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## THE ARTIST: A GRANDE COLLECTION FOR THE LITTLE GIRL

ON PAGE 10



### IN THIS ISSUE

- LOCAL LEADERS, 4
- BUSINESS & REAL ESTATE, 7
- FEATURES, 9
- HEALTH & WELLNESS, 11
- EDUCATION, 13
- FOOD & DRINKS, E2
- LAKE NONA LIVING, E2
- LIFESTYLE, E6
- SPORTS & FITNESS, E11
- ARTS & CULTURE, E13
- EVENTS & ACTIVITIES E15

BUSINESS SPOTLIGHT:  
LAUREATE INSURANCE PARTNERS  
7



ARNOLD PALMER PATIENTS  
ATTEND CAMP AMAZON  
9



NONA CYCLE:  
RIDING FOR A GOOD CAUSE  
E12



CHRISTMAS AROUND THE WORLD  
UNDER ONE ROOF — WYCLIFFE  
E15



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## EDITOR'S NOTE

### Transitions & Thanks

BY DEMI TAVERAS, EDITOR-IN-CHIEF



It's been a transitional month for us at *Nonahood News* – which, at times, happens when you least expect it. But as we all probably know by now, that's life, and we must adapt. Luckily, at our paper, not unlike the Lake Nona community, we're all in this together, and here at *Nonahood News* we're all working toward the common goal of producing this creative month-

ly paper. Having such a great team effort full of positive outlooks and mindsets during all the trials and tribulations keeps us going strong and running smoothly. And, especially during this month, it reminds us to be thankful for what we have built so far.

There are many stories this month containing the overall theme of being thankful; it's as if we subconsciously channeled those exercises that our elementary school teachers sometimes made us do on the days leading up to Thanksgiving, which isn't a bad practice to keep up well into adulthood and, really, during any time of the year. For November, Work Well teaches us about keeping gratitude journals. Our Local Leaders section is filled to the brim with outstanding examples of how those in Lake Nona uplift the community daily. Our Health & Wellness section highlights ways in which we can show both our minds and bodies that we're thankful for them. And in Entertainment, we have our Lake Nona Living & Lifestyle sections showcasing the more personal moments of life we're thankful for, whether it's gardening, murder-mystery date nights, or the little pieces of art we have inked on our bodies. I'm thankful that in our paper, there's really

something for everyone!

In my previous Editor's Note, I wondered, somewhat out loud (or on paper, more like it), how I was going to make the last months of 2019 count, and stepping in as the new Editor-in-Chief of *Nonahood News* is one way I couldn't have predicted if I tried. But it is one I am most thankful for, especially being able to follow such an excellent predecessor. What I can predict, however, is that life is always in flux, and as we continue to transition and adapt, we occasionally forget that we always have something to be thankful for, even in the hardest of times. It simply depends on how you see life, glass half-full or half-empty. And let's just say, I am feeling very optimistic.

Wishing you a Happy Thanksgiving, Lake Nona!



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## We're All in This Together

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



Dr. Deborah German

People trash-talked over corn hole, dined on barbeque and beans, and two in-service veterans waved a giant red, white and blue UCF flag. A recent football tailgate party at UCF was a huge celebration. The only thing missing: alcohol.

As part of National Recovery Month, UCF campus organizations – Sober Knights, the Student Veterans of America chapter, and SALUTE Veterans Honor Society – recently teamed up to hold a sober tailgating party at the on-campus Veterans Academic Resource Center. Students hoped the event encouraged people to talk more openly about recovery to reduce stigma and increase understanding.

Rebecca Benton is a student counselor at UCF's Student Health Services. She's a petite woman, so no one believes she's a veteran. Her husband is a former combat Marine. Their son is earning his degree at UCF and is a leader in the university's veterans and recovery efforts.

She, like others, knows first-hand the misconceptions people have about veter-



ans and people in recovery: *Veterans are big, tough, mean. They never show their feelings. They're all suffering from PTSD. People who abuse alcohol and drugs are weak. They don't have any willpower. They're irresponsible.*

"We need to talk about this more, so we don't judge, so we break down barriers," Benton said. "We need to think about recovery more. We need to talk about it more. Recovery needs to be part of every day."

Medical experts estimate that at least 10% of the population is suffering from substance abuse – addiction to alcohol and/or drugs. That means that with an enrollment of about 68,000, UCF likely has almost 7,000 students who are struggling with alcohol or drugs or are in recovery. The goal of events like Sober Tailgating is to provide students with an alcohol-free event and raise awareness that not every student is able to spend their weekends "partying."

"When it comes to a lot of activities on campus, people don't think about people who are in recovery, people who don't or can't do alcohol," said junior Ryan Calderon, vice president of UCF Sober Knights. "Our message is that you can have a great, fun experience without drinking. It sounds crazy, but it works."

Understanding was a key issue raised by student veterans Juan Landaverde and John Glenn, who lead UCF's Student Veterans of America. Landaverde spent eight years in the Army and was deployed three times. Glenn served overseas and in the U.S. as a combat medic. They explain that student veterans are different from young undergraduates who just left home for the



first time. Veterans are adult learners with intense life experiences. The military has taught them focus, toughness, discipline and self-care. While they may come across as unapproachable, veterans say they are eager to share their experience and to learn from other younger students who are, as Landaverde says, better at "navigating the whole college thing."

"In the military, you become family," says Glenn. "And when you leave the military, you're without that family and that can make connecting hard. So our goal is to help veterans find a community here. To show them it's okay to be in college at your age. This is your place in time. And we want to share our experience. Because we're all the same people – we're just living in a different world."

Orlando resident and NFL Super Bowl champion Fred Stokes joined the tailgating. The former defensive end for the LA/St. Louis Rams, Washington Redskins, and New Orleans Saints autographed footballs, showed his Super Bowl ring, and talked about dispelling the notion that college has to be all about drinking. "You get to college, and it's on," he said of partying. "But I can have a great time, I can enjoy a party and not have any regrets – about what I said, what I did, where I ended up..."

While sober events help students in recovery, they also help students seeking a different type of college experience, recovery leaders said.

"Universities may find if they offer alternative activities, sober-curious students will find their way and change the narrative that drinking is central to having a good



time," said Thomas Hall, '16, PhD, the Sober Knights advisor who is leaving UCF to become director of Orange County's Drug-Free Coalition.

The key to raising awareness is openness, veterans and recovery leaders say. Openness to learning about people who have experiences different from your own. Openness to talking about and addressing stigma and misconceptions. Openness to asking questions without judgment. Openness to the fact that everyone is battling something and that together we are stronger to fight whatever issues we may have.

Luis Delgado is The Dope Doctor, a certified addictions professional and UCF alum who hosts *The Coach Life* radio show on recovery. He's been sober for more than 25 years. His foundation, N.O.W. Matters More, helps people get into recovery, including providing scholarships to those who are underinsured or have limited benefits. Delgado aired his radio show live from UCF's sober tailgating event and talked about how everyone plays a role in recovery.

"Recovery is possible," he said. "We need to be open about that because we're all in this together. We are your sons, your daughters, your fathers, your friends."

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



## Nona Heroes: Steven Ngedly

ARTICLE BY CHRISTIAN CASALE  
PHOTOS COURTESY OF STEVEN NEGEDLY

For Steven Ngedly, the apple didn't fall far from the tree. His father was a volunteer firefighter and, which can often be expected from sons, Ngedly wanted to do what dad did.

"[My father] owned a lawn business and was a volunteer, so I helped with the business," Ngedly said. "When a call would go out, he would go out, I'd just hang around the fire station and get on the trucks and stuff. I knew I wanted to do that when I grew up."

His father recognized his son's ambition, but as an unpaid volunteer, he instilled some wisdom in his sons. "He [told me] and my brother to go get our schooling and get paid to do it."

Ngedly got his A.A. at a Christian school in Georgia, but without the money to continue his plan of becoming a youth pastor, he had to regroup. His path to being a lieutenant at Lake Nona's Engine Company 16 started there. He was hired as a volunteer firefighter in 1993, and four years later, he was full-time with the city of Edgewater before joining the Orlando Fire Department in 2003.

The biggest factor of being a first responder, Ngedly said, is the ability to work on your toes.

"There's no routine, every day is different, and that's one of the things I love about being a fireman. When I came to work today, I kind of expect certain things, but at any point, any call can come in."



There are some constants in a 24-hour shift. Those at the stations have always made sure that their trucks and their gear are in tip-top shape. The crew also must find time in the day to workout, eat, and conduct safety inspections of local businesses.

When he's not working at the fire station, Ngedly instructs at Valencia College's School of Public Safety, where he teaches students how to handle fire trucks.

"A lot of firemen work on the side because we don't make enough to be just firemen," Ngedly laughed. "Passing on information has been one of my passions, and a lot of the guys were like, 'Man, you should teach this stuff.' I got hired as an instructor when it was the Central Florida Fire Academy, and I did that for several years."

Ngedly was later promoted to the program manager position of the Driver Operator Program, and since then, Valencia College operates the school.



"I want everybody to be as trained as possible," Ngedly said. "I'll give my students everything I've got, and if they want to learn, I'm there for them."

As if that's not enough, Ngedly also directs the annual Orlando Fire Conference – a three-day event every February that hosts firefighters from around the country and even played host to 16 firefighters from Germany last year as well.

A lot of the instructors for the conference are there volunteering their time. One of them, Marc Weiss, a live-fire instructor, was recently diagnosed with Stage 3 pancreatic cancer.

"I saw a friend of his was doing a one-day

class with the proceeds going to the treatment," Ngedly said. "And I thought to myself, 'That's not such a bad idea.'"

Ngedly asked around to help put together the class, and 30 fellow instructors at the conference wanted to help. By the day of the class, there were 36 students and only six fewer instructors. All of the proceeds from the class,

along with the funds collected from donations and a raffle, went towards Weiss' treatment.

They were able to raise over \$7,000 in that one day, and, as of our interview with Ngedly, Weiss has begun a more aggressive round of treatment. The doctors are optimistic and have had success with this method on another patient.

When at home, Ngedly tries to spend as much time as possible with his wife of 22 years and two kids – a 15-year-old son and 13-year-old daughter.

"We try to get out to the beach or on a boat as often as we can – anything near the water, boating, fishing, just hanging out on the water," Ngedly said. "It can be challenging to juggle everything, but we make it work."

If you would like to nominate someone for our next Nona Heroes feature, please complete the form here: [nonahood.to/nonaheroes](http://nonahood.to/nonaheroes).

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# Lake Nona Life Project: Wellbeing Is The Primary Focus

ARTICLE BY ANN FAIRWEATHER,  
WELLBEING AMBASSADOR  
PHOTOS BY KALEY MILLER

We live in a fast-paced world that is not slowing down. One thing that seems to be “last on our list” is focusing on our own health. But what if I told you that you could positively affect your future health and wellbeing by taking a 35-minute survey every other year? And not just your health but those of your family and community. Would you participate? If you are answering yes to these questions, then the

natural next step is becoming involved in the Lake Nona Life Project.

The Life Project is designed to discover ways to keep you healthy in the hyper-connected, fast-paced world in which we live. The 35-minute survey is focused on your quality of life, which includes things like oral (dental) health, use of time, mood (high and low), and even how pets affect your life. As you move through the survey and explore each section, you will gain a better understanding of how these factors impact your life.

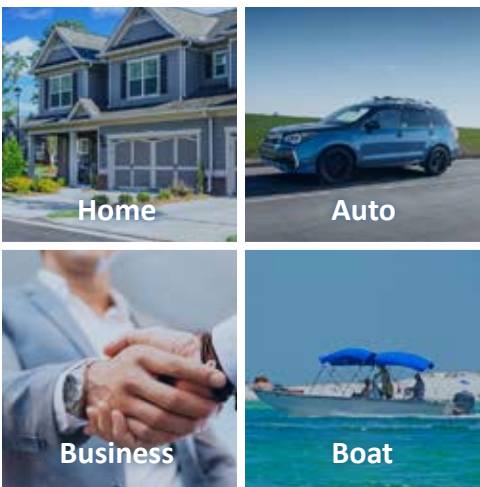
As a Lake Nona resident, you are already a wellbeing leader. You have chosen to live in a community where your wellbeing is the primary focus, allowing you the ability to live up to your optimal human potential. Our community is surrounded by medical facilities. We have top-rated schools from pre-K to graduate education. Your insights and experiences naturally affect the way you view the community you live and work in. By taking the survey, you have an opportunity to help write the future story of wellness. So why would you not want to

participate in the Life Project?

We have seen communities come together for a common cause. The Framingham Heart Study, for example, began in 1948 in Framingham, Massachusetts. Prior to this longitudinal study, not a lot was known about the arteriosclerotic and hypertensive disease and its effect on the heart. With over 5,000 residents coming together, the Framingham Heart Study, along with other smaller studies, taught us the negative factors that affect heart health. Think about it; we take for granted that it is common knowledge cigarette smoking increases heart disease and high blood pressure leads to increased chances of having a stroke. But where would we be if these community members did not participate? Would we have the comprehensive knowledge and preventative mechanisms to live a heart-healthy life? Where could our community be 10 years down the road if 5,000 Lake Nona residents take the Life

Project survey? What health findings are still out there waiting for us to discover?

Think about the impact that your participation and that of your friends and neighbors in Lake Nona can have. 35 minutes to impact your own life, your family’s, your Lake Nona neighbors and future generations. Now is the time to help make history. Look in your neighborhood newsletters, on the Lake Nona Life Project website ([www.liveworkparticipate.com](http://www.liveworkparticipate.com)), and Lake Nona-specific social media channels in mid-September for the launch of the survey. Will you join us?



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# Nobel Notable Of Laureate Park: Doris Lessing, Feisty Unfeminist

BY DENNIS DELEHANTY

*This is the eighth in a series of articles that celebrate the lives of the Nobel Prize laureates whose names grace the 125 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 to learn more about them.*



As a young woman, Doris Lessing would certainly not have chosen to live on Lessing Avenue. Committed Communists are rarely attracted to neighborhoods such as

Laureate Park but prefer rather to preach the coming revolution to the downtrodden masses inhabiting large cities.

Or at least who used to inhabit big cities. Times have changed. The raw fear of Communism that once loomed over the American psyche now seems silly, and Doris Lessing herself had already begun to turn away from that ideology as early as the 1950s. So, to portray the life of this giant of English literature through the lens of her

generally leftist leanings would be more than unjust. This is a woman who, in a life spanning 94 years, produced no less than 60 important books, much of it fiction, on a vast range of subjects and characters, for an average of nearly one book per year over her writing career. Doris Lessing is a writer whom you approach with humility and awe.

At age 88, as she stepped out of a taxi in front of her London home, journalists surrounded Doris to tell her the news that she had won the 2007 Nobel Prize for literature. What did the Nobel Prize mean to her, they inquired? A bit peevisly, she retorted, “Well, I’ve won all the prizes in Europe, every bloody one. So I’m delighted to win them all ... it’s a royal flush.” If this YouTube scene were your only exposure to Doris Lessing, you might conclude that this was just some momentary venting of a cranky elderly lady. In audio and video interviews, though, Doris could command considerable charm when, for example, she would describe her enchanting early childhood in Persia, which sadly ended with her father Albert’s disastrous decision to move the family in the 1920s to raise maize in the remote bush of what was then Southern Rhodesia. Albert had lost his leg in World War I, had little agronomy experience, then contracted diabetes, all of which seriously complicated his life as a farmer, a life that Doris’ mother, Emily, who dreamed of returning to England, utterly detested. Meanwhile, Doris bickered constantly with her mother and dropped out of school at age 14. (Were any other Nobel laureates high school dropouts?) But Doris read constantly and, as a young adult, penned a novel, *The Grass Is Singing*, which, after a series of rejections, was published after she had left Africa for London to seek a better life. By then, Doris had already married and divorced twice and had borne a son and daughter.

Many consider *The Grass Is Singing* to be Doris’ finest achievement. This is a backwards mystery novel. On the first page, we learn the identity of both the victim – a “city girl” married relatively late in life to a failing bush farmer, much like Doris’ own mother – and the murderer, a native laborer who toiled as houseboy and cook

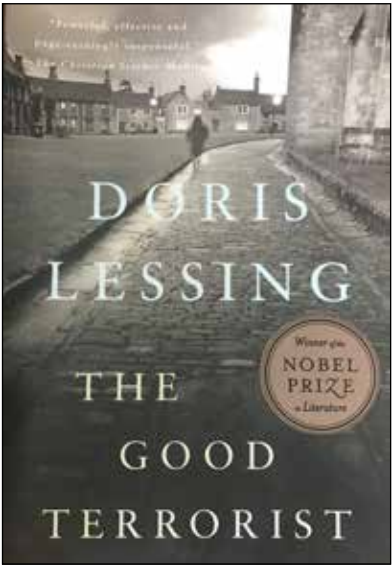
in the family’s ramshackle tin farmhouse. We only begin to understand how this domestic tragedy could unfold in the following pages, as Lessing incisively depicts the sparse lives of white immigrants in the South African bush country and their precarious daily interactions with the native laborers whom they mercilessly exploit.

Another of Lessing’s notable novels is *The Good Terrorist*, a title that packs into three little words an abundance of contradiction, sarcasm and irony. In this story, we follow the adventures of Alice Mellings, a committed revolutionary, who helps her hapless fellow radicals to repair an abandoned and dilapidated “squat” house in London through theft, deception and considerable toil. Hardly any likable characters populate this novel, including Alice herself, who is part earth mother, tirelessly caring and cooking for her ungrateful and unhelpful housemates, and part neglected lover and amateur terrorist. But having helped her housemates to carry out a deadly London bombing, could Alice ever be considered “good?”

Readers interested in a sampling of Lessing’s further works could dip into *The Fifth Child*, where the arrival of a frighteningly misshapen, misanthropic child tears apart the previously happy life of an upper middle-class London family. Or *Albert and Emily*, in which Lessing imagines alternative biographies of her parents in which the two, in the absence of World War I, do not marry one another, but lead much luckier lives, entirely in Britain.

Many, though, consider *The Golden Notebook* as Lessing’s masterpiece. This is the book that caused Lessing’s ardent admirers to promote her as a leading feminist of the 1960s, a label she forcefully declined. For this work, Lessing invented an experimental format in which the various facets of the lives of her two female protagonists are recorded in four separate notebooks that only by page 583 combine into one “golden” notebook. Even enthusiastic readers should approach this ungainly, seemingly plotless novel with caution.

True, young Doris Lessing might not have preferred to live on Lessing Avenue. In her later years, though, she might have reconsidered, had she been able to visit her



namesake street and appreciate its tropical architectural appeal. Some six years after her passing, Doris at least seems to project a curious pull over her would-be compatriots in our neighborhood, making her presence felt more deeply among us. How is this? Of the three British residents of Laureate Park I have met since moving last year to Laureate Park, two live on Lessing Avenue, and the third just moved to a new home just steps away on Sargent Street. Though living in close proximity, the three do not know one another – yet, anyway. A coincidence? Perhaps, though some say that there are no coincidences in life.

Next month: Toshihide Maskawa, the Diviner of Quarks

*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. You can contact Dennis at [donnagha@gmail.com](mailto:donnagha@gmail.com).*





## Business Spotlight: Laureate Insurance Partners

BY COTE LEWIS, MARKETING & COMMUNICATIONS ANALYST, AND TARA WIKOFF, SENIOR MARKETING COORDINATOR WITH BRP LAUREATE INSURANCE



Take a minute to think about the last exciting conversation you had. We bet that it probably wasn't about insurance. Despite how interesting the advisors at Laureate Insurance Partners find coverage options and deductibles, they realize it's not something the average person thinks about often. The team at Laureate Insurance Partners completely understands and is here to help. They are "insurance geeks" and wear that badge proudly (they don't actually have badges, but that would be cool).

Having an "insurance geek" in your corner will definitely come in handy as you move through the different stages of your



life. The knowledge that a licensed expert has your back can be very reassuring. That is the reason Laureate Insurance Partners was created, to keep their clients protected from risk and give them peace of mind. Living and working in the Lake Nona community, the Laureate team understands the importance of being a trustworthy neighbor and being there for their clients when things are good, or if an unfortunate event happens. This makes their clients feel safe and protected and allows them to focus on their dreams, purpose and passions.

Launched in 2018, Laureate Insurance Partners was designed to fulfill the unique needs of Lake Nona and its residents. They are thrilled to be a part of our close-knit community. Unlike other insurance companies that provide impersonal transactions, Laureate Insurance Partners takes a comprehensive approach, crafting unique coverage plans specific to those living in the Lake Nona community. They offer protection for your home, rental property, small business, vehicle, boat, and much more.

When you work with Laureate Insurance Partners, you're matched with a Risk Advisor who will get to know your personal risk exposures. They will help you to select an affordable, tailored solution that complements your current lifestyle and protects your future. Senior Advisor and Orlando local Julie Newman has been with Laureate Insurance Partners since its inception in 2018. Newman has nearly a decade of experience in property and casualty insurance and over 15 years in client-oriented

environments. Newman tells us, "I love meeting new people and helping others. Every person has a different life story, situation, and insurance need, so it keeps my job very interesting."

As our community has grown, so has the Laureate team. They brought on a second insurance advisor, Iliana Ramos, in early 2019. Iliana brings nearly 20 years of experience in the insurance industry, including sales, handling claims, and new business development. Fluent in Spanish and English, Ramos quickly became a trusted advisor for our neighbors.

Community commitment is a vital part of the business for Laureate Insurance Partners; they strive to be involved through volunteer and fundraising efforts. Newman and Ramos are both active members of the Lake Nona community, regularly volunteering at the Ronald McDonald House. They have participated in local charity events, including being a sponsor of the 2019 Nemours Children's Hospital Gala, which benefited the orthopedic department. Both advisors recently hosted a free continuing education course for realtors in and around the Lake Nona area. Laureate Insurance Partners' community-focused approach and specialized expertise enable them to go the extra mile to help individuals, families and local business owners.

Laureate Insurance wants to make the community better by helping their clients and neighbors stay educated about the



risks in our area. They're passionate about educating the community of Lake Nona on the basics and intricacies of insurance. Using customized products that best fit Lake Nona residents, Laureate Insurance is the go-to resource for those who have any questions about insurance or their coverage options. Be sure to check out their website, where you can find informative blogs and educational videos such as hurricane preparedness and weekly insurance risk tips.

If you or someone you know is interested in discussing coverage options, please visit Laureate Insurance at 13630 Sach's Ave., Suite 100, Orlando, FL 32827 (located in Laureate Park across from the Aquatics Center). Stop by their office anytime from Monday to Friday between the hours of 9 a.m.-5 p.m. and mention this article for your free Laureate Insurance Swag Bag! If you are interested in more information or would like a free personalized quote, you can visit their website at [LaureateInsurance.com](http://LaureateInsurance.com) or call (407) 675-3880 to speak with an advisor today.



## Creator Mindset: Why 'The Standard' Needs to Change

BY NIR BASHAN



I gave a talk recently at a residential real estate convention. It was my usual approach of trying to teach people who think they are not creative – well – how to be creative. How to think differently. How to stand out.

And in an incredibly competitive market like residential real estate, realtors increasingly need to figure out how to differentiate themselves from the competition.

But super competitive markets don't apply only to real estate. They apply to just about all industries out there. And one of the functions of The Creator Mindset is built for helping people differentiate themselves in increasingly competitive global markets.

So, to say the least, I was pumped to give this talk. I prepared. I took notes. I researched, and I studied. Finally, I gave the presentation full of case studies, examples of success, and highlighted new innova-

tions. I thought I had covered my bases pretty well!

But not so fast.

I was approached by a realtor quickly after the talk who wanted to know something that she felt I did not cover: She wanted to know the exact mechanics of how to use creativity to sell more homes.

First, I told her that creativity is different for each and every person who uses it. The way that she will use creativity will not be the way that someone else will use creativity. Because creativity is deeply ingrained into our DNA – part and parcel to the very nature of who we are – the way that creativity expresses itself will be wholly unique to her and her needs.

Then, I told her that the way she uses creativity in her business will be different than how another agent will use creativity in their approach. So, for example, I asked her how she likes to do an open house. She said "the standard" – balloons and some advertising online, lawn signs and so on. I said, great – but why "the standard" approach?

She said that's the way she had always done it. She said that there must have been a reason that it was "the standard" in the first place. Someone, after all, had decided that homes should be sold in this way. And after all, who was she to argue?

Now, we were getting somewhere creative.

I asked her why she felt she needed to rely on one way of thinking about open houses? This so-called "standard?" I told her that creativity in this case is choosing to do what it is that she wanted to do – an approach as unique as she is – to get that listing sold. I asked her what she would do if she was

not encumbered by "the standard?"

She said that she would take pictures of the listing in a different way. She always thought that empty houses looked barren – and she thought that staging would make the house a home. But not the way most people stage a house. She had specific ideas of what she wanted the home to look like. She then said that scent was a big deal to her. That if a house smelled good throughout – not just a candle in the kitchen or bedroom – that folks tended to see themselves in the house.

And finally, she mentioned that pricing is too rigid in "the standard." I told her, what would you do if you could look at it creatively? She said that she would look at comparables on recent sales as only a guideline – one that she would augment by her knowledge of particular neighborhoods. She had a bunch of other ideas, too! I told her, wonderful – you are starting to understand The Creator Mindset applied to real estate. And that what she is building here piece by piece with creativity is her brand. Her DNA through the lens of creativity is creating – quite literally – her identity in the business.

She was surprised that it was that easy. I told her yes. I told her that I go over how to use creativity in any business in far more depth in my upcoming book *The Creator*



*Mindset* due out in April 2020, but when dealing with creativity in your business, it really can be that easy. You sometimes need to question "the standard." The Hindu saying that "...a person is wise when all his undertakings are free from anxiety about results" holds true in this case. But I would say that not only is the person wise, they are also creative.

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](http://www.nirbashan.com)





# Celebrate the Grand Opening Of The Third Floor Expansion At the Ronald McDonald House Located At Nemours Children’s Hospital in Lake Nona

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF RMHCCF

On Friday, Nov. 15, Ronald McDonald House Charities of Central Florida plans to celebrate the Grand Opening of the third-floor expansion at the Ronald McDonald House located at Nemours Children’s Hospital in Lake Nona. The Lake Nona location of the Ronald McDonald House opened approximately three years ago and has operated at full occupancy since then, so it made sense to expand and keep as many families as possible close to their children.

A historic grant from AbbVie, the focused research-driven biopharmaceutical company, provided almost 70% of funding for the Ronald McDonald House in Lake Nona to be able to expand early. In addition, members of the community raised almost



30% of funding for the expansion, which, according to Lou Ann DeVoogd, President/CEO of the charity, is a testament to how generous the community has been. It is thanks to these donors that Ronald McDonald House Charities of Central Florida was able to add nine more bedrooms to the House to serve more families with sick children receiving medical treatment in Orlando. Donors such as the Lake Nona Rotary were involved in underwriting and helping craft the new spaces coming to Ronald McDonald House in Lake Nona. The additional bedrooms at Ronald McDonald House are decorated with beautiful artwork created by many of the artists who were recruited to create artwork in the first space, as well as many new artists who believe that art heals.

This expansion, plus an additional bedroom at the Ronald McDonald House at AdventHealth for Children, will make it possible to accommodate up to 84 families per night at all Ronald McDonald Houses in Orlando. As Orlando becomes a destination for pediatric healthcare, the Ronald McDonald Houses are usually operating at full occupancy. Ronald McDonald Houses serve to provide parents with a place to stay while their child is being treated. The expansion alleviates some of the stress of

having to place families looking for a place to stay on a waitlist. Currently, Ronald McDonald House Charities of Central Florida serves upwards of 2,700 families each year. Something that has been really exciting for our community is that we have over 4,000 volunteers that help out on a regular basis with events such as Ride for Ronald or helping families with checking in/out or cooking. Volunteers are welcome to submit an application online for the activity that they are interested in volunteering for.

“It’s not too late to get involved and really help support the children and families that we serve each day,” says DeVoogd.

Any Lake Nona resident interested in touring the new bedrooms, meeting Ronald McDonald House families, and talking with the local artists who created artwork for the bedrooms is welcome to come out to the Grand Opening. The event will take place at Ronald McDonald House on the campus of Nemours Children’s Hospital in Lake Nona on Nov. 15 at 10 a.m. For more information, please visit [www.rmhccf.org](http://www.rmhccf.org).



## Work Well: Creating a Gratitude Journal

BY NATALIA FOOTE

*Work well provides mindfulness- and awareness-based solutions to maintain balance at work and in everyday life.*

Showing gratitude has many proven benefits. Gratitude has shown physical, psychological as well as social benefits. They range from better sleep to feeling more joy and becoming more compassionate and

forgiving.

A way to generate gratitude is by creating a gratitude journal. Buying any journal or composition notebook will do. However, having a journal that speaks to you or decorating a composition book with photos or drawings will make you WANT to write in the journal.

Next, set aside some time to write in your journal. First thing in the morning or right before bed is nice, but whatever time you decide, treat it as an important appointment with yourself. Five to 10 minutes is more than enough time to jot down what you are grateful for.

The next step can be done in several ways. Some people will want to cluster what they are grateful for, writing words or drawing a sketch of what comes to mind. Others will want to write a few sentences or create a short paragraph. You may even want to create a hybrid of both versions. The format is unimportant, so long as you are thinking and writing down what you are grateful for.

The content of what you are grateful for is where you may encounter difficulty. You want to cultivate gratitude in all aspects of your life. If you’ve made a daily commitment with yourself, you could assign a different aspect of your life to each day of the week. If you enjoy spontaneity, write down different areas of your life on small pieces of paper, place them in a jar, and pick one out each day to focus on, moving it to a different jar. Once the first jar is empty, start the process over again.

I’ve included several topics below as ideas for your journal:

- Family
- Friends
- Health
- Places
- Things you use daily
- Home
- Work
- Self
- Food
- Recent experiences
- Past experiences
- Hobbies



- Something you learned
- Someone who helped you
- Something that excites you
- Education
- The last thing that made you smile

These are some suggestions to get your ideas flowing. All of these can be narrowed or broadened. For example, regarding the “food” category, let’s say you are grateful for the existence of strawberries. You can think of where you purchased the last strawberry you had. Assuming it was a grocery store, you can be grateful for how the strawberry arrived at the grocery store. You can then be grateful for the driver who delivered it and the farmers who packaged it. You can be grateful for the people who picked the strawberry and the seed that produced it. You can show gratitude toward the fertile soil that produced the fruit and the fertilizer that made the strawberry grow well. With one bit of gratitude, you can open a door to so much more.

Keep the benefits of gratitude in mind. This journal is for you. No one will judge how

deep or shallow your gratitude is. Allow yourself to be grateful for your favorite pair of jeans. That’s okay! The purpose is to cultivate gratitude. The more you flex your gratitude muscle, the stronger it will become.

*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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# Arnold Palmer Patients Attend Camp Amazon: Gold Edition for Childhood Cancer Awareness

ARTICLE BY NICOLE LABOSCO

It was the early afternoon on Sept. 27 when a handful of children took a trip to the Amazon Fulfillment Center right here in Lake Nona off of Boggy Creek Road. These children were special – they were all hospital patients at the Arnold Palmer Children’s Hospital – and they all showed a special interest in STEM. Camp Amazon was beginning, and there was a massive surprise in store for the children and their families! During the annual Amazon Goes Gold campaign in September, Amazon packages are gold to represent the childhood cancer awareness color.

Camp Amazon was a day full of robots and STEM – science, technology, engineering and mathematics – that encouraged the children to not only play but dream of their future innovation. The children and their families kicked off the camp with a VIP tour of the fulfillment center with a behind-the-scenes look at the assembly lines and most importantly to a young child with an interest in STEM-related activities ... robots!

Once the tour was completed, the children built and played with Vex Robotics kits with help from Amazon volunteers and enjoyed catering from Chick-fil-A. After their stomachs were filled with chicken nuggets and mac-n-cheese, Amazon Orlando’s General Manager Kirc Savage stood in front of the group to make a potentially life-changing announcement.

“Today, Amazon, we’re going to donate \$30,000 to Arnold Palmer,” Savage proudly announced as he is also a cancer survivor. The room erupted in cheers and applause.

“Across Amazon this year, we’re going to donate \$4.25 million to entities like this that are trying to further the cause of both awareness for cancer research and trying to get to a cure,” Savage told *Nonahood News*. “Camp Amazon is the physical piece of it where we bring in ... kids into the sites to get them hands-on with STEM.”

“We really appreciate getting to partner with organizations like Amazon for an event like this,” said Katie McMichael, Arnold Palmer Children’s Hospital Child Life Manager. “It’s very encouraging for us to see our patients enjoy such a unique experience with their families.”

How did Arnold Palmer Children’s Hospital get selected? Savage explained how the hospital is driving support for the kids and also driving research to try and find a cure.

“So, how do we add value to them? Physically, we can help out the kids and inspire the kids, give the kids ... gifts, but this money goes towards furthering Arnold Palmer’s efforts.”

*Nonahood News* spoke with some of the children and their parents to hear more about their stories with Arnold Palmer and Amazon.

Taylor Blanks, mother of Cameron Forbes, one of the children who attended Camp Amazon, stated, “Cameron was diagnosed with laryngeal papillomatosis when he was nine months old, and Arnold Palmer has helped us with research on something that’s so rare.”

Laryngeal papillomatosis causes tumors to grow inside the voice box, vocal cords, or the air passage from the nose to the lungs.

“It felt inspiring ... because I was a kid that could never talk, and now since I’m right, like, here with everybody that I know that can hear my voice, it made me feel inspiring,” exclaimed Cameron Forbes.

Caleb Morales, another participant in Camp Amazon, recounted the day’s events with a huge smile on his face. “Oh my god, I was like, the happiest thing like ever!”

His mother, Nancy Morales, explained how this \$30,000 donation from Amazon will truly help families like hers.

“Oh, it meant a lot because you know some of the kids ... have to go to clinical trials like my son is and ... for this trial of course we need that money, I mean to be able to ... execute those trials. And because it’s pretty hard for us as a family to raise, you know, this amount of money in big amounts so this meant a lot to us,” Nancy Morales stated. “And I know it will help, you know, a lot of families in the clinics, too.”

This year’s Amazon Goes Gold initiative was a success! The patients and their families even received the opportunity to sign one of the Amazon robots that would be displayed in the entrance of the warehouse!

“Hosting Arnold Palmer Children’s Hospital patients for this year’s Amazon Goes Gold in Orlando was an unforgettable experience,” Savage detailed. “As a cancer survivor myself, this event was deeply personal, and seeing these children playing and inspired to keep learning and creating was incredible. Each child displayed a unique curiosity for STEM, and they all left lasting impressions on our team here in Orlando.”



Kirc Savage shows Cameron Forbes parts of the Amazon assembly line. Photo courtesy of Studio 17 Creative.



Photo courtesy of Nicole LaBosco.



Photo courtesy of Studio 17 Creative.



Photo courtesy of Nicole LaBosco.



Caleb Morales reacts to being gifted an Amazon Fire Kindle. Photo courtesy of Studio 17 Creative.

Childhood cancer is the leading cause of death by disease for children in the United States. However, there’s a discrepancy between the amount of federal funding for childhood cancer research and adult cancer research, according to the press release for the event. More than 300,000 children will be diagnosed with pediatric cancer in 2019, and it is the leading non-contagious disease causing the death of children around the world.

Did you go gold this September?



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# The Artist: A Grande Collection for The Little Girl

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF JESSICA  
BALOCCHI & [WWW.CUORE-BABY.COM](http://WWW.CUORE-BABY.COM)



When thinking of couture, do you normally picture tall, glamorous models donning all the signature brands that Carrie Bradshaw would rave about? Well, designer Jessica Balocchi instead envisions the cutest babies in beautiful and elegant handmade clothing. She created her brand Cuore Baby and just premiered her latest collection in a runway show during Orlando Fashion Week. Let's get to know some more about the designer behind Cuore Baby and how she has gotten her brand for babies to flourish.

### Nonahood News: What drove you to become a designer?

Jessica Balocchi: What I love ... about designing is the opportunity you get to create beautiful things, and I love babies so designing for babies is my dream come true.

### NHN: When did you realize your passion for couture?

JB: I started designing five years ago. Cuore Baby was my first immersion in the design world. My formal studies are not related to design. I have a bachelor[s] degree in business and a master[s] in marketing but found my true vocation when I started my brand. This is my first couture collection ... but the essence of Cuore Baby is a couture brand. Our first designs and still our strongest line is the ceremony collection and those gown[s] are all handmade, hand-embroidered, made with the finest materials from around the world. I love to travel and fabrics and laces are part of my luggage.

### NHN: What inspired you to design a collection for baby girls?

JB: This couture collection is for spring 2020, and it was my opportunity of creating dream outfits for formal occasions. The gowns are full of flower laces, velvet ribbons, and sparkling tulles. The colors are bright, and the final touches are the details hand-embroidered in crystals and pearls. I became a mother of a baby girl eight months ago, and I realized how important it is for moms to have their little treasures dressed as princesses. There are not that many options when looking for unique, well-made, tasteful gowns.

### NHN: How often do you find your-



### self creating designs?

JB: I love this question ... I never stop creating new designs. Even when I am creating a clothing collection, I am also creating something new for my accessory line or the baby jewelry line for Cuore Baby ... just a couple of months ago, I started a new project with my brand @isolecollection of espadrilles for women. My mind is always working.



### NHN: How long did it take you to discover yourself as a designer?

JB: This inclination I have for fashion somehow was always in my path. While studying business in Spain, I worked in my clothing boutique which sold brands like Dolce & Gabbana, la Perla, Cappopera, among others. While doing the master[s] in marketing in Florence, I ended up doing my internship at Conte of Florence, a well-known fashion Italian brand. After all my years in Europe, I went back to my home country Venezuela and worked for my parents' company, which is a plastic manufacturing company, but every afternoon, I went back home to design and hand sew gowns with my aunt Maria del Pilar. That is how Cuore Baby was born. Then I got my sewing machines, the atelier grew, and Cuore Baby became my full-time job.

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

JB: My favorite projects were: 1. Creating my first collection. It was for an amazing boutique of children wear in Caracas called Bomani. They still sell Cuore Baby. 2. Doing my first runway show at the Orlando Convention Center with the Southern Women Show and the Orlando Fashion Week. 3. Going abroad with my design was one of the most gratifying moments as a designer. Cuore Baby is sold in Miami, Caracas, Panama, and Puerto Rico. I also do direct sales to [people] all over the world, and I get very excited when someone from a new country wants to buy one of my pieces. I still wonder how they found me in Australia or Canada ... this era of online sales is amazing. It connects us.

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

JB: My most challenging moment as a designer was keeping up with the atelier and the custom orders in the first trimester of pregnancy. I was feeling bad, and I also had to stay in bed for my baby's health.

### NHN: What are some of your dream projects?

JB: My dream project is to participate in [the] New York kids' fashion shows.

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

JB: My biggest inspiration is my daughter. Naomi makes my world brighter. My parents are and have always been my role model[s] to follow, and my husband supports me with all his love. I feel so lucky and so blessed.

### NHN: Future goals/plans?

JB: Keep growing. I want to get more boutiques to sell the brand at different locations. Thinking about Los Angeles among others.

#### 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 <http://nonahood.to/artist>.

# Deadline For REAL ID Compliance Is Taking Off

BY NICOLE LABOSCO

When's the last time you've traveled? Think about it ... you're making your way to the airport and more than likely a friend or family member (or maybe even an Uber/Lyft) is dropping you off in front of departing flights at Orlando International Airport (MCO). You grab your suitcase and check it at your airline. As you head to security, you remove your ID to present to the TSA agent. Take another look at your ID. Do you see a gold star in the upper right-hand corner of your license? If so, you're all set. However, if you don't, you're going to need a new ID. If you're unsure about whether or not your license is REAL ID-compliant, contact the Florida driver's license agency for verification.

Travelers are a little under one year away from being required to have a REAL ID-compliant driver's license OR another acceptable form of identification to fly within the United States. A U.S. passport is another form of accepted ID. This REAL ID requirement begins on Oct. 1, 2020, for anyone traveling via plane who is 18 years or older.



"It is critical for the traveling public to know not only that this change is coming, but that the deadline is quickly approaching," said Phil Brown, Chief Executive Officer of the Greater Orlando Aviation Authority (GOAA).

This change could negatively affect as many as three out of four Americans, according to the press release.

You may be asking yourself, "Why is this change taking place?"

The enhanced security effort is part of the REAL ID Act passed by Congress in 2005, which complies with the 9/11 Commission's recommendation that the federal government "set standards for the issuance of sources of identification, such as driver's licenses," identified the press release.

Orlando International Airport (MCO) will be advertising the upcoming deadline for REAL ID compliance through digital and print signage throughout the airport.

For more information about the REAL ID Act, visit [tsa.gov/real-id](https://tsa.gov/real-id).



# Tough Things To Talk About: Imposter Syndrome

BY NATALIA JARAMILLO

Imposter syndrome can be defined as the feeling of inadequacy despite having success and feeling undeserving of the success or that the success was not earned.

Imposter syndrome can impact anyone at any time. Experts, perfectionists, soloists, natural geniuses, and people described as superwomen or supermen are more likely to suffer from imposter syndrome, according to a June 2018 *Time* article titled "Yes, Imposter Syndrome Is Real and Here's How To Deal With It."

There is no one reason that people suffer from this syndrome; however, it is likely to begin with feelings of inadequacy, especially when starting something new. When you start something new, you often feel as though you have no clue what you are doing while everyone else knows exactly what to do and how to do it. This feeling of inadequacy could go away after some time in your new adventure; however, if it doesn't go away, take the time to think about how to make yourself feel good enough.

While imposter syndrome can be good for making you work hard to feel caught up to everyone else, it can be detrimental to your self-esteem and career if not properly dealt with. Struggling with feeling like an imposter can make you feel so insufficient you may not want to go for jobs or opportunities that you are qualified for, and this is the behavior that can severely hinder your career and self-esteem.

The American Psychological Association suggests looking at the evidence, celebrating your success, remembering a lot of people feel this way, learning the art of faking it until you make it, and staying humble as some of the ways you can get out of the imposter syndrome rut. Taking the time to look at everything you have been able to accomplish so far is crucial for getting rid of the inadequate feelings. The key is to make sure that you do not compare your successes to others who are in a similar field and understand that everyone's path takes them a different way. It is essential for someone with imposter syndrome to write out a personal definition

of success for you that is realistic.

Celebrating your success is something that people may think is obvious, but someone with imposter syndrome is likely not even to see their own success. Taking the time to celebrate even the little successes, like noticing that you didn't stress about what to do at a meeting for example, deserves a little celebration. Another aspect of imposter syndrome is the isolating feeling that it's only you who suffers from feeling lost and not good enough; however, everyone feels this way at some point. Even the most seasoned professionals can feel lost and inadequate; the key is to remember that it's not only you. Talk to someone you trust and ask about a time they didn't feel good enough.

The art of faking it until you make it is another key idea that people suffering from imposter syndrome should focus on. Living one day at a time allows you to focus on pretending that you have it all together and you know what you are doing. Pretending like you are qualified to be somewhere for long enough will make it so you actually believe it in the long run.

Oftentimes, the people who are not as humble as others say too much and then put pressure on themselves to be everything they say they are, which can lead to feelings of being a fake. The ability to be humble ties into faking it till you make it. Practice not overstating goals, and you will find that you don't feel the pressure to be perfect.

In the end, getting over imposter syndrome is knowing and understanding that you are in the position you are in because you are qualified. Someone chose you to be there because they believe in you and your abilities. Otherwise, they would have hired or chosen someone else. You belong there just as much as someone else.





## Schools Crack Down on Teen Vaping

BY CHRISTIAN CASALE

Over the past few years, as vaping products have become a popular alternative to smoking, they have also become a problem for schools as administrators try to reign in use of the banned product on campuses.

According to Captain Rick Francis, the District Director of Safety and Security for Seminole County Schools, the problem began around 2018 – and punishments had to be implemented at the state, district and school levels.

“There’s school board policies outlined, as well as student code of conduct, and also state laws for those underage and felonies if found with levels of THC,” Francis said. “Individual schools sometimes add their own punishments as well, such as making kids take a course on learning about the dangers of vaping.”

Typically, school officials will confiscate

vaping devices, such as Juuls or rigs, from the student and hold on to them until a parent or guardian can be contacted. Francis says that programs such as informative posters around schools have been helpful to spread awareness to students. The district has also begun to use “vape detectors” at some high schools, with more planned to be implemented pending increased funding.

For some districts, the strategy is more in enforcement than prevention – shown in this video from Orange County Public Schools, a fictional portrayal of a student being arrested for smoking a Juul in the halls of her school.

Teenage vaping has made headlines across the country as patients of the “vaping illness,” as it’s been called, reached over 1,000 this month. According to a press release from the Centers for Disease Control and Prevention on Oct. 11, 26 deaths have been recorded from 21 states – with all the victims reportedly having a history of using vaping and e-cigarette products.

“This outbreak might have more than one cause, and many different substances and product sources are still under investigation,” the press release said. “The specific chemical exposure(s) causing lung injuries associated with e-cigarette product use, or vaping, remains unknown at this time.”

The median age of patients, according to

the release, is 24 years old, with 15% under the age of 18.

What has confounded some researchers is how this seems to be an American problem; other countries aren’t reporting these kinds of health effects from vaping. It could have to do with the fact that some cases of the illness have been linked to black-market oils of THC, the psychoactive agent in marijuana. In Britain, for instance, these oils and the advertising of vape products are more regulated.

Just how many teens are at risk of nicotine products is still being analyzed. According to a study from the National Institute on Drug Abuse released in September, rates of e-cigarette use among high school sophomores, juniors and seniors doubled over the past two years.

“With 25% of 12th graders, 20% of 10th graders and 9% of eighth-graders now vaping nicotine within the past month, the use of these devices has become a public health crisis,” NIDA Director Dr. Nora D. Volkow said in the report.

The most popular e-cigarette manufacturer, Juul, has come under fire in recent months for alleged manipulative marketing practices and a product that, while sold as a healthier alternative to cigarettes, may be just as addictive.

A Juul pod contains liquid filled with



nicotine salts, and a single one contains as much of the chemical as a whole pack of cigarettes. Juul also avoids the smell of cigarette smoke with flavors such as mango, mint and cucumber.

Smokefree Teen, a project of the National Cancer Institute, offers advice and guidance on how teenagers can shake off a vaping habit. They recommend that instead of trying to quit cold turkey, teens should pick a date a week or two in the future as their stop date – and try to vape less and less until then. They also advise teens to consider what kind of situations and triggers might compel them to vape.

Teens can also use the quitSTART app to check their progress, manage their nicotine cravings, and get in-the-moment help from experts.



## Nemours Children’s Health System Receives the 2019 Excellence In Health and Well-Being Award

ARTICLE BY CAMILLE RUIZ MANGUAL  
PHOTOS COURTESY OF NEMOURS CHILDREN’S HEALTH SYSTEM

Nemours Children’s Health System has received the Excellence in Health and Well-Being award for the second year in a row.

For the past 15 years, the National Business Group on Health has presented employers with the *Best Employers: Excellence in Health and Well-Being* awards. The National Business Group on Health is the nation’s only nonprofit organization devoted exclusively to representing large



Open House August; Courtesy of Nemours Children’s Health System.

employers’ perspectives on national health policy issues and helping companies to optimize their business performance through improvements in health, innovation and healthcare management.

The *Excellence in Health and Well-Being* awards recognize employers who are committed to improving their employees’ overall quality of life, productivity and well-being. The award recognizes the best workforce well-being programs in the United States with particular focus on those with exceptional and holistic approaches to financial, emotional, social and community well-being. The National Business Group on Health presented 50 employers with these different levels of these awards, ranging from silver to platinum awards.

Nemours Children’s Health System was



Courtesy of Nemours Children’s Health System; Dr. Wei and Dr. Toth.



Courtesy of Nemours Children’s Health System.

among the 19 employers who received the platinum award for 2019, meaning that the organization has recognized a connection between workforce well-being and key business outcomes and implemented a strategy with results across several dimensions of well-being. Nemours’ programs address physical activity, healthy eating, nutrition, stress management, sleep health, and a mindful meditation series that focuses on behavior change. They also offer weight management programs, including cooking classes. What is unique about the program is that they integrate with their employee health initiatives that include safety, prevention of influenza, and tuberculosis screenings. At Nemours, they ensure that their employee incentives are linked to health, well-being, and safety.

Nemours’ strategy for integrating these programs into their employees’ lives also centers around ensuring that their employees have a sustainable work-life balance and enhancing access to programs around mental health services and the like to support them. In the future, they hope to continue enhancing

work-life integration of these programs. The reaction of Nemours employees to these initiatives has been very positive. According to James Jadallah of Nemours Human Resources, Nemours conducts a survey each year to gather how employees feel about it. They usually have about 80% of employees engaged in the programs ranging from those who are involved in the medical plan to those who are not but enjoy the opportunity to get involved.

According to Jadallah, for Nemours, winning this award is an honor. To be recognized alongside prestigious and powerful companies for the second year in a row is a testament to their commitment to health. Their programs and initiatives have grown and will continue to grow for years to come.



## Namaste With Natalia: Half Pigeon

*Eka Pada Kapotasana*

Your Monthly Yoga Pose

ARTICLE BY NATALIA FOOTE  
PHOTOS BY GABRIELA ORTIZ

November is here, and many of our thoughts turn toward turkey. For this month’s yoga pose, I would like to highlight another bird, the pigeon. Although this posture is commonly known as pigeon pose, it is also known as half pigeon or sleeping pigeon. Another variation with a bent back leg is also known as king pigeon, while a variation with both legs bent is oftentimes called “full” pigeon. For the purpose of this article, we will call the pose half pigeon.

Half pigeon is a very well-known hip opener in yoga. It is excellent to release



the lower back and open stretch in the hip flexor. The pose works well for those of us who sit for long periods of time. However, it is a pose that you may love or you may truly dislike. There is rarely an in

between. I personally began disliking the pose, then loving it, and I’m currently back on to disliking it.

Half pigeon is different for every body. Each body has different hip sockets and hip joint flexibility or rotation. In addition, some of us have a smooth head on our femur, and the greater trochanter allows for easy movement. Some of us (myself included) get stuck and stop due to the way nature created our bones. In my yogic journey, I have stretched and opened some

of the muscles surrounding my pelvis, but the bones won’t allow for much else. (Hence my love/dislike relationship.)

Pigeon pose is a nice reminder that we are all unique.

1. Begin in a down dog.
2. Sweep the right leg high in the sky, leading with the heel.
3. Bend the knee and bring the knee toward the center of the mat.
4. Flex the right toes toward the shin and, keeping the right knee bent, determine to place the right foot somewhere between the back of the left palm and the pelvis.
5. Untuck the back toes.
6. Modify the pose by placing a block or bolster under the right thigh.
7. Place a block or bolster in front of the right leg.
8. Breathe and allow each exhale to melt your torso, shoulders, and head toward the front of the mat as well as naturally allowing the right knee to move toward the right edge of the mat.
9. Stay in half pigeon for up to 25 breaths,

continuing to release with each exhale.

10. Switch sides.

According to Yoga Anatomy, this position is frequently used to “stretch” the piriformis muscle and the sciatic nerve. While sciatic pain exists, it is not necessarily useful to stretch the sciatic nerve, and the piriformis is not always responsible for sciatic pain. Although the asana often helps relieve the pain, it is more likely the mobilization of the hips, pelvis, and surrounding muscles that are responsible.

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.*





## BY DANIEL PYSER

November features a holiday near and dear to the heart of many staff and participants at the USTA National Campus as Veterans Day will be celebrated across the country on Nov. 11, honoring those who have served our country.

One of the most impactful programs at the USTA National Campus has been the free weekly tennis clinic for veterans and active-duty military members. The program was started in 2017 a few months after the campus first opened its doors, and a relationship was built with the VA Medical Center in Lake Nona to offer tennis as a form of recovery and an opportunity to bond for the veterans in the Orlando community.

The program has grown since its inception, and the weekly clinics, held each Monday night, have impacted a number of local veterans.

Over the past three years, some of the veterans from the program have traveled to New York to participate in the US Open's Military Appreciation Day, held each year on Labor Day. They are treated to a VIP experience, which includes the opportunity to participate in a clinic in iconic Arthur Ashe Stadium prior to the start of play for the day.

The USTA National Campus has expanded its military programming, always looking for ways to impact the greatest number of

people through the sport of tennis. Last month, the campus hosted the Wounded Warrior Project, during which warriors from around the country, as well as their families, were introduced to tennis for the first time.

The group spent two days at the campus participating in various tennis-related activities. It was the first time the Wounded Warrior Project hosted a camp that included the warriors' families, allowing family members to personally experience the power adaptive sports brings to their warriors.

November also features one of the biggest events of the year at the USTA National Campus, as the world's best wheelchair tennis players will compete at the prestigious NEC Wheelchair Tennis Masters and the UNIQLO Wheelchair Doubles Masters. This is the first time that both year-end wheelchair tennis events will be held in Lake Nona after the campus hosted the singles event for the first time in 2018.

The NEC Wheelchair Tennis Masters features the top eight men and women along with the top six quads for the ITF year-end wheelchair singles championship, while the UNIQLO Wheelchair Doubles Masters features the top eight men's pair-



ings, top six women's pairings, and top four quad pairings for the ITF year-end wheelchair doubles championship.

The event will be held Nov. 19-26 and is free and open to the public.



ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF [GOSAFR.COM](http://GOSAFR.COM)



Starting in October, a new rideshare app servicing women and their safety had reached the downtown Orlando area. The app is called Safar, pronounced “safer,” and has so far only been available in Boston. With many recent incidents surfacing from rides on other rideshare apps, Safar is meant to be a sigh of relief for women who use these apps for transportation, as the app has several safety and security precautions that make for a stress-free ride. According to Safar’s website, each driver goes through comprehensive background checks. There’s also an SOS button that a user can press in any instance if they feel uncomfortable or an emergency happens to take place. Safar promotes a total peace of mind for women who use the app.

But their safety precautions aren't just for the user. Safr establishes safety and security for the driver as well. Since women drivers can also feel unsafe driving late at night, they are able to choose the gender of the riders they pick up. The company advocates that by choosing to use Safr, you are helping your community by assisting these needs of women that other companies have ignored. Stated on their website: "You're supporting a like-minded driver and elevating your community by helping to improve greater gender balance, choice, and participation in the rideshar-



ing economy.” Drivers also get paid more than they would working for other rideshare apps. Because women drivers make 34% less than men drivers do, they start out with more than the industry standard in order to ensure the best service for riders.

Another precaution of Safr's app is color matching. Drivers and riders are assigned a color that needs to be verified by the both of them before the ride begins. Of course, it's still encouraged to check the vehicle and license plate before riding. Another perk of the app that's actually quite unique is that drivers can also pick up children with their parent's permission. This greatly helps parents in a bind who don't have the time to transport their kids to places.

Safr also emphasizes spreading love and giving back to the community. On their website, it states: “Safr donates a portion of every fare to charities supporting women, children, animals, environment, and/or communities.” You can also submit your charity to be considered as a recipient of the Safr donations. If you’re interested in becoming a driver for Safr, you can visit their website to create profile at [www.gosafr.com/drivers/](http://www.gosafr.com/drivers/). You can also sign up as a rider in order to receive information about the app.

To learn more about Safr, please visit [www.gosafrr.com/](http://www.gosafrr.com/) and help empower your fellow woman in her rideshare needs.

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## SUN BLAZE ELEMENTARY

Recently, Sun Blaze students participated in the Boosterthon Fun Run sponsored by our PTA. The Fun Run was a HUGE success. Our students raised money that will go toward a new playground at Sun Blaze. The generosity of our Sun Blaze families and people in our community is something to celebrate. Hundreds of supporters gathered to watch our students run their laps. We want to thank

our families and community for supporting such a wonderful event. It's hard to believe the second marking period has begun. Our Stingray families and students are, without question, top-notch! Our amazing teachers continue to plan and provide challenging instruction for all of our students to continue to learn and grow. We are thankful for all of our Partners in Education and grateful for their generous investment in Sun Blaze. We want to thank NONA Soccer Academy for teaching our PE classes and providing excellent soccer instruction.

We also want to thank Mathnasium, Learning Synapse, Orlando Science Center, WonderWorks, and Domino's pizza for being a part of our STEAM Family Night. We always want to invite the community to follow our social media links to stay connected with all that is happening at Sun Blaze Elementary. The website address is SunBlazeES@ocps.net. You can follow us on Facebook at SunBlazeElementary. Go, Stingrays!



## LAKE NONA HIGH SCHOOL FOOTBALL

BY ANDREW GORDON

We are now in the meat of the 2019 football season. Since the last edition, the Lions Varsity football team traveled to University High School, where we came out with a 48-7 victory on Sept. 20. The following week, Sept. 27, was the Lions bye week. Even though we were on a bye week, we continued to practice, getting better at different things and honing our skills so we wouldn't get rusty for the next game. On Oct. 4, our Lions football team traveled to Showalter Field, where we took on the Winter Park Wildcats. After a tough-fought first half, the Lions unfortunately succumbed to the Wildcats in a 35-0 loss for their second loss of the season. The following week, the Lions returned home to Nemours Stadium for their homecoming game against Celebration High School. The Lions beat the Storm 42-0. On Oct. 17, the Lions took on Freedom High School at home and won 62-7. Then, on Oct. 25, the Lions traveled to Osceola High School in their final district game of the season. Nov. 1, the Lions varsity



team will take on their rival East River in the battle of the beachline to see who takes home the surfboard in the last home game of the season. This will also be the Lions' senior night as well. We hope to see everyone out at our last three home games to cheer on and support the Lions varsity football team. Our freshman and JV football teams were also hard at work as well since the last publication. On Sept. 19, the JV football team took on University High School and beat them 48-7. Unfortunately, University did not have enough players to field a freshman team, so they did not play this week. Sept. 26, both the freshman and JV teams traveled to East River to take on the Falcons. The freshman team fell to the Falcons; however, the JV team beat the Falcons JV team. Oct. 3, the freshman and JV teams returned home to take on the Winter Park Wildcats. After a tough-fought game, the freshman team succumbed to the Wildcats. The JV football team won against the Wildcats, 24-6. Oct.



10, both the freshman and JV teams traveled to Bishop Moore. Unfortunately, both the freshman and JV football teams lost to Bishop Moore in hard-fought battles. On Oct. 16, the freshman and JV teams took on Freedom High School in their last games of their seasons.



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# SCHOOL UPDATES

## EAGLE CREEK ELEMENTARY

BY JESSICA SCULLY

Hello, Panther Community!

In September, we had our first school-wide STEM Challenge of the year. We were so excited to see so many of our students create conveyor belts! Congratulations to our top three ECE STEM winners: Joanys Rivera, Madison Hanchi and Sanjana Kolla. After we tested our kindergarten through fifth grade conveyor belts here at ECE, we traveled to Shenandoah Elementary to compete among 10 other area schools. A big congratulations to Joanys for earning second place overall!

We are happy to announce our annual Math & Science Night was a huge success on Tuesday, Oct. 1! Our students were able to visit STEM Stations, Math Stations, our Scholastic Book fair, and much more! It was a night to remember!

On Wednesday, Oct. 2, our chorus students performed the National Anthem and Piragua by Lin Manuel Miranda at the OCPS Hispanic/Latin Heritage Celebration. We are honored to be able to perform and show others our Panther Pride!

We were well represented at the OCPS Hispanic/Latin American Heritage Celebration! Ms. Grande, Ms. Scully, Ms. Seda, and Mr. Sanchez were recognized for all of their hard work with our school's celebrations!

The National Red Ribbon Campaign is the oldest and largest drug prevention program in the nation reaching millions of young people during Red Ribbon Week, Oct. 23-31 each year. Here at ECE, we enjoyed participating in Red Ribbon Week the week of Oct. 28. It was a week to focus on the power of choice! Students learned about how they have the power to make positive choices toward a healthy and happy lifestyle. Our students at ECE were



encouraged to write a letter to their future self. Many students participated, and their letters were displayed throughout the school and now will be placed in a time capsule for them to open when they are older. Congratulations to our grade level winners:

Olivia Dencker – Ms. Rivera's Class

Jadon George – Ms. Benson's Class

Shiv Tandon – Ms. Hodgkin's Class

Ana Julia Gaspari – Ms. Maupin's Class

Paulina Senges – Ms. Fisher's Class



## LAUREATE PARK ELEMENTARY

BY SUZANNE WORKUM, PRINCIPAL

The school year is underway, and students at Laureate Park Elementary have been busy!

Members of Laureate Park Elementary's National Elementary Honor Society Gold Together Relay for Life team were honored recently as the 2018 Top School Fundraising Team in Lake Nona! Congratulations, NEHS members.

Laureate Park Elementary PTA was recognized by District 2 School Board member Johanna Lopez during her Hispanic & Latin American Heritage Celebration. LPE PTA was recognized for their commitment to our students, teachers and community. Congratulations, PTA!! We are so grateful for everything you do for LPE!

Congratulations to our Longhorn STEM challengers! Three students represented Laureate Park Elementary during the School to School STEM Challenge. There were 11 schools represented and 28 participants. Way to

go, girls. We are proud of you.

Laureate Park Elementary PTA outdid themselves this year by hosting our annual Boosterthon Longhorn Stampede. It is our number one fundraiser for the year. Because of our supporter's generosity and commitment to our school, we were able to profit over \$61,000 for literacy-based programs, books and other student experiences. PTA has already begun planning author visits for this school year and adding more books to our media center and classrooms. We have some exciting things in store!

LPE National Elementary Honor Society sponsored the Start With Hello week at LPE. The week is meant to honor the victims of Sandy Hook Elementary. Activities of the week included greeting our students in the morning with words of "welcome" in different languages, showing how we can be kind to one another, and being a superhero at school.







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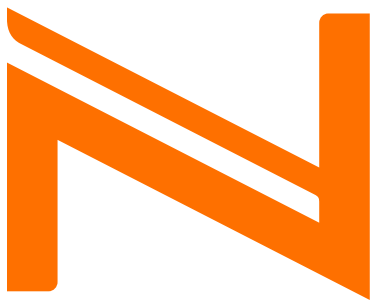
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Katie's Cucina:  
Gluten-Free Green  
Bean Casserole

BY KATIE JASIEWICZ, [KATIESCUCINA.COM](http://KATIESCUCINA.COM)

Thanksgiving is right around the corner. Have you started thinking about your menu yet? Mine is just about set. For the past few years, I've hosted Thanksgiving at my house for about 12-14 family members on my mom's side. They fly from all over the United States. It's the one time of year that we get to see all the family together. One of my cousins has a gluten allergy, so I'm always tasked with making a gluten-free menu. Most of my [side dishes](#) are naturally gluten-free. However, my cousin was never able to eat our canned green bean casserole (nothing wrong with that – I love the canned version, too)! Because of that, I decided to create a gluten-free green bean casserole recipe for her to enjoy.

After extensive testing, I created a homemade, gluten-free green bean casserole that rivals the canned version. It's so good that you'll never question where the crunchy fried onions are. You see, I subbed out the tasty fried onions (loaded with gluten) for crispy pan-fried shallots. Just a little butter and fresh shallots give you some great flavors. Freshly chopped white mushrooms are added to the fresh haricots verts (thin French green beans). These thin green beans steam together with the mushrooms. Once the green beans are cooked to your liking, that's when you take the green beans off the stove top and stir in the heavy cream/cornstarch mixture. You will notice they instantly thicken. Within 20 minutes, you have a creamy-decadent, homemade-from-scratch, gluten-free green bean casserole. The only thing else you'll need to complete your Thanksgiving dinner is a pumpkin pie!

If you're not familiar with haricots verts, they are typically in a smaller bag packaged in the produce section at Publix and our local Walmart. I've bought them on occasion from Costco but have never found them at Sam's Club. Every now and then, you can also find them at Earth Fare. You can use traditional green beans, but I prefer the skinnier green bean versus the thicker green bean. I keep the haricots verts whole, but you can cut in half if you prefer. If you love green bean casserole, I hope you'll give this recipe for Gluten-Free Green Bean Casserole a try.

*Katie Jasiewicz is a full-time food blogger and recipe developer at [KatiesCucina.com](http://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.*



GLUTEN-FREE GREEN BEAN CASSEROLE

Yield: 4 | Prep time: 10 min. | Cook time: 20 min. | Total time: 30 min.

Directions:

1. In a sauté pan, add 2 tablespoons butter and heat on high. Then add in the shallots. Reduce to medium heat with lid on and cook for 10 minutes, mixing often so that the shallots don't burn. Halfway through cooking, add the water and mix well. Cook until golden brown and mostly crispy. Remove the crispy shallots from the pan and set to the side.
2. Place the remaining 2 tablespoons butter in the sauté pan, melt, and add the haricot vert and diced mushrooms in the pan with 1/2 cup water. Season with salt and pepper. Cook on high for 8 minutes until tender and most of the liquid has evaporated. In a measuring cup (or bowl), mix together the heavy cream and corn starch.
3. Pour the heavy cream/corn starch mixture into the pan. Turn the heat off and stir. Cover and let sit for 2 additional minutes.
4. Place the green bean casserole in a serving dish, and top with crispy shallots. Enjoy.

Ingredients:

- 4 tablespoons unsalted butter, divided
- 4 shallots thinly sliced
- 1/4 cup water
- 1 lb. Haricot Vert
- 1/2 cup white mushrooms, diced
- 1/2 cup water
- 1/2 teaspoon salt
- black pepper to taste
- 1 cup heavy cream
- 1 tablespoon corn starch

*Notes: If the sauce seems too thick, feel free to add additional water to thin it out. \*Do not cook the heavy cream – it will curdle. You must remove the pan from the stove top and mix to avoid curdling.*



LAKE NONA LIVING

Nona Your  
Neighbor:  
Mr. Jesús R.  
Martinez

ARTICLE BY CAMILLE RUIZ  
MANGUAL  
PHOTOS COURTESY OF JESÚS  
MARTINEZ



Jesús Martinez is a lawyer and owner of Brokers & Partners, a real estate company. He has also been a Nonahood resident since 2005. Read our interview with him below!

**NHN: What is your job?**

JM: I am the Owner of Brokers and Partners. It's a real estate company based here in Lake Nona. In addition, I am a licensed mortgage loan originator partnering with a mortgage lender.

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

JM: Normally in the morning, I review my "to-do list" and schedule. Then, I work with the digital media and all company listings and review new contracts. In addition, I am constantly helping my agents to be in compliance with the law. As part of my duties, I



organize seminars for sellers, buyers and international investors. Then, I take my son to basketball practices or games.

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

JM: The most difficult thing right now is finding the right properties for our clients. We are living in a very competitive market with a low inventory of properties. Unfortunately, in Orlando, the prices of the houses are going up, and the salaries are staying the same. So, buying a house is challenging these days.

**NHN: What would you say is the most rewarding aspect of your job?**

JM: To help someone to acquire a property is a really rewarding experience. It's a dream come true for families to have their own property. That makes me very happy!

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

JM: I started relocating people from Puerto Rico to Florida in 1999. Then, I became interested in doing real estate here and

opened my practice. International clients have a lot of challenges finding property here, understanding the law, how to do the business properly, and that's one of the things I specialize in. Being a Lake Nona resident since 2005 has given me an advantage since I have seen the development of this area from the beginning. It is very easy for me to recommend Lake Nona and to explain the riches of this wonderful community.

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

JM: I have been involved in public affairs with the local government and organizations. Recently, I was invited to the White House to address public policy issues pertaining to the Hispanic community in Florida. Also, I am an ordained minister with the Church of God and devote time to mentor new ministers and help with crisis intervention.

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

JM: In the next five years, I am planning to continue helping families with property acquisitions.

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

JM: My wife. We moved here 16 years ago. All of this area was mostly farmland when I came here. We used to have our house in Oviedo, and my wife decided she wanted to live in this area and now we're here. At that time, I was a pastor of a church, and the location was convenient for us because Oviedo was too far for us.

**NHN: Where are you from originally?**

JM: I'm from Puerto Rico. San Juan, Puerto Rico.

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

JM: My favorite part of Lake Nona is the community. It's a real nice community. People help each other, especially in my neighborhood; everybody is really nice, and I think we have developed a really nice community here in Lake Nona. Here, I raised my two sons, Jesus (18) and Marcos (16). I coached basketball at the YMCA, and it is rewarding to see all those little kids become good and productive citizens.

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

JM: It's one of the best places to live right now. This is the Medical City! It's kind of expensive to live in Lake Nona, but at the same time, the quality of life, the schools, the people, and the location you can't compare. It's easy to get anywhere from here. If you want to go to Miami or you want to go to Jacksonville, you have the turnpike near, and it's very easy to move. And we love the restaurants!





# One Date at a Time: Adding A Little MYSTERY to Your Date Night



BY SHARON FUENTES

After 20 years of marriage, you can say that hubby and I have done our fair share of “dinner and a movie” date nights. While we enjoy the occasional action adventure or romcom, basically those dates involve us enjoying each other’s company for a mere hour or so, and then sitting in silence with not much connecting going on beyond a nudge of the elbow when he starts to snore. That is why we try to come up with different ideas that force us to perhaps go a bit out of our comfort zone and interact with one another and, even on some occasions, strangers! There is no better way to do this than by being a guest at a Murder Mystery Dinner. Lucky for us, there was one held right here in Lake Nona.

Often, murder mystery shows have

a theme, and ours was no exception. Murder at Café Noir is a 1940s detective story, and the invite encouraged guests to dress in era or at least in black and white with a pop of color. Now if there is one thing about us Fuentes that you should know, when we commit to do something, we DO IT! That meant victory roll hair with bright red lipstick for me, and suspenders and a fedora hat for my man. We took some goofy pictures and then headed out for our evening of fun.

Justin Nickerson, the event coordinator for Tavistock, and his crew did an excellent job transforming the Lakehouse in Laureate Park into a 1940s black-and-white, glitz-and-glam nightclub called Café Noir, which is where the events of our comedy mystery show unfolded. We checked in and were shown to a table where other guests were already seated. While most of the people at the event were Lake Nona neighbors, the folks at our table had come from other places, which was nice as it allowed us to get to know other people. I particularly was fond of the cute couple next to us, but that could have something to do with the comment the sweet and smart woman made about us not looking old enough to have a college-age son! Did I mention how sweet and smart she was?

Feeling YOUNG and happy, we set-



tled back into our seats to drink our complimentary adult beverages, began to enjoy the first of our three-course meal catered by Canvas Restaurant, and mingled with the costumed actors going from table to



table before the show began. The actor playing Anthony Cairo, a dealer in the black-market working Café Noir to avoid the St. Vincent police, joked in character with my husband about the job they had recently did. It seems they made a mint selling snapping turtles imported from India. He even gave him his portion of money from the deal and then went off to try and buy the snazzy shoes right off the feet from our table mate. It was fun to watch all the antics and to try and see if anything they were doing or saying would help us solve this whodunit later.

Throughout the evening, we laughed and enjoyed ourselves as we followed along with Private Investigator “Just Plain Rick” Archer as he tried to solve the murders – yes, plural! There was a choice of entrees, and I opted for the roasted chicken with salsa verde and spring salad, which was excellent, but not as good as the clever dessert we were served. We passed clues and evidence around the table for everyone to see, and then each of us filled out a card of who they thought did it. It was fun to hear why people at our table came to the conclusions they did. Ironically, we all got it wrong, but just being there and enjoying the show was very right!

The evening was such a success that there is talk about bringing back the Murder Mystery to Lake Nona again soon. If they do, I highly suggest you get your tickets before they sell out the way this one did. If you just can’t wait until this great show (or one like it) comes back to Nonahood, then you can head to I-Drive and check out Sleuths Mystery Dinner Shows ([www.sleuths.com](http://www.sleuths.com)) or even purchase an at-home Mystery Kit like [www.huntakiller.com/wine](http://www.huntakiller.com/wine).

Bottom line: Keeping a relationship fresh sometimes means adding a little mystery ... and a Murder Mystery Date Night is the perfect way to do just that!



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**DECORATING DEN  
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# Nona Alumni: David Perez

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF DAVID PEREZ

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:** 26  
**Year Graduated:** 2011  
**Occupation:** Assistant Director of Front Office at the DoubleTree by Hilton Orlando at SeaWorld  
**Current Location:** Orlando, Florida

Meet David Perez, a Nona Alumni who has since become a part of the hospitality industry that makes Orlando one of the best tourist destinations in the nation. *Nonahood News* was able to reach out to Perez and learn about his journey into the hospitality industry and how he's taken on life since graduating from Lake Nona High School.

Perez told us how he and his family were first brought to the Lake Nona area in the early 2000s. "My family and I moved to Lake Nona because my father had lost his job in Miami due to September 11. He relocated on his own first to Orlando since he found a job, and about eight months later, my mother, my sisters, and I came. We moved into Lake Nona in 2002, and my parents still currently reside there."

While he was a student at Lake Nona, his post-high school goals included graduating from college, becoming an accountant, and opening up his own accounting practice. Perez ended up going to UCF for accounting but realized that he was more geared toward the hospitality field and changed his professional goals along the way.

"I started as a bellman seven years ago at the Melia Orlando Suites Hotel in Celebration. After six months of working as a bellman and occasionally filling in at the front desk, I was promoted to the reservations department as a reservations agent. Shortly after being there for a year, I took an opportunity as a front desk agent at the Renaissance Orlando Airport Hotel to work for the Marriott brand. Within six months, I was promoted to supervisor, and a year later, I was promoted to assistant front office manager. In December 2015, I took a job at the Walt Disney World Swan and Dolphin Resort as a front desk manager. After being there for a little over two years, that is when I decided to relocate and transfer to Atlanta and work at the Atlanta Marriott Marquis as a front desk manager as well. I worked in Atlanta for about a year and a half and felt I had enough time away from home, therefore I decided I wanted to come back to be close to my family once more and to the city I grew up in. I was ... blessed with an opportunity of getting a promotion to the



position I currently hold. Although these weren't my goals during high school, I have aspired to have new goals in the hospitality industry and hope to be a general manager of a hotel one day."

In the next five years, he sees himself growing his family in a house of his own. His sights are also set on getting higher up in hospitality. "Short term, I'm looking to be a director of front office and then onto a director of rooms. Long term, I want to be a general manager." He eventually wants to work at one of the larger, upscale hotel properties in our city beautiful, but he is very happy to have hit the milestone of holding the current position he has.

"I'm also proud to be at the position that I'm at, especially for such a large hotel (1,020 rooms in total). I've moved up quickly, and I continue to use that as motivation for myself because I know what I'm capable of when I put my mind to what I want."

Outside of his great service in the industry, Perez is a lover of water activities like jet skiing, boating, and wakeboarding and also an avid theme park fan, often visiting both the Disney and Universal parks. Such a fan, in fact, that one of his most recent milestones was proposing to his fiancée in Magic Kingdom.

"Her dream was to get proposed to in front of the castle; therefore, I took all things into account and decided to marry the love of my life there. We met at the Swan and Dolphin as she was doing an international internship. I'm very proud to be marrying such a caring and loving woman." Dreams really do come true!

Written for current and future Lake Nona alumni. Check back in our next issue to learn about the next featured Nona graduate(s)! Go Lions!

# Meet the Press: Natalia Jaramillo

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF NATALIA JARAMILLO



Natalia Jaramillo joined the *Nonahood News* team as an intern a few months ago and has helped the team out immensely through her writing!

**Extrovert or Introvert?** "Definitely more of an introvert, but not afraid to break out into extrovert tendencies if necessary."

**Indoors or Outdoors?** "It depends on the weather. For me, I love being outdoors when it's cold, which is like below 70 degrees (can you tell I was raised in Florida?). But if it's above 70, then I prefer indoors. I don't really like sweating or humidity."

**Sun or Snow?** "Snow! I will take dark, gloomy, snowy days any day over the sun. I lived in El Paso, Texas, for three years when I was in middle school, and there were flurries of snow every January, so since then I will take snow before the sun."

**Dogs or Cats?** "Dogs for sure! I have a seven-pound fluffy white Bichon Frise that is more like a best friend to me than a pet. Cats are okay, but I would never own one. They just don't show the love and loyalty that dogs do."

**Vans or Converse?** "Can I say heels? I love heels, so whenever possible I will wear them and I walk in them for a pretty long time. When I was little, I used to wear my grandma's heels around the house and go to the park with *Little Mermaid* costume heels. If I had to choose, however, I guess Vans would be the way to go just because they are a little less common maybe."

**Coffee or Tea?** "This is tough. I usually have both every day. I would say coffee because I just love the way it makes me feel energized and happy. My favorite way to drink it is iced with almond milk and no sugar during the summer, but black and hot during Florida's winter."

**Adventurous or Laid Back?** "I'm a bit of both, but definitely more adventurous. I love doing new things and discovering stuff. I love trying new things, and I'm not afraid to do them alone and learn as I go. I actually prefer to do a lot of things alone, so when I do fun activities with friends, it's more special."

**Canon, Nikon or Sony?** "Canon because I just learned how to use a Canon DSLR, so I'm excited to get better at using it."

**Books or TV?** "I really want to say books because, as a wannabe journalist, I feel like that's the right answer but honestly, I unwind with TV. I do read a lot of articles, though! I mean TV for me means YouTube, Netflix, Amazon Prime Video, or HBO streaming services. I don't think I even know how to turn on my TV at home. One of my favorite shows was *Game of Thrones*, and I loved all of the *Twilight* series even though that was a movie and not a TV show."

**What brought you to the Nonahood?**

"My dad got a job in Orlando, so the rest of my family packed up and moved to Lake Nona in the middle of my freshman year of high school because they thought it was a



good area. We used to live in Tampa before moving to Lake Nona and then before that, we lived in El Paso, and then before that, we lived in Weston, Florida, so it's safe to say I have moved around a lot. I'm no stranger to starting somewhere new in the middle of the year."

**What's your favorite hobby?**

"My favorite hobby is to go to coffee shops and write or watch YouTube, specifically makeup tutorials."

**What's your biggest dream?**

"My biggest dream is to become a successful journalist living in a tiny apartment in New York City. I want to chase down feature stories and breaking news while going home to a cozy NYC apartment at night – or early morning since higher-level journalism requires much more time and dedication."

**Where do you see yourself in 10 years?**

"In 10 years, I see myself hopefully in New York working for a great newspaper and developing strategies to ensure that the public knows newspapers are necessary and journalism is worth every dollar."

**Who's your biggest inspiration?**

"My biggest inspirations are my parents. Their hard work ethic, love, empathy, and realism are what motivates me to go after my dreams."

**What's your favorite book?**

"My favorite book is by Edna Buchanan called *The Corpse Had A Familiar Face*. It's about a crime reporter, Edna Buchanan, in 1980s crime-filled Miami."

**What's something you've done that scared you the most or brought you out of your comfort zone?**

"I'm typically not scared of anything except spiders and tsunamis, but when I decided I was fully going to pursue journalism as a career, knowing the life and not knowing the future of journalism scares me a little bit every day. I truly believe that there will always be journalism, but the industry gets more cutthroat every day, so I always try to do everything I can to get ahead. The thought of my career gets me out of my comfort zone all the time."

**Describe one of your most memorable experiences.**

"During spring break of my senior year, I went to London, Paris and Barcelona on a group trip without my parents, and it was amazing. It was my first time in Europe, and I fulfilled one of my dreams since I was a child – go to Paris. It didn't let me down at all, and I think the experience taught me a lot about the world. I am also now considering moving to England to start a journalism career there if New York doesn't work out."

Check back next month to get to know another nona.media staff member/partner!





FROM THE CEO: WHAT YOUR CHAMBER DOES, PART 1

Over the next few months, I want to use this space to explain what your chamber is about and our ongoing projects here in the community.

Chambers of commerce have been here in North America for almost 270 years starting with the oldest in Halifax, Nova Scotia. Since then, thousands of chambers have grown across the continent. Chamber members include community businesses, government entities, and nonprofit organizations. The primary reason chambers exist is to create and protect a viable atmosphere for businesses. Chambers succeed in this effort by advocating on behalf of the entire community.

Since 2013, the Lake Nona Regional Chamber made strides to develop an organization of members focused on the Lake Nona community that can provide useful information not only for businesses but also the community. Almost daily, we respond to requests for information from families and businesses looking to move to or start a business in the Lake Nona region. We opened and operate a small information

center in the lobby of GuideWell Innovation Center where we provide printed informational materials and one-on-one guidance.

Additionally, the chamber schedules multiple monthly events that provide valuable information from both government and local business leaders. Members and businesses also use these gatherings as an opportunity to network. Members enjoy meeting several visitors and new members at each event. This interaction helps bring the community closer together and allows us all to focus on how we can continue to improve our value to the region.

Next month, more about our OPS plan for Opportunity, Progress and Support.

*Your chamber is a Catalyst of business growth, Convener of leaders and influencers and Champion for a thriving community.*

Don Long, President/CEO

CHAMBER 2019 CHARITY OF CHOICE: NEMOURS CHILDREN’S HOSPITAL

Q: I want to help the kids at Nemours Children’s Hospital. Where do I start?

A: There are many ways to engage with us, from monetary contributions to new book donations for our kids, fun hospital and community events, and everything in between. You can even host your own event to benefit our patients and families. To learn more about how you can help, please give us a call at (407) 650-7050, visit [Nemours.org/giveorlando](http://Nemours.org/giveorlando), or e-mail Lisa Tinkley at [lisa.tinkley@nemours.org](mailto:lisa.tinkley@nemours.org).

EVENTS



Sept. 24, Ribbon Cutting at Invel — Invel founder Mario Hirata (left) joins Invel CEO Carla Taba (center) and Orlando Mayor Buddy Dyer (right) to cut the ribbon welcoming Invel North America, Medical Technology to the Nonahood. Invel recently opened offices in GuideWell Innovation Center of Lake Nona. (Photo by Madelyn Long)



Sept. 26, Ribbon Cutting at Fisher House Climate-Controlled Storage Unit — (center left to right) Teresa Turner, Director Orlando Fisher House; Tweet Coleman, Chair, Friends of Fisher House Orlando; and Dr. Lisa Zacher, Interim Medical Center Director, slice the ribbon opening the new Fisher House climate-controlled storage unit. Lockheed Martin working with Friends of Fisher House Orlando donations paid for the unit. (Photo by Madelyn Long)



Sept. 27, Business Luncheon with Sherry Magee of KPMG — Sherry Magee of KPMG gave our members and visitors a "Sneak Peek Into the Lakehouse" that is nearing completion in Lake Nona. Ronald McDonald House hosted our sold-out event, and Culver's Restaurant served a delicious meal. (Photo by Felicity Gomer)



Oct. 1, First Tuesdays For-A-Cause at Kisselback Ford — Bobby Kisselback (left) of Kisselback Ford in Saint Cloud helped LNRCC and the Saint Cloud Chamber kick off Pinktober with games, appetizers, drinks, giveaways, and the Pink Heals team and firetruck! Kisselback matched funds guests raised during the evening for donation to Pink Heals for breast cancer research. (Photo by Felicity Gomer)



Oct. 4, Ribbon Cutting at GasUp — Reinaldo Montanez (right), CEO of GasUp Florida, starts the celebration for ribbon cutting at their St. Cloud headquarters. The Kissimmee Chamber of Commerce assisted LNRCC during the event. GasUp is an innovative, app-based technology that will deliver fuel to your car, whether it be at your home, workplace, etc. (Photo by Madelyn Long)



Oct. 10, Breakfast Connections with State Representative Rene Plasencia — Florida House Representative Rene "Coach P" Plasencia shared with Chamber members and guests the latest developments in Workforce Development, Commerce, and Tourism in Central Florida. Thanks to Eagle Creek Golf Club and The Belfry Restaurant for the great breakfast and space! (Photo by Felicity Gomer)



Oct. 10, Ribbon Cutting at Nona Minimally Invasive Surgery — Dr. Chetan Patel and Mrs. Sohini Patel cut two ribbons at once. Nona Minimally Invasive Surgery welcomed our chamber and the Eastern Orlando Chamber of Commerce into their new office with a ribbon cutting. Our October Ambassador of the Month is Curt Zielinski of Fine d-Zign Signs! (Photo by Felicity Gomer)



Our October Ambassador of the Month is Curt Zielinski of Fine d-Zign Signs! (Photo by Felicity Gomer)

UPCOMING CHAMBER EVENTS

November 5

First Tuesdays After-Hours at Nona Adventure Park 5:30 - 7:30 p.m.

November 7

Legal Seminar Series - "Drafting Transactional Forms for a Small Business" GuideWell Innovation Cafe 5:30 - 6:30 p.m.

November 14

Breakfast Connections with AdventHealth on Men's Health Location TBD 8:00 - 9:30 a.m.

November 14

Ribbon Cutting at Pediatric Dental Group 4:00 - 6:00 p.m.

November 19

Grow with Google with Google Trainer Pamela Starr Ronald McDonald House 8:00 - 9:30 a.m.

November 22

Ribbon Cutting at Home Healthcare Resources Corp. 3:00 - 4:00 p.m.

NEW MEMBERS

- Aero Affairs Group
- American Balloon Decor
- Camaraderie Foundation Inc.
- Cocktails Catering
- Core Values Physical Therapy and Wellness, PLLC
- Far Out Solutions
- Farmers Insurance
- FloState Auto Diesel Repair
- Ford Insurance Agency
- IDignity
- Invel North America
- Island Fin Poke
- Premier Sotheby's International Realty: Jeanne Green
- WCI of Florida, LLC



WHY YOU SHOULD JOIN & RENEW

THE LAKE NONA CHAMBER OF COMMERCE, PART FIVE

Take deductions - You might be able to deduct membership fees as allowable business expenses. This helps counteract the cost of the membership. To learn more, see "Club dues and membership fees" under "Miscellaneous Expenses" in IRS Publication 535.

RENEWED MEMBERS

- A Ruff Day Bark Club
- Boxi Park
- Canvas Restaurant & Market
- Chroma Modern Bar + Kitchen
- Clean Green
- CoolThings Patio Furniture
- Garganese, Weiss, D'Agresta & Salzman, P.A.
- Jupiter Properties Inc. Central Florida
- Legal Solutions FL
- Lewis and Massey, P.A.
- Nona Adventure Park
- Park Pizza & Brewing Company
- Security Financial Management, Inc.
- Travelute Leader & People Development
- Watson, Shelley
- Woman's Worth, LLC

RENEWED PARTNER

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# Dog of the Month



# Dakota

**Owner:** Tracy Costen

**Breed:** Yorkie

**Age:** 6 years, 3 months (at time of submission)

**Dog's Quirk/Story:** Dakota is fiercely loyal and a great guard dog. The first time we had the dog walker come over while we weren't home, she refused to go out and went on the attack! She's under five pounds, but strangers don't know her bark is worse than her bite. Dakota loves to cuddle, eat, and if let loose in a dog park, she prefers to sniff every single scent over chasing balls – just a reminder to us to stop and smell the roses!

*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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# LIFESTYLE

# Felicity Mae Know

BY FELICITY MAE GOMER



*In this monthly advice column, Felicity answers questions from readers.*

**Q: Is it better to wash your hair daily or is it better to wash it infrequently?**

*Erika P.*



Hair texture and consistency differs with every single person. Sometimes, you can wash it every day and be fine, but sometimes you can only wash it daily if you are feeling particularly mop-esque. I wash my hair every day with sulfate-free shampoo and am sure to restore moisture with conditioner and then a leave-in conditioner. If you wash your hair every day, try to use a gentle shampoo free of sulfates, or harsh salts, and rehydrate it afterwards. If you choose to go a few days between washes

to allow your natural oils to settle back in, you can stay clean by using dry shampoo, which can be purchased or made yourself with a mixture of cornstarch and baby powder. I personally love the feeling of freshly-washed hair, but if you can tolerate it, absolutely lessen the number of washes per week or even per month. There is no wrong schedule on which to wash your hair – and you know what your mane can or cannot handle. You know your locks best!

**Q: Why should you take advantage of mentorship opportunities, even if you don't think you have time for them and may have to sacrifice personal time?**

*Gary S.*

Learning from someone who's "been there" is an invaluable experience, and you should take advantage of it at any possible opportunity. I'm sure we've all learned that real life is nothing like school. If you have the chance to work with someone you look up to, take it. Learn what they wish they knew five years ago, take their advice, ask a lot of questions. Find out what they did to get to where they are and *really* listen; see if it will be just as rewarding and fulfilling for you. Sometimes, a little bit of sacrificed personal time can pay off, and if it means that you will be more confident in your life choices and more potentially successful, do you think that's a fair tradeoff? It's about what is important to you. Work hard, play hard, baby!

**Q: Do you have any tattoos you regret? If so, why?**

Joel G.

Tattoos are something that I do not find offensive or inappropriate, or even unprofessional (depending on what it entails, of course). They're artful and, in many instances, can mean a great deal to someone. Three of my tattoos are simply beautiful pieces I wanted to decorate my skin with. My fourth and most recent tattoo commemorates my mother, who passed

away only a few weeks ago. That piece is extremely close to my heart, and it was important to me to have it in ink. Like many people, I do not regret any of them. If you are going to get a tattoo, make sure that it is something that you will enjoy having



on your body forever – because that’s how long it’ll be there. Do not feel bad if the tattoo you want has no sentimental value: Tattoo artists are “artists” for a reason! Do whatever you want with your body. It’s 2019. If a tattoo empowers you, go for it. My only advice is that you try to choose something you will cherish for the rest of your life.

Thank you to the readers who submitted questions this month. Need some advice? Email [FelicityMaeKnow@gmail.com](mailto:FelicityMaeKnow@gmail.com) for a chance to have your question featured in next month's edition.

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# To Gen Z: Bullying

BY NATALIA JARAMILLO

From entering high school to graduating college, it's one of the most important times in your life. Everyone goes through it, but only the people who have lived through it can give the best advice. That's where I come in, a 20-year-old college student who's been through high school and living the college experience to give you all the tips for survival.

Coming in at the tail-end of national bullying prevention month, the Boy Scouts of America partnered with YouGov Plc. to conduct a national online survey in August asking kids ages 6-17 to list the top five most important issues in their community. Of the 1,002 kids surveyed, 28% said bullying was one of the most important issues in their community that needed to be addressed.

This number is astonishing to me because you would think that bullying would decrease since the start of so many programs that have come into existence and that other issues are more prevalent among society. The 28% signifies that bullying is a very common thing, and kids on a nationwide level want it gone.

As a kid who's moved around a lot and gone through all of the public education cycles, I have learned a few skills. First off,

a bully is the result of poor self-esteem, jealousy, and the need for proper love. I'm not saying that every bully needs a hug and will automatically stop being mean, but all of them have a mix of these negative things happen in their lives that caused them to take it out on someone else. I know, it's unfair. For me, knowing this helped me deal a little better with someone who was being mean to me because instead of despising their guts and thinking something was wrong with myself, I knew that something was wrong with them, and I pitied them. A kid who gets the right amount of love, attention and values has no reason to be mean to anyone else. A kid who is not a bully knows what bullying is and what to say or do to take out their negative feelings in a positive, non-hurtful way.

Second, you must be strong and go above what they are saying or doing. Simple bullies can be handled by ignoring what they say or do. If someone spreads a rumor about you that you peed your pants in 9th grade, don't pay attention to it; you know that you didn't and, if you did, who cares? Hold your head high and remember that the bully just wants to get to you, so don't let them. In other cases, when bullying persists or escalates, play it smart and try not to get your emotions involved. A little secret, in the state of Florida, it is illegal to record someone without their consent, but if you tell a teacher or administrator at your school what is going on and that you would like to file a report, that is all the record and proof you need. Just make sure to take a picture of the document you sign for your own records. Now, if the bullying escalates, you already have filed proof that you told someone before it escalated and won't get in trouble for reacting, and it will be taken more seriously. Florida law requires each public and charter school to have a set of procedures for bullying that includes cyberbullying; therefore, if bullying escalates, investigate the handbook for your school's procedures and see what else you can do in a legal stance. If the bullying gets to the point that you believe your safety is in jeopardy, this is serious, and you need to say something to authorities, schools and parents.

Third, I know it's hard to be strong or to tell anyone about being bullied, but believe me that it will always get better if you let someone who really cares about you know. If telling a parent is too hard, then tell a good friend. If telling a friend is too hard, tell a

teacher you trust or an administrator. This is not news; you have always been told to tell someone if you are being bullied, but it's because it works. You can't do it all by yourself, so tell someone you trust and know that things will get better. Believe in yourself, and believe that things will get better because they always do. You have to see the rain before the rainbow, but you will come out of this a better and stronger person. It will always get better, you just need to believe it.

Of course, I'm still going through the whole college situation and you should always listen to your parents' advice first, but I hope this helps. And don't forget that you have so much to offer the world! Have some advice or want advice on a specific topic? Email [Togenerationz@gmail.com](mailto:Togenerationz@gmail.com) with your inquiries.



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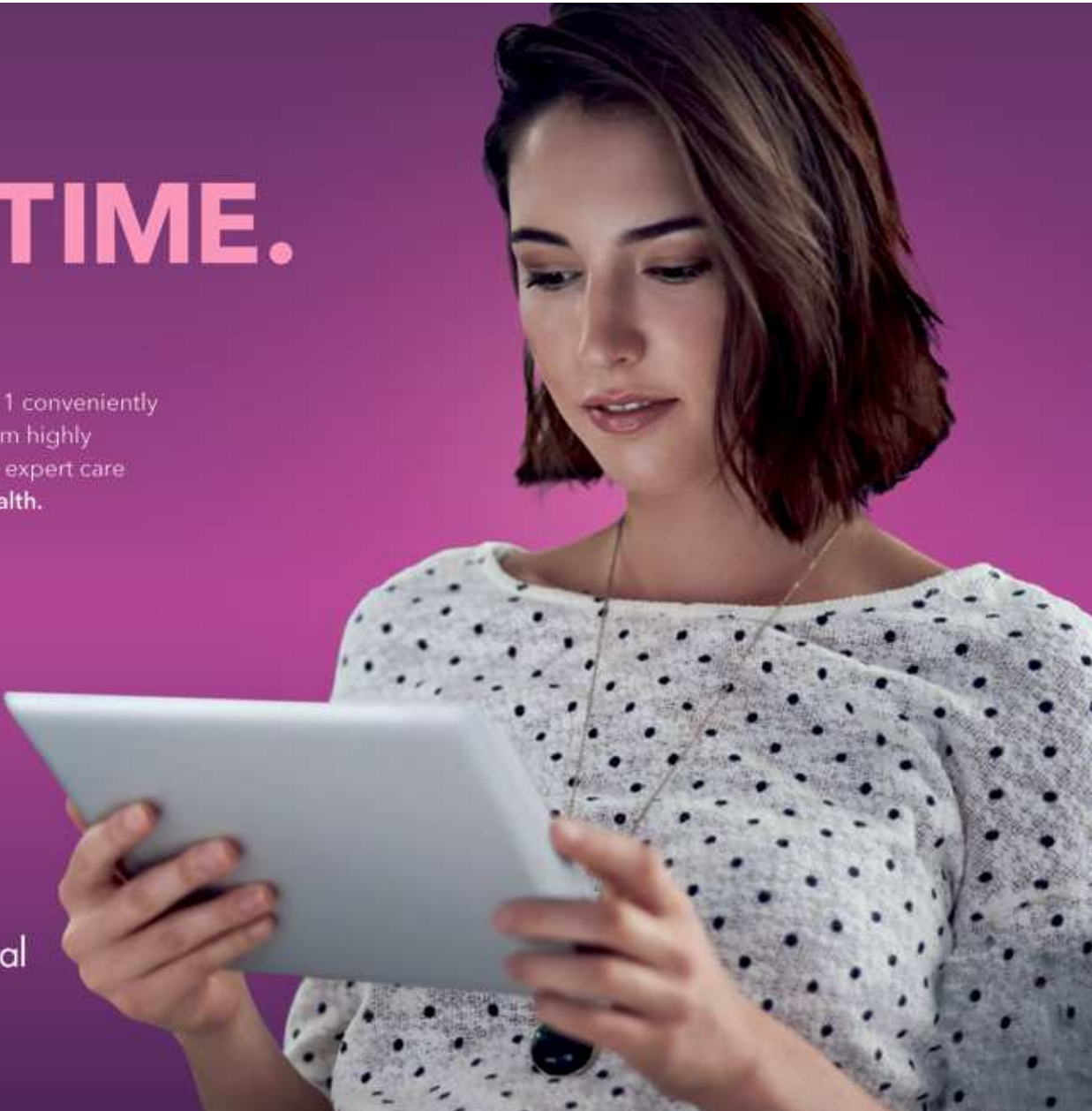
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# Mama’s Turn: Guilt Cookies

BY SHARON FUENTES

I once forgot to go to my son’s middle school award ceremony. I somehow messed up the time and showed up two hours late, picking up a sad boy with a certificate in his hand that I did not see him go up on stage to get. My boy is 18 now and still loves to joke that the tears from my guilt made the chocolate chip cookies I made him to apologize taste that much better. While we can all laugh about the incident now, I still can’t help but feel a bit of remorse about it and all the other mother misadventures I have had along the way.

I have spent a good portion of my life feeling guilty. My husband teases me saying that it is genetic – I’m Jewish. While he is trying to be funny, there may be some truth in that. There have been way too many sleepless nights, where I laid awake thinking I am not doing “THIS” right – this mothering, this wife, this writing ... the list goes on and on. I know in my head that THIS type of thinking is unreasonable, unproductive, unhealthy, and yet, I can’t stop. Which makes me feel even more guilt. It’s like being trapped on a giant-person-sized hamster wheel of guilt. Great, now I will lay awake feeling guilty about putting THIS unnerving image into your head ... see what I mean?

And it seems I am not the only one feel-

ing guilty either. According to a survey by a babycare product company called NUK, 87% of mothers feel guilty at some point, with 21% feeling this way most or all the time. I even did my own unscientific Facebook poll to see if this was truly the way others are feeling and, basically, same results. And just like the survey, when I asked some of the moms what it was they felt guilty about, most of the answers could be sorted under the heading “Simply Not Being Good Enough.”

Guilt in and of itself can be a good thing. It can motivate us to be more involved, to accept our own and our children’s imperfections, and even help when baking chocolate chip cookies. But if guilt becomes our go-to emotion, it can impact our parenting immensely. I think rather than trying to stop feeling guilty, it might be healthier to figure out where all the guilt is stemming from.

After much introspection and a few of those yummy guilt cookies, I have figured out that my mama guilt happens the most when I am trying to convince myself I am a GOOD parent. The problem with this is that there is only one person who can accurately measure my performance as a mom. And no, it’s not my kids, it’s ME! Comparing myself to others only makes me feel better or worse depending on who I am comparing myself to.

I have also concluded, like it or not, I am going to feel guilty sometimes. That is okay because it shows I care. If I didn’t care, I would have nothing to feel guilty about! (How’s that for logic?)

I have decided that I will embrace my guilt. However, I will try to do a better job of not letting my guilt drive my decisions. For example, I feel guilty about how I have let myself go. I also feel guilty about joining a gym because that means spending money and devoting time to something other than my family. If I am going to feel guilty anyway, what is the best decision for me? I might as well join the gym and do something good for myself. Besides, after a good workout, I





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*Happy Thanksgiving from your Nona Smiles Family!*

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can enjoy a few of those guilt-teared chocolate chip cookies I am bound to end up making.

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](mailto:sharon@sharonfuentes.com).



# In the Garden: Finding Big Ways to Grow Vegetables in Small Spaces

BY AMBER HARMON

As our population density grows, communities are being built with less space to fit more houses. Homes are often left with narrow lot lines and smaller yards than communities built in the ‘80s and ‘90s. The amount of space we have to grow plants and vegetables is getting smaller, and our desire to grow our own fresh, organic produce is getting bigger. For plant lovers and vegetable growers, this creates quite a challenge. How do we grow more vegetables in smaller spaces?

Well, the backyard is typically the first option for a vegetable garden. Backyard gardeners have been constructing raised and elevated beds in 4’x8’ spaces for many years. We use our square-foot gardening principles and companion planting guides to get twice the yield in the same amount of gardening space. That’s a big increase in the yield of vegetables in a relatively small space. This is by far the most convenient and least conspicuous way to garden. However, if your backyard is full of trees and doesn’t get the full six hours of direct sunlight as a minimum for your garden, what other options are there?



4x8 Garden

The next place to plant your vegetable garden could be the front yard. In Florida, a bill was recently passed from the state’s legislature “prohibiting local governments from regulating vegetable gardens on residential properties except as otherwise provided by law.” Now, how the new bill could impact the guidelines of homeowners associations allowing front yard vegetable gardens in neighborhoods remains to be seen. It is understandable to think of how an unkept vegetable garden could lack that certain curb appeal, but so does an unkept yard. I do hope that someday the guidelines that govern the definition of a well-kept and weeded front yard could be applied to a vegetable garden in the front yard, too. It looks like we are headed in that direction!

A creative way to maximize gardening space is with a vertical garden. One example is a grow wall that can be set up with automatic watering. The grow wall typically consists of small containers lined vertically along a wall. Herbs, lettuce, chives and scallions do particularly well because they don’t require the 8” to 10” depth that most vegetable plants need for a healthy root system. Then, to take it to the next

level, you could make the investment in a hydroponic grow wall. These can be fancy systems with lighting that can produce and grow indoors or homemade with PVC pipes. Either way, it makes a great expansion for a traditional garden.

Rooftop gardens are becoming more popular in big cities, where it has turned into a cement jungle. It takes a good deal of planning and preparation to get the supplies and water source needed on the rooftop. Once the area has been prepared and the garden is established, it is important to also address the scorching heat on the roof and very strong winds. These rooftop garden struggles are quite real, so just know what you are getting yourself into when taking on this type of project.

However you go about it, growing vegetables at home for yourself and others is a healthy and satisfying experience for all involved. If you’re not sure where to start, go small. Just get some herbs and a tomato plant in a pot and see how it goes. Happy Gardening!

Amber Harmon is the Owner of My Nona’s Garden, where they 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](http://www.MyNonasGarden.com) for more information.

“We make organic vegetable gardening easy!”





# Family Fun Fridays at Nona Adventure Park

ARTICLE BY NATALIA FOOTE  
PHOTOS BY HEATHER CAMPION,  
NATALIA FOOTE, AND LAINE NELSON



Meet my family, the Foote family, or the “Feete” as many of our friends call us. Fridays are always a fun evening. We are excited that school and work are over, and we are ready to unwind and relax. Our usual Friday evening consists of golf matches for my older son at Eagle Creek; however, we were recently granted a FREE FRIDAY!

All summer, we heard about the Songs at Sunset at the Nona Adventure Park; I had also received an email with a great promotion where everything was half off AND you got a pizza with purchase. Our FREE FRIDAY had turned into our FUN FRIDAY!

I asked some friends to go along and was

happily surprised to see even more friends already at the park.

We decided to try the Aquapark. It’s the blue inflatable bounce course on the lake. My husband and I did one hour, and we had the kids do unlimited. I am always amazed at the amount of energy kids have. It seems endless. One hour for my husband and me was more than enough.

We arrived around 3:45, and after waivers and set-up, we ready to go at 4 p.m. I believe some of the waivers may be filled out online, but we were celebrating FUN FRIDAY, we didn’t plan ahead, so we were just excited to get out of school clothes and into bathing suits!

We all suited up with life jackets and walked down the wooden ramp into the lake. As a native Floridian, I respect our lakes, but I also splash EXTRA hard just in case.

Once we were on the Aquapark, my kids bolted in all directions. They found their friends and began playing an epic game of tag. The kids were climbing the tall towers, sliding down the slide, and jumping off the tallest parts of the inflatables. I was holding on and gingerly walking so as to not slide off and break something.

Suddenly, I felt a little hand on my back and heard, “TAG! You’re IT!” My caution was thrown out the window, and I tried to catch up with the kids. It was quite the workout! I ran up the slide and then slid backwards. I tried running on one of the inflatables and fell right in, but I persisted. I finally climbed the tallest tower, slid down, and caught up with a kid when swimming back.

The kids continued to play, and my husband and I found a nice spot on the inflatables where we could hear the live music, rest for a bit, and

enjoy. The musician was really great, and although we hadn’t traveled far, it felt like we were on a vacation far away.

When our hour was up, my husband and I swam back to shore, and the kids followed. We ate our pizza, and I proceeded to enjoy a draft adult beverage. More friends showed up, and I was able to catch up with friends I hadn’t seen in a while.

The kids asked to go back, so my husband and I found some comfy Adirondack chairs and enjoyed the music and sunset while the kids played.

I’m not sure how long Nona Adventure Park will have Songs at Sunset, but I highly suggest trying it out. I’d like to return and try their other attractions. In addition, the location is stellar, so those not interested in attractions can eat dinner and enjoy the music. It was a wonderful way to spend a Friday night!



# Zen and the Art Of Being Online: An Interview With Michaela Okland, The Creator of She Rates Dogs

ARTICLE BY CHRISTIAN CASALE  
PHOTOS COURTESY OF MICHAELA OKLAND

*Zen and the Art of Being Online is a monthly column where I try to explain internet culture and news that has a real impact on the way people absorb information and media through a series of 1’s and 0’s.*

Michaela Okland has a video on her YouTube channel called “Imitating Creepy Men but with Helium.”

The video is exactly what the title suggests, and it all fits with the online brand that Okland has built for herself over the years. She’s the creator of the smash-hit Twitter and Instagram accounts SheRatesDogs – which aggregates malicious, incoherent, and downright disturbing messages that women get from men.

What began as a simple parody account grew into a rallying cry for women in an era where the digital age has empowered people more and more to discuss gender and dating issues online.

Michela Okland: I’m friends with Matt Nelson, who runs the WeRateDogs account – and I was looking at my phone one day, and I was like, “It would be really funny if the dogs were [crappy] guys, and they got a negative rating out of ten.” I thought that it would be a fun thing for a day, and then it turned into its own thing. I’ve kind of moved away from that original parody idea since then.

**Nonahood News: How exactly do you feel that it’s changed?**

MO: I used to just do a rating in every tweet like the WeRatesDogs does, a negative 12 out of 10 – something like that. Now I share less specific things; things about the trans community or LGBTQ stuff, political things or whatever. It’s more loosely used for different purposes now than just a super-specific parody. Although it has always been what it is now.

**NHN: What did it feel like when the account took off?**

MO: I think I had 80,000 followers on my personal account when I first tweeted about it, and it got 50,000 [followers] in the first weekend and 100,000 [followers] in the first month. It grew way faster than my account.

It’s kind of crazy because I didn’t expect to be doing it that much, and when it blew up quickly, I was like, “Okay, I guess this is what I’m doing now.” I thought I would do it for two days.

**NHN: And you had a big online following before the She Rates Dogs took off, right?**

MO: Yeah.

**NHN: How did this happen?**

MO: That’s just from my comedy – jokes and stuff – every time a tweet goes viral, you’ll get hundreds to thousands of new followers. Doing it over and over again gets you a following.

**NHN: Do you think that Twitter is fair in the sense that the funniest voices stand out and become popular?**

MO: Usually, unless there are TweetDeck-er accounts that take other jokes from other people. There’s definitely a bunch of different subsections of Twitter – there’s going to be sports, and news, and comedy. Or Stan Twitter, fans and things like that.

But I think, for the most part, Twitter has a nice layout for getting new people on your feed – which Instagram doesn’t have because of the Retweet function. You’re able to be seen by greater groups of people.

**NHN: Is there a strategy as to how you manage the account day-to-day?**

MO: I’m not the most structured person [laughs], I’m not the best at doing this specifically. I try to post at least once a day, ideally three to five times. I also have an Instagram for it. There are thousands of submissions a day, I’ll maybe get through a hundred of them and pick a couple.

**NHN: Some who scroll through Instagram and Twitter accounts might begin to think, “Why are men like this?” Have you ever formulated a theory?**

MO: I think that it’s because they can be. It isn’t really called out that much. Girls are always called crazy, and even if guys are crazy, it doesn’t matter, or it isn’t acknowledged. Before [the internet] and before the Me Too movement, it may not have been as understood. Or common knowledge even.

I think it is the way we present relationships or the power dynamics of genders in any kind of media – TV show, movie, whatever you’re watching. And then a lack of talking about it.

**NHN: It’s hard for me to get a sense of if it is malice, insecurity, or just an inability to talk to women.**

MO: I think sometimes it can be any of those things. That’s why I don’t post revealing information, my life would be horrible if I just ruined five lives a day, and that was what I did for a living. I don’t know what kind of maturity level [the guy] is at, what age they are, what has happened in their life before then. Maybe it was a crazy day, and they thought that they could say something anonymously to a girl they don’t know on Tinder.



**NHN: If somebody’s friend acted like this over an app or if someone wanted to raise their child to keep in mind to be respectful to women, how would you recommend they go about that?**

MO: I know that having family members who are women has helped a lot of women, but there are also people who have daughters or sisters, and that doesn’t seem to change the way they treat women. I think [starting] from an early age, pointing out in a TV show, a commercial, or a magazine cover where a woman is [being] objectified. So it doesn’t become normal for them.

I think that we’re careful about what our children consume, but there are these things that we aren’t careful about that we should be. But, I wouldn’t recommend my account for a child.



# Family Shift: 4 Stages of Parenting

BY RODNEY GAGE, LEAD PASTOR



**RODNEYGAG**  
YOUR FAMILY COACH

It's been said parenting is simple, but it's not easy! Raising children is one of the most challenging yet rewarding joys and responsibilities we will ever have in life. However, the greatest challenge is that our children don't come with instructions. It's not like you can go to Parenting University and get a degree in raising children before you have children.

My wife, Michelle, and I have three adult children, and we found that each one was uniquely different in their personalities and in the way they responded to disci-

pline and motivation. In fact, they are uniquely different in their features. Our oldest daughter has brown hair, our middle daughter has blond hair, and our son has red hair. Chocolate, vanilla, and strawberry ... go figure!

Even though our children can be uniquely different, the goal in parenting remains the same. It is to launch children into adulthood with confidence, values, and the skills to succeed.

I genuinely believe, as adults, our most significant contribution to the world may not be something we do but someone we raise.

I remember when our children were little, we used to hear people say, "Enjoy them while they are little, they grow up fast." What a true statement. Our children do grow up fast, and it's essential to learn to love and appreciate each stage and season you're in. There are four seasons of parenting that are all unique and special.

### Stage 1: Birth to five years old – Tender-Hearted Supervisor

In the early years of a child, they haven't internalized the ability to make wise choices. Therefore, it is our responsibility to teach them. How? By balancing love and limits. Many parents hold back discipline from their children because they fear being rejected by their children. Often, par-

ents will confess, "I don't want to come across mean to my child or turn my child away from me." However, our priority during this stage as the *Tender-Hearted Supervisor* is to supervise them and reinforce good behavior lovingly. Here is a good definition of discipline: It is correction driven by love. Discipline isn't something we do *to* our children; it is something we do *for* our children. Discipline isn't only correcting children who misbehave, it's also instructing, guiding and encouraging the right choices.

### The priority in this stage: Reward obedience.

*"A child who has not been disciplined with love by his little world will be disciplined without love by the great big world."* – Zig Ziglar

### Stage 2: Six to 12 years old – Fitness Trainer

In this stage, children are growing physically, emotionally, intellectually, spiritually and relationally. It's our role to give them the resources they need to stimulate each of these areas of growth. In Stage 1, we gave instructions; in Stage 2, we ask questions to help them think and find the best solution. Gradually, we see them grow in their confidence and abilities.

### The priority in this stage: Reward good choices.

What gets rewarded gets repeated. During this stage, we must teach our kids right from wrong. Most importantly, help them to understand the "why" behind the what. Questions to ask when they make bad choices: 1. What did you do wrong? The purpose for asking this question is to bring them to a point of admission. 2. How can you handle it better next time? This gives them a chance to rectify their bad decisions and grow from them. Your family values will be the very thing that serves as their moral compass and will help shape their lives.

### Stage 3: 13 to 18 years old – Coach

If we give children plenty of instructions when they are little and lots of training as they grow, they'll have much of what they need when they get to this stage. However, if there is no discipline and training before they become teenagers, then it can become a very tough time for both the teen and the parents because, at this point, there are no



guidelines and guardrails to live by. Our role during this stage is to coach them, to affirm good decisions, to help them learn from failure, and to stimulate their creativity. We stop making as many decisions for them, and we expect (require) them to make more of their own.

### The priority in this stage: Reward growing responsibility and independence.

### Friendship years: (18 +) – Consultant and Friend

When our children leave home for work, the military or college, we launch them with the hope that they will apply all that they have learned in our home since they were babies. But we are not finished. We take on a new role of consultant and, sooner or later, peer and friend. If they know we respect them, they will want our input. When that happens, we need to make sure we don't regress to our old role of fitness trainer and coach. We give input, but let them make their own decisions. Here, we're letting go of control and trusting our children will have the wisdom to find success and handle difficulties with calm confidence. We begin to see the legacy of our love and values passed down to the next generation this way.

Let's leave our kids and grandkids more than just memories; let's leave them a legacy.

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 and start living with greater intention. To learn more, check out [familyshift.com](http://familyshift.com) and [rethinklife.com](http://rethinklife.com).



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Camp Gladiator Talk: Harnessing Healthy Habits As We Head Into 2020

BY VERNICE SALVERON-GASPER



It is no secret that daily habits play a huge role in the direction of our future. It's the small but consistent things we do daily that can guide our lives into a life of success or disappointment. Little by little, a little can turn into a lot. This principle can be applied to literally every aspect of our lives, including finances, relationships, business and health. This principle is also visually represented by the following comparative equations. In the sports performance world, it is known as the "aggregate of marginal gains."

$$(1.00)^{365} = 1.00$$
$$(1.01)^{365} = 37.7$$

As we approach the closing of 2019 and gear up for 2020 in just 62 short days (as of Nov. 1), I challenge you to get ahead of your 2020 New Year goals and start developing healthy habits today to ensure that you are ahead of the game come Jan. 1. In an effort to improve the health and wellness of the Lake Nona community, here



are some daily habits you may like to implement today!

1. Drink more water. Drinking adequate amounts of water has huge health benefits, including improving joint, heart and brain health, improving skin moisture and elasticity as well as suppressing hunger and thus reducing the risk of weight gain through overeating. As a general guide, you should drink a minimum of half your body weight (in lbs.) in fluid ounces. This means that if you are 150 pounds, then you should aim to drink a minimum of 75 fluid ounces of water each day.
2. Move your body for 30 minutes every day. I seriously cannot stress enough how important it is for your health to be intentional with these 30 minutes. The only way to physically improve your movement and function is to move with intention. Our bodies were designed to squat, lunge, push, pull, bend, extend, and walk and run. If we are not moving in this way, then we will eventually lose our ability to move



- freely in these movement patterns.
3. Feed your mind with positive and useful information. Nowadays, we have so much information at our fingertips, some good and some not so useful. You just have to scroll through your social media feed to see how much useless information is put out into the world. Self-development, growth and lifelong learning is something that I am constantly working on in order to ensure that I keep my thoughts positive, my mind sharp, and opinions well-informed. Dedicate at least 30 minutes a day for personal development and growth; this may be through tangible books, audio books, reputable podcasts, YouTube, meditation or prayer.
  4. Eat more home-cooked meals. Research has shown that those that eat in are more likely to have improved health outcomes than those that eat out often. Furthermore, those that eat out more regularly are more likely to be deficient in essential vitamins, minerals and macronutrients. Planning your meals ahead is very important when trying to improve your body composition and overall health. Aim to prepare more healthy, home-cooked meals with a good balance of carbohydrates, protein, fats and lots of colorful vegetables.
  5. Be grateful daily. When people ask us what we are grateful for, we seem to always go for the big-ticket items: your spouse, children, house, etc. While these are excellent and worthy things to be grateful for, our list will soon run out. I encourage you to seek out the small things in life to be grateful for as the more things you seek out, the more things you will notice. Take note and be grateful for the person that held the door open, the passerby that smiled, or the simple fact that you have clean water to drink. If you look for the small things, you will never run out of things to be grateful for.

For the last months of 2019, I challenge you to be intentional and disciplined with your time and daily habits in order to set your life up for success. Being disciplined means that you do things you don't necessarily want to do at the time, knowing that being consistent will lead to great outcomes. Imagine what you can achieve in 2020 if you used the rest of this year to develop habits that will help you be widely successful in the new year. Don't wait until the new year, start now so that 2020 is your best year yet!



LAKE NONA HOUSING MARKET UPDATE

September 2019

**kW** | **THE LIZ TEAM**  
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Laureate Park	Eagle Creek	Village Walk
<div><div></div><div>16 HOMES</div><div>Active Inventory</div></div> <div><div></div><div>18 HOMES</div><div>New Listings</div></div>	<div><div></div><div>9 HOMES</div><div>Active Inventory</div></div> <div><div></div><div>9 HOMES</div><div>New Listings</div></div>	<div><div></div><div>5 HOMES</div><div>Active Inventory</div></div> <div><div></div><div>6 HOMES</div><div>New Listings</div></div>
<div>SOLD LAST MONTH: 24</div> <div>Average sold price:</div> <div>\$524,000</div>	<div>SOLD LAST MONTH: 5</div> <div>Average sold price:</div> <div>\$416,000</div>	<div>SOLD LAST MONTH: 3</div> <div>Average sold price:</div> <div>\$478,000</div>
<div><div><div>97%</div></div><div>List to sold price ratio</div></div> <div><div></div><div>69 DAYS</div><div>Avg. Days on the market</div></div>	<div><div><div>95%</div></div><div>List to sold price ratio</div></div> <div><div></div><div>111 DAYS</div><div>Avg. Days on the market</div></div>	<div><div><div>94%</div></div><div>List to sold price ratio</div></div> <div><div></div><div>97 DAYS</div><div>Avg. Days on the market</div></div>

Talk to Liz, your LAKE NONA market expert today at 407-717-2464  
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# Nona Cycle: Riding For a Good Cause – Cycling, Fellowship and Fundraising

ARTICLE BY DEBRA LOWE, NONA  
CYCLE MEMBER  
PHOTOS COURTESY OF NONA  
CYCLE MEMBERS AND FRIENDS



In just over three years since Nona Cycle was founded by Lake Nona residents Paul Pikel and Spencer Phelps, we have not only grown in size but in our reputation as the premier cycling group in the Metro Orlando area.

Comprised of a diverse group of individuals of all ages and demographics from Lake Nona and beyond with varied skill levels and talents, we are bonded by our love of the sport of cycling. Our weekly rides range from a social pace for those new to road cycling to faster rides for cyclists with a need for speed. Regardless of the distance or pace, our rides are about comradery, safe-



ty and fellowship, concluding with coffee and conversation at the local Starbucks and often moving to Nona Adventure Park with conversation continuing into the afternoon.

What truly makes Nona Cycle unique is our commitment to participating in charity cycling events; in three short years, members of Nona Cycle have raised more than \$150,000 for local and national charities, including breast cancer awareness (Winter Garden Wheel Works' "Think Pink" Ride), Ronald McDonald House Charities (Ride for Ronald), and American Diabetes Association (Tour de Cure).

Last month, Nona Cycle members were out in force supporting the "Think Pink" ride in Winter Garden on Oct. 12 followed by Ride for Ronald here in Lake Nona the next day. Many members participated in both rides, logging more than 100 miles in the saddle – all for a good cause.

This year marked the 10-year anniversary of Ride for Ronald with fundraising proceeds benefiting more than 2,600 families that will be housed at the three local Ronald McDonald Houses over the coming year, while their child is hospitalized with a critical illness.

Ride for Ronald participants pay a registration fee but are also required to raise a minimum amount in donations in order to attend the event. More than 45 Nona Cycle members who participated this year raised more than \$8,799, bringing our three-year total support of Ronald McDonald House Charities to \$27,060. A fundraising event held in partnership with Drive Shack raised additional funds; however, the majority of contributions come from our members seeking support from friends, family and co-workers.

On Saturday, Oct. 13, as we gathered to prepare our bikes, share some laughs, and take countless photos, a picture-perfect day dawned over Lake Nona Town Center. Nona Cycle led the way in to St. Cloud, Kissimmee, surrounding neighborhoods and back to Town Center – for many, a total of 60 miles. We celebrated our fundraising and cycling success in Boxi Park with more fellowship, food and an adult beverage or two ... with talk turning to our

upcoming signature fundraising event, American Diabetes Association's Tour de Cure (March 29, 2020).

American Diabetes Association chapters around the country hold Tour de Cure events; however, the Lake Nona event took top honors this year raising more than \$1 million. Over the past four years, Nona Cycle raised a total of \$119,600 – \$6,250 raised in 2016, \$22,850 in 2017, \$44,000 raised in 2018, and a record \$46,500 raised in 2019. Our fundraising goal for the 2020 Lake Nona Tour de Cure is \$50,000.

Those of you who follow this column already know that Nona Cycle is more than a group of people in spandex and matching jerseys riding around your neighborhood; we are caring, compassionate individuals committed to making our community and beyond a better place by using our passion for cycling to help those less fortunate. If you know a Nona Cycle member, consider a financial contribution in support of Tour de Cure, or if you'd like to cycle with us, you can become a member via our Facebook page.

Remember – Share the Road!



## LAKE NONA YOUTH SPORTS

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### CURRENT EVENTS

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  - Flag Football coming soon, check website for announcements
- **Cheer – Good Luck at Competition, Girls!**
  - 2020 Programs Opening Soon
- **Lacrosse Academy Going on NOW**
  - Registration for 2020 program opens soon

[JRLionsLacrosse@LakeNonaYouthSports.Org](mailto:JRLionsLacrosse@LakeNonaYouthSports.Org)
- **Wrestling – 2020 Program Coming Soon**

[JRLionsWrestling@LakeNonaYouthSports.Org](mailto:JRLionsWrestling@LakeNonaYouthSports.Org)
- **Baseball – Partnership with SOBR. See website for updates and more information.**

### OPPORTUNITIES TO HELP

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

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## The Lake Nona Book Maven Review

BY LINDA CARVIN

*Eleanor Oliphant is completely fine*

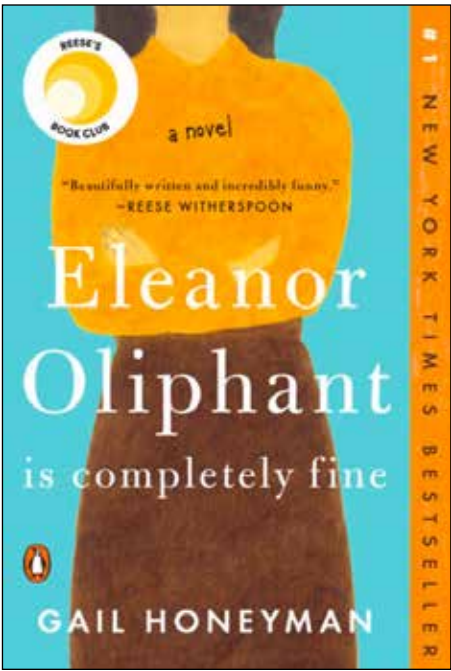
Author: Gail Honeyman

A few days ago, I saw this book in paperback in the grocery store. I had seen it in hardback in the bookstores for some time and on recent book recommendation websites. As the cover indicates, it was a number one *New York Times* bestseller and a “Reese’s Book Club” choice. It also got 4.3 stars on Goodreads and 4.6 on Amazon. When I researched the book, I discovered that Reese Witherspoon’s production company has a movie version in development.

In reviews, this book was called hilarious, which it is in places. It has also been called wacky and heartbreaking. It is all of those and more. It’s the story of a 29-year-old

woman who works in an office job in Glasgow, Scotland. She is a loner, has facial scars and, as we come to find out, much deeper emotional and mental scars. Her co-workers talk about her and laugh at her, and not always behind her back.

I found Eleanor to be a genuinely wacky but an absolutely sympathetic character. She is extremely intelligent, well educated, widely read, completes crosswords on her lunch break every day, and really does think she is completely fine. But she also says what she thinks, lacks social skills, and is judgmental about her fellow humans. Because she has little awareness of popular culture, she struggles to understand common activities and normal human habits. Still, she is good at her job, and although



she doesn’t fit in socially, she manages her limited life on a day-to-day basis.

Gradually, as the story unfolds, we (and Eleanor) learn what happened to cause her internal and external scars – that’s what kept me reading. We also see her grow and soften as she reluctantly makes a friend, Raymond, an IT guy at work. Over time, she is drawn out and into the larger world around her. One lunchtime, Raymond and Eleanor stop to help an elderly man who collapsed on the sidewalk and is taken to the hospital. As a result, they both get to know his extended family. Another day, Raymond takes Eleanor along to visit his mother for tea. Slowly, Eleanor begins to understand what more normal family relationships look like.

Watching Eleanor

face her unknowns and grow into a more whole person is what moves the story forward. Her path to wholeness is funny, sad, heartwarming, and heartbreaking all at the same time. We root for her to succeed – to be rescued from her isolation. And I really wanted to know (and wanted Eleanor to find out) what in her past caused her scars.

The underlying theme of this story is loneliness. It was satisfying to see Eleanor gradually become aware of the interactions between the other characters’ families and friends and to realize what normal friendship and love look like. And although Eleanor’s situation is unique, it’s clear we all have experienced Eleanor’s sort of loneliness at some time. We have all been judgmental and let past negative experiences color our thoughts and actions, which makes Eleanor all the more understandable.

I plan to pass this book along and/or recommend it to several friends. It would be a great book for a book group because there is so much to discuss about Eleanor’s predicament. Personally, I gave it 4.5 stars. I hope you enjoy reading it as much as I did.



## Binge-Watching in the Nonahood: Red Table Talk

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF  
[WWW.FACEBOOK.COM/REDTABLETALK/](http://WWW.FACEBOOK.COM/REDTABLETALK/)

RATED TV-MA

For this month with Binge-Watching in the Nonahood, I wanted to review something that’s a little different than the shows I normally review in this column. I wanted to talk about Jada Pinkett Smith’s *Red Table Talk*, a web series that premieres on Facebook Watch every Monday, completely free to watch. *Red Table Talk* has a talk-show format, where Jada, often accompanied by her mother “Gammy” and her daughter Willow, have guests and bring to light some of those tough conversations that normally are shoved under the rug. On some lighter episodes, they also talk about everyday life matters, relationships, and breaking bad habits. This is legitimately one of the first talk shows I’ve enjoyed watching and look forward to seeing new episodes every week. To give you a taste of what the series has to offer, I’m choosing in this review to focus on the episode “Will Smith’s Emergency Family Meeting,” where Will calls the entire family for a meeting at the so-called “Red Table” where Jada normally interviews guests.

The episode begins with Will, quite similar to every dad ever, yelling for his kids to come down from their rooms in order to call a family meeting. Will brings up the “circle of safety” that he enacted with his family when his kids were growing up, where they can reveal or say anything they needed to without getting in trouble, and says they’re going to employ that for this meeting at the Red Table. When everyone’s finally situated at the table, they begin to dive into their eating habits and how it affects their overall lifestyles. It was enlightening to see how open the family was about their lifestyles and how food affected each family member differently in all aspects. Even though the family all appear healthy and fit, they reveal so many issues that they’ve had with food and problems with their digestive systems. There was a picture that went viral

of Jada, Gammy, and Willow after a workout, where all three generations looked absolutely amazing, showcasing their abs, but Willow reveals she felt absolutely awful even though she was eating well and exercising often.

Later on in the show, they bring in a nutritionist who asks them 15 personal, key questions that they must answer truthfully, hence the “circle of safety” for Will and Jada’s kids. Some of the questions touch on sleep schedules, medication, alcohol use, going to the bathroom, and more – a lot of questions we’d all be scared or uncomfortable to answer in front of our parents, our kids, and our in-laws. It was wonderful to see the Smith family so open to talking about their bad habits together and working through them together in order to become healthier humans. It’s so clear that they are a strong family unit, which enables them to achieve all of the amazing things they do because they are each other’s rock-hard support system. At the end of the episode, they all plan to take medical tests that tell them how to improve their body health, which will be saved for an episode later on in the season.

And this was just one of the many episodes available on Facebook Watch. Jada has brought on guests like Jordyn Woods, Alicia Keys, and Chelsea Handler to talk about a variety of topics on *Red Table Talk* that encourages great dialogue. Make sure you check out an episode soon!

*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 [деми@nona.media](mailto:деми@nona.media)!*



## The Nona Film Review: Joker

ARTICLE BY DEMI TAVERAS  
PHOTOS COURTESY OF  
[INSTAGRAM.COM/JOKERMOMIE](http://INSTAGRAM.COM/JOKERMOMIE)

RATED R

*Joker* had to be one of the most anticipated movies of 2019. As an origin story film about DC’s most favorite and complex villain, it generated tons of buzz and a bit of controversy. But now that it’s been released, I can easily see the film getting nominated during the next award season because of how artistically cinematic this movie is compared with the others in the comic book film genre. The design of the film completely sets it apart from any DC or Marvel movie and ... dare I say it ... is the best comic book movie that has been released so far in this new era. It made me say, *Endgame* who?

If you, like me, didn’t know about the Joker’s character arc, you will definitely get some insight as to how he became Batman’s arch nemesis. Arthur Fleck’s journey as he transitions into a villain feels very genuine as he reaches several breaking points for him with his day job, his dream to become a comedian, and with his mother. Because his character arc is the main focus of the story, we get to know Arthur so personally during the span of the movie and empathize with him due to the trauma he’s endured. Some of the controversy surrounding this film was about how viewers might blur the lines between reality and fiction. Seeing a film like this can give others the avenue to behave similar to him, if we seem as if we’re dismissing Arthur’s behavior. But ultimately, in the final moments of the film, we see him totally break down into the Joker and know we can no longer empathize with someone who chooses to act as evilly and maliciously as he does. However charming the Joker might appear, the charm doesn’t extend past the screen, and I think the overall moral of this origin story is how to help those like Arthur before they reach the point of no return.

I already knew *Joker* was going to be different because of minor factors such as the R rating and how it wasn’t exactly a part of the cinematic DC universe, like the movies *Batman v. Superman* and *Suicide Squad*, for example. One of the major factors that got me excited to see this movie was the fact that Joaquin Phoenix was going to



laughed maniacally to the way he danced awkwardly to the facial expressions he made in and out of clown makeup, Phoenix embodied the disturbing essence of Arthur Fleck/the Joker incredibly well. Also have to give Phoenix kudos for morphing his body for the role by becoming so skinny and having Arthur look almost inhuman with such a contorted body. His physical appearance added that extra bit of creepiness to make for an effective performance.

Of course, I highly recommend watching this movie, and usually here, I’d say something along the lines of “especially to comic book fiends everywhere, watch this movie.” But I think for those who aren’t usually drawn to the big blockbuster superhero movies, this might finally be the movie that pulls you in. Smile and put on a happy face to go see *Joker*!

*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](mailto:деми@nona.media).*





# Sunny-Side Up: Adventures in Spooning

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 knew I’d get you with the title. The old bait-and-switch. But what were you thinking? This is a family-friendly newspaper. For shame.

No, I’m referring to spoon carving, something I’ve become obsessed with over the past five years. And what does this have to do with life in Florida? Well, Florida has lots and lots of trees. More species here than in any other state in fact, I think.

But back to my hobby. In ancient times, spoon carvers were often tinkers, wandering from village to village. And while villagers knew that the tinkerer came with news and good stories, they also knew they’d better buy the tinkerer’s stuff, or he’d curse their village.

I too wander around (especially if my wife has sent me to Publix). I tell stories, and I whittle spoons. And when I visit my Etsy store to see if my fellow peasants are purchasing the wares I’ve plied, I sometimes curse. If the clog fits ...

This all began when I decided I wanted to become that cool old guy in church who hands out mints. Only better. I, too, would sort through the mothballs in my pocket, but in place of a mint, I’d hand out a toy car. If I did that, I’d be the coolest old man in Florida, possibly the world. People may even name a denomination after me. Old Fart Redeemer has a certain ring to it.

So with that vision in my head, I began to ply my trade. To start, I needed to look no further than the red mulch my wife had so dutifully spread in our front garden. A few splinters later, and I’d made a sweet little hot rod. Now for the wheels. This took a lot of thought. Like weeks. Finally, I decided to rip off the wheels of one of my son’s lesser favorite Hot Wheels. He only cried a little. After drilling tiny holes in the bottom of my piece of mulch that didn’t at all split in half in the process, *voila*, I had the perfect toy.

At least it looked great to my deliriously creative mind. Creative denial is a beautiful state of being. How else do you think I write these unbelievably hilarious articles that totally blow everyone’s minds?

A few days later, my toy car looked like a piece of mulch that someone had stuck wheels on. I gave it to my son.

I got better. A break came when I began stealing the wheels from my kid’s Lego sets.

Next, I began carving anything I could think of and landed on spoons. Now, I’ve carved cooking and eating spoons for almost everyone in my life. I even stop people in the street and ask, “You wanna spoon?” I get weird reactions. I chalk it up to the general weirdness of Florida.

As I’ve whittled my way through the Florida wilderness, I’ve learned a few things the hard way. Like the shrubs at work make terrible spoons. Mostly because they’re poisonous.

Not knowing what kind of shrubs they were, I did the right thing in wondering if they were poisonous or not. Then I did the wrong thing, I wondered how ancient people figured out if wood was poisonous. Surely, they’d at some point give it just a little lick, right? So I did.

Nothing happened, but then how long does it take poison

to, well, poison you? In a panic, I ran to one of my co-workers who does carpentry on the side.

“Those shrubs are Oleander, which is terribly poisonous. You didn’t lick it or anything, did you?”

“No, why would I do that? It’s just a spoon, for, uh, stuff. That would be stupid.”

Now sweating, and not from Florida heat (though I still blame Florida), I sprinted back to my desk and googled “Is Oleander poisonous?” Google winced. Up popped an article entitled “Top Ten Most Poisonous Plants” at **HowStuffWorks.com**.

It opened with, “The Oleander, or *Nerium oleander*, is considered by many to be the most poisonous plant in the world. All parts of the beautiful oleander contain poison – several types of poison.”

I immediately called poison control, and they assured me that since I hadn’t ingested any part of the plant, but had merely licked it, I was going to be okay. However, if I started feeling ill, I should definitely go to the emergency room. On hearing this, my first instinct was to assume that all the poison control hot-liners were having a good wicked cackle at my expense and that I should flee to the hospital post-haste. However, I was beginning to not trust my first instincts.

I didn’t start feeling ill, which is good, because as a rule, I don’t like writing humorous first- person articles about emergency rooms. But now that I think about it, that could very well be the last article I write.

Now that’s how you end a humorous article – make readers think about hospitals. Ah, I kill myself.

*Philip is a father and husband who coaches soccer with Coerver Coaching and freelances as a writer, illustrator, and carver. He's constantly sniggering to himself whilst whittling spoons and toys in the kitchen (hey, it's way too hot outside). To his wife's chagrin, the kids track wood chips around the house. He would love to hear from you at **plong3510.com**, either to giggle with him about something silly he wrote or for any carving, illustration or writing needs. Oh, and please remind him to sweep up.*



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Combining the best of a boutique store and community café, Canvas Market has everything you need for the holiday season. And through December, Canvas Market is partnering with Indie Flea to create monthly artisan outdoor markets, featuring handmade gifts, plants, home goods, vintage items & more.

Come visit us in Lake Nona!

FIRST SUNDAYS  
**ARTISAN MARKET**  
10/6 • 11/3 • 12/1  
12-4PM

# MARKET

## CANVAS

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Business Spotlight: Christmas Around The World Under One Roof – Wycliffe

ARTICLE BY NICOLE LABOSCO  
PHOTOS COURTESY OF BEN RUPP



Ah, the holiday season is approaching, which means friends and family come together to spend time with one another and celebrate the holidays to create more lasting memories. Ever wonder how cultures different from yours celebrate holidays? Well, now you can learn thanks to Wycliffe Bible Translators USA! Wycliffe Bible Translators USA is a nonprofit organization with a mission to ensure that the Bible is accessible to all people, in all languages and all forms. Wycliffe USA was founded over 75 years ago by William Cameron Townsend and has been headquartered in Lake Nona for 17 years. *Nonahood News* spoke with Jesse Stokes, Associate Director of Events Marketing, to learn more about Wycliffe USA.

“Around the world, people are speaking over 7,000 languages, but more than 2,000 of them don’t have Scripture yet. Wycliffe USA’s mission is to see a Bible translation program in progress in every language still needing one by 2025,” stated Stokes.

With a company-wide goal set, Wycliffe is on the fast track to accomplish such an achievement!

“We’re fortunate to work with incredible organizations globally and here at home (like our local neighbors at The Jesus Film Project). Thanks to those partnerships, Bible translation is advancing at a faster rate than ever before in history. Of the 7,000 languages in use today, 3,350 of them have some Scripture translated. We just celebrated the 1,000th translation we’ve had the honor to be involved with,” exclaimed Stokes. “It took us 67 years to complete the first 500, and only 17 years to complete the second 500. Technology plays a big role in that progress. We invite you to come by our Discovery Center museum and learn more about how Bible translation is advancing and transforming lives around the world.”

During a tour of the museum, you’ll experience stories of real people from all around the world who have had their lives changed due to having Scripture in their language for the very first time.

“We’re serving in communities [all] over the world, and we’re also passionate about investing locally through our Discovery Center museum and the events we host, like our upcoming ‘Christmas Around the World’ event,” said Stokes.

“Christmas Around the World” is Wycliffe’s week-long celebration from Dec. 7-14 with events for both adults and children, showcasing cultures that missionaries of Wycliffe have worked in. Those who attend can learn about how other cultures celebrate Christmas and enjoy unique food, activities and live entertainment. Alongside a pajama-party movie night, guests can even buy fair-trade gifts that were inspired by the different cultures.

“We’re looking forward to the second annual ‘Christmas Around the World’ because it’s a chance for us to get to know our community and do something special for them. Most of the events – like our movie night, youth night, and family worship night – are free to attend,” Stokes continued. “We see it as an opportunity to celebrate the giving season and provide a stress-



Courtesy of Ben Rupp.



Courtesy of Ben Rupp.

free way for friends and families to spend meaningful time together.”

We asked Stokes to break down the “Christmas Around the World” schedule, so take a look below to see what grabs you and your family’s interest!

“We have something for everyone. Every day will be a different experience:

- Saturday, Dec. 7 and Dec. 14: Christmas Bazaar
  - Free admission (food available for purchase).
  - Come and go as you please, and experience international food trucks, entertainment, crafts and more. We’ll start a new activity at the top of each hour.
- Monday, Dec. 9: Christmas Movie Night
  - Free admission.
  - Dress the kids in their Christmas pajamas, grab some pillows and blankets, and join us for a Christmas movie night.
- Tuesday, Dec. 10: Paint Night
  - \$5 per adult, \$3 per child.
  - Paint a unique Christmas scene using an Aboriginal dot art technique.



- Wednesday, Dec. 11: Youth Night
  - Free admission.
  - A concert featuring Christian rap artist Dougie and activities for teens.



- Thursday, Dec. 12: Family Worship Night
  - Free admission.
  - An evening of worship songs and Christmas carols designed with the whole family in mind.
- Friday, Dec. 13: Eat Around the World
  - \$15 per person.
  - Try unique foods and flavors from around the world.”



Visit [wycliffe.org/christmascelebration](http://wycliffe.org/christmascelebration) to learn more about “Christmas Around the World,” or swing by Wycliffe’s Discovery Center and check it out for yourself. If you find yourself interested in Bible translation, the Wycliffe team would love to meet you and encourage you to visit the museum and eat lunch at the café! Wycliffe is located at 11221 John Wycliffe Blvd. and is open Monday through Friday from 9 a.m. to 4 p.m.

For several other ways to get involved in Bible translation with Wycliffe USA, visit: [wycliffe.org](http://wycliffe.org). You can learn how to help fund a translation project through a donation, sign up to pray for a group that doesn’t have their language translation started yet, or learn more about what it’s like to work at Wycliffe Bible Translators USA.

“No matter where we live or what we do, we can use those gifts for His glory.”

NOVEMBER

events

VISIT [WWW.NONAHOODNEWS.COM/EVENTS](http://WWW.NONAHOODNEWS.COM/EVENTS) FOR UP-DATED EVENTS AND DETAILED INFORMATION.

- 2 Cars & Coffee Central Florida at Sam’s Club (8-11 a.m.)
- 2 Relay for Life Lake Nona
- 5 LNRCC First Tuesdays | After Hours Nona Adventure Park (5:30-7:30 p.m.)
- 7 LNRCC Young Professionals Group at Canvas (8-9 a.m.)
- 7 Nona Leadership Network at GuideWell (7-8:15 a.m.)
- 9 2019 Crusader Crawl 5K
- 11 Ribbon Cutting & Grand Opening Celebration at Island Fin Poke
- 14 Ribbon Cutting at Pediatric Dental Group
- 14 Breakfast Connections - Men’s Health with Doctors Desai and Nathoo, AdventHealth
- 16 8th Annual Ruck Sack Race
- 19 DigiMarCon World 2019 – Digital Marketing Conference
- 19 Grow With Google with Google Trainer, Pamela Starr
- 21 Nona Connect – Building Communities Through Connections
- 22 Ribbon Cutting for Home Healthcare Resources Corp
- 25-29 OCPS Thanksgiving Break
- 28 Thanksgiving Day
- 30 Small Business Saturday in Lake Nona, Town Center

Save the dates

Dec. 23-Jan. 3: OCPS Winter Break

Weekly Events

LAKE NONA FARMERS MARKET

Saturdays 11 a.m.-3 p.m. | Lake Nona Town Center  
[www.facebook.com/LakeNonaFM](http://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/](http://www.facebook.com/Lakenonaymcafarmersmarket/)

LP YOGA

Mondays & Wednesdays 6 p.m. & 7 p.m. | LP Fit in Laureate Park  
[www.facebook.com/learnlakenona/](http://www.facebook.com/learnlakenona/)

MORNING MEDITATION

Wednesday 6 a.m. | Lakehouse in Laureate Park  
[www.facebook.com/learnlakenona/](http://www.facebook.com/learnlakenona/)

CYCLE & CORE

Tuesdays & Thursdays 6 a.m. | LP Fit in Laureate Park  
[www.facebook.com/learnlakenona/](http://www.facebook.com/learnlakenona/)

CHESS CLUB

Wednesdays 3:30 p.m. | Lakehouse in Laureate Park  
[www.facebook.com/learnlakenona/](http://www.facebook.com/learnlakenona/)

LIVE + LOCAL

Thursdays 6-8 p.m. | Crescent Park in Laureate Park  
[www.facebook.com/learnlakenona/](http://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/](http://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/](http://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/](http://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](http://www.nonahoodnews.com/events)



# Dr. Daniel J. Podberesky Recognized As Veteran of Influence

BY CAMILLE RUIZ MANGUAL

The Orlando Business Journal recently recognized Dr. Daniel J. Podberesky, Radiologist-in-Chief for Nemours Children’s Health System, with a Veteran of Influence award. This award recognizes military veterans who have made a significant achievement in their careers, have a strong record of innovation and outstanding performance in their work, and are involved in the community.

“It felt good to know that the community values our veterans that are working in many different areas and that I was selected as one of those individuals,” Dr. Podberesky says. “It certainly was humbling, and I appreciate the recognition.”

Dr. Podberesky served in the Air Force for just under 10 years. For much of his military career, including his internship and diagnostic radiology residency training, Dr. Podberesky was stationed at Wilford Hall Medical Center at Lackland Air Force Base in San Antonio, Texas. During his time in the Air Force, Dr. Podberesky learned valuable leadership skills that he uses in his work today.

“I was able to assimilate what I thought were the best leadership skills that I saw,” he says. “The military does leadership development really well. It helped shape the leader that I am today.”

In his fourth year of medical school, Dr. Podberesky completed a radiology rotation and fell in love with the field. He loved the people, the technology, and the fact that the doctors that he had gotten to work with were relied upon by other doctors for their expertise. Radiologists are what they call the “doctors’ doctors,” and Dr. Podberesky was fascinated with, and continues to be fascinated with, how much radiologists seem to know about different specialties, pathologies, and the advancing technology available within the field. More specifically, Dr. Podberesky chose to pursue pediatric radiology because pediatric radiologists stayed involved with all the different imaging modalities within radiology and because he enjoys working with kids. Something about working with children really spoke to him and made his work especially meaningful.

Pediatric radiologists make up only a small percentage of the total number of radiologists in the country. What many people do not realize is that when children are taken to adult hospitals or community imaging centers, the majority of the time, it is not a pediatric radiologist reading their imaging exams. For Dr. Podberesky, it has been critically important to work toward increasing access to pediatric radiologists by helping educate parents to assure that imaging exams will be performed and interpreted appropriately by pediatric radiologists.

In October 2014, Dr. Podberesky joined Nemours. He was drawn in by the hospital’s mission to improve the health of children using care and programs that are not readily available through high standards of quality and safety. He was also attracted by the hospital’s presence in a variety of geographic locations both in Florida and in the Delaware Valley. Once he was with Nemours, Dr. Podberesky pushed to create a completely integrated department of nearly 40 pediatric radiologists located throughout Florida and the Delaware Valley, bringing together varying sub-specialties and areas of expertise.

“It’s extremely rewarding,” Dr. Podberesky says of the process of creating an integrated department. “It allows us to enable, for example, a pediatric neuroradiologist here in Orlando to read a brain MRI on a child in the emergency department in Jacksonville or in Pensacola or in Delaware, and that’s something that didn’t really exist a few years ago within our system.”

The creation of this team allows children to have access to pediatric radiology expertise without necessarily traveling long distances or even necessarily being a Nemours patient. For the radiologists recruited to the Nemours Radiology Department, joining this team means a lot. It means that they get the opportunity to pursue different personal, clinical and academic interests and to continuously develop their careers. Thanks to the work that Dr. Podberesky and others have put into cultivating this team, recruited radiologists will join one of the largest pediatric radiology departments in the country.



Courtesy of Daniel Podberesky; Daniel Podberesky Air Force picture.

Dr. Podberesky’s long-term vision is to establish the foundation for Nemours to one day become one of the leading academic children’s hospital radiology departments in the country. He knows that this goal will take time to accomplish, but he believes that Nemours is well on its way, and he feels fortunate to be leading the team.



# Local Charity Giving 4 Hope Leads the Way For Bahama Relief

BY: NATALIA JARAMILLO

Nine flights with over five tons of supplies have been flown to the Bahamas, and more donations are on the way from local charity Giving 4 Hope.

President and founder of Giving 4 Hope, Egda Avila, is focusing the charity efforts on the Bahamas, where citizens are still trying to recover from the powerful Hurricane Dorian that devastated the island in September.

“We got a code to let us in when a lot of people were not being let in,” Avila said about how Giving 4 Hope was able to donate aid to the Bahamas due to one of the pilots owning a home there.

In an Oct. 11 press release by the national emergency management department on the official [Bahamian government website](#), the death toll after Dorian was listed to be at 61 with more expected, and it has six shelters in New Providence.

“When the pilots come back, they tell us this story in the conference room about when they were unloading stuff from the plane, and a little boy who came and tugged on his shirt looking like he was wearing his Sunday shirt, a little dirty but his best, with one little backpack, and he said, ‘Please take me with you,’ ” Director of Operations Gisela Alvarez said. “And the pilots were tearing up telling us this story. ... Sometimes we think if we are really making an impact, but even if it helps just one person, what if they are the person with the spark that the world needs later on?”

Giving 4 Hope, which began in 2009, had their planes filled with donations scheduled to leave for the Bahamas on Oct. 16, Oct. 21, and Oct. 26.

The charity is made up of about 18 people working closely together to help areas close by through gathering donations and flying them out personally. Giving 4 Hope volunteers are all either airline pilots or flight attendants and their families.

“We are into pretty much building the trust in people,” Avila said. “I have seen governments taking things, so my deal now is



if I brought it and I don’t give it to the people myself, and somebody is trying to be my middle point or the government wants to take it, I am happy to take it all back.”

The small six-seater cargo plane donated by pilot Sindelar Scott can only carry so much weight; therefore, the only two people who actually make the one-hour flight from Orlando Executive Airport to the Bahamas are the pilot and a liaison or someone who knows the area. The rest of the plane is filled to the brim by volunteers with generators, building supplies, food, baby items, first aid supplies, cleaning supplies, flashlights, batteries, air mattresses, and small camping size propane grills.

“A round trip for us in fuel costs \$500, so if you can do \$5 and you find more friends, then the amount doesn’t seem so insurmountable,” Alvarez said. “Because the plane is small, we can load it



with 1,000 pounds, and we can land it in smaller little airports, so the water weight is so much we can’t take it, but there is a water filtration system that’s about \$2,500, and it can filter water for 500 people a day and weighs 30 pounds instead of the bottles of water which create trash.”

The best way to help the Bahamas is to donate money or the specific items listed on the Giving 4 Hope website, [www.giving4hope.org](http://www.giving4hope.org), or to visit the islands that were not heavily impacted by Dorian. Also listed on the website are updates on the annual gala Giving 4 Hope hosts. The next gala is set to help the Bahamas rebuild structures and estimated to be held in October 2020.

“It’s addictive to feel like you are doing something and making an impact,” said Oswald Brown, first officer, volunteer, and Bahamian. “It’s what keeps fueling Giving 4 Hope.”

