While we were wrapping up this April edition of Nonahood News, I found myself taking stock of the last few years. We moved to Lake Nona about 5 years ago and we definitely didn’t know what we were in for. Fast forward to today and we’ve made life-long friends, shared unforgettable experiences, and we can honestly say that these have been some of the best years of our lives. The best part is, it feels like we’re only getting started. After only three years of our lives, I found myself taking stock of the last few years.

While Lake Nona is absolutely our focus, we also care about what is going on in the greater Orlando area. We were lucky enough to be selected to attend the 20th annual Mayor’s City Academy, a twelve week program which provides a behind-the-scenes look at all aspects of how the City of Orlando works. We plan on covering the insights gained in a future article in Nonahood News. After only three weeks, the course has already been a wealth of information shared.

As always, please reach out if you feel there’s any way we can better serve you - we want our newspaper to be something everyone looks forward to getting in their mailboxes each month. Drop us a line at publisher@nonahoodnews.com and let us know. Nonahood News is your newspaper, too.

While we were wrapping up this April edition of Nonahood News, I found myself taking stock of the last few years. We moved to Lake Nona about 5 years ago and we definitely didn’t know what we were in for. Fast forward to today and we’ve made life-long friends, shared unforgettable experiences, and we can honestly say that these have been some of the best years of our lives. The best part is, it feels like we’re only getting started.

While Lake Nona is absolutely our focus, we also care about what is going on in the greater Orlando area. We were lucky enough to be selected to attend the 20th annual Mayor’s City Academy, a twelve week program which provides a behind-the-scenes look at all aspects of how the City of Orlando works. We plan on covering the insights gained in a future article in Nonahood News. After only three weeks, the course has already been a wealth of information shared.

As always, please reach out if you feel there’s any way we can better serve you - we want our newspaper to be something everyone looks forward to getting in their mailboxes each month. Drop us a line at publisher@nonahoodnews.com and let us know. Nonahood News is your newspaper, too.
National Match Day

BY DR. DEBORAH GERMAN

Mother and daughter had traveled this journey together when other medical schools thought Jessica Fernandez couldn’t handle their rigorous programs. Four years later, supporters are showcasing Fernandez’s success at UCF as inspiration for others to follow their dreams.

On March 16, they stood at National Match Day, arms around each other, waiting to learn where Fernandez would do her residency training. Maria Luisa de Curtis Fernandez kissed her daughter’s head as Jessica opened her envelope and learned she’d gotten her top choice – Jefferson Medical College’s duPont Children’s Hospital in Philadelphia. It’s one of only three pediatric physical medicine and rehabilitation positions in the country that train doctors to care for children with movement disorders caused by conditions such as traumatic brain injury, cerebral palsy and Jessica’s condition, spondyloepiphyseal dysplasia. The rare genetic disorder affects bone growth and causes small stature. Jessica stands 4 feet 2 inches tall.

DuPont was the hospital program where Fernandez had surgery last year to fuse bones in her spine. She’d fallen in love with the facility’s spirit, and that bond intensified when Fernandez did a rotation at the hospital months later. “They were so motivating and accepting,” she said. “They wanted me to be me. With them, I can help children gain independence and mobility. I can heal patients like me.”

Fernandez was one of 114 Class of 2018 UCF medical students who matched into residencies this spring. Across the country, a record-high 37,103 applicants submitted choices for 33,167 residency positions, the most ever offered. UCF’s 98 percent match rate was again higher than the national average of 94.3 percent. During their fourth year of medical school, students interview with residency programs in their specialty of choice. They rank their choices; residency programs do the same. Then, a national computer matches the two. The results are kept secret until noon EST on National Match Day, when students nationwide learn the results.

2018 UCF graduates will do their residencies at top hospitals across the nation, state and community, including George-town, Harvard, Johns Hopkins, All Children’s Hospital in St. Petersburg, Mayo Clinic, Orlando Health, University of Florida, Vanderbilt and Yale.

Even Ion, the College of Medicine’s certified therapy dog, received his next assignment on Match Day. Ion’s owner, Christa Zino, matched into a surgical residency at Grand Strand Medical Center in Myrtle Beach, S.C. Her residency program director said Ion, a rescued boxer, can join residents on surgical rounds to provide comfort to patients. “I’m so excited,” Zino said. “I love surgery because I can fix things with my hands. I can be that person. Now I just need to find a full-time dog-walker.”

After opening their envelopes on the College of Medicine’s Tavistock Green, the future physicians went to a microphone, announced where they matched and placed a thumbtack on a giant U.S. map to mark their residency destination. I told students that when they opened their envelopes, they were “opening the door to your future.” Jessica Fernandez was the second student to announce her future. She stood on a stool to see over the podium at a Match Day crowd of hundreds. “I’m Jess,” she said. Then the future Dr. Jessica Fernandez announced where she will go to heal others. And the crowd roared.

Dr. Deborah German is the Vice President for Medical Affairs and Founding Dean of UCF’s College of Medicine. To learn more, visit med.ucf.edu

Iron Pigs Motorcycle Ride

Pigs against pediatric Cancer

April 21, 2018

Sign up at: www.ironpigsorlando.com

-ride with the Iron Pigs!
-Enter the raffle for a chance to win a 2018 bike!
Behind the Scene: Certara Grand Opening

BY SOPHIA ROGERS

Last August, Nonahood News announced Certara is coming to Lake Nona. This month, we are proud to announce that Certara has officially opened its doors at the GuideWell Innovation Building. “We have opened 30 offices around the world. No. 31 will be opened here. We are immensely proud of establishing one of the largest offices of Certara,” said CEO Edmundo Muniz.

As the global leader in model-informed drug development and regulatory science, Certara is committed to helping train the next generation of industry-experienced drug development scientists with real-world drug development strategy. Certara has established an exclusive fellowship program with the University of Florida, the only university to hold this honor in the United States.

The University of Florida’s Center for Pharmacometrics and Systems Pharmacology’s location, directly across from the GuideWell building, only makes this relationship stronger. Ranked by U.S. News & World Report as the No. 1 pharmacy college in Florida and in the top 10 nationally, the UF College of Pharmacy is a national leader in pharmacy education, research and clinical innovation. The Center for Pharmacometrics and Systems Pharmacology is an integrative academic translational science program focused on drug development, quantitative clinical pharmacology and regulatory science based in Gainesville and Lake Nona.

Worldwide, Certara has a similar program with Monash University in Australia. The fellowship program is recognized as a big, bold idea to improve the productivity, competitiveness and innovative capacity of Australia’s medtech, biotech and pharmaceutical sector.

Opening staff is comprised of four employees, including Dr. Larry Lesko. Dr. Lesko is a leading scientist in clinical pharmacology, formerly of both the University of Florida and the Food and Drug Administration. He is a consultant and key opinion leader for Certara. Dr. Lesko has influenced the profession and spurred scientific growth in clinical pharmacology, drug development and regulatory decision-making for the past 17 years. At full capacity, Certara will have 16 on staff.

Lake Nona’s Medical City is forming before our eyes. The nation’s leading hospitals, universities, research institutions, and health and life sciences companies call Lake Nona “home.” These pioneering institutions are forming networks and synergies to advance health care while creating a job engine for the region. This is truly history in the making for Orlando.

Certara, Lake Nona welcomes you!

Sophia Rogers is a six-year Lake Nona area resident and Realtor/Founder of NonaHomeGuide.com. A wife and mom of four, her passions are family, relationships, real estate, and business.
Familiar with the green space at the corner of Randal Park and Dowden Road? Well, pretty soon there will be no longer be emptiness. Plans for this parcel of land include new townhomes and retail space.

The community name will be “Randal Walk,” chosen to ignite the thought that residents will be within walking distance to the proposed neighboring retail center. Because the builder is developing first, we must wait to see who the retailers will be. Mattamy Homes is planning 107 townhomes that will be similar to the product line now offered at its Tapestry development in Kissimmee. Pricing will start in the $200,000 range.

The purchase was completed on Feb. 26. Mattamy paid $2.35 million for about 18.5 acres on the northern end of the site, putting the transaction adjacent to SunBliss Elementary and acres from Colonial Grand Apartments. Mattamy partnered with Intram Development and Blurock Investments to pay a combined $8.85 million for 33.5 acres in total. A grading permit has been applied for, and construction is expected to start early summer.

According to Orange County Comptroller records, Mattamy will begin mass grading the entire 33.5 acres and create a central stormwater retention system. Intram and Blurock will then reimburse Mattamy for their half of the property development.

Located on the northeast corner of Dowden Road and Randal Park Boulevard, this parcel is one of the last large undeveloped pieces of land in or near Randal Park. Nearby developments include the new communities of Belle Vie by Beazer Homes and Storey Park by Lennar. The most recent commercial development nearby is a 7-Eleven that opened in 2017.

Interested in leasing commercial space? Blurock is currently looking for a grocery-anchored retail center. Visit their website, blurockcommercial.com, for more information. Conceptual designs propose 82,500 square feet of leasable area, including a 50,000-square-foot anchor.

Randal Park was established in 2012 and features miles of outdoor recreation trails, eight neighborhood parks, and a community clubhouse with fitness center, resort-style pool, splash pad and dog park. According to onsite salespeople, final opportunities remain with less than 20 homesites available for sale.

---

**Creator Mindset: Good People**

**BY NIR BASHAN**

I recently stayed at a nice hotel with my family. It was a staycation at a local luxury resort, and it’s nice to treat yourself once in a while. But the entire time we were at the hotel, I couldn’t help but think — gosh, I’d be a great hotel GM. I would run a tight ship. I would meet with staff in housekeeping. Run my finger on top of picture frames to check for dust. Make sure occupancy is high. Increase profits. Get the food and beverage program just right. Help create a memorable and meaningful guest experience. I’d lead with soft skills.

And someone along the way, the hotel GM, would hire exactly the same type of candidate. But they are also the same background or experience in hospitality. Does this mean I would be a poor choice for a hotel GM job?

I have hired and fired roughly 500 people over my 20-plus-year career. I used to get this all wrong. I would hire on hard skills only. If the candidate did not have previous experience in the specific field, I didn’t hire them. I played it safe. I looked for a strong candidate that matched the job opening. A linear history of niche accomplishments. This has embarrassed me in many years of my hiring philosophy into the dumps. And I often wondered why I couldn’t find “good people” to hire.

Then it got worse. I overcorrected. And somewhere along the way, I started cultivating an even bigger problem. I’m embarrassed to tell you this, my dear reader, much less having had to write it down. But what I did was I hired people who were just like me. Same background. Same experience. Same hard job skills. Same outlook. Same approach. What a disaster. It took me years to find out why none of this worked. Like most things I have learned, I learned the hard way. I would compete fiercely with my competition over available candidates. I would poach. I would steal. I would beg. Still, no good results. People would quit. Or worse — if they stayed, my hires would not produce fresh ideas. Their outlook was entrenched in past achievements. We would get “same of,” same of “results. No innovation. No thought leadership. No real and measurable contribution.

I thought I was doing everything right. But nothing worked.

So I started to rip apart everything I knew about hiring. And I started to hire on soft skills instead. I’d look for soft skills like empathy, understanding, listening, patience, humor, positivity. I would look for people who had passion. Who were interested in switching career paths. Who cared. Who showed a hunger to learn something new. I lessened my focus on hard skills and found a very rich and diverse pool of candidates with soft skills. I began to look for things like military service. Or volunteer work. Or charities of passionate importance to the candidate.

And, in that, I found meaning. Meaning that gave whatever role I had open some purpose to someone. Sure, you can fill openings all day with musical chair candidates. Those who bounce around with the same title looking for this or that advancement. But if you truly want a fresh approach — and genuinely new ideas — hire on soft skills. These are the types of skills that make for a great unexpected candidate. But they are also the same skills that make for a pretty darn good human being.

Nir Bashan is an executive creative director/managing director with more than 18 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. He is publishing a book on The Creator Mindset that will be released soon.

nirbashan.com/lectures-workshops/

---
Someday Starts Today

There are great ERs all across the country. Fortunately, we have ten of the very best here in Central Florida. Florida Hospital’s conveniently located ERs feature some of the country’s top emergency specialists with experts in cardiac, stroke and epilepsy emergencies. It’s the care you need, when and where you want it, today, tomorrow and into the future. Learn more at SomedayStartsToday.com.
Get In-Powered: Is What You Don’t Like to Do Holding Your Success Hostage?

By Edward A. Rodriguez

One of my favorite phrases comes from Albert E. Gray. “Successful people make a habit of doing the things that failures don’t like to do.” Although I don’t like very much the word “failures” within this context, the truth is that this advice, combined with your answers to the questions you will ask, will most positively impact your life in profound ways.

You see, there are many things that successful people do that they don’t like to do and still do, because, among other things, the pain of doing them is a lot less than the pain and consequences of not doing them. You might want to read that again. They know what they want; they make a plan to achieve it; and they are committed to confront any challenges along the way without negotiating and without excuses.

Please, carefully and slowly consider your answers to these three questions; they might be revealing to you:

1. What are three things that you like doing, that are a total waste of time, but that you still do it, that are costing you time and money?
2. What are three things that you like to do, that you are not doing, but you know you should be doing?
3. What are three things that you don’t like doing, that you are not doing, and that if you did them would multiply your results, would make you more money or would give you more fulfillment?

There are people who do not like to wake up early and lose productive hours of the day.

But, in a winning culture, everyone acts and behaves in a way that supports the culture to leave. Allowing people to (1) develop internationally known transformational programs and has co-authored books like, “La Biblia de la Motivacion” (“The Bible of Motivation”) and “Empowered,” which was co-written with other authors such as Wayne W. Dyer, John Assaraf (from the movie The Secret), Brian Tracy, etc., to name a few.

Edward A. Rodriguez is a coach, co-author and transformational trainer. He is founder and CEO of Better Graphics (a promotional products company) and In-Powerment Center (an international training company for productivity and personal development). He is an NLP, MNLP, and neuro-strategy certified trainer. He has many certifications as a life and executive coach, serving clients in different countries. Edward has developed internationally known transformational programs and has co-authored books like, “La Biblia de la Motivacion” (“The Bible of Motivation”) and “Empowered,” which was co-written with other authors such as Wayne W. Dyer, John Assaraf (from the movie The Secret), Brian Tracy, etc.

Edward A. Rodriguez

Business Culture: Five Essentials Of a Winning Culture

By Travis Jacob

By now, you have noticed that the Lake Nona business community is growing at a rapid rate. We have great businesses moving along the way without negotiating and with-
Remember the Joy: A Lesson On Overcoming Challenges to Find Gratitude

BY H. NANCY BREED

In 1999, Susan Moore Vosseler was challenged with a simple question. How would you teach an autistic child to “give me the red cup”? That single activity became her inspiration to design a holistic approach to empower caregivers of autistic children to embrace, accept and overcome challenges with compassion and empathy. Over the last decade, she has compiled her interactions and personal anecdotes into a beautiful book, *Give Me the Red Cup: Knowing the Joy in Autism*, that provides her unique insight into understanding the autistic mind and leverages its strengths to do the impossible.

“We are all a little autistic.” When speaking with Ms. Vosseler, her enthusiasm and depth of passion for the autistic community is palpable. She describes autism as a combination of sensitivities – something that we all manage on a day-to-day basis. Whether we call it preferences or dislikes, what we choose to expose ourselves to is an expression of who we are. Focused on developing curriculum and tools for the caregivers (parents, extended family, educators), Ms. Vosseler is attacking autism from a different angle. While educators are provided with reading material and high-level guidance to develop individual education plans for children to embrace, accept and overcome their way.

Chris White

Chris is a successful Entrepreneur, Author and Head Coach at *Traction in Florida*. He’s passionate about helping entrepreneurs get what they want from their business. Learn more at http://tractioninflorida.com.
Local Art Urges The Public to Take Flight: The Global Angel Wings Project Soars to Jacq & Jack

BY VANESSA POULSON

Art, as understood in the past and present, often serves no purpose other than to just be itself. Through beauty, a sense of mutual understanding between the artist and the audience, as well as somewhat of a sense of vulnerability on both sides, one can find strength in the creation and gain something from the piece within themselves.

The Global Angel Wings Project, founded by Colette Miller in Los Angeles in 2012, has landed here in Lake Nona on the face of Jacq & Jack, where a beautiful pair of skillfully crafted, stunning, painted angel wings now find their home.

Unique art is becoming harder to find these days, whereas a lot of organizations are continuing to push for "commercial art," meaning pieces crafted by companies or organizations to appear like art, but rather serve only as part of the ambiance for a business, rather than simply something to captivate the audience in a unique manner.

The Global Angel Wings Project, as described by Colette Miller herself, is to help remind humans that “we are the angels of the Earth.” The wings are painted to be human-sized and easy to interact with posed photographs, thus allowing onlookers to become part of the artwork themselves. Miller has painted the wings globally, from Kenya, to Cuba, Taiwan, and all across the United States.

"Humanity, the good in humanity, the divine in us all to activate ourselves, to remind us. Yoga it’s called namaste, maybe…” said Miller regarding her motivation to start painting as part of the wings project. "I really just had a vision driving around city of angels, LA, of huge wings - kept seeing them in my mind on walls. I wanted to start making them as street art so people could interact and feel so I did, the wings just came into my mind."

Tiffany Cameron, founder of Jacq & Jack and an artist from Los Angeles, was inspired to contact Miller due to Cameron's personal desire to bring artistry to not only Jacq & Jack, but to the Lake Nona community as a whole. Cameron was inspired to reach out to Miller after finding the wings online in 2013. However, the journey in finding the wings was not an easy one, and in the early days of social media, it was nearly impossible to track down where Instagram “influencers” were taking some of their photos, which included shots of the wings.

"I started hunting around DTLA trying to find them,” said Cameron. “I love the idea of an artist allowing their art to be a blank canvas for others. For it to turn into the relationship that I have with Colette now, it’s surreal."

This relationship led the two women to connect at Jacq & Jack, where Miller crafted a pair of wings for the side of the building, right in the center of Lake Nona: The Town Center. Cameron and Miller both see art as a way to connect and enlighten the community, spiritually, mentally, and beyond.

Cameron hopes that the inclusion of the wings on the wall of Jacq & Jack will inspire other artists to create artwork of their own in the Nonahood, and diversify the art scene in the Lake Nona area.

Jacq & Jack already features a variety of art of their own beyond just the wings from The Global Angel Wings Project. Inside Jacq & Jack, patrons can find art all around the inside of the space from a variety of different artists: Ivan Sahilman from West Palm Beach, Daniel Patrick Simmons from Sacramento, and Ashley Heafy from Orlando. Together the pieces form a cohesive aesthetic theme throughout the building.

Art, as described by Miller, can bring us what she calls “pause.” “It can lift us or make us think, meditate. If it’s successful, you can feel the soul of artists.” In this busy world, it has become gradually more difficult to find a moment to breathe and simply enjoy what is around us for what it is, rather than what we are searching to obtain. Humans, as Miller has mentioned, are exceptional in their ability to find new ways to change and improve the world, and through the recognition that each of us as individuals are art and truly “the angels of the Earth,” art can be the fuel to which the world is made better.
Special Olympics Florida’s Newest Board Member Brings PR Savvy

BY NICOLE LABOSCO

Special Olympics Florida received its newest Board of Director member, Josh Wilson. Wilson is Nemours Children’s Health System director of public relations, and he is a top strategic communications advisor. With that skillset, Wilson will bring a wealth of knowledge and experience in public affairs, media relations and strategic partnerships, along with significant business and financial expertise. “I spend most of my waking hours thinking about how to effectively tell the Nemours story to a wide variety of audiences. I hope my background in public relations will bring the board some fresh ideas around communications that will help shine an even bigger light on the amazing work of the Special Olympics, and we can reach more people across the state,” said Wilson.

Having worked with children and young athletes for a couple of years, Wilson discovered his passion of helping others. “Long before I came to Nemours, I developed a passion for helping people with intellectual disabilities through my uncle, Tom, who had Down syndrome. He was always very involved in activities like bowling, and I know that it created a lot of joy for him and comfort for my mom and aunt to know their brother was having such a good time making friends and being involved. I think that perspective will be an excellent reminder that the Special Olympics programs benefit the athletes and the entire family.”

When asked what made him want to join the board of directors, Wilson mentioned the connection both positions at Nemours and now the Special Olympics have already established. “My employer, Nemours Children’s Health System, has a really strong relationship with the Special Olympics as many of our patient families benefit from the organization’s programming. In particular, we have supported the Young Athletes Program, which creates opportunities for kids two to seven years old. I was able to witness the smiles the Special Olympics created for not just the children participating but their families as well, which is also vitally important. I was able to meet some of the organization’s leaders and saw firsthand that this was a very well-run nonprofit.”

One of the first things Wilson would like to implement as a board member is learning about the audiences the Special Olympics has struggled to reach to determine if there’s a way to share the organization’s story with them. Some goals of his while serving on the board are to help Special Olympics Florida grow and continue to reach more Floridians who would benefit from the programming. “In particular, I am interested in the Healthy Athletes program, which is focused on improving athletes’ ability to train and compete. From my vantage point at one of the state’s three freestanding children’s hospitals, I hope I can advance the mission of that particular initiative.”

Choose compassionate care, in your neighborhood.

Choose Orlando Health.

We’re Your Lake Nona Neighbors!

With Orlando Health, you can see your primary care doctor on your time – and where it’s convenient for you. Whether close to home or near your workplace, we have locations throughout Greater Orlando to fit your busy lifestyle.

We’re pleased to be your neighbors in Lake Nona and are here to provide complete, compassionate care for you and your family. We want to be your partner in health.

PRIMARY CARE SERVICES INCLUDE:

- Family Medicine
- Obstetrics & Gynecology
- Pediatric Medicine

Choose Orlando Health*

OrlandoHealth.com/LakeNona
9679 Lake Nona Village Pl., Orlando, FL 32827
321.841.3724

Rejuvenate.

60 min Relaxation Massage Only $49.99

Medical Spa & Cosmetic Surgery

- Botox/Fillers
- Brazilian Butt Lift
- Breast Implants
- Broad Band Light BBL
- Cellulite Reduction
- Fractional Laser
- Laser Hair Removal
- Liposuction
- Plasma
- Skin Tightening
- Vaginal Rejuvenation
- Weight Loss

Schedule a Consultation
(407)766-6080
www.beautifulorlando.com
Facebook/Beautiful Orlando
Medical Experts Call Central Florida Home

BY KAREY FREEMAN

We all love Central Florida for the year-round sunshine and it seems the best and brightest medical experts in the country are no different. Two of the best vascular surgeons in the country live amongst us in Central Florida and they love sharing their passion for vein health with their patients. The Central Florida Vein & Vascular Center is home to Dr. John Horowitz MD, FACS and Dr. Harry Agis MD, FACS, who are both Diplomats of the American Board of Venous & Lymphatic Medicine. This certification is held by only a few hundred in the country and sets them apart from other physicians who practice vein care.

Central Florida residents are truly blessed to have one of these highly qualified doctors living in their area, but TWO! What is the American Board of Venous & Lymphatic Medicine?

The American Board of Venous & Lymphatic Medicine (ABVLM) sets a high standard for physicians who diagnose and treat venous and lymphatic disorders; including varicose veins, chronic venous insufficiency, and venous leg ulcers. Established in 2007, the ABVLM’s core mission is to improve the standards of vein care practitioners. When vein care is held to a high standard, patients can receive the excellent care they deserve. Many vein care practitioners still hold a medical license, which proves that they meet the minimal requirements to practice venous treatment. Quality venous care is important; venous insufficiency does not simply disappear when left alone. Over time, a slightly irritating varicose vein has the potential to become a larger health concern, such as a blood clot or a venous ulcer. Early treatment from a specialist who is highly skilled at accurately diagnosing and treating veins can help you get back to healthy, pain-free legs.

How Does a Physician Become Board Certified?

Physicians who apply for board certification must go above and beyond the minimal requirements to practice vein care. ABVLM requires physicians to have completed all requisite training or experience requirements, while keeping up with current vein care research and passing a certification exam. This examination is currently the most comprehensive test of vein disease knowledge available. Physicians who have met these rigorous requirements can confidently say that they know and understand how to handle a patient’s venous care.

Why Should I Seek Treatment from Specialists Who are ABVLM Certified?

ABVLM certification separates specialists who are dedicated to vein care from physicians who meet the minimal requirements to practice venous treatment. Quality venous care is important; venous insufficiency does not simply disappear when left alone. Over time, a slightly irritating varicose vein has the potential to become a larger health concern, such as a blood clot or a venous ulcer. Early treatment from a specialist who is highly skilled at accurately diagnosing and treating veins can help you get back to healthy, pain-free legs.

The best vascular surgeons in Orlando at Central Florida Vein & Vascular Center can answer the questions you may have about vein care and keep you comfortable and happy throughout all steps of treatment. This board certification has proven that Dr. Horowitz and Dr. Agis have dedicated themselves to the level of vein care that you need and deserve. And the rest of the team at the Central Florida Vein & Vascular Center has the same passion for patient health and comfort, from the moment you schedule a consultation through the day you enjoy beautiful, pain-free legs which is why they have been recognized as Orlando’s Top Physicians for the last two years in a row by Orlando Family Magazine. You can learn more about your medical expert neighbors by visiting their website at cfvein.com.

Dr. Harry Agis MD, FACS (left) and Dr. John Horowitz MD, FACS

THE CENTRAL FLORIDA VEIN & VASCULAR DIFFERENCE:

- We Treat the Source of the Leg Vein Problem, Not Just The Surface
- Our Minimally Invasive Treatments Have Little to No Downtime
- Our Vascular Surgeons Have Over 50 Years of Combined Experience
- Most Procedures Are Covered By Insurance
INTRODUCTION: DISCOVERING THE FUTURE OF HEALTH AND WELLNESS

BY VANESSA POULSON

From Feb. 28-March 4, the Lake Nona Impact Forum had all eyes on Lake Nona with some of the biggest names in health and wellness, including Dr. Sanjay Gupta, chief medical correspondent at CNN; Dr. Mehmet Oz of the Dr. Oz show; and Dr. Richard Carmona, the 17th Surgeon General of the United States. This event highlighted some of the successful work and projects of local Lake Nona residents as well as the accomplishments of those in the medical field far beyond Central Florida.

Lake Nona is being recognized not only as a wonderful place in Central Florida to raise a family but also as an innovative and essential part of the rapid innovation of health and wellness that extends into the future of healthcare. "When I see Lake Nona, and the growth that has occurred over the last decade, I see the future of healthcare for our nation," said Dr. Carmona in an interview at the Lake Nona Impact Forum.

So, what is healthcare going to look like as the 21st century progresses? This, among other big questions surrounding the future of innovative healthcare, seemed to be the focal point of the forum, especially in some of the earlier talks at the event. There was a lot of discussion around the connections developing between the creation of a healthier self and community and how these two themes will carry on into the 21st century. Themes like mental health, diet and exercise as well as sleep and sporting activity continued to be brought up and discussed in detail throughout the forum, reminding listeners how important the balancing act of overall health and wellness will continue to be into the future. "When the right businesses and institutions are located in proximity, they have the ability to foster collaboration and generate industry breakthroughs. At Lake Nona, in less than a decade, we have built a community on this strategy that has allowed us to bring in the right new industries to the region to fuel economic growth and job creation," according to a statement made on the Lake Nona Impact Forum website.

Though these themes are top- ics that have been long discussed as far as health and wellness goes, other more innovative suggestions were also elaborated on by the speakers of the forum, including where the digital age of health and wellness will take us. These modern medical technologies – such as the use of Electronic Health Records (EHRs), Health Information Exchange (HIE), Nationwide Health Information Network (NwHIN), Personal Health Records (PHRs), patient portals, Nanomedicine, genome-based personalized mobile home healthcare, cloud computing, and social media – are all changing the way that health and wellness is understood, conducted, and executed in the modern age.

The future is bringing more medical technology, healthy communities, and deeper understanding of topics such as mental health, addiction, and the importance of access to medical treatment to light, and the Lake Nona Impact Forum took to each of these hard-hitting subjects with focus, diversity and expertise that only the best in the medical community could provide.

Read on to the rest of our topics regarding the Lake Nona Impact Forum to find out about the culture involved in creating the healthier people and communities of tomorrow.

TOLL DISCOUNTS ONLY WITH

Get a FREE E-PASS and save an average of 23% on tolls. Plus, save even more with exclusive customer loyalty discounts and no monthly account fees. E-PASS works on all toll roads in FL, GA, and NC – even use it to pay for parking at the Orlando International Airport. Start saving today! Go to GetEpass.com or call (407) 823-7277.

Imagine what you could do with more time and money

www.NONAHOODNEWS.com | LNIF-1 | APRIL 2018
The opioid crisis in the United States involves some of the most staggering epidemic-related statistics we have seen in recent years, including perhaps the most alarming figure that 146 people die from opioid overdose every day. Along with this staggering statistic, other data reported by the U.S. Department of Health and Human Services includes figures regarding the economic cost, such as the fact that $504 billion has been spent on the epidemic as of 2016.

"Overdose and accidental poisonings are the number one cause of unintentional death in America today," said Dr. Sanjay Gupta, chief medical correspondent of CNN, during the forum discussion on opioids. The Centers for Disease Control and Prevention (CDC) currently estimates that the total economic burden of prescription opioid misuse alone in the United States is $78.5 billion a year, which includes their calculations for healthcare, lost productivity among workers, addiction, treatment, and criminal justice involvement. This talk at the Lake Nona Impact Forum was both controversial and informative and brought the epidemic to light in Lake Nona. Here in Florida, approximately 5,725 deaths (4,485 more than in 2015) were directly caused by opioids or the drugs were found in the bodies, according to an article by the Orlando Sentinel.

Part of the problem with the opioid crisis, as described by many of the forum's panelists, includes the stigma that surrounds the discussion of opioids and addiction. "There is still so much stigma about addiction in our culture, in the language media uses, in people not having access to treatment, and the fact that less than one in 10 addictions is seek treatment because they are ashamed to tell their family, friends or employer," said Shannon Hartley, Shatterproof's chief marketing officer. "We need to focus on opportunities to reduce stigma, change the way substance abuse is treated, and create national principles of quality of care." This lack of discussion has forced many to believe that there are not other means of treating chronic pain outside of the use of opioids, which are the forum also touched upon in suggesting non-opioid-related treatments for a variety of chronic pain-related issues.

A recent study in the Journal of the American Medical Association throws into question how well opioid drugs actually treat acute pain. In the study regarding opioid vs. non-opioid pain treatments conducted by Andrew K. Chang of the Albert Einstein College of Medicine, researchers assigned 46 emergency room patients with moderate-to-severe pain to one of four treatment groups. Three of the treatment groups received a combination of a common opioid painkiller (either oxycodone, hydrocodone, or codeine) plus 300 mg of acetaminophen, a common opioid-non-pain medication often sold over the counter as Tylenol. The fourth group received 400 mg of ibuprofen, a non-opioid painkiller, plus 1,200 mg of acetaminophen. The result of this study pointed to all four groups experiencing the same levels of pain relief. While opioid drugs did help to reduce pain, they were no more effective than a combination of non-opioid painkillers.

Another present cause in the misuse of opioid medications points to adolescents and young adults facing an increased amount of pressure in the global president, Smart and Connected Communities, Cisco, before cautioning the public not to leave the development of smart cities up to technologists because "we'll screw it up." Menon made this statement in part because smart cities are designed to rely so heavily on the people who live in them. The data collected and the information drawn from a more meaningful understanding of what personal health and wellness means cannot be computed by simple mathematics; it requires real humans to be involved and understood, which was a focus of so much of the overall forum.

BY VANESSA POULSON

The opioid crisis in the United States involves some of the most staggering epidemic-related statistics we have seen in recent years, including perhaps the most alarming figure that 146 people die from opioid overdose every day. Along with this staggering statistic, other data reported by the U.S. Department of Health and Human Services includes figures regarding the economic cost, such as the fact that $504 billion has been spent on the epidemic as of 2016.

"Overdose and accidental poisonings are the number one cause of unintentional death in America today," said Dr. Sanjay Gupta, chief medical correspondent of CNN, during the forum discussion on opioids. The Centers for Disease Control and Prevention (CDC) currently estimates that the total economic burden of prescription opioid misuse alone in the United States is $78.5 billion a year, which includes their calculations for healthcare, lost productivity among workers, addiction, treatment, and criminal justice involvement. This talk at the Lake Nona Impact Forum was both controversial and informative and brought the epidemic to light in Lake Nona. Here in Florida, approximately 5,725 deaths (4,485 more than in 2015) were directly caused by opioids or the drugs were found in the bodies, according to an article by the Orlando Sentinel.

Part of the problem with the opioid crisis, as described by many of the forum's panelists, includes the stigma that surrounds the discussion of opioids and addiction. "There is still so much stigma about addiction in our culture, in the language media uses, in people not having access to treatment, and the fact that less than one in 10 addictions is seek treatment because they are ashamed to tell their family, friends or employer," said Shannon Hartley, Shatterproof's chief marketing officer. "We need to focus on opportunities to reduce stigma, change the way substance abuse is treated, and create national principles of quality of care." This lack of discussion has forced many to believe that there are not other means of treating chronic pain outside of the use of opioids, which are the forum also touched upon in suggesting non-opioid-related treatments for a variety of chronic pain-related issues.

A recent study in the Journal of the American Medical Association throws into question how well opioid drugs actually treat acute pain. In the study regarding opioid vs. non-opioid pain treatments conducted by Andrew K. Chang of the Albert Einstein College of Medicine, researchers assigned 46 emergency room patients with moderate-to-severe pain to one of four treatment groups. Three of the treatment groups received a combination of a common opioid painkiller (either oxycodone, hydrocodone, or codeine) plus 300 mg of acetaminophen, a common opioid-non-pain medication often sold over the counter as Tylenol. The fourth group received 400 mg of ibuprofen, a non-opioid painkiller, plus 1,200 mg of acetaminophen. The result of this study pointed to all four groups experiencing the same levels of pain relief. While opioid drugs did help to reduce pain, they were no more effective than a combination of non-opioid painkillers.

Another present cause in the misuse of opioid medications points to adolescents and young adults facing an increased amount of pressure in the academic realm to increase their performance in school. This increase in pressure is raising stress, antisocial behaviors, and anxiety levels among young people, causing them to turn to opioids to "manage" their pain. "We're telling kids 'don't do it as opposed to [asking them] how are you?" said Constance Tan Ryan, U.S. Representative for the 13th District of Ohio, during the panel.

There are currently some steps being taken by Congress to help combat the opioid crisis in the United States, including a declaration by President Trump in October that the opioid epidemic is a "public health emergency," which allowed states to have more flexibility in responding to the crisis. A bill that would limit initial opioid prescriptions to one week was presented to the Florida state legislature, but many lawmakers in the state say that more should be done to combat the epidemic. However, with the recent Parkland school shooting, discussion on the opioid crisis has been brought to a halt as the state struggles with other issues.

"We tried 'just say no to drugs'; it doesn't work. This is a behavioral health issue. Why are young people feeling the need to escape and treat depression or anxiety with medication?" said Hartley. "We need to understand the pressures they are facing. There are all these opportunities where we need to think of overall health and wellbeing vs. just don't do drugs."
LAKE NONA IMPACT FORUM | WELLNESS CENTER COMING TO LAKE NONA: Q-AND-A WITH EXECUTIVE VICE PRESIDENT

BY NICOLE LABOSCO

On March 2 at the sixth annual Lake Nona Impact Forum, Tavistock announced plans to develop a state-of-the-art fitness, wellness, and medical facility. The project is a joint venture between the Tavistock Group and the公开发表声明 (IWP), the center will be located across from Lake Nona Medical City in the Lake Nona neighborhood in West Orlando. Jeff Ellis (JE) is the Execu- Director of IWP. Nonnah Neus (NHN) had the pleasure of sitting down with Ellis to get more details about the staple facility coming to Lake Nona.

NHN: You mention that the only way to overcome the national healthcare crisis is through prevention. How do you anticipate the IWP and the wellness center to be an integral part of this vision?

JE: Absolutely and typically this means focusing on lifestyle-related diseases to be able to assist in preventing them, but also for people who will have programs that help people recover from the results of these lifestyle-related diseases. So, whether you're somebody who has diabetes but needs to be on a diabetes management program, or someone who is physically disabled, or someone who is physically available in the wellness center for the right approach, you're going to need to understand the importance of lifestyle and to need more support for things like that for a whole myriad of different diseases that are affiliated with.

NHN: How many programs do you program toward specific diseases?

JE: Yeah, so absolutely and typically that will be the first line of defense for lifestyle-related diseases to be able to assist in preventing them, but also for people who will have programs that help people recover from the results of these lifestyle-related diseases. So, whether you're somebody who has diabetes but needs to be on a diabetes management program, or someone who is physically disabled, or someone who is physically available in the wellness center for the right approach, you're going to need to understand the importance of lifestyle and to need more support for things like that for a whole myriad of different diseases that are affiliated with.

NHN: You speak about preventing diseases? Why are there programs to be geared toward specific diseases?

JE: Yeah, so absolutely and typically this means focusing on lifestyle-related diseases to be able to assist in preventing them, but also for people who will have programs that help people recover from the results of these lifestyle-related diseases. So, whether you're somebody who has diabetes but needs to be on a diabetes management program, or someone who is physically disabled, or someone who is physically available in the wellness center for the right approach, you're going to need to understand the importance of lifestyle and to need more support for things like that for a whole myriad of different diseases that are affiliated with.

NHN: How will the wellness center transform the Lake Nona community? The area's already known for the established beginnings of its Sports & Performance district. How will this elevate it even more and how will the wellness center stand out?

JE: So, we see the wellness center as really augmenting everything that's already in the community, providing additional resources to organizations like the USTA. They have well over 100,000 people a year who come to their site and are already coming to their schools, and we're going to supply additional resources to those people who are coming to the community, whether it's wellness services, exercise, yoga, Pilates, and the USTA and they want to get a wellness assessment done. This is a personal wellness program developed for them that will allow them to work with them however they live, we'll be able to sup- ply that. If they have athletes who want additional sport-specific performance training, we're going to have a fully outful- led state-of-the-art sports performance facility within this wellness center, and we'll work closely, hand in glove, with the USTA to help provide sports performance training for their tennis athletes, specifically for their tennis athletes. So, it's not intended to replace anything that's in the community or compete with anything that's already in the community, but rather augment and provide additional resources to what's already available.

NHN: In your opinion, how do health and wellness initiatives rehash a community?

JE: Well, really, at the end of the day, we're all about what we can do to make it better, healthier, and we believe that health and wellness initiatives, as you know, science has revealed to us, are really the pathway to a healthier, happier way of life because you can be healthy over the long run because so much of disease is related to unhealthy lifestyles. If we can intervene and we can educate people before they start suffering from these lifestyle diseases, now we're creating a community that has less disease and it's more prosperous and ultimately is happier, and that's re- ally, at the end of the day, what we're about. I always tell people we're in the happiness business.

NHN: You oversee and are responsible for corporate strategy, including staff. How many positions do you anticipate will be created for the Lake Nona and greater Orlando area through the development and establishment of the wellness center?

JE: So, ultimately in this facil- ity, there will be around 100 jobs that will be created in this facility with between full and part-time employment. It will range all the way from people who are involved in operational staffing, to the medical professionals that are involved in operational staffing, to orthopedists to endocrinologists to bariatricians – all the kinds of medical services and medical specialties that are related to preventing lifestyle dise- as. We're creating really a hub or an epicenter of wellness where you can go and get and see your physician or...and on your way out you might stop and take a yoga class.

NHN: You've already developed 18 health and wellness centers across the U.S. What's going to separate the Lake Nona facility?

JE: So, really it's the environment that it's going into. And this is where our partners in the community, prime of which is Tavistock, have this vision for the community that they've built around health and wellbeing. And what we're doing is, in my perception, we're kind of literally and figuratively putting the beating heart of this idea of a community of wellbeing right in the middle, literally in the middle of the community, and that's this medi- cally integrated health and wellness center that will serve as the resource for the entire community to not just move the people who happen to get caught into the building, but really to serve as a platform to call us the resources and the expertise to then launch programs out in the community and in various places, whether it's in the schools, businesses to truly create this ecosystem of wellbeing for the community. It is a rarity. This is what makes Lake Nona so unique. It's taking all of the concepts that I learned through the project forum talk about and actually put- ting them into practice on a scale, on a community-wide scale. That's what's different about this project.

NHN: Where does your passion for medically-focused fitness and wellbeing come from?

JE: Yeah, yeah, almost 30 years, it's almost 30 years. I've worked constantly doing things to learn to understand and resources and help, and that's really what's at the core of this concept of this wellness center and I believe the entire community of Lake Nona.

NHN: With TechnoGym, as a medical wellness facility, can we access the classes from home?

JE: Yeah, so that's a big, that's a big emphasis in technology now is to be able to stream content to people. So that if you can't make it to the wellness center that day or that week, there's content available for you where you can actually stream that content to you, whether that's if you want to do yoga or it's a well- ness class, they're going to be able to get that content right through the technology and they access the app. It's another way to keep people connected right, with the technologies that the wellness center represents.

NHN: Do you have any tentative groundbreaking dates?

JE: No, we are going to be looking to have the facility to be open in late fall of 2019. And typically, that's from groundbreaking to opening to the public and formal foun- dation, there's about 14 months, 14 to 15 months, so I would suspect we will see a groundbreaking here in the next couple of months that will allow us to stay on that schedule, so that we can open, again, late fall of 2019. We're excited about it, and time will fly! We're go- ing to be in the community really from this point on, really working to educate the community about just what kind of resources is going to be made available to them and how it fits into the overall vision for the community and that it's – it's something that's truly going to benefit their wellbeing, and we want to invite them in at a very early stage to start to get familiar with the concept, so we'll be in the community working for all of this time, and...and I believe this opportunity opens helping to educate the commu- nity, the researchers, the educators, bringing services and help promote ideas before the center actually opens.

For more information about the wellness center, be sure to check out our digital article: Lake Nona News + Features » BREAKING: New Fitness and Wellness Facility to Debut in Lake Nona.”
Lake Nona currently seems to be one of the most prominent power players when it comes to health and wellness. From the diversity of restaurant and food offerings in the community to the endless stream of outdoor activities and fitness centers housed throughout the Lake Nona area, there is no shortage of ways to remain fit and active while living here.

The Lake Nona Impact Forum made some very powerful points and highlighted just some of the ways people can keep themselves fit and active, as well as healthy overall. Though the forum was visited by some of the most powerful people in the health and fitness community from far beyond the Lake Nona area, it was the regular citizens who benefited the most from these talks. “Technology can democratize healthcare. We should all be catalysts like Lake Nona and use tech to bring a healthy future,” said Dr. Daniel Kraft, chair of medicine at Singularity University and the founder of Exponential Medicine.

Every person who attended the forum was allowed access into a world of health and fitness they may not always be privy to. The diversity of the talks – ranging from methods of balancing nutrition with exercise, finding better ways of pursuing healthcare in America, and even just relearning what it means to have good sportsmanship on and off the field – provided both answers to questions and thought-provoking ideas for all people looking to take better care of themselves on the individual and community levels.

As communities around the world continue to grow and change, and as the human race continues the quest for better ways to help care for ourselves, the questions that push us each to do better and make life better for people of all backgrounds will continue to stick with us as our species innovates toward a better tomorrow.

Mark King, president of Adidas North America, perhaps summed it up best, saying, “All humans have much more potential than they’ve tapped into. The gap between aspiration and resource is creativity. Creativity is what drives the development.”
No matter where, when or what. We’re here for Lake Nona.

Whether it’s a broken bone, a chronic health condition, or just a question about your newborn at 2 a.m., we’re here for you.

From urgent, primary and specialty care locations, to a world-class ER and children’s hospital, to 24/7 live online doctor visits through CareConnect, we are an integrated health network committed to providing the best possible care for children. No matter what.
The Key to Success: Better Than Best Service

BY ELAINE SUSAN VAIL

With a big, warm smile on his face and a copy of his acceptance speech neatly enscribed on a plastic portfolio cover in his hands, Shane Collins sat down with me in the beautiful Tavistock Development Company (TDC) office to answer a few questions about his success. This particular TDC employee was recently named Central Florida’s Employee of the Year by Best Buddies International, and I was eager to learn more about him and the path that led him to this well-deserved recognition!

If you haven’t heard of Best Buddies yet, you’re missing out! It’s a nonprofit organization focused on pairing volunteers and people with intellectual and developmental disabilities (IDD) together to provide one-to-one friendships, as well as creating opportunities for integrated employment and leadership development for people with IDD, positively impacting more than 104,600 in Florida alone. The program to find a job where he could work more hours that are consistent and predictable, a fulfilling success where he felt needed. TDC provides him with guaranteed hours, five days a week.

As you can imagine, Shane feels Best Buddies has been a huge impact on his life. “For the last eight years, I’ve got to do more things inside of high school and I got to travel to Indiana and I got to learn how to write speeches, Best Buddy speeches, and I got to travel to Tallahassee and talk before the legislature about inclusion.”

Shane writes his own speeches and even helps fellow Best Buddies write their speeches.

I mentioned to Shane that I had read on the organization’s website that their vision is to put themselves out of business: “Best Buddies envision a world where people with IDD are so successfully integrated into schools, workplaces, and communities that their current efforts and services will be unnecessary.” When I asked Shane what his role is in fulfilling that goal, he answered, “My role is to keep going, meeting friends. My role is no matter what student you are or what race you are, join Best Buddies and become an impact on someone’s life.”

What would Shane like the Lake Nona community to know about Best Buddies? “I want people to know that no matter if you are a bachelorette student or an ESE (Exceptional Student Education) student in high school – join the Best Buddies program.” He explained that’s so important for potential employers in the area to get involved in the program, too. Shane said these businesses are missing out on talent, skills, heart and passion by not hiring people like us. Interested potential employers can sign up to interview and hire a participant through the Best Buddies Integrated Employment Program: www.bestbuddies.org/hire.

This is the easiest way for business owners to sign up and get the ball rolling.

I asked Shane if there was anything else he’d like the Lake Nona Community to know. His answer: “Be humble and kind.” Then, he thought for a moment and said one more thing: “Everybody deserves a great friend.” You can view Shane’s acceptance speech here: http://on.nahoodшло/Shane.

For more information about Best Buddies Florida and to get involved, please visit www.bestbuddies.org/florida.

Global Mattress Is Coming to Lake Nona, But First They Launched a Community Initiative to Help Local Residents in Need

BY JEANNETTE RIVERA-LYLES

Global Mattress, a Puerto Rico-based company, is planning to open stores in Central Florida, launched a social initiative to mitigate the housing needs of local residents in need. To begin, the company recently donated 50 mattresses to Puerto Rican families rebuilding their lives here in Florida after having been displaced from their homes by Hurricane Maria.

To reach the families, Global Mattress teamed up with Latino Leadership, an Orlando nonprofit focused on the empowerment, education, advancement, and economic development of Hispanics. The nonprofit, which has been at the forefront of helping the newly arrived from Puerto Rico settle, identified the recipients from the hundreds of cases they are managing. “Many Puerto Ricans who came here after Maria found themselves now in really tough circumstances,” said Javier Tejeda, general operations director of Global Mattress. “Basic things like food, clothing or a mattress are luxuries hard to afford. We are proudly stepping up to the plate to help. Central Florida is very dear to us because it has offered opportunities to many fellow Puerto Ricans in times of need and has welcomed us warmly as we do our due diligence to expand to the region.”

With 14 stores on the island, Global Mattress is positioning itself to make a significant investment in Central Florida of $2 million with the opening later this year of nine stores across the region. The first store is scheduled to open in May in Lake Mary followed by Kissimmee and Lake Nona.

Their Lake Nona location will be located at Nona Place, which Earth Fare will anchor. Latino Leadership’s founder, Marlyza Sanz, said that the organization has helped thousands of families since Hurricane Maria struck in October. “We continue providing assistance through our Puerto Rico Family Response Center by offering clothing and food assistance, information about housing, employment opportunities, government and health services, as well as small business coaching, among other services. For that reason, partnerships like this one are vital to us. Interested potential employers can sign up to interview and hire a participant through the Best Buddies Integrated Employment Program: www.bestbuddies.org/hire.

This is the floor. The need is real, and it is overarching. We are grateful for Global Mattress’s commitment to provide meaningful assistance and very excited about what this partnership represents for the future of many who just need a bit of help to get on their feet.”

Tejeda said that, as part of this community initiative, the company will set aside inventory on a regular basis to help Central Floridians in need because of emergencies like flood or fires, natural disasters, and others.

Global Mattress, manufacturer and retailer of premium quality mattresses since 1982, prides itself on delivering products direct from their Global Dream Factory to customers’ homes, skipping the middleman for superb value with every purchase.
Cannonball Kids’ Cancer Gala Goes for Gold

BY VANESSA POULSON

#NoMoreOptions seemed to be the most prominent theme at the 2018 3rd Annual Gold Gala for Cannonball Kids cancer (CKc) the night of March 3. The gala, presented by Westpoint University Hospital and featuring golden lights, sparklers, a massive collection of items for auction, and many parents with heavy but hopeful hearts coming together to raise awareness about pediatric cancer.

At the 2018 Gold Gala, CKc was able to raise $425,000 in just one night, falling only $75,000 short of their $500,000 goal. The funds will be donated to four researchers dedicated to finding new ways of treating pediatric cancer. This was a record-breaking total for CKc, as there was more money raised and more people in attendance than any other previous gala.

The gala featured a variety of powerful posters and speeches made by those who have lost children or have had their children battle childhood cancer. These parents and educators touched on the disconnect between those who have lost children or have faced with tough decisions regarding their child’s treatment. That can lead to devastating consequences and often painful loss. According to CKc, at least 250 children around the world die from cancer every day, and it is only through the work of increased funding for research and treatment that the staggering figure can be lowered.

Cannonball Kids’ cancer was founded in June 2014 by Michael and Melissa Wiggins, parents of Cannon Wiggins, who was diagnosed with Stage IV high-risk neuroblastoma at 20 months old. Michael and Melissa learned that so little time, effort and funding is devoted to finding cures for children’s cancer compared to adult cancers, and, as a result, children are unnecessarily and unjustly lost. CKc aims to stop the tragic reality of children suffering and dying because of the lack of research in the world of children’s cancer treatments.

The phrase “no more options” holds a lot of weight for so many parents watching their kids face pediatric cancer, and far too often, parents are faced with tough decisions regarding their child’s treatment. That can lead to devastating consequences and often painful loss. According to CKc, at least 250 children around the world die from cancer every day, and it is only through the work of increased funding for research and treatment that the staggering figure can be lowered.

Cannonball Kids’ cancer was named after an 8-year-old boy from Lake Nona, Trevor, who died from relapsed rhabdomyosarcoma in 2016. As is noted on the CKc website, “We believe that together we can change this reality. Funding pediatric cancer research isn’t just a nice thing to do; it is critically necessary to save the lives of children who need us to fight for them. We can’t fund research without your support. Research is The Key.”

To donate to Cannonball Kids cancer, you can follow the link below and help them reach their $500,000 goal so that an additional researcher can receive the necessary funding to expand research trials and investigate new ways of treating pediatric cancer.

cannonballkidschildancer.org/donate/?utm_id=goopaperz

The 49 Fund Awards Scholarships To LGBT Students In Wake Of Pulse Tragedy

BY NICOLE LABOSCO

This is the second year in a row that the Central Florida Foundation will accept applications for The 49 Fund annual scholarship award. Up to 10 local students who are part of the LGBTQ community will receive $4,900 each to help pay for college tuition. The fund was established in the wake of the Pulse nightclub tragedy.

Mark Brewer has been Central Florida Foundation’s president and CEO for 17 years. He says the sole inspiration of this scholarship was the lives lost and those survivors the night of the Pulse shooting. “Local attorney and CEO of The Closing Agent, Barry Miller, was concerned about the futures for those affected by the Pulse tragedy, including children of the victims and survivors themselves,” Brewer said. He approached the foundation with this idea to create a fund that would provide scholarships to LGBTQ students in Central Florida with special consideration for survivors of the tragedy or immediate family members of those whose lives were lost.

The 49 Fund at Central Florida Foundation was created in March 2017. In the scholarship’s first year, eight students were awarded $4,900 each. The scholarship money comes from contributions made by individuals, families and companies from all over the country. Miller, the founder, continues to rally community support.

Once the students are selected for the scholarship, a line of communication is kept open. “In selecting scholarship recipients, part of the criteria is that students demonstrate their commitment to having a positive impact in our community. Our hope for them is that they use this as a ‘springboard’ to excel in their careers while using their skills to give back to the community that has supported them along the way,” Brewer said.

Brewer has high hopes for The 49 Fund in the near future. “The numbers are up this year, and The 49 Fund is able to raise $1 million to endow the fund so that it is in place forever to continually support LGBT students focused on having a positive impact in our community.”

Students who plan on applying must be self-identified as “out” and a member of the LGBTQ community to qualify for the scholarship. Applicants must also attend an accredited two- or four-year college on a full-time basis, earn a 3.0 GPA or higher and demonstrate a commitment to making Central Florida a better place.

For more information and to apply, visit www.The49Fund.org.
The start of April means summer is just around the corner. As families begin to make their summer plans, the USTA National Campus is gearing up for another successful year of summer camps. Registration is now open for Summer Camp 2018 at the USTA National Campus. This year’s camp features a wide variety of options for kids of every skill level, ages 5-17, including both morning and full-day sessions.

Summer Camp 2018 will feature professional coaching and tennis training combined with the perfect blend of competition, camaraderie and fun. In addition to morning on-court tennis training and afternoon match-play opportunities, the camp’s expert coaching staff will help guide players in developing comprehensive and individualized training plans. They will also offer personal guidance on tournament play and competitive scheduling.

Summer Camp 2018 consists of 10 one-week sessions that can be registered for individually. The sessions begin on Monday, June 4, and run through Friday, Aug. 10. There will be no camp the week of July 2-6 in observance of Independence Day. Full-day camp runs from 8:30 a.m.-2:30 p.m. and includes lunch for each camper. Morning camp runs from 8:30-11:30 a.m. Prices vary based upon age and skill level.

Summer Camp 2018 is divided into three main categories: Red & Orange Ball, Youth Development, and High Performance.

**Red & Orange Ball** is designed for players ages 5-10 (must be at least entering kindergarten in the fall of 2018). The programming will be held on smaller courts designed for beginning players. The summer camp staff will ensure that all campers learn how to play tennis and learn the required tennis and athletic skills to enjoy tennis now – and stick with it for a lifetime.

**Youth Development** is designed for players ages 11-17 that are either new to the game, experienced Junior Team Tennis/high school team players, or are currently enrolled in our Campus Youth/Campus Youth Plus programs. Players will train with others who are similar in age and ability. Mornings will focus on drill-based coaching, while afternoons will be centered around match play, giving campers opportunities to practice their game under the guidance of coaches.

And, finally, the **High Performance** program is designed for players who compete in state, sectional and/or national USTA tournaments. Players will train with others who are similar in age and ability. Morning training will focus on technique, shot selection, and patterns of play. Skills designed to help players deal with pressure tolerance will be emphasized. Afternoons will consist of match play opportunities with expert coaches who will also guide players in developing comprehensive and individualized training plans. Coaches will also offer personal guidance on tournament play, competitive scheduling and advice on nutrition and hydration. The program includes fitness sessions to improve speed, flexibility, agility and core strength.

The USTA National Campus will also offer its full complement of adult programs throughout the summer, including the increasingly popular adult camps. Also returning this summer will be access to the indoor courts at the Adidas Performance Center to limit weather disruptions.

Anyone interested in Summer Camp 2018 or any of the other USTA National Campus programs is encouraged to visit www.ustanationalcampus.com.
Camp Gladiator
Trainer Talk: My CG Story

BY VERNICE SALVERON-GASPER

I first moved to Orlando from Australia in May 2017. As a passionate occupational therapist, personal trainer, and lover of food and anything fitness, I was sure I would be able to quickly find my niche and rebuild a network just like the one I had left behind. As soon as I arrived in Orlando, I got straight into the swing of things, connected with a church, joined not one but two gyms, and had a daily mission to seize every opportunity and make new connections wherever I went.

After four months, I was feeling deflated! Finding my “niche” proved more difficult than I initially anticipated. After a long day at work, my husband would come home and often be the only person I had conversed with all day, despite me having completed two workouts at the gym that day. Feeling homesick was an understatement! I missed that sense of belonging.

One day, I stumbled across Camp Gladiator. Advertised as one of the fastest-growing outdoor fitness companies in the nation, I had to see what all the hype was about. One more gym membership wouldn’t hurt, right? I made a few inquiries via social media and was invited to one of the Saturday “meetups” where campers (that’s what they call their members) from all over the city get together to sweat it out. I took my mat, my dumbbells and an open mind and went on my first solo mission to Camp Gladiator.

Upon arrival, I was welcomed with an enthusiastic smile and a strong high five. The workout was challenging yet fun, and the music playlist was right on point, getting me through all the push-ups, squats, rows and shoulder presses. The trainer encouraged campers by name and provided specific personalized modifications when needed (this was “personal” training). Periodically, the trainer would call out “Ceee Geee!” and all the campers would reply “WUT! WUT!” in perfect unison.

By the end of the 60-minute workout, I had talked to more people in one CG session than I had in the past six months. The endorphin high probably had something to do with it, but I felt so uplifted, and for that brief 60 minutes, I felt like I belonged.

The added bonus was that I had burned 400+ calories in the process! Immediately, I knew I had finally found the fitness community I was looking for!

I started going to more camps around Orlando and noted that my functional strength, endurance and agility were improving by the weeks. I was quickly becoming addicted to not only the endorphin highs but also to the challenging workouts, energetic trainers, and the camaraderie and accountability.

This inspired me to become a CG Trainer with a mission to grow a community in the beautiful suburb of Lake Nona! As a personal trainer, I know that the top barriers for engaging in exercise are kids, time, accountability and convenience. CG is a company that fills the gaps for all these barriers. With 80 locations spread throughout Orlando, members are welcome to attend all locations and times. We encourage campers to bring their kids and/or spouses and enjoy some outdoor family fun as we offer times suitable for working families.

CG to the onlooker might just be a park or a parking lot where people are exercising, but to the campers it’s a space where community and lifelong relationships are built. Getting fit and healthy can be difficult alone, but with a community like CG we are BETTER TOGETHER, and we make it FUN!

As the primary trainer for CG in Lake Nona, I look forward to being a trusted resource for health, wellness and building new relationships with you. Who knows? One day, you might have your own CG Story!

Vernice Salveron CPT, Partner Trainer can be reached at (321) 947-9948 or vernicesalveron@campgladiator.com. Like Camp Gladiator on Facebook and Follow @campGladiator on Instagram for exclusive offers, fitness tips, pictures, events, camp updates, and more! Visit the website at campgladiator.com.

Locations & Times:
Lake Nona Family Dentistry – Monday, Tuesday, Thursday 5:15 a.m.
Spring of Life United Methodist Church – Tuesday, Thursday 5:45 p.m.
Moss Park Elementary School – Monday, Wednesday 6:30 p.m.

“"To positively impact the physical fitness and ultimately the lives of as many people as possible.” – Camp Gladiator

Iron Pigs Motorcycle Ride
Pigs against pediatric Cancer
April 21, 2018
Sign up at: www.ironpigsorlando.com
- Ride with the Iron Pigs!
- Enter the raffle for a chance to win a 2018 bike!

Nemours Comprehensive Medical & Surgical Eyecare

Cataract Surgery
Eye lid Surgery
Diabetic Retinopathy
Glaucoma
Macular Degeneration
Dry Eyes

Compassion. Community. Cutting-Edge Care.
#EYEpromise

Lake Nona Ophthalmology
NonaEyeMD.com
407.857.EYES (3937)
9685 Lake Nona Village Place Suite 204
Orlando, FL 32827

www.NONAHOODNEWS.com | 17 | APRIL 2018
Why Everyone Needs a Primary Care Physician

By Dr. Amit Desai

You might be a busy professional with a crazy schedule; a working parent who can barely keep up with your kids’ medical appointments; much less your own; a young person who’s never had a serious health issue; or perhaps you’re just new to the area and haven’t gotten around to choosing a doctor.

You know you’re “supposed to” have a primary care physician (PCP), but the truth is you’re not sure why.

After all, if you break something, you’ll just go to the emergency room. If you get the flu, you can always seek treatment at one of the urgent care or walk-in clinics around town. Heck, your local pharmacy might even offer basic medical services. So, what’s the big deal about having a PCP?

A doctor who knows you can be much more effective in keeping you healthy.

“*A physician you see over time has baseline information on your overall health that no one else does,”* says Amit Desai, MD, a board-certified family medicine physician at Health Park Lake Nona Primary Care. “Because we collect regular records of our patients’ immunizations, vital signs and other health measures, we can more easily pinpoint when something is not right.”

Dr. Desai adds that patients are also more likely to mention an emerging health concern or ask a question about their health when they have an ongoing relationship with their doctor. “This means you’re more likely to receive treatment for a problem that might otherwise have gone unnoticed, with possible long-term consequences.”

An ounce of prevention is worth a pound of cure.

A big part of what PCPs do is preventive care – including regular health screenings for things like high cholesterol, hypertension, diabetes and so much more. Having regular checkups with your PCP can help you avoid preventable illnesses and help ensure that a potentially serious health issue is caught early, when treatment can be most effective.

A PCP ensures consistent, coordinated care that benefits YOU. If you receive medical care from a number of providers, your PCP is the one who will keep track of your medications to ensure they are all working together, serving as the hub in a comprehensive network of care. Primary care physicians work closely with your specialists to be sure everyone is on the same page in terms of your treatment plan. “By being a central point of contact for other providers, we can make sure our patients avoid potentially unnecessary or duplicate health testing.”

Your PCP links you to a comprehensive network of care.

With a passion for treating the whole family, from newborns to seniors, Dr. Desai stresses the importance of living a healthy lifestyle and achieving healthy goals, no matter what stage of life you are in. Dr. Desai and the team of providers at Health Park Lake Nona offer primary care that promotes overall wellness and longevity. This board-certified, highly-experienced team is part of Florida Hospital Medical Group (FHMG), Central Florida’s most comprehensive multi-specialty medical group practice. With nearly 600 board-certified physicians, FHMG provides patients with a broad range of medical and surgical services across more than 40 medical specialties.

We Can Stop Colon Cancer Today

By Le-Chu Su, M.D., Ph.D.

UCF Health

We have the power to make colorectal cancer a thing of the past. The key lies in screening and prevention. Colonoscopy is an effective way to prevent and detect colorectal cancer at an early stage.

So, why is colorectal cancer the third most common cancer in men and women, and the second-leading cause of cancer-related deaths in the United States? The answer partly is because only about 60 percent of the adults who should be tested for colorectal cancer actually get tested, and partly because of our lifestyle and diet.

Obesity, smoking, red meats, processed meats, high-fat diet, and alcohol increase our chances of colon cancer; exercise, vegetables, fruits and fiber protect from the cancer.

The Best Test for Colon Cancer

The reason why colonoscopy remains the best test for colorectal cancer is because it not only detects the cancer but can prevent it as well. During a colonoscopy, the doctor looks at the entire colon and rectum for polyps that have potential to grow into cancer and removes them.

Who Should Be Screened?

Current guidelines recommend that those without a family history of colon cancer should start screening at age 50. African-Americans should begin screening at age 45 due to higher mortality and incidence.

If you have a family history, you may need to start sooner. Talk with your doctor to determine the right age for you.

Some people might avoid screening due to myths, such as, “I have no symptoms, so I don’t need to screen for cancer.” Early colon cancer and colon polyps have no symptoms.

When symptoms are present, the cancer tends to be at an advanced stage and has much lower cure rate. Or another one I frequently hear is, “I don’t have a family history, so I will be alright.” Most people who have colon polyps and colon cancer have no family history. Only about 20 percent of the people who have colon cancer have a family history. And a favorite excuse of mine is, “I am a woman, so I won’t get colon cancer.” Colon cancer affects both men and women.

Newer Options

Since the colon and rectum must be cleared out before the colonoscopy procedure, the “prep” process might stop some people from getting this important screening. However, newer kits to clean out the bowel are available and might be more tolerable. Your doctor can discuss the options with you.

If you don’t want to do a colonoscopy, there are other options, including newer stool tests. However, the stool tests are more of a cancer detection tool than prevention tool. Also, if the result from one of these stool tests is positive (abnormal), you’ll still need a colonoscopy to see if you have cancer.

While colorectal cancer incidence and death rates have been on the decline thanks to colonoscopy screening, we still can do better by improving our diet and physical activity, and if everyone who should get screened would actually do so.

Health Park Lake Nona is now accepting new patients and proudly serves the Lake Nona community. Same-day appointments and extended hours are often available.

Please let us know how we can help.

For appointments, call (407) 930-7801.

www.NONAHOODNEWS.com | 18 | APRIL 2018
How to Maximize Visual Outcome During Cataract Surgery

BY DR. CHIRAG PATEL, M.D.

As you may know, a cataract is the clouding of the natural lens in the eye and is most commonly associated with aging. Other risk factors such as smoking, diabetes and steroid use can accelerate cataract formation.

Cataracts affect almost 22 million Americans age 40 and over. By age 80, more than half of all Americans will have cataracts, according to the National Eye Institute. More than 90 percent of those who have a cataract will regain useful vision after treatment. Cataract surgery is generally a very successful surgery, however, there are important facets of the process from the time of diagnosis to that of surgery and thereafter that need to be understood to maximize one’s visual outcome after surgery.

Detailed Preoperative Testing

After one is diagnosed with a visually significant cataract, a patient should be thoroughly examined during a preoperative examination. The main purpose of this visit is to perform extensive diagnostic tests to confirm and measure the length of the eye and the curvature of the cornea in order to determine the exact power of the intraocular lens (IOL) that will be implanted at the time of surgery. The type of IOL implanted, especially premium lens implants, depends on advanced metrics such as corneal astigmatism, spherical aberration, angle kappa, and angle alpha.

These technical measurements quantify how and where light focuses within the eye and with respect to the central line of sight and the prospective lens implant. Focusing on these measurements can significantly improve the quality of vision post-operatively. Further-more, clinical issues need to be addressed prior to surgery, such as the presence and/or severity of dry eyes, glaucoma, and retinal disease such as macular degeneration and diabetic retinopathy. Clinically active eye diseases should be stabilized prior to proceeding to cataract surgery.

Lastly, your surgeon should check for potential pitfalls during surgery such as poor pupil dilation, patients taking medications such as Flomax, patients with a history of refractive surgery, and patients with a history of eye trauma. Based on your medical history, eye history, and detailed measurements, your ophthalmologist should suggest lens implants and surgical options that will maximize your vision post-operatively.

Cataract Surgery

During surgery, small incision, no-stitch cataract surgery is the mainstay technique in treating cataracts. Small, sub-2.5 millimeter incisions are made into the clear part of the eye, called the cornea.

During the procedure, your ophthalmologist will remove the natural lens in your eye that has become cloudy (cataract) by way of these small incisions and ultrasound power. Your surgeon will then implant an artificial lens (IOL) to focus light onto the retina just like the previously removed, natural lens did.

Two technologies that assist in maximizing visual potential during cataract surgery are Femto-second Laser Assisted Cataract Surgery (FLACS) and Optiwave Refractive Analysis (ORA).

In FLACS, the laser is used in conjunction with an image-guided computer program that allows the surgeon to be more precise and helps to tailor each patient’s treatment to their particular needs as well as the preferences of the surgeon. The surgeon is able to fully customize each surgical procedure to the specific needs of the patient. FLACS will create incisions in the cornea, open up the capsule where the lens is located, and break up the cloudy lens much more accurately than what could be done by hand.

ORA technology is a sophisticated device used to provide real-time surgical measurements of the patient’s eye after the cataract (cloudy lens) is removed so the correct power of the IOL can be determined based on a desired outcome and may be adjusted, if necessary. This technology provides the highest level of customization available, better visual outcomes, and reduces the need for follow-up procedures.

Post-Operative Steps

Once your cataract is removed, it’s important to be patient and let the eye heal. Most patients are able to see very well within three to seven days after cataract surgery. The first few days are normally blurry because of dilated pupils and post-surgical inflammation that is part of the healing process.

To hasten recovery, it is important to follow the surgeon’s post-operative instructions in regards to eye drops and activity. Most patients will need to use prescription eye drops to reduce the risk of an infection and reduce inflammation. These drops are typically used for several weeks. In terms of activity level, most patients are restricted from heavy lifting, bending and straining for one week and water activities for at least one month. Over the last five years, I’ve had the privilege of providing advanced cataract surgery to Lake Nona. I understand that undergoing cataract surgery can certainly be an anxious and nervous. However, know that technology has improved by leaps and bounds over the past few decades and even over the past five years!

In the end, it’s important to enjoy the process and understand your expectations and options as you regain youthful vision.
Orange County School Board Chair Election

BY SOPHIA ROGERS

Orange County Public Schools is the 9th largest school district in the nation and serves more than 200,000 students. The Orange County School Board is made up of eight members. Seven are elected from the single district which they represent, where each election results in a majority, and one is elected countywide and serves as the chairman of the school board.

This August, registered voters have their choice of three candidates running for the chairman of the school board: Matthew Fitzpatrick, Robert Prater and Nancy Robbinson. Each brings a unique set of skills and experiences to the table.

Matthew Fitzpatrick, currently Assistant Di- rector at Orange Technical College, is an Ap- opka resident, husband and father. He has more than 25 years of experience, teaching at both Apopka high schools and Apopka Middle School. He also has held school leadership posi- tions at Orange County district athletic director.

After teaching students for 12 years, he transitioned into administration, stating he is able to assist teachers. Now, after 13 years in administration, his desire is to help schools. Fitzgerald claims, “We are in a desperate need of people who understand how hard it is to be a teacher.”

“At the career technical level, students that come to our schools are passionate about what they are learning, and we have to bring life back into our schools where kids are turned off to education. Right now, we have lost some of the excitement about education.” Fitzpatrick would like to see schools foster creativity, curiosity and a love for reading again. He says the focus on reading has been on how to answer questions about a test and not about love for reading. “We’re not teaching our kids to love reading.”

Building safe, caring schools that operate like healthy families is one of his top priorities. “If kids aren’t safe, who cares about their scores?” Fitzgerald claims. “We are asking for lower suspensions to look great on paper, making it difficult for some discipline students. In his words, “Improving data for political purposes is going to help schools in a way that we can see our kids progress.”

Robert Prater, currently superintendent at Orange Technical College, is a 30-year resident of East Orlando and has been a Lake Nona resident beyond anything he has ever known. A husband and father, he started as a substitute teacher in 2005 and has been a committed educator and advocate for almost 15 years. He continued working for OCPS as a paraprofessional while he completed his degree in education, attending Nova Southeastern University.

Prater wants to provide a career pathway throughout our schools and colleges and expand academic development programs to provide a college pathway. He says, “Ultimately, the parents and students decide to- gether. Parental involvement is the key to a child’s success, which path they decide.”

He also stresses about teacher re- tention. He would like to drive change in the nature of teacher work environment. Prater says, “Retaining teachers isn’t as big a problem as retention is. The evaluation system is tied to teacher pay. If you ask the teachers how they feel, they feel it is administration against them. If we’re going to evaluate teachers like this, the administrators and school board mem- bers should be held to the same standards when evaluated also. Numbers can be played with.”

Sharing Fitzgerald’s view, Prater also feels strongly about discipline in our schools. He says, “We have not had in-depth training. Without the right answer we aren’t moving forward.”

Prater wants to find solutions to the problem of student discipline. “I believe that the right pedagogy overall education can and should be conducted in a more reasonable manner.”

Prater says although pay is important, it’s not as big a problem as retention is. The evalua- tion system is tied into teacher pay. If you have one student who is in class disrupting, the question is whether it’s better to leave the one student who is directing the other in class, or remove the student so the others can learn. We must factor in the long-term instructional of the “other”.

He believes that teaching in the community with transparency and involving the public education system is tied into teacher pay. If you have one student who is disruptive, the question is whether to remove the disruptive student or spend time training the disruptive student to work together.

Jacqueline Contenko has immersed herself in the realm of education for 20 years, Jacqueline Centenko currently works as a social worker for Osceola County Public Schools. She has a special education at Kissimmee Elemen- tary school. She is an OCPS District In- tervention Support Team member, and a staff ad- visory committee member. She is currently serving a term of five years in the OCPS District In- tervention working for Orange County, where she stayed for 14 years. She worked her way up to the level of a social worker and is serving in the OCPS Department. Her duty was to be an instruc- tional coach who supervised ESL programs. Afterwards, Centenko was an administrative dean for Winter Park Ninth Grade Center. She also worked in higher education, serving as the director of the career rector for three years at a bilingual univer- sity from Puerto Rico, which is housed in Orlando.

Contenko believes teachers are overworked and underpaid. More money should be put into education to promote quality teachers and quality education. She goes on to say how there is little time for instruc- tors to plan for lessons. They should have a designated time that is not a weekend or a period that is interrupted by meetings. Another factor that she does not like is how the Florida Standards Assessments hold so much power. She says, “The test is unfair for bilingual stu- dents because they have a hard time with English as it is an additional language.”

Besides her professional life, she is a mother to four children who have all gradu- ated from Florida State University. She currently has grandchildren who attend Innovation Way Middle School in Lake Nona. “I encountered my first hand hand of chal- lenges and worries a parent and student face during school. Education is very important to her. Her father was one of five children, there is a great stress on the quality of education. “Education was especially important because things don’t come to you easy. You have to strive and fight and work hard for what you want,” she states.
Florida Technical College Continues Its Growth Plan

BY JEANNETTE RIVERA-LYLES

Florida Technical College, which has campuses in central and southern Florida, recently reorganized its operational structure to increase its resources and academic offerings.

Founded 35 years ago in Florida, the educational institution merged with National University College (NUC), which until recently had been a sister institution. NUC also took under its tutelage The Instituto de Banca y Comercio and Ponce Paramedical College, two Puerto Rican institutions, completing the new conglomerate under NUC.

"By uniting these institutions to work toward a common goal of delivering high-quality education, we have taken an extraordinary step to create a broader and fuller platform for kids’ assessments. The school board can definitely advocate for a less stressful testing experience on kids. Students should also be able to walk out of school with a certification that enables them to get a good job right out of high school through technical career programs. At the end of the day, I want them to be able to get 18 bucks an hour, not eight."

He also believes that testing should not be the main platform for kids’ assessments. The school board can definitely advocate for a less stressful testing experience on kids. Students should also be able to walk out of school with a certification that enables them to get a good job right out of high school through technical career programs. At the end of the day, I want them to be able to get 18 bucks an hour, not eight.

He also believes that testing should not be the main platform for kids’ assessments. The school board can definitely advocate for a less stressful testing experience on kids. Students should also be able to walk out of school with a certification that enables them to get a good job right out of high school through technical career programs. At the end of the day, I want them to be able to get 18 bucks an hour, not eight.

He also believes that testing should not be the main platform for kids’ assessments. The school board can definitely advocate for a less stressful testing experience on kids. Students should also be able to walk out of school with a certification that enables them to get a good job right out of high school through technical career programs. At the end of the day, I want them to be able to get 18 bucks an hour, not eight.
It has been March Madness in the Lake Nona area elementary schools as Eagle Creek Elementary, Northlake Park Community School, Moss Park Elementary, Laureate Park Elementary, Sun Blaze Elementary, and Vista Lakes Elementary participated in the Cherry Cheese Ball Hoops STEM competition. Students were asked to design launchers that could launch cheese balls into a hoop held by their school principal! School teams consisted of the top three fundraisers from each school. Each team tried to make as many hoops as they could in a two-minute time period. It was inspiring to see all of the amazing engineering as cheese balls flew into hoops from all directions. In the end, Eagle Creek took first place in the Lake Nona area and took on Lake George Elementary from the Conway area to determine the winner of the two competing areas. Eagle Creek did Lake Nona proud and brought home the trophy for our area. The Eagle Creek team consisted of Juan Castellanos Vega, Andrea Marquez Bolivar, Parker Lacy, and Parth Shukla. Congratulations, STEM Stars from all participating schools!

Eagle Creek Panther Chorus News
BY DARLENE B. GRANDE, MUSIC TEACHER/ CHORAL DIRECTOR M.S.ED / CP&E

The ECE Panther Chorus performed for the Nona Chamber festival on Saturday, March 10. The chorus performed two selections – “Under the Sea” and “Human Stuff” – from our upcoming musical Disney’s Little Mermaid Junior. The chorus, directed by rev. Susan Hults, out of the letters.

LAUREATE PARK ELEMENTARY
BY SUZANNE E. WORKUM, PRINCIPAL

At Laureate Park Elementary (LPE), learning is often fun, engaging, and found in cooperative learning environments from our youngest students to our oldest students. Kindergarteners celebrated the birthday of Dr. Seuss in early March with a week of fun Dr. Seuss-related activities in reading, math, science, and writing. Fifth graders “rocked out” to review types of rocks and the rock cycle. Students used various items to create and show how sedimentary, metamorphic and igneous rocks form.

In March, Laureate Park Elementary sent 10 students to the Southeast Learning Community (SELC) Chess Tournament at Winegard Elementary. We participated in two categories: K-2 and 3-5. LPE received first place in both categories! In addition, we received 2nd place in the 3-5 category! Our winners were Stigt Sattura, Saiyali Kshaik and Sanika Kshaik.

In March, the National Elementary Honor Society (NEHS) installed its first-ever Executive Board. Congratulations to Catharine Hansen, president; Alanis Waller del Valle, vice president; Olivia Veneria, secretary; and Colton Coughlin, treasurer. Laureate Park is proud to have the 3rd place winner in the OCPS District-wide Spelling Bee. Olivia Veneria, a fourth grader, competed against middle schoolers and came in 3rd place in OCPS. Laureate Park students showed their philanthropic side by raising money for leukemia and lymphoma through the Pennies for Patients fundraiser, sponsored by the NEHS. The students also put their jump rope skills to the test by raising money for the American Heart Association in the Jump Rope for Heart fundraiser. Finally, Laureate Park is the 2017-2018 District-wide Science Fair Grand Champion. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.

The art teacher, Mrs. Feinauer, had 5th graders honor Black History Month with Africa-related projects. The students designed the faces with an assortment of projects, one of which was famous African American inventors and inventions that were created or enhanced and patented by African Americans. They wrote a brief biography about the inventor and created a 3D model of the invention. The students used items like Legos, cardboard boxes and plastic bottles. The students presented their project and report to their class and added a reflection on what they learned. The purpose of this project was to show students that many different cultures and ethnic backgrounds contributed to the makeup of America and the products that we use today.
**SCHOOL UPDATES**

**LNSH Theatre (cont.)**

**SPRING MUSICAL: **
**THE HOBBIT**

**SUN BLAZE ELEMENTARY**

**BY TODD PERKINS**

Full STEAM ahead! I cannot believe that we are in the final quarter of our school year. We continue to see the growth of our students through classroom instructional time, Sun Blaze clubs, and opportunities we offer for families.

Our Inaugural Historical Math Night was a fun-filled night of history-inspired, standard-aligned math activities for families immersed in learning as they participated in math activities involving timelines, calculus, graphing, problem solving, math games, math art, and logic puzzles. There were total of 18 math activities for students in kindergarten through fifth grade. Families were welcomed by Abe Lincoln (Mr. Ruch, Lake Nona High School history teacher) and enjoyed patriotic musical performances performed by our very own fifth-grade chorus students. Our partnership with Mathnasium of Lake Nona, Learning Synapse, Lockheed Martin, Office of Veterans Affairs, and Pig Floyd’s helped create an unforgettable event. We also appreciate our Sun Blaze teachers and Lake Nona High School students for supporting this event by volunteering as station monitors. Overall, our first ever Historical Math Night was a huge success!

Our community Literacy Night was outstanding. Students and families were able to go on a scavenger hunt at Publix, from 5-7 p.m., using the reading skills they work on each day. The goal was to integrate math and reading curriculum in a fun-filled activity that children and their parents could work on together. When each family completed the Literacy Night activity sheet, the student’s name was entered into a drawing for a chance to win some awesome prizes. We had a wonderful time with our Sun Blaze families. We love the privilege we have as a school to partner with our community.

Disney’s Dreamers & Doers celebrates the power of possibility and honors students that are taking action to improve their communities and schools through four focus areas: Strengthens Communities, Think Creatively, Conserve Nature and Live Healthier. Walt Disney said, “The greatest mistake you can make in life is to be continually fearing you will make a mistake.” I am proud that we have a school full of students who exemplify these four focus areas each day. I want to congratulate the nine Disney Dreamers and Doer finalists, which will all be Sun Blaze Golden Rays for their contribution to our community, I also want to congratulate Lyric, our Disney Dreamer & Doer representative from Sun Blaze.

I always want to invite our Lake Nona community to participate in our community links to stay connected with all that is happening at Sun Blaze Elementary. The website address is SunBlazeES@ocps.net. You can also join Facebook, SunBlazeElementary and Twitter at twitter.com/SunBlazeElem.

**STEM Focus: **
**A Changing of The Guard**

**BY ANDRE GARCIA**

On March 9, UCF selected its fifth president, Dr. Dale Whittaker, its current provost. The selection process was an open and transparent procedure, and the candidates were extremely competitive. At the end of the day, Dr. Whittaker was selected and will take over as the next president mid-summer. As provost, Dr. Whittaker oversaw the hiring of more than 200 additional, new faculty members, the groundbreaking of the downtown campus, and, my favorite initiative, the creation of multidisciplinary research clusters to foster greater collaboration between disparate departments that would not normally collaborate. This will have a profound impact on our community and local economy.

With UCF’s growing student body, it needed new faculty members to keep up with the growth. Coming off the recession over the past 10 years, universities around the country were faced with frozen state budgets and hiring freezes. Once state budgets recovered and hiring could begin again, universities began hiring again, and UCF was no different, although most likely on a far larger scale. Dr. Whittaker was at the forefront of this expansion but also performed strategic hires in new and emerging disciplines.

Dr. Whittaker also saw the value of a flagship downtown campus for UCF. Studying the model and lessons learned from Arizona State University’s downtown campus, UCF leadership saw many similarities and the success ASU was having with its downtown campus and wanted to emulate it. Strategically, Dr. Whittaker spearheaded the effort to relocate academic disciplines from the main campus downtown to be the most advantageous and most sense to move downtown. The economic impact to the downtown and Para- more areas is going to be profound over the next few years. This will attract business and continuing-education establishments to move to these areas to collaborate with faculty and to access UCF’s student population as future employers.

My favorite initiative that Dr. Whittaker brought with him to his tenure at Purdue University is the multidisciplinary nature of research clusters. Traditionally, in academia, faculty perform research in “silos,” that is, they rarely communicate or collaborate with other disciplines outside their own department. Generally, there has been an evolution in academia to step out of one’s silo and collaborate with other similar disciplines across the university. For example, it is normal for one type of engineering professor to collaborate with another, or a business professor to collaborate with an accounting or finance professor, because the disciplines are such similar that they lend themselves to collaborative effort. Traditionally, it was less common for the business professor to collaborate with an engineering professor, because the disciplines are so dissimilar. The multidisciplinary initiative provides a vehicle for a professor from one discipline, such as engineering, to collaborate with a professor from another discipline, such as business. When you add multiple disciplines together to focus on a theme, a problem, or a specific project, this collaboration allows the engineer or scientist to develop the technology, the economist to quantify the benefit of the given technology, and the marketing professor to help tell the success story of the technology and its economic benefit, for example.

These are just a number of examples of ideas that Dr. Dale Whittaker has brought with him or executed in his time at UCF. It is important to understand the difference between a provost and a university president. A provost can be thought of as the chief operating officer of the university and handles all internal-facing matters. A university president is approximately the chief executive officer of the university and handles all external-facing matters, including government and legislative relations and the like. While this will be a change of work for Dr. Whittaker, there is no question that he is the right candidate for the job. UCF is lucky to have a world-class administration and leadership team. That multidisciplinary co-chairs and local economy are lucky to have them and will benefit from this tremendously.

---

Dr. Andre Garcia is a human factors scientist/engineer in the defense industry and owner of EduCoach Orlando. He has previously worked as a research scientist at the Army, Navy, and Air Force, and a faculty member at the Florida Institute of Technology.

BY ANDRE GARCIA

-- www.NONAHOODNEWS.com | 23 | APRIL 2018 --
EXPERT
ALLERGY CARE
NOW AVAILABLE

Offering Relief Through Effective:
• Allergy Testing
• Allergy Shots
• Pulmonary Function Testing
• Chronic Sinusitis Care
• Immunodeficiency Care
• Environmental Education

Allergy Services Now Available At UCF Health

Aishah Ali, MD
Allergy & Immunology
Dr. Aishah Ali is an allergy & immunology specialist dedicated to identifying the cause and alleviating the symptoms of your allergies. From common allergies to rare allergies, Dr. Ali strives to create a life of wellness for her patients.

Learn more at ucfhealth.com
or call 407-266-DOCS to schedule an appointment.
**Family Fridays**

BY VANESSA POULSON

Spring has officially sprung in the Nonahood! If you’re looking for some ways to have fun with your family and children this season, we here at Nonahood News have a couple of suggestions.

**Checking your local parks**

The Nonahood is rich with fun, family-style entertainment. We’ve not reached the peak of the heat here in Central Florida, so you still have time to enjoy the summer sun before it gets too hot!

**Hit up the pool**

The pool is a great spot for people of all ages. Bring your floaties and take a dip to beat the heat (and tourists!).

**Visit Disney, SeaWorld or Universal**

Though most tourists prefer to visit our theme parks in the summertime, most Floridians would argue that February to April is the best time of year to visit the parks and escape the heat (and tourists)!

**Have a fun family dinner**

If you’re tired of eating at home, Lake Nona has a variety of suggestions.

**Or cook a meal together**

Feeling inspired? Check out some of our local grocery stores or the Saturday Farmer’s Market and get cooking together as a family!

---

**Nonahood Nosh: Food Ninjas**

BY RICKY LY

OF TASTYCHOMPS.COM

The popular Japanese ninja-inspired Sus Hi Eatstation is getting ready to open at the end of April here in the Nonahood. We sat down with husband and wife dynamo duo owners Teresa and Robert Ly to chat about their upcoming restaurant and life in the Nonahood.

**What do you love most about living in Lake Nona?**

We’ve lived in Lake Nona for a little over 10 years now when there wasn’t much in the area. Funny thing was, Robert and I didn’t know we lived less than 10 minutes from each other when we first met. You can say our relationship started in Lake Nona and has been a huge part of our life and growth. Besides the special place that Lake Nona holds in our hearts, we also love all the growth we’ve seen in the past decade. It brings us tremendous joy to see more businesses and more people flood into the area. We are super proud to be a part of the Lake Nona community.

**What are some of the biggest changes in the food scene you have noticed in Lake Nona?**

Well, we now have ubereats, so that’s a big one! Seriously though, some of our favorite restaurants are literally in our own backyard, which is rare to say considering how picky we are as food lovers. There’s just so much growth, and we’re happy to be a part of it.

**What are some of your favorite places to eat in Lake Nona?**

Robert: I absolutely adore Nona Blue. The chef there just knows his stuff. You want a medium rare ribeye? That’s what you’re going to get.

Teresa: I would love to see more Asian spots but am happy to be close to Durian Durian when I’m craving some chicken panang curry or Thai hot drunken noodles.

Tell us about what is Sus Hi Eatstation – what can new customers expect to find and eat at the restaurant?

Sus Hi Eatstation is a fast-casual, customizable sushi restaurant. Our rolls, bowls, and burritos are served assembly-line style, and built fresh, right in front of you. What customers can expect when they visit is a fun, unique experience. We do sushi differently.

**What are the most popular dishes at the restaurant?**

People love our sushi bowls. We’re a great place for sushi beginners because we have a lot of cooked options like steak, grilled chicken, and shrimp tempura. My husband’s favorite bowl is chicken tempura, steak, spicy salmon with cheese, bacon, tempura flakes, cucumber, avocado, jellypurlo, sweet potato flakes, fire sauce, and mango habanero sauce. Mer! I keep mine simple, and I’m definitely a roller. My favorite thing to make is krab and shrimp tempura rolls with cream cheese topped with volcano, scallions, and nori seasoning with sweet soy sauce (eel sauce). Rice fries and krab rangoons are super popular, too!

---

**Pigs against Pediatric Cancer**

Fridays

Lake Nona

As-is, Overstocks and Discontinued Products

High Style. Low Prices.
Food Challenge: Adults Can Eat Food From Strangers in Trucks

BY AARON FERG AND MATT TROY JONES
PHOTOGRAPHY BY VICTORIA PUTZEYS

Do you remember the ice cream man, the telltale jingle that could be heard from blocks away that served as a radar beacon for every child with a sweet tooth on hot summer days? That familiar tune could turn children into superhumans, enabling them to sprint faster than an Olympian, scale fences in a single bound, and brought out vocal calls to “wait!” and “stop!” that would make Steven Tyler proud. We would scavenge every corner we could find to keep them in our pockets, hopeful that the magical ice cream truck would visit our neighborhood.

Then, the price of Screwbells went up. We got too old to chase the ice cream man, and it wasn’t “cool.” Shortly thereafter, we were doing taxes, paying mortgages, calculating rent and saving for a down payment. We added noises every time we sat down or stood up. We got old. And the ice cream man was just a long, long memory of an impossibly simple time in our lives when the word “responsibility” was just a touch on the upcoming vocabulary quiz. Why can’t we enjoy treats from a truck like we did in our youth? Not only are they more in keeping with the present inordinately fast-paced and stymied in our inchoate childhood once more? Because we can’t leap over fences in a single bound or sprint from block to block without worrying about a future knee replacement surgery, that’s why. The cream is still around, but he’s way too fast, way too elusive to be caught. It’s easy, we can’t jump in a half-pit or fit in the Fisher-Price Coupe anymore, it just isn’t meant to be, it’s past our time.

Well, thankfully, there is a community of adult civilians who realize this missing euphoria in our lives and know exactly how to captivate us once more. These crafty and clever entrepreneurs have “nailied it,” as they say, with this generation’s adult version: the food truck. These food trucks serve a smorgasbord of food and dessert options, and best yet – you don’t have to chase them around the neighborhood begg- ing them to stop. So, for this month’s Food Challenge, we decided to use our monthly Lake Nona food truck bash that coincided with the Art After Dark exhibition at the Lake Nona Town Center. The art and entertainment happens every Friday, but the first Friday of the month is when a wide assortment of food trucks get to join the fun. So, we decided to have a bite at each. The challenge was to see if we could bring back that magical feeling of ordering delicious mysteries from a perfect stranger in a truck.

Tamale & Co.

This truck has been serving tamales and tacos to the Orlando food truck scene for several years now. They have also opened a brick and mortar restaurant in Altamonte Springs. There is a reason that they have managed to last this long in a tough business, where most trucks don’t make it out of the first year of operations.

The tamales are traditional in the very best way. The steamed masa is soft. The chicharron, chicken and pork fillings are plentiful. The verde, roja and ranchero sauces had great depth of flavor. Be careful with the ranchero sauce – the menu says haba- nero, and the spice level is not for the faint of heart. Given the generous portions of the tamales and the prospect of three more trucks, we decided to skip the tacos.

A Lo Cubano

Of course, the first item on the menu was a Cuban sandwich. Sadly, we were just a bit too full, so we selected small bites instead of the mammoth-sized meal. Out of the truck featured several flavors of gelato and sorbet (for the veggie crowd). Pecan crunch, salted caramel and milk and cookies were some of the highlights. There was a bit too full, so we selected small bites from the gelato, there were a few des- erts, gelato cookie sandwiches, and some fun variations of the soda float. The creamslide float made with orange soda and vanilla was really quite good.

The real star of the show was the Banana Foster bread pudding – warm bread pudding with butter rum sauce and a generous dollop of whipped cream. Add a scoop of salted caramel gelato, and you have the best bite of the night. We might not have hit the childhood nostalgia with two pieces of gum at the bottom of a Screwbell, or a rocket- shaped popsicle with ice cream inside, but no one got hurt or lost their voice, and we weren’t panting breathlessly while trying to order our food. The feeling of getting something that you just can’t get every day still hit the tickle spot. Food trucks re- ally are the grownup, full-course ice cream truck anyway. We are far too mature and sophisticated these days to be running around our neighborhood with a Push-up Pop in one hand and a Choco Taco in the other... or are we?

If you have a food challenge you would like us to try, please submit it at: http://nonahoodfoodchallenge

Katie’s Cucina: Tomato, Spinach and Feta Egg White Soufflés

Our Florida strawberry season is slowly Spring for me is all about brunching. One of the biggest days we brunch is for the mothers in our life. I’m so excited to share with you one of the dishes that I plan to make for Tomatoes, Spinach and Feta Egg White Soufflés. This recipe is in my mind the perfect healthy and delicious recipe to make for Mom. It’s pretty “no fuss” and very hard to mess up! I created this recipe a few years ago when I had an abundance of grape tomatoes in my garden. I started adding tomatoes to just about everything. I’ve always eaten egg whites since I can re- member, so it was a given I would make some egg white soufflé recipe, and that’s how this recipe was created.

These egg white soufflés take 30 minutes to make. They take 10 minutes, and if you’re entertaining, you can prep before your guests arrive, then pour in the egg whites and bake. To prepare the soufflés, you’ll want to roughly chop the spinach into fine little shreds. Then, slice the grape tomatoes in half. I placed 3 in each rame- kin so you will have 1/2 left over.

You can always place the lone half into one of the ramekins or eat it while you prep. The key to a good egg white soufflé is seasoning the eggs really well. I added salt, pepper, chives, and parsley. Both the chives and parsley were dry because that’s what was quick and on hand at the time. I didn’t feel like taking the extra minute or two to go out to the garden to cut fresh parsley and chives. But if you want to spend the extra minute, go for it. Or, if you’re not growing your own, head to one of our local farmers’ markets (Mondays in NorthLake Park or Saturdays at Valencia).

Once I combined the seasonings and herbs with the egg white, I mixed the eggs in the bowl until it became a little frothy. Then I divided the eggs into the 3 ramekins and topped each with the remaining spinach and sliced grape tomatoes and sprinkled the tomato basil feta on top. I used one regular feta, but this is what I had on hand, and it added extra flavor to my soufflé. If you’ve ever made a soufflé before, you know that as soon as you remove them from the heat, they will start to deflate. So, carefully place the cooked egg white soufflés in the oven and serve immediately! You can easily double or triple this recipe to make it for however many people you’re entertaining. If you’re not entertaining and have any left over, you can actually refrigerate and reheat the next day. I do this often, and it makes for an easy and delicious breakfast on the go!

Whether you’re entertaining or looking to make. Prep takes 10 minutes, and if you’ve ever made a soufflé, you know that as soon as you remove them from the heat, they will start to deflate. So, carefully place the cooked egg white soufflés in the oven and serve immediately! You can easily double or triple this recipe to make it for however many people you’re entertaining. If you’re not entertaining and have any left over, you can actually refrigerate and reheat the next day. I do this often, and it makes for an easy and delicious breakfast on the go!

Directions:
1. Preheat the oven to 425 degrees Fahrenheit.
2. Spray 3 ramekins with cooking spray. Then, mix together in a separate bowl: egg whites, salt, black pepper, parsley, and chives. Mix with a whisk for 1 minute until the egg whites be- gin to froth a little.
3. Place a teaspoon of finely chopped spinach in each of the ramekins. Then, divide the egg white evenly among the 3 ram- ekins. Top with additional spinach and 3 sliced grape tomatoes. Sprinkle a teaspoon of tomato basil feta over each of the ram- ekins. Bake for 20 minutes until done and egg whites have risen.
4. Remove from the oven and en- joy immediately.

Tomato, Spinach and Feta Egg White Soufflés

Yield: 3
Prep time: 15 min. | Cook time: 15 min. | Total time: 30 min.

Ingredients:
- Cooking spray
- 8 egg whites
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon parsley
- 1/2 teaspoon chives
- 1/4 cup spinach, finely chopped
- 5 grape tomatoes, halved
- 3 teaspoons tomato basil feta, divided

Directions:
1. Preheat the oven to 425 degrees Fahrenheit.
2. Spray 3 ramekins with cooking spray. Then, mix together in a separate bowl: egg whites, salt, black pepper, parsley, and chives. Mix with a whisk for 1 minute until the egg whites be- gin to froth a little.
3. Place a teaspoon of finely chopped spinach in each of the ramekins. Then, divide the egg white evenly among the 3 ram- ekins. Top with additional spinach and 3 sliced grape tomatoes. Sprinkle a teaspoon of tomato basil feta over each of the ram- ekins. Bake for 20 minutes until done and egg whites have risen.
4. Remove from the oven and en- joy immediately.
Final Review Nicole: This combination is my go-to flavor. It's so floral, and I'm obsessed. I'm having visions of frolicking through a lavender field with rose petals being thrown on me. This flavor combo will never disappoint me, and I'm ready for another. Honestly, shout-out to Chibi's for always making me happy and staying true to its concept.

Final Review Vanessa: I'm not usually a huge fan of things that taste like I'm eating a flower (6/10), but this drink is very sweet and fun for a Florida spring day! I really love not only the drinks at Chibi's, but also how incredibly kind and accommodating the staff is whenever Nicole and I go in there. They're always willing to talk to us about new flavors and concepts, and that not only makes their drinks all the more sweet but also highlights the customer service and interactive part of the experience.

Taste: 10/10
Aesthetic: 10/10
Environment: 10/10
Price: 8/10
Proximity to Nonahood: 6/10

Order: Earl Grey and Lavender Ice Cream
Place: The Wizarding World of Harry Potter in Universal

Final Review Nicole: I wasn't intrigued to try this because of the described lavender notes, and I wasn't disappointed. It's nowhere near as sweet as most Starbucks drinks, which is nice, but for those of you who prefer sweet drinks, you might want to add an extra pump of vanilla syrup. My initial reaction was that it wasn't as sweet as I thought it would be. However, it's nice to enjoy a refreshing latte that isn't overwhelmingly sweet every once in awhile. The subtle citrus notes complement the lavender notes nicely, although once again, I wish the lavender was more apparent. I think my addition of the coconut milk makes everything taste lighter, so to speak. I can begin to understand why this is called London Fog! I feel like I can't really describe why, but it just makes sense. Haha! Maybe because it's got a delicate and dainty flavor? If you're craving a tea latte, but don't want a sweet one like Chai or Matcha, go with the London Fog.

Taste: 7/10
Aesthetic: 7/10
Environment: 6/10
Price: 6/10
Proximity to Nonahood: 10/10

Order: Earl Grey Lavender Ice Tea and Aromatic Rose Ice Tea
Place: Krungthep Tea Time

Final Review Nicole: This drink is simple and refreshing! It's made with St. Augustine Vodka, fresh lemonade and lavender simple syrup. It comes out in a large mason jar and has a faint lavender hue to it. I won't lie, I squealed a bit when I saw this on the menu. It's something I've always wanted to enjoy. The drink is so fresh, and the lavender flavored syrup is transparent enough for those who don't like a super strong floral taste but perfect for those like me who would probably just shove the actual lavender plant in their mouth – a nice compromise for all. I probably finished mine a little too quickly, and, honestly, I just want to go frolic in a gloriously lavender field now. Be right back...

Taste: 9/10
Aesthetic: 7/10
Environment: 7/10
Price: 8/10
Proximity to Nonahood: 6/10

Next month, we'll enter the UV world and experience the color of 2018: Ultra-Violet Purple.
**Menswear: Looking Cool When Florida Is Hot**

BY ZAC CHAMBERS, @CHAMBERSZAC

If you’ve lived in Florida for any period of time, you know. If you’re new here, you’re likely learning. Florida heat is no joke, and it often makes having a style game a major challenge. What I quickly learned growing up in the Sunshine State was that “dressing up” sometimes felt synonymous with “sweating profusely.” But what I also learned (out of necessity) was there are ways to combat the heat, wear pieces you like, and still manage to look and feel good!

My family has always been into denim. One of the coolest pieces of my dad’s clothing is a 46-year-old pair of Levi denim overalls, which he often wore without a shirt! Naturally, I was born loving and appreciating denim culture. I guess you could say it’s “in my jeans.” Yet wearing quality denim when it’s 90 degrees and humid outside doesn’t always feel like the most appropriate option. Terrible puns aside, I’m going to give you a little secret. It’s called chambray.

What is chambray? Glad I asked for you! Put simply, it’s a plain, weave-structured fabric. A simple over-under pattern with the weft fiber being white and the warp fiber often dyed blue, making it look strikingly similar to denim but feel thinner. Basically, chambray fabric looks like denim and feels like linen – great news for Floridians.

It’s lightweight. Because of its plain weave construction, it gives you the heavier, rugged denim look without the weight and heat. Now, this doesn’t mean there can’t be lighter denim shirts, but typically stores sell light fabric chambray shirt more often. So if you enjoy living in Florida but would like to wear more than just tank-tops every day, invest in the chambray train. It won’t weave you hot. I’m officially done with the puns…for now.

This won’t be the last time I talk about combatting Florida’s aggressive rays with your style game – frankly, because this won’t be the only time of year that it’s hot. So, keep coming back each month to check out what’s new in our Nonahood News Menswear Column. If you have a question, concern, or would like us to address a specific topic, let us know by contacting us at nonahood.to/menswear.

---

**Join Watercrest Lake Nona this April for our Educational Health Chat Series in conjunction with local Healthcare Experts for Health & Awareness Month.**

Teaching you to be proactive, not reactive when it comes to your health!

All events will be from 2:00pm-3:00pm

- **4/02/18:** Minimizing The Impact Of Allergies with Dr. Aishah Ali, Allergist & Immunologist
- **4/09/18:** Introducing the UCF Lake Nona Medical Center with Regional VP Jake Kirchner, DPM
- **4/13/18:** Understanding The ABCDE’s of Diabetes with Dr. Sowmya Surya, Endocrinologist
- **4/16/18:** Avoiding Falls and Protecting your Health with Dr. Dangiolo, Geriatrician
- **4/20/18:** Chronic Care Management with Dr. Gabriel Nuriel and Tammy Russell, ARNP
- **4/23/18:** The Aging Eye with Dr. Chirag J. Patel, Ophthalmologist
- **4/27/18:** The Benefits of Partial Knee Replacement with Dr. Obi Adigwme, Orthopedist
- **4/30/18:** Treating Common Diseases as you Age with Dr. Vladimir Neychev, General Surgeon

---

**Watercrest Lake Nona**

9682 Lake Nona Village Place

Orlando, FL 32827

407-226-3113

www.watercrestseniorliving.com

Assisted Living Facility #12742

---

**Iron Pigs Motorcycle Ride**

**Pigs against Pediatric Cancer**

April 21, 2018

Sign up at: www.ironpigsorlando.com

- ride with the Iron Pigs!
- enter the raffle for a chance to win a 2018 bike!
Take Charge of Your Health Today With These Seven Simple Steps

BY DR. JENNIFER WADDY

There is no doubt that healthcare is changing and, along with it, even the way we practice as providers. We all know that getting sick is no fun, and we often avoid going to the doctor for various reasons, including the inconvenience or expense. You might try and tough it out as long as possible, but there will come a point when it’s time to see a doctor.

What if there were another way you could avoid these last-minute visits? While we can’t always avoid getting sick, there is a lot we can do to keep ourselves and our families healthy. It starts by being proactive. As a physician focusing on wellness, I have the unique opportunity to help you help yourself. I know that you are the health expert on “you,” and I am simply your healthcare advocate and participant. Here are seven things you can do today to take control of your health.

Listen to Your Body

We often spend time prioritizing work, school and family and don’t take the needed time for self-reflection. So, the first step in your health transformation is taking a personal inventory of how you feel, how you function and perform, and how you are represented to the world. It is most important to listen to your body and be aware of what it is telling you.

Know Your Numbers

How do you know what your body is telling you? In addition to how you feel, there are a few simple numbers to know that will help your healthcare provider assess your risk for developing certain diseases: 1. Body Mass Index (BMI); 2. Blood Pressure; 3. Lipid Profile (Cholesterol and Triglycerides); 4. Fasting Blood Glucose; and 5. Waist Circumference.

Have a Health Action Plan

Now that you have a frame of reference with parameters to monitor, what can you do about them? For starters, you need to develop a health action plan. A health action plan identifies your health needs, how to improve them, who will assist, and when to follow up. The focuses of the plan are the key action points.

Create a Medical Home

Do you know where to turn if you have questions or need guidance? With a goal to maximize health outcomes, a medical home is a team-based healthcare delivery model that provides comprehensive and continuous medical care. Understand that you have an active role in the relationship with your healthcare team, and you might need to reconsider your team if necessary.

Schedule Your Yearly Check-up

You must maximize your medical team. I recommend a minimum of once yearly check-ups with your primary physician for routine preventative screening and exams. A huge part of disease prevention is being able to identify and treat some conditions in their earlier stages for better outcomes. At every age, your annual check-up is a must.

Improve Your Lifestyle Habits

Implement your health action plan. I can’t emphasize enough how your lifestyle affects your overall health and well-being. By improving a few habits – such as nutrition, physical activity, stress management, and adequate sleep – you can improve your health and decrease your risk for chronic illnesses.

Practice Positivity

Finally, learn positive thinking skills. This means approaching difficult situations in a more positive and productive way. Start by eliminating negative self-talk. Do you find yourself personalizing many events and blaming yourself? Do you often focus on tasks uncompleted versus those accomplished? If so, you might need to refocus your self-talk and not overlook the power of a positive attitude.

There is no better time than now to take charge of your health and wellness. Having knowledge without taking action is just like not knowing. I challenge you to put your knowledge into action and take the time to improve your healthcare outcomes.

Dr. Jennifer Waddy shares a passion and vision for helping others lead healthier lifestyles and sees this as her niche to serve. She has been heavily involved in the fitness arena since participating in sports early on to her undergraduate degree in exercise physiology. Always wanting to be a physician, she earned her medical training from Duke University, where she conducted clinical research in cardiac rehabilitation and explored the benefits of a medically supervised comprehensive wellness program. While practicing as a hospitalist in Orlando, she has witnessed the gap in attention to weight management in the primary care setting but strongly believes that by focusing on nutrition and physical fitness, one can dramatically curtail the prevalence of preventable diseases.
My family and I have been very irregular skiers. Some years, we’ve had ski desti-
nation vacations for five years in a row; then we’ve gone three years or more and
not ski at all. This year was an exception as we were invited to the Colorado home
of our friends and neighbors, Michael and Lynn Seidman, two months after we skied
in Italy. Bill and I had not been back to Aspen/Snowmass since we were 27 and
36, although we had skied many ar-
eas in the West while our kids were grow-
ing up. I knew we’d never get back there
until now. So, I’ll take you through our day-to-
day since I’m writing this while I’m still there.

Day 1 – We arrived mid-day and took care
of the business end: ski rental, lift tick-
ets (gird your loins when buying because
the prices are eye-watering – about $150 per day), and settling in before go-
ing out to a very nice dinner at Toro in
Snowmass.

Day 2 – Their house isn’t strictly ski-in, ski-
out, but access to the mountain is nearby.
I called it 200 yards of hell. It is narrow,
maybe a foot wide with trees on either
side, bumps, and short steep areas that
make it hard to control your speed. Well,
your speed anyway. The next day before go-
ing out there that Michael and Lynn were
expert skiers, and they knew we were in-
termediate skiers. But Snowmass is a big
mountain that can accommodate all lev-
els of skier, so I wasn’t worried. And they
were pretty easy on us that first morning,
partly because they were used to it and partly
due to a surprise Michael was planning for
Lynn’s birthday at the base camp of the
mountain. (OK, I’ll share the surprise.) He
flew his youngest son, Kevin, out, and ar-
 ranged to have him come out with a tray of
drinks as our server – surprise!! She was
surprised to say the least. As we found
out the next day, Kevin is also an expert
skier and snowboarder and, of course,
why wouldn’t he be with them as parents?
We’d see him in action on Day

legs were burning, my heart was racing, and
it made me more aware of my limita-
tions. It was Academy Awards night, so we
got takeout pizza and salads and did the
hot tub, Après-ski thing from the comfort
of their gorgeous home.

Day 4 – More skiing, this time on heav-
enly, fresh powder, with Bill and I staying
on the intermediate slopes and meeting
our friends for lunch and last runs. Inter-
mediate runs can take anywhere from 15-30
minutes from the top to
mid-mountain depend-
ing if you’re taking your
time or racing. The runs are wide and long, which
is why Snowmass is a fa-
vorite. That night, it was
the Snowmass Club for
dinner, another wonder-
ful meal with elk as the
main course.

Day 5 – We hit the
slopes from 10-3 fol-
lowed by hot tub and a
surperb dinner at Nobu
Matsushima.

Day 6 – A much-needed
day to recuperate and a
shopping trip into As-
pen, followed by dinner at Il Poggio. Every
night seemed like one dinner outshined
the night before.

Day 7 – Ski with physically superior be-
ings, Lynn and Michael, as they hiked up
the mountain in record time. I turned back
at some point: I was too tired to remem-
ber when. Later, we picked up girls coming
in on various flights and dinner at Venga
Venga in Snowmass Village. Michael
leaves; girl trip commences.

Day 8 – Girl time! It’s like living in a so-
urity house. It was a perfect, beautiful day
skiing. Dinner was at L’Hosteria in Aspen
for Let’s-h-b-day. One amazing day.

Day 9 – The day began with a very
light dusting of new snow. Colorado has not
been overly blessed with much of the white
stuff this year, but it’s still breathtaking
from high up top. I took a lesson to fine
tune my skiing, and the other girls headed
to Big Burn and High Alpine. Went to Toro
again for dinner, but since most of us were
tired, our evening was more subdued.

Day 10 – After a relaxing morning, we
headed into Aspen, shopped, and had lunch at Schloon’s at the base of Ajax
Mountain. It would be hard not to have
fun in this crowd. After midday chocolate
martini’s, followed by a Prosecco toast, hi-
ilarity ensued. We were seated in the per-
fected spot with the mountain as a backdrop,
the warm sun and blue sky overhead, music
playing and a perfect lunch. More
shopping – Aspen is dangerous, and we
only encouraged each other. We stayed in
and made paninis for dinner.

Day 11 – Final full day of skiing, take-
out pizza, packing and closing up Lynn’s
house. Lynn has to say goodbye to Chey-
enne the bull, her latest art project. We
leave at 5 next morning.

Travel: Aspen/
Snowmass

BY DEBORAH BULLEN
In late 2015, I was researching the car as I am a 26-mile, one-way commute to Winter Park. Since our homes in Laureate Park are powered for a car charger, I was looking for an affordable, practical car that I could charge in my garage, reduce my impact on the environment, and maybe save money. The Chevrolet Volt became a front runner when our research due to the technology involved and how GM had warrantied the battery and EV systems. A Tesla was out of my budget, but the Volt had the best of both worlds — an internal combustion engine (ICE) AND a battery powered electric vehicle (EV). However, I found a new Chevy Volt was much too expensive for my budget. I started talking with Volt owners on the r/volt Reddit page and GM-VOLT.com forums. I asked them a ton of questions about fair pricing, must-have features, and what they liked and didn’t like about the car.

During these conversations on Reddit, I was introduced to a man named Leewy Marucci, a 24-year-old with his PA car dealer license who happened to be a technician who worked on Volts and Prizes and wanted to start selling them on his own. He bought the Volt that eventually became mine at an auction in the Boston area and sent me a ton of pictures. I went to our local CarMax to test drive a Volt, and I was hooked. The instant torque, quiet ride, technology, and handling got me.

Leewy’s Volt had everything I wanted: ungodly 150 miles per 1000 miles on the EV system (except the adaptive cruise control), leather, Bose stereo, and heated seats.

Since the Volt doesn’t run the ICE most of the time, the cabin heat is very inefficient. It’s like running a hair dryer — uses a lot of power to heat a coil that air is blown over. Most ICE cars just blow the air over the hot engine to heat it up. The Volt can’t do this when it’s in EV mode. Heated seats are significantly more efficient when it is cold in Orlando.

Leewy offered to personally deliver my Volt to me — he drove it himself down from his home in the Hershey, Pa., area, in October, and I drove him back to the airport to fly home after an extended test drive. Like a “Carvana” experience, I never thought I’d buy a car without sitting in it first, at least. But to have it drive up to my garage and be mine right away was awesome, way better than any dealership experience I’ve had. And I knew it was a good car because I bought it from a guy who works on these cars.

My home electric costs are approximately 11 cents per kW, or $1.15 for a full charge (40 miles). There is a charger across the street from where I work. There, I pay 12 cents per kW, or $1.40 for a full charge (40 miles). At current gas prices, I’m saving more than $3.50 per day on my commute. That’s at least $900 a year at today’s $2.30 for regular at Sam’s. Free charging stations are popping up all over Central Florida. Even the Lake Nona Town Center, Laureate Park Pool, Gateway Building, and USTA have free chargers!

I’ve put about 23,000 miles on it myself now and love it. There’s plenty of cargo room, power, and the sound system is awesome! My son calls it “ROCKET!” I plan on having the Red Rocket for at least 3 or 4 more years, when the Model 3 Tesla has been out long enough to come down in pricing off lease (just like my Volt was).

Mods:

• HID Projector Bulbs from Makoto (the stock headlights are terrible).
• LED light bulbs on the interior and exterior and license plate lamps.
• Front grill on the Chevy Emblems for the “Black Tie” look.
• GE Durastation J1772 40 Amp Car Charger installed in garage. This charger fully charges the Volt in about 375 hours (limited by the onboard charger

— Ride with the Iron Pigs! — Enter the Raffle for a Chance to Win a 2018 Bike!!

April 21, 2018 + Sign up at: www.ironpigsolando.com

In the Garden: Spring Has Sprung!

By Amber Harmon

Now is the time to pollinate. After a New is the time to pollinate. After a very strange winter in Central Florida during the month of March, with weather that included the first half of the month, our plants were totally confused. They started to flower with the warmth at the end of February and then went into a temporary state of shock when we hit the 40’s in the evening most nights in the first two weeks of March. The plants are just now finally starting to figure out that spring is really here! The flowers are blooming, and this is the time of season we use them for medicinal and pest control. When herbs are planted to attract other wildlife into the area and provide an opportunity to add more native plants to our Florida landscape. The butterflies each host the butterflies in your garden. A butterfly diversity in Florida, so there are many options for plants such as milkweed to host the butterflies in your garden. A garden plan is important in providing an environment where the butterflies not only go to feed on and spread pollen but also to carry on the lifecycle and stay to lay eggs and hatch new butterflies in the area. To create this host environment, it is important to understand that each butterfly has host plants they are attracted to. The different-colored flowers also attract different types of butterflies, so include a nice variety in the garden.

When butterflies lay their eggs, the lar- vae also need particular plants available to feed on. If the right, mature, flowering plants and host plants for larvae are provided, then the butterfly can complete its life cycle all within the butterfly garden. If we take care of our butterflies and other pollinators, then we are taking care of us, by pollinating our flowers and vegetables, these beneficial bugs provide us with the freshest, nutrient-rich foods right from our own gardens. These gardens will also attract other wildlife into the area and provide an opportunity to add more native plants to our Florida landscape. The garden also can be a home to beneficial insects that supply food to birds, lizards and other animals that help to control garden pests. When herbs are planted to attract pollinators, they can be used for medicinal purposes in cooking and teas to benefit the health of your family.

Please refer to either the list of plant names: www.UFIFAS.org or the University of Florida IFAS Extension for more information.

Amber Harmon is the founder of My Nona’s Garden, an organization with a mission to bring health, promote growth and provide education to local communities, one garden at a time. Visit MyNona- Garden.com for more information.

We make organic vegetable gardening easy!

Amber Harmon is the founder of My Nona’s Garden, an organization with a mission to bring health, promote growth and provide education to local communities, one garden at a time. Visit MyNonaGarden.com for more information. We make organic vegetable gardening easy!

Our organic, vegetable gardens are Simple, Self-Watering and Sustainable!

Call for information about our Garden Service: (407) 593-8196

www.MyNonaGarden.com

In the Garden: Spring Has Sprung!

By Amber Harmon

Now is the time to pollinate. After a New is the time to pollinate. After a very strange winter in Central Florida during the month of March, with weather that included the first half of the month, our plants were totally confused. They started to flower with the warmth at the end of February and then went into a temporary state of shock when we hit the 40’s in the evening most nights in the first two weeks of March. The plants are just now finally starting to figure out that spring is really here! The flowers are blooming, and this is the time of season we use them for medicinal and pest control. When herbs are planted to attract other wildlife into the area and provide an opportunity to add more native plants to our Florida landscape. The butterflies each host the butterflies in your garden. A butterfly diversity in Florida, so there are many options for plants such as milkweed to host the butterflies in your garden. A garden plan is important in providing an environment where the butterflies not only go to feed on and spread pollen but also to carry on the lifecycle and stay to lay eggs and hatch new butterflies in the area. To create this host environment, it is important to understand that each butterfly has host plants they are attracted to. The different-colored flowers also attract different types of butterflies, so include a nice variety in the garden.

When butterflies lay their eggs, the larvae also need particular plants available to feed on. If the right, mature, flowering plants and host plants for larvae are provided, then the butterfly can complete its life cycle all within the butterfly garden. If we take care of our butterflies and other pollinators, then we are taking care of us, by pollinating our flowers and vegetables, these beneficial bugs provide us with the freshest, nutrient-rich foods right from our own gardens. These gardens will also attract other wildlife into the area and provide an opportunity to add more native plants to our Florida landscape. The garden also can be a home to beneficial insects that supply food to birds, lizards and other animals that help to control garden pests. When herbs are planted to attract pollinators, they can be used for medicinal purposes in cooking and teas to benefit the health of your family.

Please refer to either the list of plant names: www.UFIFAS.org or the University of Florida IFAS Extension for more information.

Amber Harmon is the founder of My Nona’s Garden, an organization with a mission to bring health, promote growth and provide education to local communities, one garden at a time. Visit MyNonaGarden.com for more information. We make organic vegetable gardening easy!

Our organic, vegetable gardens are Simple, Self-Watering and Sustainable!

Call for information about our Garden Service: (407) 593-8196

www.MyNonaGarden.com
The season of spring has officially made its way into the Nonahood and so have the latest trends of the season. Warm weather is a norm in Lake Nona, but the trends that follow this season are ever-changing. This season, having a simple, airy, fresh look is back in style, making this time of the year effortlessly easy to dress for.

Now, this news is a game-changer. Dressing simply makes it possible to look well dressed without being overdressed. These new spring trends make it easy to style your look by leaving out excessive accessories. That’s right, leave the chokers, electric blue heels, and very bulky jewelry at home this season! Load and chunky accessories will surely make their way back into our daily style coming next fall, but this spring inspires natural beauty!

Introducing to you, the very effortless and simple tool that can spring up your style this season: the silk scarf. Yes, I am advising you to actually go grab those beautifully diverse old silk and linen scarves from your grandma’s closet. This little style tool is not only cheap and easy to find, but it has so many purposes in accenting your simple beauty. From wrapping your hair do’s to making a DIY necklace to accenting your trendy shoulder bag with a bow, these scarves will give your natural beauty a vibe and artful twist.

Like most classic fashion trends, style leaves and returns like a revolving door. Silk scarves have been the antithesis of modern chic for some time now and often are associated with an older range of baby boomers. It looks as if 2018 is bringing a very popular revival of this age-old trend. The silk scarf is back in all of its diverse and colorful beauty! 2018 brings with it a sense of creative newness that is encouraging us to get artsy and fun with the way we style ourselves.

In an attempt to show you just how easy it can be to achieve this look, I have provided a few style examples you can use every day to spruce your pastels and ripped jeans. These scarves are put to great use as headbands, hair bows, braid wraps, and even subtle scarves. Pictures are several different ways of styling your reclaimed silk or linen scarf.

Keep your eyes peeled for this new trend in local boutiques and apparel stores around the Nonahood. Owning one of these beauties can be pricey at times, but luckily there are tons of ways to get your hands on them without spending a fortune. I have found a very wide selection of used scarves at local consignment and thrift shops, and you can find new scarves for under $20 on the shelves of department stores. Before you begin your hunt for the perfect accent scarf, I highly encourage you to spend quality time with your grandma and see what goodies she has hidden for you to borrow or take! Not only does this make wearing it sentimental, but you are repurposing a family treasure to style a look that is classy, edgy and chic!

Fashion: Wrapping Up Spring With Grandma’s Old Silk Scarf

BY BRIELLE RUSHING

Fashion Dose: Vegan Diet for Fashion

BY ABIGALE LEWIS, @AYSTRAWBERRY

Change your style and also feel good about it by starting with vegan-based materials for everyday needs like handbags, shoes and accessories. Just like your vegan diets, there are animals like cows, pigs, cats, dogs and alligators that are cruelly used for their skin. With today’s technology, we can indulge in clothes that are reinvented and fashionable without harming a single animal.

According to PETA, there are a few things in your closet that are literally a killer look. Fun fact, various vegan leathers are from an organic molecular structure highly bonded by polymer resins called polyurethane. That’s right, chemists are the new fashion designers. According to PETA.org, it takes lots of energy and a toxic combination of chemicals to turn animal skins into leather and this process is damaging to the earth. If you knew the process to make leather, you’d probably reconsider that Gucci lightning leather jacket and go for the cruelty-free version. Animals are brutalized, and we can make a difference supporting cruelty-free designers and brands.

With the increase in awareness, well-known luxury brand names are making it accessible and liberating to fight for animal rights. Boho is never missing a beat in trends. While shopping, look for designers like Stella McCartney, Silence + Noise, H&M, Old Navy, Nine West and even Target that encourage the vegan diet with fashion – not to mention the significant difference in tag prices of genuine leather as compared to vegan leather.

On BestProducts.com, there’s a detailed list of “19 Vegan-Friendly Handbags From Brands We Love”. These ultra-desirable handbags are also appealing to the eyes like the Angela Roi Morning Crossbody bag that is perfect for the silhouette of spring-summer trends. Pair it with your favorite navy blue slacks or even an all-white “Baby Spice” fit to bring a subtle touch of color. Amazingly, a percentage of sales from this bag style benefits the American Society for the Prevention of Cruelty to Animals (ASPCA). The intertwining of charity and fashion makes handbags an influential statement piece.

Another eye-catching handbag is the ruby-red Emmy Trophy Eaux Leather Crossbody Bag, (nordstrom.com). Saddle-up the denim-in-denim look with this vintage equestrian style crossbody bag to complete that “my day is booked” look. Essentially, this mini Emmy Trophy Crossbody Bag can be dressed up or dressed down with the shiny chain-like hardware and frontal ring.

Hopefully, this will encourage you to look not just at the ingredients in your food but also your style. Farm Sanctuary is a popular American organization advocating the education on farming animals. There is an easy access vegan shopping list describing each brand and their contribution to cruelty-free-fabrics in store and online at FarmSanctuary.org.

From luxury to ethically contemporary, the Vegan diet is great for enhancing fashionable trends.
This month's Nona Your Neighbor subject is Mr. Daniel Mancini, more commonly known as Danny or Uncle Danny.

Danny was brought to our attention through an incredibly thoughtful Facebook post detailing this compassionate Lake Nona resident’s dedication toward keeping Laureate Park clean. You’ll never see Danny without a trash bag, in hand, as he walks through Laureate Park, picking up trash and sometimes, plastic. His quintessential to Laureate Park’s effort in cleaning up after Hurricane Irma, and after the event. No longer than a day, Danny’s compassionate efforts, we knew he was the perfect subject for this month’s edition of Nona Your Neighbor.

NHN: What brought you to the Nonahood?
DM: My niece lives here. I sure do like it here!

NHN: Where are you from originally?
DM: Conshohocken, PA, which is near Philly.

NHN: What’s your favorite hobby?
DM: Bowling. When I was young, my favorite was fishing.

NHN: What’s your biggest dream?
DM: To have a job cutting people’s grass, or a job in Suzy Jo’s donut shop.

NHN: What in you most excited about in Lake Nona?
DM: Taking walks by the lake, bike riding and meeting my neighbors.

NHN: Who’s your biggest inspiration?
DM: Elvis Presley!

NHN: What’s your favorite book?
DM: I don’t read, but I love watching Westerns and TV shows from the 50s.

NHN: What’s something you’ve done that scared you the most or that you felt your comfort zone?
DM: I can’t think of anything, but I’m proud to have taken good care of dogs in my family.

NHN: Describe one of your most meaningful life experiences.
DM: Going to SeaWorld and seeing Shamu kiss a girl on the cheek and say, “Hiya, sweetheart!”

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

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

DM: Conshohocken, PA, which is near Philly.

NHN: What’s your favorite hobby?
DM: Bowling. When I was young, my favorite was fishing.

NHN: What’s your biggest dream?
DM: To have a job cutting people’s grass, or a job in Suzy Jo’s donut shop.

NHN: What in you most excited about in Lake Nona?
DM: Taking walks by the lake, bike riding and meeting my neighbors.

NHN: Who’s your biggest inspiration?
DM: Elvis Presley!

NHN: What’s your favorite book?
DM: I don’t read, but I love watching Westerns and TV shows from the 50s.

NHN: What’s something you’ve done that scared you the most or that you felt your comfort zone?
DM: I can’t think of anything, but I’m proud to have taken good care of dogs in my family.

NHN: Describe one of your most meaningful life experiences.
DM: Going to SeaWorld and seeing Shamu kiss a girl on the cheek and say, “Hiya, sweetheart!”

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

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

DM: Conshohocken, PA, which is near Philly.

NHN: What’s your favorite hobby?
DM: Bowling. When I was young, my favorite was fishing.

NHN: What’s your biggest dream?
DM: To have a job cutting people’s grass, or a job in Suzy Jo’s donut shop.

NHN: What in you most excited about in Lake Nona?
DM: Taking walks by the lake, bike riding and meeting my neighbors.

NHN: Who’s your biggest inspiration?
DM: Elvis Presley!

NHN: What’s your favorite book?
DM: I don’t read, but I love watching Westerns and TV shows from the 50s.

NHN: What’s something you’ve done that scared you the most or that you felt your comfort zone?
DM: I can’t think of anything, but I’m proud to have taken good care of dogs in my family.

NHN: Describe one of your most meaningful life experiences.
DM: Going to SeaWorld and seeing Shamu kiss a girl on the cheek and say, “Hiya, sweetheart!”

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

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

DM: Conshohocken, PA, which is near Philly.

NHN: What’s your favorite hobby?
DM: Bowling. When I was young, my favorite was fishing.

NHN: What’s your biggest dream?
DM: To have a job cutting people’s grass, or a job in Suzy Jo’s donut shop.

NHN: What in you most excited about in Lake Nona?
DM: Taking walks by the lake, bike riding and meeting my neighbors.

NHN: Who’s your biggest inspiration?
DM: Elvis Presley!

NHN: What’s your favorite book?
DM: I don’t read, but I love watching Westerns and TV shows from the 50s.

NHN: What’s something you’ve done that scared you the most or that you felt your comfort zone?
DM: I can’t think of anything, but I’m proud to have taken good care of dogs in my family.

NHN: Describe one of your most meaningful life experiences.
DM: Going to SeaWorld and seeing Shamu kiss a girl on the cheek and say, “Hiya, sweetheart!”

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

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

DM: Conshohocken, PA, which is near Philly.

NHN: What’s your favorite hobby?
DM: Bowling. When I was young, my favorite was fishing.

NHN: What’s your biggest dream?
DM: To have a job cutting people’s grass, or a job in Suzy Jo’s donut shop.

NHN: What in you most excited about in Lake Nona?
DM: Taking walks by the lake, bike riding and meeting my neighbors.

NHN: Who’s your biggest inspiration?
DM: Elvis Presley!

NHN: What’s your favorite book?
2018 summer camp nonahood guide

HOURS & PRICING
Full Day Summer Camp — Starting at $310/week
Monday - Thursday: 8:30 am - 2:30 pm
Includes lunch for each camper!
Friday: 8:30 am - 11:30 am*

Extended Camp Option — Additional $50/week
Monday – Thursday: 2:30 pm - 4:00 pm

Morning Summer Camp — Starting at $175/week
Monday - Friday: 8:30 am - 11:30 am*
*Camp ends at 11:30 am and does NOT include lunch

SIBLING DISCOUNT
Full price for first child, 10% off each additional child attending in the same week.

Weekly from June 4 - August 10

PUT THE ‘FUN’ INTO FUNDAMENTALS WITH SUMMER TENNIS CAMP

© 2018 USTA. All rights reserved.

// reserve.ustanationalcampus.com/camps

© 2018 USTA. All rights reserved.
2018 summer camp nonahood guide

Advanced Camp for ages 14+
June 14-16th 9am-2pm $200

Beginner/Intermediate Camp for ages 10+
June 25-28th 5-8pm $125

Foundation Academy Gym
15304 Tilden Rd, Winter Garden

Contact Coach Rob for more information and to register
407-450-5572 or email: rob@henrybrunton.com

Language Immersion Summer Camp
May 29 – August 10th, 2018
All ages up to 10 yrs Old

• Languages (Spanish, English, Mandarin, French) • Gardening
• Cooking • Soccer • Water Days
• STEAM Labs • Music and more

FLORIDA FILM ACADEMY
Exciting Summer Camps available for Ages 7 – 12 & 13- 18 at Florida Film Academy!
Creative experiences include Filmmaking for all levels, Animation & Character Design, Visual & Practical Movie Effects, Special Effects Make Up & Prosthetics, YouTubing and more!
Camps are available at our Winter Garden Headquarters in Orlando, St. Pete & St. Augustine.
FFA also offers residency options at select locations for teens.

Henry Brunton Golf Kids Summer Camps
at Eagle Creek Golf Club
Led by Coach Rob Roylance
Half Day Camps: (Beginners) - 9:00 AM – 12:00 PM
Full Day Camps: (Golf Ready/Intermediate) - 9:00 AM – 4:00 PM

Contact Coach Rob for more information and to register
407-450-5572 or email: rob@henrybrunton.com

Synapse
REGISTER NOW FOR SUMMER WORKSHOPS!

• Summer Workshops:
  • Ages 5 – 15 years old
  • Week long sessions:
    • 7:30 am – 6:30 pm
  • Programming & AI with Arki Cosmo
  • 3D Printing mixed with Music
  • Digital Media, game design and Stop Motion
  • Robotics, culminating with our annual Battlebots competition.
  • Field trips, field days and FUN activities

• Afterschool Enrichment Program
  • Ages 5 – 15 years old
  • 2, 3, 5 day afterschool enrichment programs
  • Pickup at area schools for afterschool
  • Homework Assistance, STEM based programs in Programming, Robotics, 3D Printing & Design, Music and much more...
  • Nurturing environment that fosters CREATIVITY and DEVELOPMENT
  • Experienced and Qualified Coordinators in the field of Computer Science and Engineering

http://www.synapseOrlando.com
info@stlc.org
407.574.8904
facebook.com/synapsetlcz
Our camp is an intensive soccer training program for players at all levels, teaching higher level skills and education. We aim to create an environment for your players to be challenged, learn and enjoy the game.

Camp Format & Structure Created By:

**Division 1 College Head Coach & Former Brazilian National Team Player**

www.nonasocceracademy.com/summer-camp-2018.html

---

**JUNE 4th - AUGUST 4th**

8 WEEK PROGRAM WITH THE WEEK OF INDEPENDENCE DAY OFF

9 am - 5 pm

@Innovation Middle School

Ages 6-12

---

**SPECIAL DISCOUNT FOR CURRENT ACADEMY MEMBERS**

Space is Limited

REGISTER QUICKLY FOR MORE DETAILS & INFO CALL:

407-491-2186

---

Fully Licensed & Insured
ReThink Life: A Conversation About Life, Leadership and Relationships

How Would You Rate Your Marriage Relationship?

BY RODNEY GAGE, LEAD PASTOR

On a scale of 1-10 (1 = bad to 10 = great), how would you rate your current marriage relationship?

Years ago, my wife and I had the opportunity to buy a home in North Texas where we were living at the time. I’ll never forget walking on the concrete slab with our builder. I noticed several hairline cracks and one fairly large crack that ran from the living room area all the way to our back porch. When I brought those cracks to the attention of our builder, he said, “Oh, don’t worry about those. They are common here in Texas. They are called stress cracks. They’re caused by the shifting and settling of the soil.”

As I have traveled as a speaker and served as a pastor for more than 25 years, I have noticed that there are four common “stress cracks” that can create major problems in the foundation of a marriage relationship.

1. Unexpected Differences
2. Unfulfilled Expectations
3. Unmet Needs
4. Unforgiven Mistakes

In the early stages of a relationship these four areas are usually overlooked or minimized, but over a period of time, if left unchecked, they can cause major issues within the marriage. Let me explain how the sequence below plays out in most marriages.

Romance - Reality - Rut - Regret - Resignation

It’s easy to overlook any differences when a couple is in the romance stage of the relationship because the focus is on the companionship and friendship. As the relationship evolves and after the next honeymoon are over, reality settles in. Routinely, the demands of busy work schedules, financial pressures and expectations after children come into the picture can cause marriages to get stuck in a long and unhealthy rut.

At this point the couple is just trying to survive the demands during this season of the marriage. If left unchecked, regret and resignations can settle in due to the unexpected differences, unfulfilled expectations, unmet needs and unforgiven mistakes and can reach a point of resignation. As the old saying goes, “The grass is always greener on the other side of the fence.”

If you or someone you know can relate to this sequences of events, and to the four common stress cracks identified above, let me encourage you to take some steps to restore and recapture what many couples feel is impossible to do.

The number one emotion couples experience when facing any of these stress points is anger, which is caused by fear, frustration and hurt feelings. These emotions can create the feelings of insecurity in any marriage. The goal is to keep anger low and honor high so that both individuals in the marriage feel secure. Here is some practical advice:

Schedule a Date Night ASAP! I know that sounds oversimplified, especially if there are some deep-seated issues. I am always amazed at how many couples admit they can’t even remember the last time they went on a legit one-on-one date.

The goal for this date is to focus on your togetherness. Start by asking the question that I started this article with: “On a scale of 1-10 (1 = bad to 10 = great), how would you rate our current relationship?” Qualify up front that there can be no accusations, just pure, unadulterated honesty. The goal is for complete honesty and transparency.

If one spouse scores the marriage at a “4” then the follow up question is, “What can I do and how can I help raise it to a 7 over the next 30 days?” Once an honest evaluation is given, make a commitment to work on your togetherness over the next 30 days. Take a journal and write down the strengths and qualities you admire and appreciate about your spouse. Work on magnifying and affirming those qualities and strengths you see in your spouse with the things you say and do.

You will be amazed by what happens when honor becomes high and anger becomes low. Remember, yesterday ended last night, and today’s pages are completely blank. It’s never too late to start doing what is right for each other.

Rodney Gage is an author, speaker and the founding pastor of ReThink Life Church. His passion is to help people live life on purpose. To learn more, check out rethinklife.com.

Mama’s Turn: 5 Things Growing Up In the ’80s Taught Me

BY SHARON FUENTES

One Sunday morning not too long ago, my 14-year-old daughter and I lounged on the couch watching one of my favorite movies from when I was a kid, Sixteen Candles. My daughter loves all things ’80s and was happy to keep me company. Besides, it was better than doing her homework. As the two of us watched the characters Samantha and Jake kiss as they sat atop a glass dining room table, we laughed and made side remarks about how her pink taffeta bridesmaid dress was going to catch on fire. Sixteen Candles was, but what am I?” “No DUH!,” and suddenly feel very, very old!

5. Assertiveness: The ‘80s taught us to stand up for ourselves with such amazing comebacks as, “I know you are, but what am I?” “No DUH!,” and my all time favorite, “Tag Me With A Spoon!” Yes, the teens of today are doing a great job speaking out, but we did it without emotions and text-speak – LOL, OMG!

Okay, I admit there are times I do wonder how many of us born during the ’80s made it to adulthood. I mean, after all we didn’t have seatbelts, we drank water straight from the garden hose and played on scorching, hot metal playgrounds located on asphalt that were guaranteed to give us a concussion, third-degree burns or Tetas - sometimes all three. But still, I am proud to have grown up in the ‘80s. Maybe the decision to wear neon leg warmers and get a perm senior year was not the best one, but I learned many life lessons that shaped the woman I am today. And if I ever think about getting a perm again, can someone please show me this horrible picture? “Like, barf me out!”
Imagine going 15-20 minutes farther south. I knew like the back of my hand. I couldn’t imagine going 15-20 minutes farther south to the Isle community where I was living and the Lake Nona. It was “too far” from the Belle Town Homes. Ironically, growing up in the tree canopy hovering over the Charleston Parkway for the first time and saw the member the day I turned down NorthLake Park: A Family Place to Call Home, Where Neighbors Are Family.

I love living in NorthLake Park! I still remember the day I turned NorthLake Park. It was the first time and saw the tree canopy hovering over the Charleston Town Homes. Ironically, growing up in South Orlando, I never imagined living in the neighborhood. This was a super easy and clever way of keeping the audience occupied before the show began. The lights dimmed and sounds emerged. The theater was nearly sold out. The hyped and excitement in the crowd was building.

The show lasted about an hour and a half and ended with a bang. The grand finale included getting up and dancing, with streamers flowing, and giant, inflatable, glowing balls falling from the ceiling and bouncing around the studio from all sides of the audience. After the show ended, audience members could hang back outside of the studio to meet and take pictures with the Blue Man Group and their band. Florida residents can now attend the Blue Man Group performance for $49 plus tax per adult (ages 10+) and $29 plus tax per child (ages 3-9) through April 8. Universal advertises the special as Florida residents saving up to $45.

The special combination of music, art, and technology, all while using the hands, is unique and calls for a fun night out for the whole family. Although the performance has not yet to change my life, I will never forget the love and support my family received while my son battled cancer for 5 years. With Trevor lost his battle, they put ‘We Love Trevor’ signs in front of their homes, and a beautiful plaque that make NorthLake Park special and unique.

NorthLake Park is more than just a neighborhood. My passion for Lake Nona and my love for NorthLake Park has grown daily ever since, NorthLake Park is more than just a neighborhood. Ten years ago, that tree canopy changed my life, as I sold my home in Belle Isle and called NorthLake Park home. And even more, NorthLake Park has grown daily ever since. My passion for Lake Nona and my love for NorthLake Park has grown daily ever since.

I love living in NorthLake Park! I still remember the day I turned NorthLake Park. It was the first time and saw the tree canopy hovering over the Charleston Town Homes. Ironically, growing up in South Orlando, I never imagined living in Lake Nona. It was “too far” from the Belle Isle community where I was living and knew like the back of my hand. I couldn’t imagine going 15-20 minutes farther south near the county line. NorthLake Park broke ground just after the new millennium and comprises four communities – Enclave, Morningide, Neolacland and Waters Edge. Unlike other neighborhoods that separate themselves from others, NorthLake Park is one neighborhood with four communities.

NorthLake Park has multiple green spaces, playgrounds, ponds, walking/biking trails and access to Lake Nona.

The wildlife you might see in NorthLake Park is second to none. It is very common to see the deer roaming the streets at all times of the day, but they are most active in the morning as they graze for food. The chicken nest not in our trees range blue jays and cardinals in the spring to the red-tailed hawk sitting atop the trees, waiting to find prey. With multiple ponds, NorthLake Park has a few alligators roaming the side of the ponds, sun bathing and enjoying their natural habitat.

NorthLake Park Community School and the Lake Nona YMCA’s facility is the epicenter of the community. It is one of a kind, as the school and YMCA share a facility and partner together to enhance NorthLake Park and Lake Nona. With many teachers living in the neighborhood, Michelle Barber wrote, “My daughter loves that she gets to see the children at NorthLake Park in the neighborhood.” Amanda Francis, who teaches at NorthLake Park, said, “I love the community feel that both NLP and YMCA create.”

With a school and a YMCA in the neighborhood, it is very common to hear the sound of children playing and laughing. It is almost impossible to not hear children playing in NorthLake Park, regardless of where you live in the neighborhood. Jennifer Bigot piggy-backed on that comment and said, “The friends we have made have become more like family than just neighbors.”

In times of grief and struggle, the community of NorthLake Park rallies like none other. We all recall when our common-lay tailed armadillos met meals to their family endlessly from making meals to doing fundraising events to help offset medical costs.

There are so many unique aspects that make NorthLake Park special and stand out. Unfortunately, I can only give you a snapshot of what life is like here. Words cannot do justice to seeing the sun setting over Lake Nona or Orlando International Airport, seeing kids playing tag on multiple green spaces, or seeing neighbors helping single moms and the elderly as Hurricane Irma was heading our way. NorthLake Park is more than just a neighborhood.

I love living in NorthLake Park! I still remember the day I turned NorthLake Park. It was the first time and saw the tree canopy hovering over the Charleston Town Homes. Ironically, growing up in South Orlando, I never imagined living in Lake Nona. It was “too far” from the Belle Isle community where I was living and knew like the back of my hand. I couldn’t imagine going 15-20 minutes farther south near the county line. NorthLake Park broke ground just after the new millennium and comprises four communities – Enclave, Morningide, Neolacland and Waters Edge. Unlike other neighborhoods that separate themselves from others, NorthLake Park is one neighborhood with four communities.

NorthLake Park has multiple green spaces, playgrounds, ponds, walking/biking trails and access to Lake Nona.

The wildlife you might see in NorthLake Park is second to none. It is very common to see the deer roaming the streets at all times of the day, but they are most active in the morning as they graze for food. The chicken nest not in our trees range blue jays and cardinals in the spring to the red-tailed hawk sitting atop the trees, waiting to find prey. With multiple ponds, NorthLake Park has a few alligators roaming the side of the ponds, sun bathing and enjoying their natural habitat.

NorthLake Park Community School and the Lake Nona YMCA’s facility is the epicenter of the community. It is one of a kind, as the school and YMCA share a facility and partner together to enhance NorthLake Park and Lake Nona. With many teachers living in the neighborhood, Michelle Barber wrote, “My daughter loves that she gets to see the children at NorthLake Park in the neighborhood.” Amanda Francis, who teaches at NorthLake Park, said, “I love the community feel that both NLP and YMCA create.”

With a school and a YMCA in the neighborhood, it is very common to hear the sound of children playing and laughing. It is almost impossible to not hear children playing in NorthLake Park, regardless of where you live in the neighborhood. Jennifer Bigot piggy-backed on that comment and said, “The friends we have made have become more like family than just neighbors.”

In times of grief and struggle, the community of NorthLake Park rallies like none other. We all recall when our common-lay tailed armadillos met meals to their family endlessly from making meals to doing fundraising events to help offset medical costs.

There are so many unique aspects that make NorthLake Park special and stand out. Unfortunately, I can only give you a snapshot of what life is like here. Words cannot do justice to seeing the sun setting over Lake Nona or Orlando International Airport, seeing kids playing tag on multiple green spaces, or seeing neighbors helping single moms and the elderly as Hurricane Irma was heading our way. NorthLake Park is more than just a neighborhood.

I love living in NorthLake Park! I still re-
Nona Heroes: Fire Engineer Daniel Hart

BY NICOLE LABOSCO

In this recurring special feature, Nona户d News recognizes and honors those everyday heroes who have served or are currently serving our country and making a difference in our community. This area is referred to as the Lake Nona and surrounding area are our Nona Heroes.

This month’s hero has been battling fires for 19 years. Meet Daniel Hart.

“I joined the reserves as a volunteer in 1996. I joined the Central Florida Fire Academy at 19 years old after getting my EMT certification at Valencia Community College. I was hired full-time as a firefighter/EMT at the age of 23.”

Hart has lived in the Nona area since he was old enough to walk. “My parents built their house on Lake Mary Jane in the Isle of Pines in 1978. Back then, Lake Mary Jane Road was dirt. The first traffic signal was at Hoffner/Semoran; going north and going south there was not one unless you went to Saint Cloud. You could drive from here clear to Melbourne without a traffic light. We did not have cable TV, we did not get pizza delivery, we could not even have ice cream because it would melt before mom got home with it. Our closest grocery store out of our little country store in the Isle of Pines was the Winn Dixie at Curry Ford/Goldenrod.”

Having lived here his whole life, the firefighter attended Michael McCoy Elementary, Conway Middle and graduated from Oak Ridge High in 1996. Hart met his wife while they were in high school, as she was also a Conway native and graduated from Boone High in 1996. The couple married in 2005 and lived in Conway for a few years while they had children and began their lives together. “In 2009, her being a school teacher for Orange County and my parents who always chases fires, one might begin to wonder where he can be found. “I currently work at Station 77 on Moss Park Road. I have been there for four years. Prior to that, I spent six years from 2009 to 2005 at Station 66, which is located at 436/Highway 50. While assigned to Station 66, I achieved my qualification to become a part of the Special Operations Division, qualifying me to be a part of the Truck Company. I became a High Angle Rope Rescue Technician and also a Vehicle and Machinery Rescue Technician, which allowed me to be assigned to the ladder truck. I also obtained my paramedic license and rode as the paramedic on R-66. In 2005, I was promoted to Engineer/FM and moved to Station 80 Bonneville. While assigned to Station 80, I received certification to be able to ride up as Lieutenant. I was assigned to Station 80 from 2005 to 2007. In 2007, I got promoted and was moved to Station 66 as the Engineer on the Truck Company. I remained Engineer on the Truck Company from 2007 to 2014. Due to some reorganizing, the ladder truck got moved to Station 81 Econ/Lake Underhill, and in 2009, the ladder truck was again moved, this time to its current location at Station 83 on Lake Underhill near Maitland Trail.”

When asked about his greatest memories while fighting fires, Hart mentions that it’s the actions that take place after the heat subsides that impact him most. “I have a lot of great memories about the fire service. The few that are nearest are the great firefighters that have trained me, especially in the early days of my career. However, the great men and women that we have lost due to injury or illness hold the fondness of memories. I think about them often. Helping people on a daily basis created a lot of memories. The thank you, the kids giving you a hug or a handshake in the store showing appreciation, the people that we have helped in their darkest time of need and having them come back to the fire station and thanking you. The kids you have helped and then watching them grow and seeing them playing a sport they love, or simply seeing them around town. We have saved so many lives from all walks of the earth, it is hard to have one stand out. Unfortunately, it is the ones we couldn’t save, those are the ones that stick with you.”

Hart has maintained his status as Engineer and for good reason. “To be honest, there is no better job in the world than driving a fire truck.”

“If you would like to nominate someone for our next Nona Heroes feature, please send an email to nicole@nonahoodnews.com or complete the form here: nonahood.to/nonaheroes.

$5.00 Cleaning, Exam & X-rays

Offer expires 12/31/18. Includes cleaning (prophylaxis), exam & a set of x-rays. New Patients Only. This offer is not to be applied toward account balances or dental services already delivered and not in conjunction with any other offers, discounts or reduced fees. Our goal is to serve one of the Iron Pigs! Enter the raffle for a chance to win a 2018 Bike! www.NONAHOODNEWS.com | 13 | APRIL 2018

www.LakonaFamilyDentistry.com

General Dentistry • Teeth Cleanings • Fillings • Crowns • Root Canals • Implants • Invisalign® Treatment

“It is our office policy that the patient and any other person responsible for payment has the right to inspect and obtain an itemized list of the services performed for an examination or treatment which is performed as a result of, and within 72 hours of, responding to the advertisement for the free, discounted fee or reduced-fee service, examination or treatment. DN19406 ADV28861

Nemours

Lake Nona Family Dentistry

Ajal Z. Ahmed, DMD • General Dentist

9265 Lake Nona Village Place

Orlando, FL 32527

Located next to Panera Bread

www.NONAHOODNEWS.com
The weekend calls for good times and raising money for a good cause. Proceeds totaled $7,480 and were donated to the Nona Cycle Tour de Cure team, which benefits the American Diabetes Association. The teams competed for a trophy and a cash prize with first place winning $200, second place winning $100, and third place winning $50. The Gator Boys team, Patrick Davidson and Chris Femmer, took home first place.

The tournament lasted about half a day and there was some stiff competition, but we all know a little trash talking and friendly rivalries are what make a sporting contest that much more enjoyable. What made this event far more fantastic is that the community came together to support a good cause and have fun – it was never about the money. As they say, the proof is in the pudding, and those teams that took home first, second and third places donated their prize winnings back to the Tour de Cure charity.

For those of you who are not familiar with Cornhole, the rules are simple:

- Can be played with two or four players.
- One teammate on each side, standing next to opponent.
- Four beanbags are tossed from each team with two teammates, next to opponent.
- Can be played with two or four players. Each team has two opponents.

Beanbags in the hole = three points.

When tossing, your feet may not go past the front edge of the board. Bags that hit the ground and stay there, bounce and land on the board receive no points.

The tournament took place on Saturday, March 3. Thirty-two local teams of two came out in front of Canvas Restaurant & Market to spend the day having fun and raising money for a good cause. Proceeds totaled $7,480 and were donated to the Nona Cycle Tour de Cure team, which benefits the American Diabetes Association. The teams competed for a trophy and a cash prize with first place winning $200, second place winning $100, and third place winning $50. The Gator Boys team, Patrick Davidson and Chris Femmer, took home first place.

The tournament lasted about half a day and there was some stiff competition, but we all know a little trash talking and friendly rivalries are what make a sporting contest that much more enjoyable. What made this event far more fantastic is that the community came together to support a good cause and have fun – it was never about the money. As they say, the proof is in the pudding, and those teams that took home first, second and third places donated their prize winnings back to the Tour de Cure charity.

For those of you who are not familiar with Cornhole, the rules are simple:

- Can be played with two or four players.
- One teammate on each side, standing next to opponent.
- Four beanbags are tossed from each team with two teammates, next to opponent.
- Can be played with two or four players. Each team has two opponents.

Beanbags in the hole = three points.

When tossing, your feet may not go past the front edge of the board. Bags that hit the ground and stay there, bounce and land on the board receive no points.
Lake Nona Youth Sports: Lake Nona Jr. Lions 14U Team Reflects On Championship Season

BY VALERIE SISCO

Even though the Lake Nona Jr. Lions (14U) team played their championship game in early December, they’re still savoring the successful season that crowned them the 2017 Florida Youth Football and Cheer League (FYFCL) Youth Football Superbowl Champions. Reginald Warren, coach of the 14U Jr. Lions team, has plans next season to continue working on the elements that brought them exceptional success in 2017 and build on the already strong foundation the team has established. “The kids persisted in practice all season long, beginning during the preseason and persevering to the final game,” he says. “Our coaches were diligent and hard-working, too, and that helped us during the run to the championship.”

The team finished with a winning season record of 7-1 and were crowned winner-rup in the AAU national title game. Reggie believes every game helped to develop the players’ ability to overcome adversity. “We were having an undefeated season until the last game of the season,” he says. “That loss helped us re-focus into the playoffs and all the way through winning the FYFCL Superbowl, earning the right to go to AAU Nationals.”

Reggie brings 13 years of coaching experience to the Jr. Lions that started when he was in the Marine Corps coaching a semi-pro team. He later coached Pop Warner teams in San Diego and Illinois and then began coaching the Lake Nona Jr. Lions when he moved to Florida several years ago. “I love to coach the game of football because coaching is a little like sowing seeds to Florida several years ago. “I love to coach the game of football because coaching is a little like sowing seeds into the lives of young men and women,” Reggie said. “I get to have one-on-one conversations with them so I can share little gems of wisdom that can help sharpen their life skills outside of football. Every chance I get, I tell these young athletes that football is fun but education comes first.”

Even though last season’s championship run was a thrilling experience for the team, the Lake Nona Jr. Lions are looking ahead and eager to start practicing for next season. “The Superbowl win shows that we have a strong, solid youth program with the Lake Nona Jr. Lions,” Reggie said. “There’s a lot of talent in the Lake Nona community, and the Jr. Lions are a force to be reckoned with as we move forward, building a high school state championship team.”

Coach Anthony Paradiso Shares Expertise With Jr. Lions Program

For the first time this upcoming season, Anthony Paradiso, coach of the Lake Nona High School Lions, will be sharing his coaching insight with the Lake Nona Jr. Lions. He brings his expertise and successful approach of focusing on the fundamentals to help the Jr. Lions shape their rapidly growing program.

Coach Paradiso, who has been the head coach of the Lake Nona Lions since 2011, is looking forward to providing an overarching cohesiveness to the youth football programs. “We want to align our methodology, processes, and framework so as the kids move up into a new age group, the system is more familiar to them and easier to adjust to,” he said. “I think it’s going to give our kids a great advantage as we share insights and align our programs.”

Coach Paradiso hopes that when the young athletes from the Jr. Lions teams reach Lake Nona High School, they’ll find a familiar face. “I’ve had the privilege of coaching every player in Lake Nona High School’s history since I’ve been here when the school opened, and I look forward to sharing our football philosophy with young athletes of the future.”

For the first time this upcoming season, Anthony Paradiso shares expertize with the Jr. Lions Program.
Nona Cycle: It’s All in Your Head

BY DEBRA LOWE, MEMBER OF NONA CYCLE

"Whether you think you can, or think you can’t, you’re right" (Henry Ford).

When it comes to cycling, it’s not all in your head, but a good deal of it is. There are countless books and quotes about the power of positive thinking, and with good reason. More often than not, our thoughts, good or bad, become our reality. So, it should be a relief to know that you do have more control than you think over how enjoyable your time in the saddle will be, or that slight ache in your back, or that never-before-heard sound when you shift – all of it will keep you from being in the moment, and that moment is more often than not a positive one.

Find Your Purpose

There’s a reason why you took up cycling, and it certainly was a positive one. Remind yourself of that purpose: Was it to get fit, enjoy the outdoors, meet new friends, de-stress? Or were you seeking a way to support your philanthropic goals by riding for your favorite charity? Reminding yourself of the reason you are in the saddle will certainly put you in a positive mindset.

Fear Not!

Fear can get the best of you in many subtle and not-so-subtle ways. Fear of not being fast enough, of that slight ache in your back, or that never-before-heard sound when you shift – all of it will keep you from being in the moment, and that moment is more often than not a positive one.

Trust and Enjoy the Process

When I first began riding, I felt a 12-mph pace and 25-mile ride was quite an accomplishment. It was at a time when I had not been outside of a spin class in more than a decade and was riding a 20-pound hybrid bike. Four months later, I was riding a road bike and completed a century ride. I wasn’t the last to cross that finish line, but I was close to it. Fast forward three years, and while I may not be as fast as I’d like, I am content in knowing how far I’ve come. This keeps me motivated every time I clip in. Every ride uncovers another layer of progress.

Relax and Focus

One would think pushing harder would yield better results, but sometimes letting go, finding your own rhythm and simply relaxing will bring about a surprising shift in your performance and riding enjoyment. I learned this during one of my first rides with Nona Cycle. With every rider who passed me, I was becoming more stressed and pushing harder trying to catch up, to no avail. Then one of my fellow riders came up next to me, showed me how fluid his cadence was, and as I adapted that approach, I was suddenly sailing right along with him.

Lighten Up!

I will be the first to admit I am a serious person in all aspects of my life. Occasionally, I will be reminded, either by a kind soul or my own self-realization, that life is short and meant to be enjoyed. Remember yourself – on those days when your internal voice doesn’t have a single good thing to say – that you ride foremost for the fun of it. When you think about it, a bicycle is a time machine. It’s safe to say one of your happiest childhood memories is the day when you got your first bike. If you bring that thought to mind when self-doubt, defeatist thoughts, fear or a combination of all three want to go along for the ride, you’ll find that you are stronger, faster and a better rider than you ever thought possible.

Do you like to cycle or want to learn how? Join the Nona Cycle group for weekly rides: http://nonahood.to/nonacycle.
Meet the Press: Joe Henry, Editing/Proofreading

BY NICOLE LABOSCO

Joe Henry is an Editor/Proofreader here at Nonahood News. He’s originally from Johnstown, Pennsylvania. Flood City, for those from up north.

Extrovert or Introvert? Serious introvert.

Indoors or Outdoors? Indoors (because I’ve lived in Florida, the Philippines and Thailand for the past 22 years, so AC is non-negotiable).

Sun or Snow? Sun. I grew up with snow in Pennsylvania and New Jersey and also lived in frigid Vermont for three years, so I’m good with tundra life.

Dogs or Cats? Dogs, for sure. I’ve had at least 10 dogs in my life and love their joyful attitudes.

Vans or Converse? What? (That was a joke for my millennial children!) Boat shoes, actually.

Coffee or Tea? Neither. I’m the only person in the world who just drinks water.

Adventurous or Laid Back? Laid back, no doubt. I hate heights despite being 6’0”.

Canon, Nikon or Sony? Cell phone.

Books or TV? Both. I was always a book lover, but my wife has led me to (mostly) British TV shows via Amazon and Acorn. American TV shows are lame.

What brought you to the Nonahood?

I live in Kissimmee but work at Pioneers on Narcoossee Road across from Walmart, so I land right in the heart of Nonahood. I was ready for a change from any old job.

What’s your favorite hobby?

Reading and watching sports. Hockey is my favorite – go, Lightning!

What’s your biggest dream?

To serve overseas again one day after my wife’s health improves a lot.

Where do you see yourself in 10 years?

Probably serving as a ministry leader in Europe or another location that has adequate healthcare for my wife.

What are you most excited about in Lake Nona?

Friends who work at Pioneers! They enjoy the community and I live vicariously through them (although I do live so far from Disney, etc.).

Who’s your biggest inspiration?

Jesus. I live to follow His will for my life and to be more like Him every day.

What’s your favorite book?

The Bible is the easy and correct answer. However, I’ll also throw in a Bi-ribution, which is a novel that I wrote and just released on amazon.com in February!
With Mother's Day just around the corner, this month's featured artist might create just the gift you were looking for. Karen Ashe created Longview Jewelry in 2016 with her husband, Blake. The couple works hand-in-hand to strike a balance between growing the business, maintaining their Lake Nona home, spending time with friends and family, being active in the Central Florida community, and caring for their two cats. Karen Ashe graduated with a Bachelor in Fine Arts with a focus in Printmaking from the University of Delaware in 2007. She also has a Master's of Business Administration degree from the University of Florida. “In order to make a living as an artist, I've needed various administrative skills, including professional speaking and writing, marketing, finance and accounting, and supply-chain management. I also cannot discount the importance of the retail and operations management skills I learned while at Disney in my learning journey to becoming a creative entrepreneur.”

Karen Ashe

Karen Ashe loves the originality of the designs and how they wear with their own personal style, which inspires her to keep creating!

How often do you find yourself creating jewelry?

One of the reasons I use the name Longview for my designs is because I am constantly looking forward. As I am currently working on a new line for this fall, I take several months to bring a concept from design to store. When talking with customers, friends, and family, I observe their tastes and ask their opinions as inspiration for new pieces. Ideas for jewelry can come from anywhere: illustrations, letterpress, interesting shapes or colors I observe in nature, printed patterns as much as visual interest, art, fabric, or sculpture. At any point in time, dozens of pieces are either undergoing construction or being modeled, prototyped and molded, or in production and being sold.

Which of your pieces would you consider your favorites? (Pick the top three)

I love my Longview Signature Bangle. It’s a two-millimeter solid sterling silver wire that is hand-wrapped to create a circular bangle with two bands. On one end is a soldered, hand-engraved button that bears the Longview Leaf and the other end is a delicate tapered curve that charms the wearer. The bangle is hand-wrapped to create a coiled effect around the wrist and bears the Longview Leaf Two-Piece Charm design. My two-piece charms each have a top and bottom design that are both the same shape (circular, oval, heart). Since, they are perfectly aligned when one piece sits on top of the other. The top piece of this particular two-piece charm is the Longview Leaf, which is also in my logo design. When I created the Leaf, I superimposed it over a yin yang so the design would benefit from the balance of positive and negative space inherent in that shape. I also wanted to evoke various symbols including, hearts, arrows, birds, and fleurs de lis. The bottom is a stylized yin yang design and can be hand enamelled with any color, but I most often choose an emerald jewel tone, which holds several meanings as well: Woman’s birthday, a color that is commonly associated with nature, and one of the main colors I use with Longview Jewelry. My two-piece charms make up 50% of the proceeds from the sale of this charm to the Arbor Day Foundation.

Which of your projects was the most challenging/consuming/challenging and why?

Every design has forced me to learn how to use CAD software in a new way to achieve a desired shape or finish. For its simplistic and elegant look, the Longview Signature Ring was an absolute challenge to get just right. From the unique crossed double band to the tapered outer edges, this ring was designed, modeled, cut from scratch and then had to be modeled five separate times for each of the sizes and band thicknesses.

What are some of your dream projects?

I look forward to the day when 3D printers and materials have advanced to the point that designers can order jewelry pieces on demand with this technology. I would like to bring my designs to more people in Central Florida and beyond. I am looking for more places to showcase my pieces, including boutiques and stores, shows and festivals. I also like to collaborate with other local organizations to help promote their brand in a way that’s unique and wearable. Additionally, I hope to double our donation to the Arbor Day Foundation this year through the sale of this charm. I look forward to the day when 3D printers and materials have advanced to the point that designers can order jewelry pieces on demand with this technology.

Which artists/dream characters would you say you share a creative spark with?

I have often felt that one of the most beautiful periods in art history was Art Nouveau. From Mucha to Toulouse-Lautrec, I am moved by the natural forms and shapes, and the curvy, organic, and feminine subtexts and symbols you couldn’t see before that give it new meaning.

What style/form of jewelry is your favorite to create?

I really have fun designing my Petite Pieces Charm collection. Each piece is molded completely in the round so that you can see the design from all sides. I enjoy making pieces that interact together like the Secret Key and Antique Lock charms – I designed the keyhole in the lock to be the exact size for the key ring to fit into. The Elegant Tiers, which was partly inspired by one of the Miss America pageant crowns, was complete miniature tiaras, with each side being a unique shape based on its design.

Future goals/plans?

I would like to bring my designs to more people in Central Florida and beyond. I am looking for more places to showcase my pieces, including boutiques and stores, shows and festivals. I also like to collaborate with other local organizations to help promote their brand in a way that’s unique and wearable. Additionally, I hope to donate a portion of our donation to the Arbor Day Foundation through the sale of this charm. I look forward to the day when 3D printers and materials have advanced to the point that designers can order jewelry pieces on demand with this technology.
LNHS Wind Ensemble Selected to Perform at Carnegie Hall

BY NICOLE LABOSCO

The Lake Nona High School Wind Ensemble was selected to perform at Carnegie Hall in 2019. This honor came when band director Monica Leimer filled out an application listing the accolades the band had received. Leimer also had to submit three recordings of the band in concert. Leimer has been the band director for five years at Lake Nona High and 17 years total. The Wind Ensemble is comprised of about 50 of the high school’s top student musicians.

A typical week for the Wind Ensemble consists of rehearsals on Wednesday afternoons for two hours in addition to rehearsing daily in class. Leimer mentioned that occasionally the school brings in guest conductors from universities.

The length and details of the performance at Carnegie Hall have yet to be determined, but the actual Wind Ensemble show is part of the National Band and Orchestra Festival. There will be world-renowned judges providing feedback and a clinic on the school’s performance. This means the seats will be jam packed. Students have been preparing for this moment for quite some time.

“The students are constantly working to achieve new heights in their music making. To perform on stage at Carnegie Hall is a once-in-a-lifetime opportunity,” Leimer said. For those students and families involved, the ensemble will travel to New York City for a week in April 2019. There will be sightseeing in the city as well as attending cultural events for the group, in addition to the Carnegie Hall performance.

Leimer would like everyone to know about opportunities to see the ensemble perform before they head off to the Big Apple. “The week before the trip, we will present a send-off concert for the community free of charge. We also hope to live stream our performance for our supporters back home.”

The Wind Ensemble will be seeking community support to help ensure that all of the students are able to go on the trip regardless of their financial situation. Anyone who is interested in making a tax-deductible scholarship donation should email Monica Leimer at monica.leimer@ocps.net.

YOGA NONA Sponsored by Lake Nona Life Project

LIVE + LOCAL

ART AFTER DARK

Saturdays 10-11 a.m.

Crescent Park in Laureate Park

facebook.com/LakeNonaFarmersMarket/

THE SATURDAY MARKET

at VALENCIA COMMUNITY COLLEGE LAKE NONA

Saturdays 9 a.m.

Valencia College Lake Nona Campus

9001 Northlake Parkway

facebook.com/LakeNonaFarmersFreshMarket/

Iron Pigs: Motorcycle Ride

Pigs against pediatric cancer

April 21, 2018

Sign up at: www.ironpigsorlando.com

-ride with the Iron Pigs!

-Enter the Raffle for a Chance to Win a 2018 Bike!

Have you been injured?

Questions about your accident? Call us 24/7

Colling Gilbert Wright & Carter
ONE CALL DOES IT ALL

Home, Office or Hospital Visits Available

Serious Injury & Death Cases

Automobile/Tuck Accidents

Dangerous Products

Workers’ Compensation

Stock Broker Negligence

Nursing Home Neglect

Social Security Disability

Personal Injury

Stock Broker Fraud

Medical Malpractice

Wrongful Death

Veterans’ Benefits

Insurance Disputes

ADD YOUR EVENT TO OUR CALENDAR

To add your Nonahood Event to our calendar, visit

http://nonahood.to/calendar or email the details along with your contact information to editor@nonahoodnews.com.
JOIN US IN CELEBRATING
Our 1st Year in the Lake Nona Neighborhood

SMOKIN' SPECIALS

THURSDAY, APRIL 5TH
1/2 OFF | 1.5 lb Rack of Ribs Platter

FRIDAY, APRIL 6TH
1/2 OFF | Spiced Roasted 1/2 Chicken Platter

SATURDAY, APRIL 7TH
1/2 OFF | Oakwood Smoked Brisket Platter

SUNDAY, APRIL 8TH
FREE | Kid’s Meals for Kids 10 and Under

APRIL 5TH—8TH
$3 BEER | Wynwood Brewing Co. La Rubia Blonde Ale

FUNDRAISER & MORE!

APRIL 5TH—8TH
Fundraiser Benefiting Bishop Grady Villas
Pig Floyd’s Will Match the Amount Collected

SATURDAY, APRIL 7TH
Wynwood Brewing Co. in the House!

SUNDAY, APRIL 8TH
Face Painting in the Afternoon

PIGFLOYDS.COM | 9680 Narcoossee Rd, Suite 103, Orlando FL 32827