, and they have never spent a day without each other. They love to play with balls and ropes. They both sleep in our bed ... Jake likes to put his head on the pillow, and Duke enjoys to feel the fan under the blankets! Jake loves to chase lizards and birds, while Duke likes to watch TV and go crazy when he sees another dog on the TV. They both love to play with kids! We take them for a car ride almost every night with the windows down so that they can feel the fresh air.

Do you have the cutest, weirdest, smartest, or coolest dog in Lake Nona? Let's hear about it! Your furry friend could be featured in an upcoming issue! Submit your Dog of the Month nomination at <http://nonahood.to/pet>





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Nona Alumni: Brittany Reeser

BY NICOLE LABOSCO

In this recurring monthly special, Nona-hood News will be featuring those who've graduated from Lake Nona High School and will recognize the achievements they've made since. Some will have been a part of the first graduating class. Others might have graduated a few years later. Few have stayed in the Lake Nona area, and many have explored the world or are still doing so. Let's see where life's journey has taken them so far!



Age: 24
Year Graduated: 2013
Occupation: Intensive Care Unit Registered Nurse
Current Location: Tampa, FL

Brittany Reeser has always had a very charismatic and fun personality. That was what shined through in her interview. When asked how the Reeser family wound up in the Lake Nona area, she credited the convenient locale and paid an ode to what our generation would classify as a classic movie.

“A combination of the vicinity to the airport and to attend Lake Nona High School. Plus, my sister and I couldn’t bunk bed in the same room in high school. *Step Brothers* had not come out, and it was not cool yet.”

While a student at Lake Nona High School, Reeser was pretty adamant on attending the University of Florida and becoming a nurse.

“My aspirations were to become a Gator – Go, Gators! – and study nursing to become a certified registered nurse anesthetist. The local community where I live is always important to me so I wanted to get involved in Gainesville. I always desired to explore a new country and travel the



Photo Courtesy of Lauren Reeser



Photo Courtesy of Lauren Reeser

world.”

Reeser had a pretty successful life after graduating from high school, as she was able to achieve every single one of her goals ... something not many students get to say they accomplished.

“I became a Gator immediately upon graduating. I was involved in a pre-health honors society called Alpha Epsilon Delta that provides community service opportunities and guidance through the undergraduate process. This organization partnered with American Cancer Society, Relay for Life, Climb for Cancer, Dance Marathon, Alachua County Humane Society, and St. Jude’s Research Hospital to name a few,” Reeser explained. “After graduating, I became a travel nurse and worked three- to 11-month assignments in various parts of the U.S. I desired to visit. This enabled me to see the world through my career. ... It was the dream job. I worked three days a week and was off exploring, hiking, skiing, and, most importantly, trying new restaurants with new travel nurses and staff nurses at the hospital.”

It’s safe to say Reeser was very clever and



Photo Courtesy of Connor Barretta

had her career well-thought-out to be able to combine her calling and passion for nursing with her love for traveling. If you asked me, that sounded like she was living the best of both worlds!

“Most of the fun was when I was traveling as I am in graduate school now. Some of the best times were my off days while travel nursing. They were comprised of skiing in Colorado and Vermont, staying in a yurt in Yosemite, climbing up to Half-Dome, seeing a Broadway play in New York, going to Mardi Gras, biking across the San Francisco Bridge, visiting Italy, the Grand Caymans, and Mexico,” reminisced Reeser. “I am so thankful I had a career that could afford me all of these unforgettable experiences, but they would not be as wonderful without my amazing friends and family to participate with me.”

So how did she get to where she’s currently at? Reeser reminisced on her journey.

“I was accepted into the University of Florida’s nursing program and graduated in 2016 with my BSN. While in school, I conducted research to study the effects of culturally congruent nursing education materials on the knowledge base of Cambodian nurses,” explained Reeser. “In many places in Cambodia, the nurses lack in health assessment, so the project included developing culturally-sensitive anatomy and physiology educational videos at their English level. The success was measured by tests after viewing the videos and most significantly improved. It was amazing that I could improve nursing halfway around the world.”

Reeser continued into the hands-on experience she gained in her career, diving right in.

“After graduating, I immediately went into critical care, landing a job in the Medical/ Surgical and Cardiothoracic Intensive Care Unit. It was [a] vigorous, yet rewarding career. We cared for car accidents, traumas, open heart surgery patients, gunshot wound victims, severely septic patients, and many more critically ill patients,” Reeser continued. “This type of nursing provided me with critical thinking, autonomy, and direct care to truly make a difference in people’s lives. As Val Saintsbury would say, ‘Nurses dispense comfort, compassion, and caring without even a prescription.’ On top of it all, intense jobs build solid and completely trusting relationships with your coworkers. Every day at work, I knew whoever was there had my back.”

In the next five years of her life, Reeser would love to be practicing as a full-time nurse anesthetist.

“I would like to assist with clinical skills and teach the future classes behind me. Oh, and definitely [have] at least 12 dogs!”

She explained how some of her current goals in life are to maintain a good life and school balance while she completes graduate school and, naturally, to succeed.

“Succeeding in nurse an-



Photo Courtesy of Connor Barretta

esthesia school. It’s a very rigorous three-year program, but the rewards are immeasurable. ... I was told in my interview that it would be about a 60- to 80-hour week in this program, so I am hoping to maintain some sort of balance,” Reeser detailed. “A random one, but I would love to go skydiving. Nothing is more intriguing than jumping out of a perfectly good



Brittany and her sister, Lauren, in front of the Colosseum in Rome, Italy. Courtesy of Brittany Reeser

plane!”

And now Reeser is off to continue her schooling, growing further into her career and experience.

“I wanted to increase my scope of practice and autonomy in the field of nursing and have always been fascinated with the field of anesthesia. I applied and was accepted into the University of South Florida’s Doctorate of Nurse Anesthesia Program starting summer 2019. Nurse anesthetists guide patients safely and painlessly through complicated surgeries, setting the foundation for their recovery. I cannot wait to get started on my dreams.”

Here’s to your bright future, Dr. Reeser!

Written for current and future Lake Nona alumni by a Lake Nona alumna. Check back in to our July issue to learn about our next Nona graduate(s)!



Photo Courtesy of Lauren Reeser

Nona Your Neighbor: Zahide Wallace

BY CAMILLE RUIZ MANGUAL

Zahide Wallace is a residential real estate agent, a wife, and a mother. She is also a Nonahood resident. Read our conversation with her below!

Nonahood News: What do you do for a living?

Zahide Wallace: I am a residential real estate agent, but the unique thing about me is that I'm also a real estate coach and trainer and teacher. So, I don't just work with people who are looking to buy homes and sell homes, I also work with those that are interested in becoming real estate agents or those that are already real estate agents and are interested in increasing their production.

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

ZW: The blessing about being in this business is that I get the opportunity to create my own schedule and to do the things that I need to do for my customers. So, my customers will be people who are interested in becoming real estate agents, those that are already agents, and clients who are selling their homes or buying homes. So, today, very different from yesterday, involved working on a training calendar for this office. I just finished a consultation with another agent that's already in production and looking to increase her business, and later on this afternoon, I have a photo shoot for someone who is going to be selling their home in North Shore. So, I'm the one that creates my own schedule, and I determine exactly what that looks like. It's incredibly liberating because it gives me an opportunity to make sure that I'm taking care of my family and that I'm there for my clients as well.

NHN: What would you say are the most challenging/rewarding aspects of your job?

ZW: I think anytime that you are in a customer service industry, you're going to find that the challenges vary. Because real estate is so dynamic and it's constantly shifting, keeping up with what's going on in the industry becomes a challenge. You may have spoken to a client six months ago about something that they're hoping to do when it comes to purchasing a home or selling a home and then, six months lat-



Photo by Aubrey James

er, it changed. It's not the exact same thing that you said it was going to be or things haven't gone the way that you'd hoped that they would go. But I actually embrace the challenges. I like being solutions-driven and finding the best solutions for my customers. I love serving them and their families. Other people might find it a challenge or a struggle to work in a dynamic real



Photo Courtesy of Max Kyng Clark

estate market, but I actually embrace it. I love working with people. I love being able to assist my clients in the ways they need.

NHN: What got you interested in doing your current job in this area?

ZW: I was actually looking for a home for myself, and I was working with another real estate agent. While we were looking for homes, she says to me, "Wow, you



Photo Courtesy of Max Kyng Clark

would make a great real estate agent." That was one of the things that happened on my journey to becoming a real estate agent. That was in 2008-2009, and what I didn't know at the time was that the market was crashing. Things were absolutely crazy, everything was upside down. I decided to pursue active real estate transactions anyways. The blessing was that I actually came into the market when everything was crazy. It sounds like, "Why would that be a blessing?" It was a blessing was because I got to learn from veterans in the industry.

rything was brand new. My kids had just started going to NorthLake Park and Lake Nona Middle School, and it was awesome to be able to work right across the street from their school, especially as a single mom, so that I could take care of them the way that I needed to. Just being local, it ended up being the best decision that I could have made.

NHN: Do you have any interesting hobbies, collections or interests?

ZW: I'm a little bit of a homebody. I love reading. I love writing. I do love spending time with the family and doing fun things with them, but, for the most part, you'll mostly find me snuggled up with a good book. I do enjoy going out to some of the area events, the Boxi Park events, but you'll mostly find me in my house.

NHN: What's the best book you've read recently?

ZW: *Inheritance* by Dani Shapiro. It was pretty good. I enjoyed it, not everyone enjoyed it. I'm part of a book club.

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

ZW: I'm going to continue to grow. In five years, I will have no more children in my house. I will still be teaching and training agents, I will still be working with my customers in real estate. I hope that my husband and I can travel some more. We will still be in the Lake Nona area because we really do love the area. We love our neighbors; we love the growth and the opportunity.

NHN: What brought you to Lake Nona and when did you move here?

ZW: Lake Nona was a surprise to me. My husband actually lived here already. He introduced me to the area, and I never left. We ended up getting married, and I'm here to stay.

NHN: Where are you from originally?

ZW: I am originally from the Bronx. Born and raised in New York. I moved here 19 years ago, and I love living in Lake Nona.

NHN: What would you say is your favorite part about Lake Nona?

ZW: The sense of community. I love that I bump into my neighbors at the supermarket, and we stop and chat. I love that there are local events going on; I love that fun is right outside of my doorstep. The sense of community is really important to me.

NHN: What would you say to anyone who is considering a move to Lake Nona?

ZW: Call me [laughs]. No, but seriously, anyone who is considering a move to Lake Nona would be a smart move. Be patient with the growth. Anytime there's some growth, there's going to be a lot of people moving in and out. People get frustrated. However, the best thing about living in Lake Nona is also the growth and the opportunities that are here.



Photo Courtesy of Max Kyng Clark

Want to nominate YOUR neighbor (or yourself) to be featured?
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Family Shift:
The Power of
Commitment

BY RODNEY GAGE, FAMILY COACH



RG RODNEYGAGE
YOUR FAMILY COACH

Have you ever tried to get out of a cell phone contract? On average, it will cost you \$350 to walk away from your contract. If you walk away from your mortgage agreement with your bank, it will cost you seven years on your credit report.

Here’s what’s crazy! You can surf the internet and find online legal advertisements promoting quick, easy and hassle-free divorce options to walk away from your spouse for as low as \$99. However, the truth is ... it will cost you a LOT more than that. Ask anyone who has gone through the pain of divorce, and they will be quick to tell you that divorce is anything but quick, easy and inexpensive. There is a high cost of breaking your commitment to your spouse.

Unfortunately, our culture today seems to promote and reinforce the notion that life should be hassle-free with no long-term obligations or commitments to anything or anyone. When it comes to commitment, it’s as though it doesn’t exist anymore. Sadly, I think we have forgotten what the word commitment means.

Webster Dictionary defines the word commitment as follows: *The state or quality of being dedicated to a cause, activity, etc. A pledge or undertaking. An engagement or obligation that restricts freedom of action.*

Synonyms:

dedication, devotion, allegiance, loyalty, faithfulness, fidelity, bond, adherence, attentiveness, vow, promise, pledge, oath; covenant, contract, pact, deal, undertaking; decision, resolution, resolve; guarantee, assurance, affirmation, etc.

Antonyms:

disloyalty, faithlessness, falseness, falsity, inconstancy, infidelity, perfidiousness, perfidy, treachery, unfaithfulness

Why am I giving you these definitions? Because commitment is a lost virtue in our society.

There are many reasons why people fear commitment, and there are many reasons why commitment matters in our lives, careers, and especially in our relationships. However, I want to share three main reasons why commitment is so important in our marriages and in helping to teach our children.

Our Commitments...

1. Reveal Our Values.

What you commit your life to – *your time, your money, your relationships* – reveals what you value or what is most important to you. It is easy to say what is important to us and what we value in life. However,



there is usually a gap between what we say is important and what our calendars, commitments, and bank accounts reveal. In other words, there is a gap between our priorities and commitments.

Our spouse and children need to see, hear, and experience our commitment and devotion to each other on a consistent basis. No one wants to be married to someone who is half-hearted in their love and devotion or commitment. Our children don’t want parents who are disengaged or are never there for them. There is no such thing as love without commitment. Love is a decision we make, not an emotion we feel.

Men: The greatest thing you can do for your kids is to love your wife.

Women: The greatest thing you can do for your kids is to love your husband.

2. Shape Our Lives.

We become what we’re committed to. *Whatever is most important to us is what will shape our lives.*

It’s easy to be committed when everything is going great, but what about our commitment to our spouse and kids when things aren’t going great? I’m not advocating staying in an abusive situation or putting your life or your children in a dangerous situation. I’m talking about weathering the storms of life together. Those storms can make us bitter or better. They will draw us closer or cause us to drift further apart. It’s honoring the “for better or worse” part of our vows when we got married. How we handle life’s storms and challenges shapes our character and makes us stronger and wiser.

3. Determine Our Future.

The average person will get approximately 25,550 days to live their life. Every day when we wake up, we are exchanging our life for something. When we make commitments, we’re choosing how we’re going to invest our lives. We have to remind ourselves that every choice has a consequence. It may be small and seem insignificant at first, but over the course of time and in the grand scheme of things, they all add up to influence our destiny. In the end, our commitments reinforce what we value, and it communicates what is most important to us as a family ... each other. That is the power of commitment.

Rodney Gage is a family coach, author, speaker, and the founding pastor of ReThink Life Church that meets at Lake Nona High School. His passion is to help families stop drifting from each other and shift toward living with greater intention. To learn more, check out familyshift.com and rethinklife.com.





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NonaVentures: Rappelling Over the Edge Of ORMC

BY NICOLE LABOSCO

Life is all about moments ... from the small instances that we don't think twice about to the larger occurrences where we are thrown outside of our norm. Experiences that test us and push us over the edge. That edge is our comfort zone, and sometimes all we need is a little push. Swallow your fear, gather your courage (it's already there), and take that leap of faith. Ready or not, it's happening, and the everyday adventure that we call life is upon us. Before you can tell a story, you have to live it. This is NonaVentures, and this is living for every moment.



Photo Courtesy of Over the Edge

Alright guys, brace yourselves ... If you have a fear of heights, the adventure I went on this month might not be for you. The photos might induce sweaty palms and nervous sweats, but I promise you it was exhilarating and worth it.

I came across Over the Edge last year when one of my best friends discovered the organization was at the hotel she works at, rappelling down the side of the building. Naturally, having known me for nearly 16 years at the time, she texted me and told me that this was something I'd do. Now, here I am a year later!

Over the Edge supports non-profits by running unique and exciting urban rappelling fundraising events. At the Orlando event, Over the Edge partnered with Mission United, which helps local veterans and supported Heart of Florida United Way.

Those who rappelled at the event had raised at least \$1,000 for the non-profit. As soon as I heard this event was coming back to Orlando, I knew I had to do it for NonaVentures. What better way to write about something than to experience it firsthand?

I arrived at Orlando Health's Orlando Regional Medical Center on the day of the event feeling totally normal. Although it's not every day that you rappel down the side of a building (unless that's your job), I was stoked for what lied ahead of me. I signed in at the registration table and met with the professionals to suit me up. Body harness? Check! Helmet? Check! Radio? Check! Gloves? Check! And because it's me, I had not one but two GoPros to capture this event for you guys. Be sure to check out the NonaVentures video in June!

Anyways ... so now that I was suited up, I joined my group and began training. We learned what would be expected of us



Photo Courtesy of Over the Edge



Photo Courtesy of Nicole LaBosco

while rappelling, and the instructor had us hooked up to the same system we would be attached to while suspended to help us get a feel of what to expect. We were taught what to do if our system locked up and what the best method is to rappel smoothly. The instructor also explained that one of the ropes could easily lift and hold a car over the building and that we were attached to two. He stated that the most dangerous thing we'd do that day was already in the past because we got in the car and drove to our current location. Truly a crazy thought.

Next thing I know, we're done with training and are being led up to the roof. The elevator ride up is where the anticipation kicked in. I was ready to do this. Then, a volunteer popped into the room we were waiting in and asked if there were any singles. I was the only one. It was my turn to rappel. I walked out on the roof and took in the views of downtown Orlando. As one would think, there was a nice breeze that high up. I approached the ledge and looked over. Oh crap, I thought to myself. This'll be fun!

My gear was checked a final time before I was clipped on to the ropes and sat on the ledge. It was time to go over the edge! Was I ready? I had to be! I was instructed to throw my legs over and step on the first ledge hanging off the side of the building. The instructors were right ... that goes against everything that your brain is telling you to do ... but that just means you're breaking the boundaries of your comfort zone. My nerves began to set in a bit – and not because I was suspended off the side of a building at 150 feet but because I was

in total control of this situation. Oddly enough, I like not being in control the entire time in experiences like this. Leave it to the pros, am I right?

I've been higher up. I've experienced more dangerous things. But this ... this was in a category of itself because I've never done anything like it before. It felt like I was taking a leap of faith, even though I wasn't leaping, as I climbed over the ledge with my back to the ground. I grabbed hold of the handle I'd use to descend in my left hand and grabbed the rope below my hip in my right. It was time to rappel!

As I began taking my slow steps against the glass windows of the hospital, I began to daydream about all of the movies I've seen where people go crashing through the windows. I laughed a bit to myself since I knew that wasn't going to happen and then began to wonder if anyone was watching on the other side of the window. It was a bit hard to tell, and I was also too focused on trying to rappel correctly.

I caught myself talking to the GoPro mounted on my wrist a portion of the time, mostly consisting of "What the heck am I doing right now?" Although I never did find the sweet spot for easy coasting down the building, I did have a blast. It took me about five minutes to rappel 15 stories, mostly because I couldn't find the right speed to go. It was also really cool to hear people cheering from the ground, and at one point, I even began to sing the song the DJ was playing. I'm not sure if I was trying to distract myself from my surroundings or just trying to have fun with it – I'd say the latter.



Photo Courtesy of Brandon Wilson

With that said, rappelling was a bit more difficult than I had imagined! About half-way down, my forearm was burning because I was holding the rope and occasionally tugging at it as I came closer and closer to the ground. My arm was still sore three days later! I caught myself taking brief breaks to just hang there and shake out my arm. I took that upon myself to look behind me and take in the views from all directions. It's a cool perspective and not something you get to do all that often!

My journey scaling ORMC was a bit bumpy, but I felt so empowered once I touched the ground. People were cheering



Photo Courtesy of Brandon Wilson

and clapping, and I wanted to do it again! The Over the Edge event raised nearly \$100,000 to help veterans, and I'm definitely looking forward to participating in this event again next year.

So, there you have it! I rappelled for the first time down 15 stories and lived to tell the story. I'd definitely encourage you to attend the next Over the Edge event to help support local nonprofits and to take that step outside of your comfort zone! And don't forget to keep an eye out for the video of this NonaVentures experience on June 1. See you next month!

Taking risks leads to those opportunities that are dying to be discovered. Have an experience that had adrenaline coursing through your soul? Challenge me to live YOUR moment at

nicole@nonahoodnews.com or fill out our NonaVentures form at forms.nona.media/nhn-nonaventures.



Photo Courtesy of Brandon Wilson



Photo Courtesy of Brandon Wilson



Mama’s Turn: What Would You Tell Your 16-Year-Old Self?

BY SHARON FUENTES

My sweet baby girl will be turning 16 in a few weeks. I’m not sure when it happened, but somehow, I blinked and when I opened my eyes this chubby-cheeked toddler was suddenly a beautiful young woman.



I desperately want to bestow words of wisdom on my daughter, allow her to benefit from the mistakes I have made along the way. But I know I would not have listened to anything anyone would have told me when I was 16. That said, I still can’t help but wonder what if I would have listened. What would I have told 16-year-old Sharon that could have saved us a bit of heartache, and maybe a few grey hairs? After thinking long and hard, I came up with this.

I would have told my much younger self that there is no such thing as a perfect body, perfect man, perfect job, or perfect life. Stop obsessing about what you are not or what isn’t. Instead, appreciate who you are now and what is! But most of all ... choose to be happy.

I then began to wonder what others would have told their 16-year-old selves. I wasn’t sure if anyone would even be willing to play along, but I went ahead and posted the following question on two different local Facebook groups. “If you could go back in time, what advice would you give to your 16-year-old self?”

To my surprise, within an hour there were more than 200 comments between the two groups, messages from both men and women of all different ages and different stages of their lives. There were so many interesting responses, too – some very personal. Several had a theme like the fact that parents

ARE useful for something other than feeding you, and some with warnings to their younger selves to buy APPLE stock! Here are a few to give you an example of what people had to say:

- “Worry more about living your best life and less about your love life.” ~ Tracy M.
- “Don’t limit yourself by believing what other people say about you. You are much more than that!” ~ Raquel B.
- “Do what you think is right, and not what you think others expect of you.” ~ Frieda L.
- “Not everyone will like you; get over it and let these people fall to the wayside.” ~ Sophia R.
- “Not everything in life is as permanent as you may think.” ~ Stephanie S.
- “It’s ok to cry, don’t hold it in. Hurt people [will] hurt [other] people.” ~ Brock H.
- “Self-care is just as important as caring for those around you.” ~ Jessica S.
- “The things you think make you ‘weird’ or ‘nerdy’ now are what will make you an interesting and dynamic adult.” ~ Hannah L.
- “Your friends should lift you up, not bring you down!” ~ Julie K.
- “You are enough!” ~ Jennifer S.

I am not sure if any of our 16-year-old selves would have heeded this advice, just

like I am not sure my daughter will listen to anything I tell her now. The reality is, we came to this wisdom because of the experiences we had. It is part of growing up, and no matter how badly we want to protect our kids from repeating what we now perceive as mistakes ... we can’t. All we can really do is sit back and remind our kids when they do fall that we are here to offer them a hand to help them back up. But only after they reach that arm out to us.

Happy Sweet 16, Bella. I’m always within an arm’s reach!

Sharon Fuentes is an award-winning freelance writer, special needs parenting advisor and the author of the book, The Don’t Freak Out Guide to Parenting Kids with Asperger’s.
You can reach her at sharon@sharonfuentes.com.



In the Garden: Spring Vegetable Gardens in Full Bloom

ARTICLE AND PHOTOS BY AMBER HARMON

The vegetable gardens in Lake Nona are in full bloom for the spring. If you planted your spring vegetable garden back in March, then your seeds have all sprouted and matured, and your starter plants have started to produce. Now is a time for fertilizing, pruning, and dealing with any insect issues in the garden.

When the season started, most gardeners amended the soil with some compost and organic material to give the plants a strong start for the season. Compost is typically highest in nitrogen and will continue to provide nitrogen to the soil for the next three months. If you add compost to your soil, be sure to use a fertilizer that is lower in nitrogen for those first three months. Nitrogen will help the new plants and seeds grow taller.

When using organic fertilizer, the typical recommended application is every four to six weeks. Be sure to always read the instructions carefully. A steady supply of nutrients is crucial to the garden’s vegetable production for the season. Dif-

ferent vegetable plants will thrive with different amounts of nutrients. Tomato plants require more fertilizer, where peppers, squash, zucchini and cucumbers like to have smaller side dressings of fertilizer throughout the season. If you’re not sure how much to fertilize each plant, do a quick search on the University of Florida website for a particular plant to determine its fertilizing needs.

Pruning is important to the many gardeners using elevated or raised garden beds. Weekly pruning will ensure that each vegetable plant is maintained within its allocated space, so it does not shade or compete for nutrients with its neighboring plants. Once a plant has matured, pruning the new growth, or “suckers,” is the best way to keep a plant in check while causing minimal impact to the overall plant growth and production.

It is a widely shared philosophy that healthy plants do not have bugs. When a plant is under stress, it is susceptible to attack from non-beneficial insects. If you have an issue with bugs in the garden, get



These pictures are courtesy of Lisa McGee, a Lake Nona resident and avid gardener. Lisa’s garden was planted in the beginning of March and then fast forward to the end of April when the tomatoes, cucumbers and peppers are all in full bloom.

Spotlight on Longevity Spinach: Spinach is a versatile green, as we can use it in salads, soups, smoothies and many dishes. Growing spinach in a Florida garden is more of a challenge. Spinach only grows in the cool months, so we rely on spinach substitutes like longevity and Malabar spinach. These substitutes can be used any way that spinach would, as well as in tea. Longevity spinach offers its own set of medicinal benefits as it is said to help reduce glucose and cholesterol levels in the blood. The best part is that it will grow all summer long in Florida.

Amber Harmon is the owner of My Nona’s Garden, where we sell and service low-maintenance, elevated, organic vegetable gardens. Our mission is to bring health, promote growth, and provide vegetable gardening education to local communities, one garden at a time.

Visit www.MyNonasGarden.com for more information.

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to the root of the issue. Start by addressing the basic needs of the plant, which are six hours minimum of direct sunlight, regular watering, and proper nutrients. Once the root issue is resolved, treat the pests by removing the visible bugs and eggs. Typically, neem oil spray is a good all-purpose treatment for pest issues.

Here are some local examples of the rapid



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Nona Cycle: Summer's Here! Time to Ride!

ARTICLE AND PHOTOS
BY DEBRA LOWE



Summer has arrived here in Lake Nona ... well, actually, everywhere in the state. The early mornings that Nona Cycle members were found dressed in thermal tights and arm warmers, complaining about the 45-degree temperatures, are a fond, distant memory. Now, we're longing for shade and a good tailwind to cool us down. Despite the increasing heat and humidity, Florida cyclists are fortunate in that we are able to enjoy our sport outdoors mostly year round. However, there are a few precautions to keep in mind, especially if you are new to cycling.

Acclimate: The biggest mistakes cyclists – particularly those who are new to the sport – make is being unaccustomed to exercising outdoors. For the most part,

we go from air-conditioned homes, offices, stores, and restaurants to air-conditioned cars and quickly feel overheated when we step outdoors. New cyclists can acclimate to summer cycling by walking, starting with shorter rides, or by taking hot yoga classes. Riding in early morning hours or late afternoon can keep you ahead of the heat and humidity, although afternoon thundershowers can ruin your ride plans.

Hydrate Properly: Plain water will not ensure proper hydration during a summer ride; it is imperative that you sup-

plement your water with electrolytes to prevent your body from becoming sodium depleted (a dangerous condition called hyponatremia that can result in muscle damage and swelling of the brain). There are a number of hydration mixes to add to water that are low in sugar and high in sodium; check with your local cycle shop or research online. Plan to drink about a 20-ounce bottle every hour for a 150-pound rider. To prevent your drink from quickly becoming the temperature of warm tea, freeze one bottle at half full and another at the three-quarter mark before topping them off. Consuming cold fluids will help keep your core temperature down and your performance up.

Post ride, a protein-based recovery drink

will help you rehydrate faster than one that's carbohydrate-only. Protein pulls water with it when it travels to muscles, resulting in a quicker recovery.

Protect Yourself: The sun does more than burn your skin while cycling, it raises your heart rate and metabolism and causes fatigue. Good-quality cycling clothing has built-in SPF protec-

tion, is ventilated, and is made of breathable, quick-drying fabric; it is always worth the investment. It goes without saying to wear sunscreen!

Slow Down: It's disheartening to see your speed and PRs decline, but when you consider you're cycling in a sauna, slower speeds are to be expected. That said, by continuing to train throughout the summer, you'll be stronger and faster than all those cyclists who hibernated for the past six months.

What's Next for Nona Cycle?

If you follow this column monthly, you are familiar with Nona Cycle's focus of fellowship, ride safety, and support of local charitable organizations. There's plenty of opportunities to cycle in Lake Nona and neighboring communities, to improve your cycling skills, and to meet like-minded people. If you need a reason to ride, there's no better motivation for riding in the heat of summer than preparing for the fall 2019 and spring 2020 charity ride season.



Coming up, Nona Cycle will ride in support of the following charity rides:

Oct. 12: *Think Pink Cancer Ride* hosted by Winter Garden Wheel Works in downtown Winter Garden.

Oct. 13: *Ride for Ronald* supporting Ronald McDonald House Charities (including Ronald McDonald House here in Lake Nona).

Nov. 30: *JHOP Century Ride* in St. Cloud.

March 29, 2020: *Tour de Cure*, Lake Nona supporting the American Diabetes Association.

Nona Cycle has weekly rides for every skill level, including two Saturday rides (Back in the Saddle for new and returning riders and the Airport Loop for experienced riders) and the Sunday Signature Ride, a 34-mile loop ride with speeds of 18 mph and up, ending with fellowship at the Lake Nona Starbucks. Additionally, our members organize early morning rides, targeted training rides, and rides with a focus on fun.

If you are new to cycling, new to Lake Nona, or live in the surrounding community and want to ride with a great group of people who embody the team spirit of cycling, find us on Facebook and plan to join us.

Do you like to cycle or want to learn how? Join the Nona Cycle group for weekly rides:
nonahood.to/nonacycle



USTA and Tennis Channel Form Agreement For NCAA Tennis National Championships

ARTICLE BY KYLE HAMM
PHOTOS COURTESY OF USTA

In connection with the NCAA, the Tennis Channel and USTA have formed a three-year partnership. This agreement makes the Tennis Channel the exclusive television-network home of the NCAA Division I Tennis National Championships for men and women. Broadcasting begins this year with USTA’s upcoming events at their National Headquarters in Lake Nona.

“Tennis Channel is the perfect home for the best players and teams in college tennis,” said John MacDonald, Tennis Channel’s senior vice president, content programming. “We’re excited to bring these young stars to fans around the country.”

The network is going to cover both team and independent championships, with more than 50 hours of live tennis planned to air between May 16-25. The live coverage of this event will bring in the most hours of NCAA Division I Men’s and Women’s Championships in television history.

“We are incredibly excited that the Tennis Channel is committing to this level of coverage of the NCAA Tennis Championships, showcasing college tennis at its highest level and elevating the sport like never before,” said Lew Sherr, chief revenue officer, USTA. “College tennis is an important part of the development of the next generation of tennis players, and the exposure generated by this partnership will only further our mission of growing the game of tennis across the country.”

The Tennis Channel has covered and televised the USTA’s College Match Day series since 2018, marking the network’s first live broadcasting of college tennis.

“We are grateful to the Tennis Channel for providing this unprecedented level of exposure to the NCAA Division I student-athletes competing in the national championship,” added Elizabeth Schmidt, NCAA Division I Men’s and Women’s Tennis Committee chair and head women’s tennis coach at Rice University.

Eight men’s and eight women’s teams from 64 schools will be competing in the NCAA Division I Men’s and Women’s Championships. The individual singles tournaments will be featuring 64 players with 32 doubles.

For further information:

John Iatesta, Tennis Channel, 310-314-9487, jiatesta@tennischannel.com, @TennisChannelPR

Dan Pyser, USTA, 407-462-3184, daniel.pyser@usta.com



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Camp Gladiator Trainer Talk: Should I Exercise When I’m Sore?

BY VERNICE SALVERON-GASPER



One of the most common excuses for missing a consecutive workout is simply being “too sore” from a previous exercise session. This is a somewhat debatable topic as rest and recovery are very important in developing lean body mass. However, using this excuse frequently can interrupt a workout routine and result in days, weeks, or even months of missed workouts. Next time you feel like missing a workout because of soreness, consider the following information.

Sore muscles after a workout are common, especially for people who are new to exercise, have taken an extended break from working out, or completed a heavyweight session or long-distance run. This is generally due to lactic acid build-up and micro-tears in the targeted muscle groups. Soreness might even occur 12-36 hours after



your workout; this is referred to as delayed onset muscle soreness (or DOMS) and is very common and normal. Being mild to moderately sore after a workout is very different than being injured. A key difference is that an injury usually has a specific cause and injury site, not just general soreness. For example, when pulling a specific muscle or damaging a tendon/ligament when completing a specific exercise, there is usually a known causation of injury.

When we work out, our aim should be to expose our body to as much challenging stimulus in order for the body to respond and create an environment for physiological adaptations. Basically, we should be aiming to create small amounts of trauma and microtears in the muscle fibers in order to induce an inflammatory response.

Exercise to cause microtrauma? Sounds barbaric, right? Let me explain. I like to use the analogy of a deep cut to our exterior skin. When we get a deep cut, our body responds in a phenomenal way where anti-inflammatory processes simultaneously occur to heal and close over the wound. After a few days/weeks when the wound is closed, you will notice that the scar is thicker and stronger than the surrounding skin. This is a similar principle to when we work out and cause microtears to the fibers of our muscles. The body uses amino acids/proteins to repair the microtears and create thicker fibers, which collectively form lean muscle tissue.

Blood circulation is also extremely important with healing as blood carries oxygen, growth factors, and essential nutrients to the injured area to promote healing and repair. This means that a light workout might even help with the healing process by promoting blood circulation to the sore area. So, the next time you feel sore from a good workout session, remember that the workout has not yet stopped. Your AMAZING body is still at work using energy and burning calories to build up your muscles so that you are stronger than you were before.

So, back to the question: Should you train when you are sore?

If you are sore in an isolated area because of a heavy workout, like training legs or upper body with weights, then I would recommend that you still exercise but avoid heavy and explosive movements of those muscles. Having sore legs does not mean you are completely incapacitated;

you can still exercise other areas of the body or conduct light exercise involving the sore area. In fact, moving your muscles through the range of motion/stretching with nil or mild resistance can actually improve blood flow to aid with recovery. The key is to choose an appropriate exercise modality that will support your recovery but also maintain your routine. Going for a 30-minute walk or engaging in a stretch session is a great way to stay in a routine and be active in a non-physically invasive manner.

At Camp Gladiator, we encourage rest and recovery and dedicate a whole week to this in our programs. This is where we take the intensity down, focus on stretching and even incorporate foam rolling. Our workouts are full-body and are designed so that each camper can take each workout at their own pace. This means that you can aim to make some muscle gains or focus on taking it easy to get good blood flow to aid in recovery. If you want to try us out, be sure to contact your local Camp Gladiator location.

Camp Gladiator Location & Times

Lake Nona Family Dentistry – Monday, Tuesday, Thursday 5:15 a.m.

Spring of Life United Methodist Church – Tuesday, Thursday 5:45 p.m.

Moss Park Elementary School – Monday, Wednesday 6:30 p.m.

Vernice Salveron-Gasper
Primary Trainer/Occupational Therapist
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Lake Nona Youth Sports Programs Get Ready for Fall

ARTICLE BY VALERIE SISCO
PHOTO COURTESY OF LAKE NONA YOUTH SPORTS

If your child is thinking about playing sports this fall, the Lake Nona Youth Sports football and cheer programs might be the game changers for your young athlete! Registration for both programs is currently underway online, with practices starting soon.

Dan Riordan and BJ Jackson are the new co-directors of the Lake Nona Junior Lions football program for kids, ages 5-14, and are eager to kick off the season. They've both volunteered as assistant coaches for the past several seasons and are looking forward to leading the teams this fall.

"We have six teams available for kids of various ages, and we'll be working on conditioning twice a week throughout the summer," said Riordan. "All of us who serve as volunteer coaches are properly trained and certified to make sure we are teaching and coaching the safest techniques used in the game today."

While Riordan and Jackson are committed to fostering and developing athletic skills on the field, they are also modeling critical life skills that will help young athletes succeed in the classroom, too.

"Kids learn what it means to be part of a team and have a positive attitude, whether they win or lose," Riordan said. "It's so inspiring for me to see them grow in confidence as the season goes along and watch them gain knowledge and try new skills."

Lake Nona Youth Sports serves more than 300 children every year in southeast Orlando, and programs are supported



through community volunteers, dedicated parents, and passionate coaches.

Brandy Sellers is the cheer director for Lake Nona Youth Sports, leading six cheer squads based on grade, age, and experience, from age 5 in the tiny-mite division to age 14 for the varsity squad.

"We're a sideline and competitive cheer program, so all of our cheerleading squads will cheer for their respective Lake Nona football teams during regular and post-season games," Sellers said. "Cheerleaders also have an opportunity to compete in several cheer competitions at the end of the season."

This is Sellers' second season leading the cheer teams, after spending her student days as a cheerleader and coaching her young daughters. After moving to Lake Nona from California, she volunteered for Lake Nona Youth Sports and urges parents with an interest in cheering to consider becoming a volunteer.

"The gift of helping coach our future generation in a sport they love is an unbelievable feeling for me," she said. "It's so rewarding for me to see the kids continue to love the sport and try out for high school cheer because our volunteers shared our passion and knowledge with them."

The football and cheer season begins on Aug. 1 and continues through late October,

with game days on Saturdays beginning at the end of August. Games are played either at Lake Nona High School or the opponent's field, and the game schedule will be available at the start of the regular season.

To find more details about the programs, including the age and weight matrix for football, or to register for football and cheer, visit the Lake Nona Youth Sports website at <https://leagues.bluesombrero.com/lakenonajrlions>.



LAKE NONA YOUTH SPORTS

"HOME OF THE LAKE NONA JR. LIONS"



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CURRENT EVENTS

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 - Registration open and filling up fast. Register Now!
 - Optional conditioning Tuesdays & Thursdays at Valencia
- **Summer SPEED® Lacrosse Academy**
 - See website for details or email us
 - JRLionsLacrosse@LakeNonaYouthSports.org
- **Wrestling**
 - What a great season we had! See you in the fall!
 - JRLionsWrestling@LakeNonaYouthSports.org
- **Baseball**
 - Partnership with SOBR
 - See website for updates and more information

OPPORTUNITIES TO HELP

- **Community Service Hours available for High School Students!**
- **Feeling led to help families in need?**
 - "Sponsor a Child Program" helps local families in financial need.
 - Email: C.R.Dunnavant@LakeNonaYouthSports.org

A special thanks again to all of the parents in the community who help make Lake Nona Youth Sports successful. We are an all-volunteer program serving the youth of our community – no one is paid for their time or service. THANK YOU FOR ALL THAT YOU DO!!!

For more information, email LakeNonaJRLions@LakeNonaYouthSports.org or visit <http://leagues.bluesombrero.com/lakenonajrlions>

Website: LakeNonaYouthSports.org

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The Lake Nona Book Maven Review

Title: *When We Left Cuba*
Author: Chanel Cleeton

This month, I chose a good, quick read. *When We Left Cuba* is a Reese Witherspoon Book Club choice and got 4.25 out of 5 stars on GoodReads. I liked it enough that I was able to finish it in a couple days, so it seemed like a great choice for a book review. What I didn't realize is that this novel is the sequel to Chanel Cleeton's first Cuba novel, *Next Year in Havana*, which I understand more closely covers the Cuban Revolution. The author, who is originally from Florida, continues the story of the Perez family who left Cuba in the 1950s. Cleeton follows the exploits of one of their daughters, the main character Beatriz Perez, into the world of 1960s Palm Beach, Fla.

Beatriz Perez is the attractive daughter of a former Cuban sugar baron who is trying to rebuild his business in their new home in Florida. Beatriz is the only one of the Perez's four daughters who is politically outspoken, haunted by her twin brother Alejandro's death presumably at the hands of Fidel Castro, and anxious for revenge. Much to the dismay of her parents, and in conflict with her mother's never-ending attempts to find her a suitable husband in their new country, Beatriz looks for ways to do her part to get back at Castro. Into the mix, the author has added Beatriz's undeniable

beauty and fearlessness. Although Beatriz does use her sex appeal and beauty to her advantage, her character is strong, smart and believable. Ultimately, Beatriz falls in love with a socially off-limits United States senator from Connecticut who is a frequent winter resident in Palm Beach. She also accepts the offer of a CIA operative to find out what she can about Castro. By using solid character development and a fast-moving plot, this series of unlikely events is portrayed in a way that makes them believable.

The story takes place during the turbulent



years after the Cuban Revolution. National and international Cold War events like John F. Kennedy's presidential election, the Bay of Pigs invasion, the assassination of President Kennedy, and the Cuban Missile Crisis – all so closely followed and felt by the Cuban community in South Florida – affect Beatriz's life. I thought it was clever of the author to portray the historical events shared by Cuba and the U.S. through the eyes of a character familiar with both places and with some sympathy for both countries. Beatriz's longing for her former life in old Havana was not the least diminished by her hatred of Castro or her love for the U.S. senator.

This novel includes pretty much everything you might look for in a good, fun read – intrigue, suspense, action, adventure, romance, and a view into the lives of the rich and famous in Palm Beach. It can be a quick and easy book for a trip, the beach, or just for entertainment. I enjoyed it and decided to put another one of the author's books on my reading list.



Sunny Side Up: Allergies

BY PHILIP LONG

On the lighter side of the Nonahood, this is a column about the humorous realities of life in Central Florida. We must choose to laugh and sweat rather than cry and sweat.

I think I've figured out why we live in a marsh. It all goes back to allergies. I realize there's liquid everywhere around here – in the air, in my backyard, in little springs, under my arms. But one of the most prominent sources of liquid is my nose. Could I find the answer right in front of me?

This time of year, otherwise known as all year, people come to work with itchy eyes, itchy noses, unending wheezes, coughs, sniffles, and snorting schnozes. I've seen folks with puffed-up eyes and bloody noses who should be in the movie Rocky yelling "Adrian, Adrian." Instead, they're wandering our work area looking for something to stop them from becoming a human sprinkler. And I'm the worst.

In high school, my mother took me to see an allergy specialist. There I was, pricked by a needle all up and down my arm. Then the doc told me that if any of his vicious jabs turned into itchy bumps, he'd know what I was allergic to. Sadist. It turned out that I was allergic to dust (who isn't?), mold, and the pollen of everything. My arm looked like a manatee.

So when I grew up and moved to Florida, I was surprised that while everyone was stumbling around in a snot fest, I could breathe freely. I was like a Claritin commercial. And I was proud. Sadly, I didn't know there's a six-month grace period that happens whenever you move to a new place. Your immune system has yet to realize that there's all this ridiculous stuff in the air that wants to kill you. So, it has not yet turned on you and turned your nose into a faucet.



Now, if I even look outside in a funny way, I sneeze. Just two days ago, I spent the entire day either sneezing or feeling like I needed to. Being unable to sneeze when you need to is horrible. But what's even more horrible is sneezing in front of your middle-school daughter, snot goop dangling to your kneecaps. Actually, I'm an adult, and I can handle whatever she flings at me – "gross," "disgusting," "Dad, you're a terrible, miserable human being" – that sort of thing. Because I've faced worse: high school.

In math class, I was sniffing uncontrollably like usual. I'm a sniffer and not a blower because, as I've been forced to explain my entire life, my nose simply won't blow clear. Wherever the snot is coming from, it is an unending internal spring. I've tested this by leaning over the side of my bed to let it drip. It's not long before I've filled a cup, some

water balloons, and a kiddie pool.

So back in class, I walked to the front to sharpen my pencil. I wasn't expecting to wait up there as someone turned the pencil sharpening crank (I belie my age) like a sloth discovering a fun new branch. As I stood, I felt the sneeze coming, and I didn't have my tissue. If I'd had it, I'd have tried to cover my blow holes and hope nothing came out my ears. Should I sprint for my desk, I thought, or hope my Heavenly Father takes me home now? Being a particularly spiritual youngster, I opted for the latter. Bad choice. I sneezed, and no exaggeration, a huge, sticky, rubbery stretch of snot almost hit the floor. Terrified, I did the only thing I knew to do. I sniffed. As the snot hit my face, I knew high school was over.

But what doesn't kill us often makes us strongly want to die. Trees, grass, dust,

plants, mold, animals, and food of all kinds are all out to get me. And to top it off, I worry about sniffing up gnats or, worse, lovebugs. My nose is itching just typing this.

So how do I survive? I've tried nostril corking. When I've had it with sniffing my way through a day like a bloodhound on the trail of something super gross, I roll up whatever tissue I have and plug my nose.

"Phil, are you ok? You should probably go home."

"I'm-b fine. Thee, nothe plugth! They're the betht."

All this writing about snot makes me wonder if I'm going to get fired from this column. Or at least a talking-to about what humor is and what humor isn't family friendly. It's-not that bad though, is it? See, 5-year-olds love that joke. At least I haven't used the word mucus. Yuck.

Okay, so, to the mysterious reference I made at the beginning about why I think we live in a marshy environment. Isn't it obvious?! Our unending founts of snot feed the creeks that feed the rivers that feed the marshes that feed the plants, trees, and animals that tickle our noses into giving them yet more snot. We're all just part of the great allergic circle of life. The sooner we sneeze, the sooner we'll feel better so that the rest of life can get on with making us feel worse again.

Thorry about thith. But it'th true, or at leathth mothtly tho.

Philip writes for Cru, a nonprofit organization located on Moss Park Road, close enough to the 7-Eleven off of Narcoossee to justify ditching work for a Slurpee. While he thinks he's funny, he wisely never verbalizes his musings to his two ever-increasingly hostile pre-teens. His brain doesn't seem to do the heavy lifting in the writing process – his sweaty fingers do. So, if you laugh, snort, chortle or guffaw, they deserve the credit ... both of them.



Orlando Ballet Brings New Experiences to Audiences

ARTICLE BY VISSHAAEL PATEL
PHOTOS COURTESY OF ORLANDO BALLET

In its 2019-2020 season, the Orlando Ballet will be bringing new dancers and performances to cater to all audiences, including families. According to Executive Director Shane Jewell, the upcoming season will mark the largest production budget in the company’s history.

From April 26-28, Orlando Ballet shared the story of the Mad Hatter after being banished from Wonderland in its world premiere of Arcadian Broad’s *Wonderland: Mad Tales of the Hatter*. According to Jewell, the performance ranked as the fourth-highest selling ballet they had in 44 years, excluding any *Nutcracker* performances.

Robert Hill, who recently celebrated his 10th anniversary with the company as artistic director, mentioned his excitement for the upcoming season based on the recent performance. He shared that the performance was well-received. Such approvals from the audience could help propel the company through its 2019-2020 season.

Hill and Jewell both mentioned that, especially for those who haven’t attended a ballet performance, it’s an occasion that everyone should experience.

“We work really hard to have ballets that everyone can enjoy. If you see our dancers, they are, absolutely, athletes and show emotion through movement. So, come with an open mind because you’ll end up being surprised,” Jewell said.

According to Hill, there will be many first-time details and performances to make this season unique. The company will be putting on the performances of *Vampire’s Ball*, *The Nutcracker*, *Cinderella*, *Made in the USA: A Collection of American Works*, and *Mowgli – The Jungle Book*.

With a team of two new additions, Hill expressed that he has never been more confident in his dancers to execute these performances. Most recently, Thomas Holdsworth and Kellie Fulton have joined the team, bringing a fresh experience to the group. Holdsworth comes from the United Kingdom, where he performed



During a practice in their most recent season, he saw one of his dancers become frustrated for not being able to perform with perfection. Rather than letting his dancer remain frustrated, he immediately told them to stop. He then asked his dancer to stop getting in their own head and mentally make a decision that would allow the dancer to get it right the first time. After asking the dancer to resume, that very advice allowed Hill’s performer to get the moves down with perfection.

“I’m still learning things in the process, and it’s very satisfying to help someone realize their potential. The secret is figuring out how you can inspire others to want to do 1,000 percent every day,” Hill said.

From new dancers to unique showcases at the Orlando Ballet, the organization is anticipating a lot of support and turnout based on growing trends in the company’s recent years.

The performances Orlando Ballet sets to put on this season have been planned to ensure enjoyment from audiences of all types. Families who want a special evening together or individuals simply looking for a show of unique choreography can all find something to relate with this season, according to Hill.

“There has never been a more exciting time to come see Orlando Ballet and get involved as a friend and supporter. On this 11th season, the organization is in the best condition it’s ever been in,” Hill said.



with the English National Ballet. Fulton joins the team with experience from Pennsylvania Ballet II.

Performances like *The Nutcracker*, which have been showcased before, will see new changes in which the Florida Symphony Youth Orchestra will add live music to the entire performance, according to Hill. *Mowgli – The Jungle Book* will also premiere with a retelling of the original story. As for *Vampire’s Ball*, the performance will feature digital projection for the first time as actual backdrops, as opposed to traditional sets made by hand.

Even after four decades of being in the industry, Hill is prepared for the packed season ahead. He mentioned he continuously puts to work all skills and talents he’s developed over the years. With decision-making responsibilities ranging from wardrobe and lighting to choreography and music, he shares that his success comes from the positive thinking he maintains.

“I’ve got this gene that I keep thinking the next day is going to be the best day yet,” Hill said.

Especially as he works with dancers, he shared that he is always learning more about how to make each performance better. It’s not just about the larger details like logistics or overall set designs, but how he teaches the dancers, he mentioned.



Binge-Watching in the Nonahood: *Big Little Lies*

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF HBO.COM

We all have those TV shows we feel the need to binge-watch. We also have those we wish we had time to. Luckily, binge-watching in the Nonahood has got you covered and does it for you first! Read about the shows reviewed here and find your new favorite show!

*** **WARNING: Big spoilers lie ahead for those who haven't seen the first season of *Big Little Lies*!*****

I had heard great praise about the HBO comedy-drama series *Big Little Lies* since it premiered back in February 2017. I always had it on my list of shows to watch since it won big at different award shows like the Golden Globes and the Emmys, but it was one of those shows I just always put off. Once I heard that a new season was coming up this year, I realized I had kept it on the back burner for too long,



and it was time to binge-watch before I got even further behind.

Adapted from the mystery novel by Liane Moriarty, *Big Little Lies* focuses on five women in Monterey, Calif., who are the main suspects of a murder investigation. These women all have sons or daughters in the same first-grade class, and the story centers around the troubles they encounter with their family life, eventually leading up to a death in the trivia event at school.

When I began the first episode, I noticed the way it was creatively filmed to tell each woman's story while weaving in testimony from the murder investigation. The testimony is full of extremely petty gossip, mostly coming from other parents who have kids at the school, making it quite amusing for viewers to see the stark contrast in the other parents' claims versus

what really occurred with these women.

Each woman faces heavy challenges throughout this season. Madeline Martha Mackenzie comes to terms with issues in her marriage and strives to push her teenage daughter in the right direction. Celeste Wright and her husband, Perry, are verbally and physically abusive to each

After finishing this season, I was upset that it took me this long to watch such an empowering show, but I'm excited that I don't have to wait much longer for more *Big Little Lies*. The second season premieres June 9 on HBO. In the trailer, "The Monterey Five" are back, now ushering their children into the second grade. Viewers get to see how their lives have progressed since Perry's death and how they have managed to keep the truth of his mysterious death under wraps. The show has another huge name joining the cast – Meryl Streep as Perry Wright's mother,



other, but Perry takes it to the point of no return. Bonnie Carlson tries to be a good stepmother to Madeline's daughter while struggling to maintain a good relationship with Madeline and her own husband. Renata Klein deals with her daughter getting bullied at school. Jane Chapman copes with her son being a product of rape and uncovers the father of her son. Then, at the end of the season, we find out Perry Wright was the person murdered at this event, while all five women were present at the crime scene.

But after all of the difficulties these women endure, they come out better on the other side. They're tied by an unspeakable bond, ready to move past this chapter of their lives. The entire series works as a beautiful metaphor for life. The lows can be so low at times, but in the end, we rise above them and cherish the highs in our lives.

who comes to Monterey to determine what truly happened to her son.

I highly recommend watching this show for its gripping story, complex characters, and the overall message that we, as humans, can overcome the worst. I can't wait to see how life in Monterey has continued in this upcoming season and whether the *Big Little Lies* will ever be uncovered!

Demi is currently a senior at UCF, studying creative writing. She is a lover of the arts and always eager to discuss films, TV and music. Send in shows to be binge-watched at demo@nona.media!



Music Review: *Hurts 2B Human* by P!nk

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF
WMH.PINKSPAGE.COM

Music can hold so much power and can transport us back to certain memories or moments. It often tells some of the best stories! So, sit back, pop in your earbuds, and enjoy listening to the music featured in this column for Nonahood News. I hope to introduce you to some unforgettable new tunes.



P!nk has been a force to reckon with in the music industry for more than 20 years. She's known as an artist who pushes the limits of performance. Her songs constantly crop up all over pop radio, making her voice instantly recognizable to mainstream pop listeners. She released her eighth studio album *Hurts 2B Human* on April 26, and it's definitely in P!nk's fashion to serve us yet another album that tugs on our heartstrings in one song then makes us want to get up and dance our insecurities away in the next.

The 13-track album *Hurts 2B Human* starts off strong with the hype song, "Hustle." P!nk makes it very clear that she's still the same edgy girl that gave us hits like "So What" and "Raise Your Glass." In every verse, she catchily says, "Don't try to hustle me," inviting listeners to speak these words into existence for themselves. "(Hey Why) Miss You Sometime" describes an intense, summerlike love with lyrics such as, "Titanic with your love/Waking up in Florida kind of love."

"Walk Me Home" is the lead single of the album, and for good reason. With the background of a chanting drum, she pleads someone to walk her home in the dead of night, as she's afraid of being alone with an anxious mind. It's vulnerable yet powerful at the same time; it's classic P!nk.

After "Walk Me Home," P!nk sends listeners deeper into vulnerability in the

next three songs, "My Attic," "90 Days," and "*Hurts 2B Human*." In "My Attic," she warns against braving her "attic," a metaphor for the demons that she has hidden inside herself. The synth-pop song "90 Days" compares a toxic romance to practicing sobriety for 90 days. The title track "Hurts 2B Human" with Khalid is a match made in heaven, a combination of two distinct, velvety voices. They say that while it hurts to be human, they've got each other. After the heavier topics of the previous songs, "Hurts 2B Human" gives prospects of hope.

Both the halfway point and turning point of the album, "Can We Pretend" featuring Cash Cash is a summer banger and my favorite song off the album. Over Cash Cash's dance beat, P!nk wonders if we can pretend to live in another reality and let go of the ugliness that coats our world.

"Courage" is the most inspirational song of the album. P!nk asks herself, "Have I the courage to change?" She urges listeners to follow suit and ask the question of ourselves. In the therapeutic song, "Happy," P!nk works through awful thoughts she's had throughout life in order to figure out if she can ever allow herself to be happy. After the previous song, "Courage," we want to shout back to her – yes, of course!

A combination of '80s and '90s pop influences, "We Could Have It All" makes listeners dream of the one that got away. And is it really a P!nk album without a true love ballad? The somber duet with Chris



Stapleton, "Love Me Anyway," hits that quota hard; P!nk and Stapleton sing about the lengths lovers could possibly go to for each other. *Hurts 2B Human* winds down with "Circle Game," where P!nk discusses the ironic game that life can turn into, and "The Last Song of Your Life," where she's determined to get it right and focus on what's most important.

Overall, this album showcases P!nk's characteristic versatility as a pop artist, similar to her albums in the past. I definitely encourage pop enthusiasts to listen to *Hurts 2B Human*, where I'm sure you'll encounter more than one song that will make you belt out the words right along with P!nk.



The Nona Film Review: Endgame

ARTICLE BY DEMI TAVERAS
PHOTOS COURTESY OF
MARVEL.COM

In this new column, our favorite flicks from the big screen are brought to the page, whether they're blockbusters or indies or anything in between. Grab some popcorn and a drink, and let's dive into these films together.

WARNING! Major spoilers follow! Look away now before the Endgame gets spoiled for you!



The release of *Avengers: Endgame*, the fourth Avengers movie and sequel to *Avengers: Infinity War*, was highly anticipated for a year. At the end of *Infinity War*, one of the greatest supervillains in the Marvel universe, Thanos, wiped out half of the universe's population with the snap of his fingers, and fans watched several of their favorite superheroes disintegrate moments before the screen faded to black. Talk about getting left on a cliff-hanger.

Endgame was finally released on April 26, and the film broke a handful of worldwide box office records, including the fastest to reach \$200 billion and the highest opening weekend gross. Fans were clearly ready to show out at the box office. Being one of these fans, I booked my ticket three weeks in advance and came to the theater as prepared as I could ever be for this inevitable rollercoaster of emotions.

The movie opens on Clint Barton (Hawkeye) teaching his daughter how to shoot a bow and arrow with the rest of his family having a picnic in the background. He turns away for a second, and his daughter is gone, followed by the rest of his family. We realize we've been thrown back to the moment where Thanos has snapped his fingers. Three weeks later, Tony Stark (Iron Man) and Nebula are saved in space by Captain Marvel and brought back down to Earth. They reunite with the remaining heroes – Thor, Captain America, Black Widow, etc. – and are eventually able to locate Thanos. The Avengers find an injured Thanos, who has since destroyed the gauntlet with all of the Infinity Stones that gave him the power to wipe out the universe. Out of nowhere, Thor decides to kill Thanos, and already in the first half hour of the movie, the supervillain is dead. The preparation I had for this movie completely flew out of the window at this moment.

Five years then pass. Five whole years. We get to see how life has changed for those still alive and how they bravely try to move past losing half of all life in the universe. Then, Scott Lang (Ant Man) gets accidentally released from the quantum realm by a rat. He visits the Avengers compound and explains his time in the quantum realm

and how it can be used for time travel. Tony and Bruce Banner (the Hulk) eventually decide to build a time travel machine that could enable them to stop Thanos from getting the Infinity Stones and erasing half of life. Before putting these plans into action, Bruce and Rocket retrieve a now overweight Thor, a sign of how unworthy he feels after being unable to stop Thanos in the first place. Black Widow retrieves Hawkeye from Tokyo, where he has since become an assassin. The Avengers are back together and regain hope that they might be able to save the world again. This is where the fun begins.

The Avengers split into groups to collect the Infinity Stones in different time periods – New York City in 2012, S.H.I.E.L.D. headquarters in 1970, Asgard in 2013, Morag in 2014. Traveling alongside them felt like re-watching some of the previous Marvel films, where these time periods served as settings for at least one movie each. This sequence of scenes was not only incredibly fun to watch as a fan but also brilliant in showcasing different characters interacting with each other. For example, Tony stumbles upon his father at S.H.I.E.L.D. headquarters while Captain America has to battle the past version of himself in New York. These fast-paced scenes are great bursts of energy and levity after the solemn beginnings of the movie. Of course, until Black Widow and Hawkeye's attempt to get the Soul Stone. Black Widow decides to sacrifice herself so that Hawkeye can eventually reunite with his wife and kids.

All of the Infinity Stones were collected, but there's one major problem. Nebula, as she's time traveling, has an accidental connection with her past self. Through this connection, the past version of Nebula displays the Avengers' plans to the past version of Thanos. This past version of Thanos realizes his future self has succeeded in destroying half of life in the universe, and he knows he must now stop the Avengers from undoing his work. He takes Nebula and sends her past self to the present instead of her present self, where she's able to bring Thanos and his army from the past.

After the mind-blowing back and forth with all that time travel, it was definitely time to bring in the action and see if Thanos can get taken down. As the battle begins between the Avengers and Thanos' army, the chance of Thanos actually getting defeated looks pretty slim. The combined efforts of Iron Man, Captain America, and Thor seem like nothing to Thanos. Even when Captain America magically picks up Thor's other hammer (the theater erupted in cheers when this happened, by the way), Thanos is still winning the fight. Then ... we see a light – a portal full of light from which exits Black Panther, one of those who were disintegrated in *Infinity War*. Several other portals appear, and every character we thought we had to say goodbye to emerges at last. And they are ready to defeat Thanos.

Only this battle in *Endgame* could top the insane fight in *Infinity War*. Everyone in the audience was on the edge of their seats and gripping their armchairs as we saw superhero next to superhero defending their universe. At the highpoint of this fight, Thanos retrieves his gauntlet thinking the Stones are in it. To our horror, he snaps his fingers again, but nothing happens this time. He looks down to see the Stones aren't actually there, they're safely tucked in Iron Man's gauntlet instead. Iron Man then does the deed and snaps his fingers – Thanos and his army are finally gone.

After receiving the perfect ending to this battle, the audience seemed satisfied until we see a half-burnt Iron Man, who shortly thereafter dies from the effects of using the Stones. Cue the nonstop tears and sniffles. *Endgame* ends with Tony's funeral, with Thor joining the Guardians of the Galaxy, and with Captain America going back in the past to be with his old flame, Peggy, aging normally in the process and passing his shield to Falcon in the present.

Avengers: Endgame had the most bittersweet ending with the death of Tony Stark, but it also left great expectations for the future Marvel movies. Tony becomes a symbol for humanity in the Marvel Cinematic Universe because of his enormous



sacrifice. And fans will always remember the brilliance of Tony Stark, especially since this franchise began with him in the first Iron Man movie back in 2008. *Avengers: Endgame* is without a doubt a must-see movie and one that will take a special place in the hearts of Marvel fans.

Demi is currently a senior at UCF, studying creative writing. She is a lover of the arts and always eager to discuss films, TV and music. Have any movies to recommend? Shoot her an email at деми@nona.media.





JUNE

events

VISIT WWW.NONAHOODNEWS.COM/EVENTS FOR UPDATED EVENTS AND DETAILED INFORMATION.

1

Make 'm Smile Hosted by Nathaniel's Hope to Headline Alyssa Raghu (7:30 a.m.-1 p.m.)

1

Reymont St. Community Gardening Class (9-10 a.m.)

1

UEFA Champions League Final Tottenham Hotspur Watch Party at Boxi Park (3-11 p.m.)

2

Lake Nona Summer Pool Party (11 a.m.-2 p.m.)

4

EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)

4

LNRCC First Tuesdays at Bosphorous (5:30-7:30 p.m.)

5

Ladies' Day at Nona Adventure Park (11 a.m.-7 p.m.)

6

College Day at Nona Adventure Park (11 a.m.-7 p.m.)

6

LNRCC Young Professionals Group at Canvas (8-9 a.m.)

7

Songs at Sunset at Nona Adventure Park (6-9 p.m.)

10

EOCC Misters & Sisters Great Lunch Adventures at Chroma (11 a.m.-12:30 p.m.)

11

EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)

11

LNRCC & GuideWell Members Ribbon Cutting (4-5:30 p.m.)

11

Lake Nona Blanket Workshop (6-8 p.m.)

12

Ladies' Day at Nona Adventure Park (11 a.m.-7 p.m.)

13

LNRCC Breakfast Connections at Lakehouse (8-9:30 a.m.)

13

College Day at Nona Adventure Park (11 a.m.-7 p.m.)

14

Songs at Sunset at Nona Adventure Park (6-9 p.m.)

14

Harry's Sip & Savor Pairing Series (6:30-10 p.m.)

15

Laureate Blvd. Community Gardening Class (9-10 a.m.)

16

Happy Father's Day!

16

Lake Nona Donuts for Dad (9-11 a.m.)

18

LNRCC Contagious Connecting at RMH (8-9:30 a.m.)

18

EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)

19

Ladies' Day at Nona Adventure Park (11 a.m.-7 p.m.)

20

College Day at Nona Adventure Park (11 a.m.-7 p.m.)

20

Cars & Motorcycles Business Meet at Canvas (6-9 p.m.)

21

Songs at Sunset at Nona Adventure Park (6-9 p.m.)

22

Subliminal Doubt at Boxi Park (7-10 p.m.)

25

EOCC La Crema de Nona Networking in Lake Nona (8:30-9:30 a.m.)

26

Ladies' Day at Nona Adventure Park (11 a.m.-7 p.m.)

27

EOCC Coffee Club Nona at Sam's Club (8:30-9:30 a.m.)

27

College Day at Nona Adventure Park (11 a.m.-7 p.m.)

28

LNRCC Business Luncheon at VA Medical Center (11:30 a.m.-1 p.m.)

28

Songs at Sunset at Nona Adventure Park (6-9 p.m.)

30

Lake Nona's Great American Block Party (5-9 p.m.)

Save the dates

Jul 26

LNRCC Business Luncheon with Coach Lou Holtz at GuideWell (11:15 a.m.-1 p.m.)

Aug 1

RMHCCF Key Initiative's Battle of the Brains

Oct 13

10th Annual Ride-For-RMHCCF in Lake Nona

Weekly Events

LAKE NONA FARMERS MARKET

Saturdays 11 a.m.-3 p.m.

Lake Nona Town Center

www.facebook.com/LakeNonaFM

THE MONDAY MARKET at Lake Nona YMCA

Mondays 4:30-8 p.m.

YMCA of Central Florida (Lake Nona),

9055 Northlake Parkway

www.facebook.com/Lakenonaymcafarmersmarket/

LP YOGA

Mondays & Wednesdays 6 p.m. & 7 p.m.

LP Fit in Laureate Park

www.facebook.com/learnlakenona/

MORNING MEDITATION

Wednesday 6 a.m.

Lakehouse in Laureate Park

www.facebook.com/learnlakenona/

CYCLE & CORE

Tuesdays & Thursdays 6 a.m.

LP Fit in Laureate Park

www.facebook.com/learnlakenona/

CHESS CLUB

Wednesdays 3:30 p.m.

Lakehouse in Laureate Park

www.facebook.com/learnlakenona/

LIVE + LOCAL

Thursdays 6-8 p.m.

Crescent Park in Laureate Park

www.facebook.com/learnlakenona/

ART AFTER DARK

Fridays 6-9 p.m.

Lake Nona Town Center

Food trucks on first Friday of each month

www.facebook.com/artafterdarklakenona/

YOGA NONA Sponsored by Lake Nona Life Project

Saturdays 10-11 a.m.

Crescent Park in Laureate Park

www.facebook.com/learnlakenona/

THE SATURDAY MARKET at Valencia Community College Lake Nona

Saturdays 9 a.m.

Valencia College, Lake Nona Campus

12350 Narcoossee Rd.

www.facebook.com/LakeNonaFarmersFreshMarket/

Please check our online calendar for event details like locations, any costs or registration requirements, etc. You can also submit your organization's events online. www.nonahoodnews.com/events



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Latino

Fiestas

PRESENTS

Noche de San Juan at Nona Adventure Park

Saturday, June 22 4–8 pm

Live Music Lakeside

Event Page: nonahood.to/noche

