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LAKE NONA SOCIAL MAGAZINE
OCTOBER 2019

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LIFE PROJECT
CHAMPS



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The Pixon Lake Nona

Photo: Omar Hickman



LETTER FROM THE PUBLISHER

We are looking forward to the Fall for many reasons. The change of weather, the turning of the leaves, and of course the anticipation of the holidays. We have many events in line to keep up with the very social, Lake Nona. The feedback from the community about our previous events has been humbling and we are planning to

introduce more events for your family to experience. If you have followed our events in the past, you probably know that we sell out within 48 hours. So, download our App so that you can be the first to know. And of course, my family and I would like to extend our deepest gratitude to this community for being social and active and making our work the most fun it could be.

— Omar Hickman



LETTER FROM THE EDITOR

Fall always makes me think of family time and food. I literally feel like I'm surrounded by a cloud of coziness during these few months of events and holidays. The Fall/Winter season is truly my happiest time of the year. Of course, I have my ways of staying happy throughout the year.

I make that happen with little stolen moments of happiness. I just take a little break here and there, and just do something tiny and sweet. Like stand in the kitchen zoning out while eating my favorite cookie, or catching up on my favorite subjects while I'm in line waiting, or listening to comedy when I'm stuck in traffic for a little chuckle. These little moments make my days fun and special. So, if you find yourself feeling like your days are dragging, look for these little free moments and fill them up with something that brings you joy.

—Samia Solh

I would really like to keep the lines of communication open so that this magazine can be a reflection of the community it caters to. I want to hear your stories, suggestions, and read your comments. My email is always open so email away!
sam@lakenonasocial.com

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A COMMUNITY'S NEW LOVE AFFAIR

THE PIXON

BY MARY VASQUEZ



Lake Nona is steadily becoming Central Florida's mecca. The more people I speak to from out of town, the more I am convinced that I made the right choice (as you did as well) for choosing Lake Nona as our home. Us Nonians continuously boast about our family-centric community with a flare of "The Jetson's" meet "Cheaper by the Dozen." Our community features safety, innovation, excellent education, wellness, and a growing hub for many companies. The Pixon, Lake Nona's first micro-apartment community, developed by Tavistock Development Company, is the newest member of our community, and I must say it's already like our favorite cousin! We had an exclusive sneak-peek of all-things Pixon with Wes Geys, Director of Construction Multifamilies.

THE INSPIRATION

The Pixon concept was inceptioned a few years back, Geys says, "The idea came from leadership." Tavistock has been setting the bar for real estate in Lake Nona. "With the growing trend of micro-apartments in bigger cities, we decided to test our market here," says Geys. To clarify, micro-apartments are smaller-than-average studios intended for a single resident. The ultra-efficient design packs a kitchen, bathroom, and other necessities into a unit of 200- to 400-square-feet (350 sq. ft. at The Pixon), while high ceilings and large windows create the illusion of space.

THINK GREEN

"Current building codes already require a lot of green building codes to obtain UCO for the

OMAR HICKMAN



OMAR HICKMAN

building. We have upgraded our mechanical system with a VRF system, and our windows are thermo insulated,” proudly says Geys. VRF is an HVAC variant refrigerant flow, which in other words, instead of having a bunch split air conditioning systems for each unit, now you have ten units in one system, making this a green alternative upgrade and highly efficient.

THE EXCITEMENT

When we asked Geys what were they most excited about, he gleefully boasted about the collaboration with all the Tavistock teams, and in particular, the artists that blew color into the Pixon. Carissa Bloemeke, a local artist, blessed the halls with chalk art on a 30 ft. wall, and the other in spray paint that covers another 1,000 sq. ft. by Colombian artist Ledania. Cecilia Lueza's (Tampa artist) was the other artist responsible for the large exterior mural that spans 250 feet along Tavistock Lakes Blvd. Geys says, “We let them run with their creativity,” and honestly you can tell... freedom of art expression is blatant in the walls and ceilings at the Pixon.

He continues to share that “it was a challenging project; we are the first



to build a mix-use high rise in Lake Nona. The Pixon houses several floor plans, including two 1,400 sq. ft. penthouses with wrap-around balconies, upgraded appliances, wine cooler, two bedrooms, two bathrooms, plus a den. The micro-apartments measuring 350 sq. ft., are lowest price point, but also offer high-quality living. “Our areas are extensions of their living areas.” The Pixon offers a wine-lounge room, a Sky Lounge that opens to the outdoors on the 11th floor. They will be at 200 units occupancy by quarter one of 2020! Their car-sharing program features Tesla Model 3 cars, which is exclusive

to its tenants. The high rise also features fitness studios! Neighborhood Barre, Rukus Cycling Studios and Club Pilates (all owned by locals). As you have heard, it is also home to Island Fin Poke and Foxtail Coffee. What is truly fascinating, is that anyone visiting these retailers can use the entire ground floor lobby. This means you can eat, sip, sweat, and chillax at the Pixon without even living here. So rest assured that you will be able to take as many selfies as you need! “We are blurring the lines between public spaces and private space,” says Geys.

THE EXPECTATION

With the most forward-thinking design and functional aesthetics, The Pixon has certainly embodied our culture and aspirations as a community. Aside from the noted attributes in this article, The Pixon is symbolically nestled in the heart of Town Center. It will be a hub for all. You can stroll by, grab a cup of coffee on your way to dinner, or get the team together after playing volleyball at Boxi and enjoy some grub at Island Fin Poke. I see The Pixon as a community space for all, as it genuinely does offer something for each one of us. Resident, tenant, or visitor, you will be part of this love affair. What's not to love? ●

www.lakenonapixon.com



UCF LAKE NONA CANCER CENTER

BY YEE LUI



A mystifying building sits on Sanger Road, off of Lake Nona Blvd, in the ever-growing Lake Nona Medical City. What lies there is the medical wonder that is UCF Lake Nona Cancer Center. Wendy Sarubbi, Assistant Vice President of Communications and Marketing at the University of Central Florida College of Medicine, gave me insight into Lake Nona's medical facility focusing on cancer research and treatment.

UCF officially took over the building from Sanford Burnham Prebys on December 1, 2018, and officially named it UCF Lake Nona Cancer Center. This building will be different than other cancer research centers. Why? Because basic and clinical scientists will work side-by-side

as one cohesive team with the clinicians caring for cancer patients. In fact, they will be working together in the same building, which is a rarity in itself.

In most universities and cancer centers, scientists are in one building and often isolated, while clinicians are in a separate building, never interacting with one another. "Clinical and basic scientists dedicated to finding new and better treatments for cancer will have the opportunity to work together with practicing clinicians for the benefit of our patients," said Dr. Deborah German, Vice President for Health Affairs and Dean of UCF College of Medicine. With this pioneering approach at UCF Lake Nona Cancer Center, it will provide a unique opportunity for scientists

and clinicians to work together, brainstorm, and share ideas.

Dr. German adds, "The UCF Lake Nona Cancer Center will diagnose and treat cancer patients with state-of-the-art established care and clinical research trials featuring new therapies. An additional and distinguishing feature of our cancer center is that the basic bimolecular, cellular, and genetic research will also happen here. This center will encompass the full spectrum of research." UCF is currently identifying potential research and clinical partners to be tenants in the building. Once tenants occupy the building, then renovations will begin.

Aside from the bright future of UCF Lake Nona Cancer Center, a new UCF hospital is currently being built in collaboration with HCA Healthcare. This new state-of-the-art hospital is scheduled to open in early 2021, making it an exciting addition to Lake Nona Medical City. The future UCF hospital will be conveniently located next to UCF Lake Nona Cancer Center. Should a cancer patient need to be hospitalized, UCF hospital will be within immediate reach. This convenience spares the patient's family the additional stress of driving across town for care.

The goal for UCF Lake Nona Cancer Center is to bring a new level of cancer research and treatment to the community. As Lake Nona Medical City continues to flourish, it is an exciting time to be part of a city that thrives on innovation. Stay tuned! ●

WENDY SARUBBI

Meet One of Your **LIFE PROJECT CHAMPS**

BY ANN FAIRWEATHER

WHAT HAPPENS WHEN A COMMUNITY GETS BEHIND IN A MOVEMENT?

Great things happen! That is what the Lake Nona Life Project is doing through the involvement of your neighbors. People that live right next door to you are helping unlock the code of what keeps a community happy, healthy, and well. From North Lake Park and Village Walk, Somerset Park and Laureate Park we are going to introduce you to some neighbors, or “Champs” of the Life Project, that are taking part and helping make history.

**LET'S
MAKE
HISTORY.**



MEET MRS. LEE TINKEY

Lee is married to Jeff Tinkey. They have a daughter, Emily, and a son, Ryan, who has lived with them in the area off and on in the past years. They have two dogs, Cleo and Gracie, and have lived in Lake Nona for eight years.

Why did you want to get involved in the Lake Nona Life Project?

“I wanted to get involved because I believe it is the responsibility of our neighborhood to share with others the good fortune and health that has been given to us. We are a well-educated and financially blessed group of people, and for that blessing, we need to share with others in this world how good health and wellbeing can be attained. Not to mention the fact, we live in an area known as Medical City.”

What do you want to learn from the Life Project?

“I want to learn how we can attain and maintain wellbeing as we age. Aging is not for the faint of heart and while you don’t always understand it until you get there, once there, you realize it may be the harsher realization you ever make in your life.”

Why do you think it is important for the community to get involved?

“The more community members that are willing to get involved will exponentially increase the amount of valuable information that can be compiled and result in more positive results. We have a great cross section of ages and cultures in our neighborhood allowing for the most amazing database imaginable.”

You chose to live in Lake Nona, what made this community so appealing to you?

“Initially it was the location and the proximity of the airport for my husband’s work and travel. Now it has expanded to the convenience of our medical providers, the variety of shopping venues, restaurants, etc. But more than anything, it has been the friendships with neighbors. We have all become an extended family supporting and helping one another on a daily basis.”



Lee and Jeff Tinkey

YOU MIGHT BE ASKING YOURSELF, 'WHAT IS A CHAMP?'

A Life Project Champ is someone that embraces the mission of the Life Project and would like to spread the word throughout the community and encourage others to participate. Champs gain exclusive access to several Lake Nona-sponsored events, and receive other perks throughout the year. If you are interested in becoming a Champ, email info@lakenonainstitute.org and simply say, "I want to be a Champ."

In the meantime, if you have more questions please, Visit: www.liveworkparticipate.com
Watch the video at: <https://vimeo.com/309495422>
Email questions to: info@lakenonainsitute.org

Join Lee and your other Lake Nona neighbors help make history though this unique community health survey. ●

COURTESY LEE TINKEY

THE AGE OF THE BEAUTY SPA

BY VANESSA ANTOINE

You may think that beauty spas are for the pampered and the bourgeoisie; but really, they're not. A variety of people are seeking out beauty spas for reasons like aesthetics and wellness. Escaping from the routines of life is necessary, even if just for a short break in your day. You'll be able to tap into a multitude of benefits when going to a place of retreat like Nina's Studio Spa, located on Vineland Road in Orlando, FL. Nina's offers therapeutic treatments such as body massages and facials to improve your sense of well-being and help refreshen your skin!

At Nina's Studio Spa, they specialize in servicing the inner and outer self. Staying current with the leading beauty industry technologies, trends, and techniques like:

- **MICROBLADING** A method in which semi-permanent pigmentation of lines resembling hair-like follicles are placed over your eyebrows producing a thicker more defined eyebrow appearance; results can last 1-3 years.
- **LASH EXTENSIONS** Lashes are applied individually, one at a time using a semi-permanent glue. The adhesive is specially formulated so it will not irritate the eye or cause damage to the client's natural lash.
- **MICRODERMABRASION** Although not new to the beauty scene, this minimally invasive procedure exfoliates and removes the superficial layer of dead skin cells.
- **DERMAPEN** A device that has several microscopic needles that oscillate faster, while creating the tiny wounds in the skin's surface; this procedure revitalizes the skin by reducing the appearance of acne scars, stretch marks, fine lines and wrinkles, and any topical discoloration.

In addition to these services, Nina's also provides professional makeup, teeth whitening, waxing, and so much more.

If you're looking for the next big thing out there, consider self-care! Taking the time to mentally and physically recoup; so, if that involves a beauty day at the spa, then go ahead and book that appointment at Nina's Studio Spa! Make sure you tell Carolina, the owner, or Meylin, the manager, that you read about them here! ●

Nina's Studio Spa
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407-704-3608



Gala Rental

AN EVENT RENTAL COMPANY

NOW OPEN IN CENTRAL FLORIDA!

BY YEE LUI



Gala Rental provides sophisticated and contemporary furniture and accessories, specialty linen and decorative items for all kinds of events. Whether your needs are for a chic wedding, a stylish party or a photoshoot, Gala Rental has all the latest trends to take your event to the next level!

Originated from Puerto Rico, Gala Rental has become one of the leading rental companies with 15 years of experience in the island as well as the Caribbean. The owner, Diana Vásquez, comments, "After Hurricane Maria affected the island, we suffered damage to the warehouse in Caguas and looting in our showroom in San Juan, so we decided it was the ideal time to move to one of the meccas of events and entertainment in the world." Gala Rental is a family-owned business and has set up operations in Orlando since beginning of this year. As Tavistock Lake Nona is one of its main clients in the area, Gala Rental has provided extra seating and bars for Chroma, Park Pizza, Canvas and Boxi Park, as well as events at Lake Nona Town Center and

The Lakehouse. "We focus on first-class service from start to finish as well as the quality of our products," Vásquez adds.

Gala Rental is already part of the main event associations such as NACE (National Association of Catering and Events), ILEA (International Live Events Association), in addition to Metro Orlando's

Hispanic Chamber of Commerce, which were part of the ribbon cutting ceremony at the new showroom.

Gala Rental Showroom
1429 Central Florida Pkwy., Ste. 13, Orlando
To make an appointment for a consultation:
407.448.9885 • sales@galarental.com
www.GalaRental.com



Owner
Diana Vásquez



Sales and
Marketing Manager
Waleska Díaz Santiago

Fall

INTO STYLE

THIS SEASON

BY ALPA RAMA

It still feels like Summer, right? But since it's technically Fall, we can start introducing some of those trends into our daily outfits. Here are some of the top trends we can start wearing right now!

STATEMENT SHOULDERS

This season is a go-big-or-go-home kind of deal with shoulders! These statement shoulder tops are being seen everywhere in stores, from jackets to blazers to blouses. This is definitely a trend to adopt as it just looks so cool and bold. This is a trend on its way back, so investing in a piece or two would be advisable, but stay with basics like a single-tone blouse or a blazer.



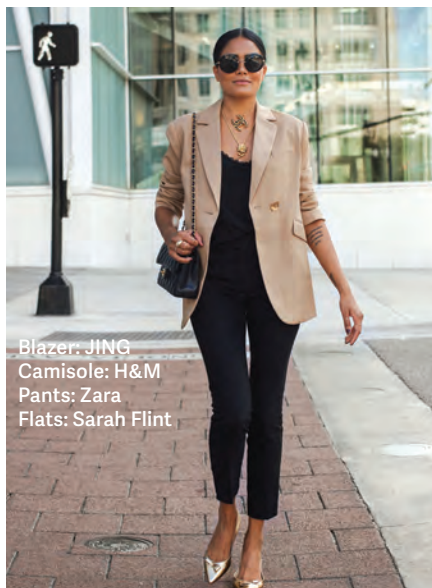
Top: Choosy
Pants: Zara
Flats: Sarah Flint
Sunglasses: Gucci

GOLD GOLD GOLD

The gold fever is back, so go all out with everything gold for the Fall and Winter. One of the biggest trends for clothes, shoes and jewelry... you'll be seeing gold on all of the fashionistas. My pick would be to invest in subtle jewelry pieces or shoes, they're wearable even after the trend is gone.

SUIT UP

Now here is a trend we all love! I am pretty sure we all have at least one suit in our closet that we can wear to be "trendy". The suit is no longer for the businesswoman; it's one of the most elegant attire women can wear, and it will never go out of style. It fits every shape and form, and it's something for sure to invest in this season if you want to add a new piece to your wardrobe. Pair a suit jacket with shorts, pants, or a skirt. Leave it buttoned, unbuttoned, or as a top by tying it with a waist belt. It's a very versatile piece that I am all for!



Blazer: JING
Camisole: H&M
Pants: Zara
Flats: Sarah Flint



Cape Scarf: Culture Hijab
Bow Top: Eleven story
Pants: Zara
Flats: Bobbies

CAPE

Another trend coming back with full force is the cape. Now I highly doubt we Orlandians are going to be rocking the Winter cape anytime soon, but you can create a cape optical illusion by wearing a scarf over your shoulder and attaching it with a belt. Take a look at my photo for reference, cape effect guaranteed! I also suggest the cape blazers, it's a timeless piece and looks very chic!

COLORS OF THIS COMING SEASON

Various shades of your favorites are in this season! Reds—chili pepper, biking red, and merlot; Blues—galaxy blue and bluestone; Oranges—tiger and dark cheddar; Green—Eden; Pinks—fruit dove and peach pink. Reference for colors: Pantone

Hope you enjoyed learning about the upcoming styles for Fall/Winter. If you're undecided about investing in any of these trends, just go for it... they're absolutely timeless! ●

Show us your fashionable outfits by using #LNSFashion to be reposted on social media and in the magazine.

FALL IN THE SUNSHINE STATE

BY DAVID PLOWDEN

Fall has officially kicked into gear, and I'm going to dive into some of my favorite trends for the Fall season. When it comes to Autumn, you could never go wrong with neutral colors like grays, variations of beige and dark tones, like burgundy and navy blue. And black, everyone loves a slimming and attractive black outfit. The goal is to be comfortable, all while still being able to sport your favorite styles. Adding a stylish hat can dramatically change a look as well. I love to incorporate a combination of accessories into my outfits like watches, hats, and bright-colored socks in order to bring out different aspects of the look. And with the Fall season finally touching down on the Sunshine State, whipping out those stylish jackets and coats can turn an ordinary look into an extraordinary Fall ensemble. Two of my favorite stores to shop at for some trendy Fall fashion looks for men would be Banana Republic, since their colors, tones and aesthetics go perfectly with the Fall season, and Ralph Lauren, for their elegant and tailored pieces. ●

Founder and creator of David's Manor, a food, fashion and lifestyle blog, David Plowden utilizes his social media presence and website to bring light to his numerous adventures around Central Florida. Adding a fashionable twist to just about every one of his escapades, this 21st-century Millennial gives his followers a sneak peek into his very own Manor as well.



Trench Coat: Ralph Lauren
 Shirt: ZARA
 Pants: Banana Republic
 Shoes: Perry Ellis
 Watch: Tommy Hilfger



DOMINIQUE PLOWDEN

home IS WHERE THE FRONT PORCH IS

BY MARY VASQUEZ

Tis the new season! Alas, slightly cooler mornings and lazy balmy nights have arrived. Before your mind starts wandering about where to get the best pumpkin spice latte, this article is more about where to enjoy that latte: on your front porch. Close your eyes and imagine it now, with beautiful furniture pieces that are definitely a conversation starter. Dreamy, right?

Your porch is an extension of your home, and when you achieve an original look, you won't have to spend much seasonally...as your porch will be all-season ready. But for a festive feel, definitely add a pumpkin and a wreath from time to time.

I had the honor to shadow the talented Brittany Desmarais Walker, owner of Enapay Designs, Central Florida's premier decorator for budget-friendly designs. I was mostly in her way though. Following her on her day-to-day decor parlay, allowed me to capture how she took a maybe forgotten porch, in Laureate Park to "The Porch" everyone in my community is talking about. Walker says that, "When you have the key pieces in place, decorating seasonally with minimal accents is easy. You no longer have to spend hundreds on faux pumpkins and six-foot nutcrackers to be "in season" and on trend. By choosing all-season furniture like these handcrafted pieces by Artisan Furniture and Foreign Accents, you are implementing worldly pieces that work in every season. You have already set the desired tone you want for your space. Then all you have to do is switch a pillow and add a throw blanket or wreath, and your porch is festive without much expense and fuss. Always invest in the pieces that inspire you. This is your unique home. Let it bring you to life."

Back in August, Walker partnered with Artisan Furniture, Foreign Accents and HomeGoods on a giveaway, presented by Enapay Designs' Instagram, where the lucky Laureate Park resident winner received a porch make-over worth over \$3,000.

The intent was to bring the porch to life with unique and carefully curated pieces. The Artisan Furniture partners travel throughout India and Indonesia to find unique, solid wood furniture. By directly importing to our backdoor, they are able to offer their finds at affordable wholesale prices to the public. The Bali boat wood furniture used for this porch (pictured) along with its collection, is handcrafted by artisan carpenters in Indonesia using wood from retired teak fishing vessels. The furniture



BRITTANY DESMARAIS WALKER



is made from old, reclaimed wood that has been in the ocean for decades, making the furniture very durable and great for indoor and outdoor areas, since it can withstand the elements. The gorgeous coffee table and large planters you see here can be found at Foreign Accents. These folks work with a variety of craftsmen and artists who have grown up learning their skill and put their heart into their creations. When you walk through their store, you will find hand-painted planters and pottery, blown glassware, furniture, such as dining tables, media consoles, and coffee tables, made from repurposed woods from torn down cabins and demolished buildings. Every step in the process of making the pieces in their collection is touched by the artists from concept to completion.

Walker explains that the key to achieving a unique space is always adding the family and personal elements. You won't get a cookie cutter home from Enapay Designs. What speaks to your heart will inspire you in your home...which is your place of refuge. Creating beautiful spaces for that needed refuge has



become a mission for Walker. As she states, "We all need a place of restoration, peace, creativity, inspiration and love. Home should be this. Let's invest in the things that truly matter." Walker brings her clients' unique vision to life with her designs, which is more easily accomplished with unique vendors like Artisan and Foreign Accents.

Just for mentioning this article, Artisan Furniture is offering a 10% off discount throughout the month of October!! And Foreign Accents will give you a handcrafted, artisan gift as well, when you visit their shop and mention the article.

As we enter this new season, and all of Lake Nona takes a long breathe of cooler air, why not do it on your personally designed porch with your family, pets and friends. Enapay Designs would love to welcome you back home. May your favorite morning pick-me-up be delectable, and your autumn nights be memorable. Happy Fall! ●

To learn more, get in touch with them directly:

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FIT OR FAD

BY JASON KASHETA

Keeping up with fitness trends is part of my job (kind of fun, right?). Whether my clients are asking about something new they've seen at the gym or I'm visiting an industry conference, it's important to know what's real (not marketing hype) and how best to use it.

Here are a few things you might be seeing around:

NEW WAYS TO DO OLD THINGS

If you've been to Crunch fitness lately, you may have noticed a tire near the indoor turf. Or, better yet, half a tire. Fitness flip tires are a great new way to bring what's traditionally an outside activity indoors. If you're not able to grab a 200 lb. tire and flip it down your driveway, this is a great substitute. It's also equipment that can be customized to your current fitness levels with the addition of weights, unlike a standard tire flip.

If you like to hit the gym in Laureate Park (residents only), check out the curved treadmill while you're there. Just like the fitness flip tire simulates the real deal, this treadmill doesn't give you an inch you don't earn. It's your muscles that get (and keep) it moving, which is more realistic to a run outdoors.



I'm all about these trends—not everyone has access to a full range of resources or wants to beat themselves up outdoors in the heat. Use these unique equipment pieces to get as close as possible to the real deal!

MODULAR SETS THAT OFFER IT ALL

If you've been to the YMCA lately, you've probably seen quite the upgrade. In the center of the gym is a new modular set, similar to offerings already in place at Crunch. These arrangements are popping up everywhere because they're great space savers that include practically everything you need to get a workout in.

I am in favor of these efficient setups but don't use them exclusively or at the expense of traditional weight training. On days you do use them, my favorite options to feel the burn are those that use the TRX Suspension Training System or ropes.

INDOOR CYCLING STUDIOS

Similar to the first trend we covered, indoor cycling studios offer you the chance to get out of the heat and pedal with intention. These classes are popping up at a rapid pace, with a few here in our own backyard!

I'm a big fan of getting your heart pumping and finding a cardio activity you enjoy is important. Once again, I encourage my clients to use these classes as a complement to weight training (not a replacement) but if you love to be motivated, engaged and part of a community, these classes may be a perfect activity for you. ●

If you're dying to know what's next in fitness, a couple of places to stay up to speed are www.idealife.com or www.acsm.org. You can also reach me anytime at 407-920-0939 or visit us at www.kashetabodyfit.com. Whatever you see, we've probably tracked it, tried it, or taught it and we'd love to help you give it a go!

FIRST WATCH PUMPKIN PANCAKES

RECIPE COURTESY OF FIRST WATCH LAKE NONA

INGREDIENTS

2 cups all-purpose flour
½ cup granulated sugar
1 tsp. baking soda
2 tbsp. baking powder
¼ cup rolled oats
1 ½ tsp. cornmeal
1 ½ tsp. flax seeds
1 tsp. sesame seeds
3 eggs, whipped
½ cup half & half
½ cup evaporated milk
¼ cup water
½ cup butter, melted and cooled
to room temperature
1 cup canned pumpkin puree
1 tbsp. pumpkin pie spice



DIRECTIONS

1. In a medium bowl, whisk together flour, sugar, baking soda, baking powder, oats, cornmeal, flax seeds and sesame seeds until blended.
2. In a separate, large mixing bowl, whisk together eggs, half & half, evaporated milk and water until blended.
3. Slowly pour dry ingredients into wet ingredients while whisking constantly.
4. Combine pumpkin puree and pumpkin pie spice in a separate bowl and then begin to mix it into the pancake batter. Whisk well. Batter will be thick.
5. Add melted, room temperature butter last, whisking until ingredients are thoroughly combined.
6. Ladle about ¼ cup batter per pancake onto a 375-degree (medium heat) preheated griddle.
7. When cake bubbles and edges appear cooked, flip the pancake. Cook for about 1½ minutes per side or until done. Serve with whipped butter and warm syrup.

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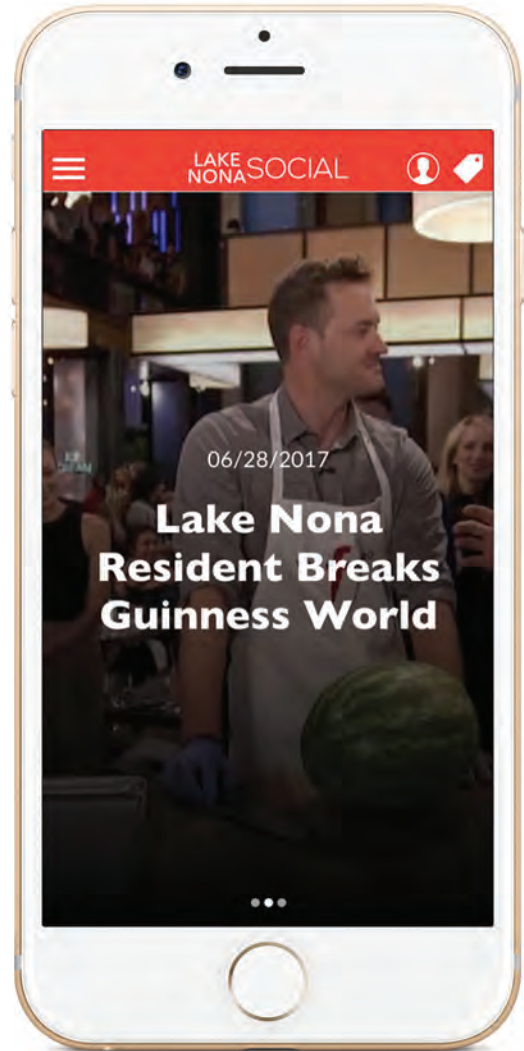
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22-Year-Old Opens First Restaurant Melts on Main

BY MARGOT TEJERA

cept. We are locally owned and locally sourced, so we focus on working solely with local businesses to supply us with the best quality ingredients. Our menu is seasonal as well, so keep an eye out, as every couple months, we will be changing our menu catered to Florida's seasons!

The main idea was variety, and we wanted to offer something different for Winter Garden. We expanded the selection of melts (aka pressed sandwiches). We introduced salads (our caprese salad is our personal favorite), appetizers, and all plates may be made gluten-free and/or vegan, so that's fun too!

idea of being able to create a menu catered to so many different groups, and to work with individuals that can create beautiful plates with such simple ingredients. A seasonal menu allows us to be innovative and focus on the season's quality ingredients.

What do you love about Downtown Winter Garden?

The community, the small-town feel and nearby farms make Winter Garden feel right at home, yet one of the fastest growing communities in the U.S.

What have you learned so far about business ownership since opening Melts on Main?

Patience is a virtue. When it comes to the industry, you speak to so many different individuals with different ways to do things, you have to be willing to understand and be open spirited when you're in this business. It's also essential to be able to admit your mistakes, and most importantly, to learn from them.

What is your favorite menu option?

Spicy Chicken Avocado Melt is Melts' signature for sure! But we have all kinds of vegan options that are delish as well.

What is on the horizon for Melts on Main?

Introducing our breakfast menu in the fall is one of our most anticipated arrivals, as well as our happy hour! Follow us on Instagram and Facebook to keep up with our seasonal menus and newest arrivals! ●

Melts on Main
108 S. Main St., Winter Garden
407-395-9067 • MeltsOnMain.com

I absolutely love to see young people of the community take strides and the leap of entrepreneurship so early in their life. Ashley Morton is a part of this group. She is the owner of her first ever business and restaurant—Melts on Main. And get this—she is only 22-years-old! The location formerly was the home of Moms Melts in Downtown Winter Garden.

Ashley, with the help of her family, has helped to fund a full revamp of the space and the menu—a brand new start and face lift. We got the chance to interview Ashley on her first brand new business.

How did you revamp the menu?

The menu is a complete different con-

What is the message you want to get across about Melts on Main when people come and visit?

I would like to portray the idea of *restoring* in a sense. The term, restaurant, comes from winding down, going someplace and being able to relax, and that is the whole idea behind Melts—is to create this idea of hanging out. Whether it's ordering coffee or small plates, we want you to feel right at home.

What atmosphere type would you describe Melts on Main?

Minimalist atmosphere, yet homey. Simple foods with a modern twist.

What inspired you to go into the food restaurant industry?

Always been a huge foodie! I love the

MOBBING

Bullying en el lugar de Trabajo

BY NOL TOSADO

Juan se puso a trabajar temprano para poder terminar un informe muy importante para la empresa. Cuando entró en la oficina de archivos se sorprendió al ver a dos colegas durmiendo en horas laborales. Juan se sorprendió y se fue del lugar, pero los dos colegas pudieron identificar a Juan.

Al día siguiente llegó temprano otra vez. Juan intentó acceder a su computadora y dijo: "cambiaron mi contraseña". Durante un período de 3 meses, el auto de Juan fue rallado en la pintura, y los archivos de su computadora fueron eliminados. Los colegas se burlaban de él, a sus espaldas e intentaron dañar la reputación de Juan con el supervisor de la empresa. Juan fue víctima de bullying (intimidación/acoso) en el trabajo, (mobbing), y eventualmente dejó la empresa por discapacidad; por depresión con síntomas graves de ansiedad.

¿Qué es Mobbing ?

A veces es conocido como "bullying en el trabajo". El acoso laboral en el lugar de trabajo involucra a grupos de personas que se dirigen a un compañero de trabajo por aislamiento, humillación y agresión. Las víctimas de mobbing informan una serie de síntomas físicos y psicológicos negativos que incluyen dolores de cabeza, dolor crónico, depresión y ansiedad. El desempeño laboral puede verse afectado, lo que podría llevar a la terminación o degradación y a la dificultad de encontrar un nuevo trabajo después de dejar la empresa. En algunos casos, los ataques de mobbing pueden dañar significativamente la reputación de la víctima.

Objetivo:

Debido a que las motivaciones para el mobbing varían, es difícil reunir un solo perfil de una víctima de mobbing típica. Algunos investigadores creen que los acosadores de la oficina eligen objetivos porque son diferentes de la mayoría de sus compañeros de trabajo. Estas diferencias pueden incluir género, raza, religión, orientación sexual, edad, atributos físicos (alto, bajo, sobrepeso, bajo peso, etc.) o discapacidad.



En un estudio de VitalSmarts hecho en Estados Unidos, el 96% de las personas encuestadas dijeron que habían experimentado el acoso laboral. Es un comportamiento que le cuesta a las empresas estadounidenses miles de millones en pérdida de productividad y rotación de trabajadores. Según algunas estimaciones, las empresas pierden hasta \$13 mil millones por año debido a las numerosas repercusiones del acoso laboral que afectan la moral, la productividad y la participación en el lugar de trabajo.

¿Cómo se puede prevenir el mobbing?

El acoso y la intimidación prosperan en un vacío de liderazgo. El manejo débil o incompetente forma un terreno fértil para que crezcan estas prácticas. Si cree que su lugar de trabajo tiene un problema de mobbing, se deben tomar medidas con carácter de urgencia.

Con ayuda profesional la gerencia de la empresa debe tener un proceso de capacitación, resolución de conflictos, programa de ayuda al empleado afectado, disciplina y el establecimiento de una política de cero tolerancia para este tipo de comportamiento. ●

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DECEMBER 1st
12 P.M.–4 P.M.**

**On the Lawn at Canvas Market
13615 Sachs Ave.**

This series has been developed with the help of our friends at The Indie Flea! An outdoor curated market featuring Handmade Gifts, Plants, Home Goods, Vintage + more! 25+ Vendors. Brunch + Cocktails will be available at Canvas Restaurant.



TASTE OF NONA: DIAMONDS AND DENIM

SATURDAY, OCTOBER 19th • 6 P.M.–9 P.M.
Lot Behind Boxi Park • 6877 Tavistock Lakes Blvd.
Hosted by Lake Nona Regional Chamber of Commerce

The 7th Annual Taste of Nona is an annual Signature Event presented by the Lake Nona Regional Chamber of Commerce and Title Sponsor Shamrock Auto Body & Service Center.

Enjoy an evening out with a huge assortment of delectable dining options, live entertainment by Slickwood, and a silent auction. This year's Taste will feature as many as 50 fantastic regional restaurants, dessert makers and catering services! Each vendor will bring a sampling of some of their most celebrated offerings. All of this is included in every ticket purchased for the Taste of Nona.
www.lakenonacc.org/events/details/taste-of-nona-diamonds-denim-6873



RIDE-4-RONALD 2019

SUNDAY, OCTOBER 13th
Lake Nona Town Center • 6900 Tavistock Lakes Blvd.

This year we have a new addition, a 5K Fun Run/Walk! Join us for a great day of cycling, walking, or running at the Lake Nona Town Center on Sunday, October 13, 2019, all to benefit the 2,600 families that will turn to our three Houses this year! Each participant will be provided with a personal fundraising page and will be required to meet a fundraising minimum. Prizes will be awarded to the top three teams and individual fundraisers.

Rally your friends, family, and co-workers, form a team and help keep families close when they need it most!

For more information: www.rmhccf.org/events/ride-for-rmhccf-2019

SPOOKNONA

SATURDAY, OCTOBER 26th • 7 P.M.–10 P.M.
Lake Nona Town Center • 6900 Tavistock Lakes Blvd.

There's nothing scary about this party. Dust off your best costume and join the fall festivities packed with plenty of treats and a delicious candy apple bar. The evening entertainment will bring you to your feet with a live music, face painting, plenty of games and a visit from some very special guests.

Winners will be named for best pet costume, best child's costume (up to age 15) and best adult costume (age 16+).





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LAKE NONA SOCIAL MAGAZINE

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We offer our viewership and advertisers with an upscale, high-quality, and memorable publication. Our goal is to bring the community together and influence our readers to choose locally, first. The magazine also comes to life with our monthly Lake Nona Social mixers. Get in front of our audience with a presence at one of our many events throughout the year.

Contact Sam Solh for a media kit and a personalized print and digital marketing strategy to maximize your exposure. Call: 407-873-9864 or E-mail Sam@lakenonasocial.com





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