

Around the Ranch

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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, APRIL 20, 2022



ON THE BALL – The Tampa Bay Lightning hosted a youth hockey ball tournament and Lightning hockey watch party in March at Lakewood Ranch's Main Street. For more pictures, see pages 12-13. Photo by Ryan Angell.

INSIDE:

**PET EMERGENCY
FIRST AID**

Page 6

**COMMUNITY
ACTIVITIES**

Page 10

**SPECIAL WORKSHOP ON
GATES GETS HEATED**

Page 16

2022

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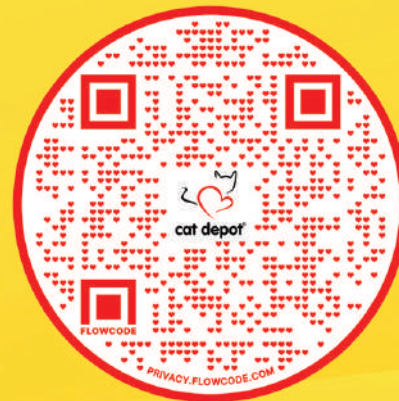


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CONTACT INFORMATION

Editor:

Lisa M. Barnott
lisa.barnott@lakewoodranch.com

Contributing Writer:

Ernie Soller
efsoller@hotmail.com

Proofreaders:

Sue Chaney
Chris Westlake

Community Programs:

Keith Pandeloglou
keith@lwrcac.com

Graphic Designer:

Kim Collister
kcollister@localiq.com

Editorial Board

Lisa M. Barnott, Rex Jensen, Sue Chaney

Phone Numbers

Community Services Town Hall:
941-907-0202

LWR Common Area:
Maintenance Requests, 941-727-0899

Lakewood Ranch Medical Center:
941-782-2100

Manatee County Government:
941-748-4501

Sarasota County Government:
941-861-5000

Lakewood Ranch Post Office:
941-758-3537

Community Website:
myLWR.com

Around the Ranch offices are at 14400 Covenant Way, Lakewood Ranch, FL, 34202. The editorial phone number is 941-757-1542. The e-mail address is aroundtheranch@lakewoodranch.com.

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Lakewood Ranch CERT Presents PET EMERGENCY FIRST AID

A Local Veterinarian Discusses the Dos and Don'ts of Pet Emergencies

By Ernie Soller
Community Correspondent

A number of years ago, I returned home on a Saturday afternoon to find my dog, Bo, acting very strangely. He almost appeared to be drunk, staggering around and not wanting to eat or pay his “mandatory good-time” visit to the out-of-doors.

I called my regular veterinarian's office, only to get the recording telling me that the office was closed, and if I had an emergency, to take my pet to the emergency vet clinic, which I did. Several hours later, he was discharged and given the green light to go home. The emergency vet people managed to get my dog stabilized, but asked that I call them back if he got worse, or if I figured out what had gotten him so sick.

At that point, I had no clue as to what Bo had gotten into.

Later that evening, I noticed that my prescription eye drop vial was missing from its usual place on my nightstand. After checking under the bed, and finding nothing, I went around the house looking for my medication. It was on the floor, under my coffee table in my family room, and when I picked it up, I found that the plastic vial had a definite puncture in it.

I called the emergency vet service and told them about the eye drops. They replied that my dog's symptoms were absolutely consistent with ingesting that medication, but they thought that he'd be okay, as long as he didn't ingest more of the stuff.

A week or so later, I had an appointment with my eye doctor, and told him what had happened. He replied that it was a good thing that he'd changed my medication, telling me that the old prescription, if ingested in a similar way, would have killed Bo!

This illustrates one of the many household dangers that veterinarian Dr. Terry Clekis, former owner and medical director of Braden River Animal Hospital, discussed during his talk in March at the Lakewood Ranch Town Hall. The presentation was sponsored by Lakewood Ranch's Community Response Team, or CERT,



PHOTO BY ERNIE SOLLER

as part of its “Neighbors Helping Neighbors” public education series.

About a hundred residents and CERT members were in attendance on that stormy morning.

Dr. Clekis began his talk with a definition of first aid: initial treatment of a medical emergency to preserve life, reduce pain, or minimize the risk of permanent disability or disfigurement. He made a point of noting that first aid does not take the place of professional veterinary care.

Among his observations was that in order to prepare for such an emergency as a hurricane, the pet owner needs to make sure that he or she is prepared with the pet's medical records and vaccine information – especially if going to a shelter, as shelters may not take pets without this information (and some shelters do not accept pets in any case). In addition to medical records, if the pet is microchipped, you need to have that information with you also. A picture of you with your pet is helpful if your pet becomes lost – even one on your cell phone. Information as to the breed of your pet, along with your pet's age and weight is important, along with the collar and updated rabies tag from the county and a tag with your cell phone number. You can order a collar for your pet with your phone number and your pet's name on it from a number of sources, including some

pet supply stores, Orvis, L.L. Bean, and Amazon, to name a few.

He stated that you should also be prepared with a list of emergency contacts for your pet, just as you would for yourself and your family. This would include your vet's information (phone number, address, etc.), the number for the emergency vet service in your area, and the “urgent care” vet service, too.

Preparation for an emergency should include the assembling of a “pet first aid kit.” Note: If you join CERT, you will get a backpack which includes a first aid kit!

Your pet first aid kit should include rubber gloves, tape, a muzzle for your pet, duct tape, scissors, gauze, a towel or blanket to keep your pet warm, spray antiseptic, paper towels, poop bags and wet wipes. If you are going to transport your pet, you'll need a carrier or crate – and make sure that this has your name and your pet's name on it, with contact information, food and water, a manual can opener for pet food, two weeks' worth of your pet's medication and of course, a collar and leash.

You should have the information for the pet poison hotlines: (885)764-7661 and (888)426-4435, in case you believe that your pet has ingested some type of poisonous material. The poison hotlines may charge you for their services, as they are not sponsored.

If your pet has gotten into a poisonous sub-

stance and you know what type it is – and it is a commercially available product – you may be able to access antidote information from the manufacturer's product label or website, or by calling the company that produced the material.

If your pet is injured, do NOT hug your injured pet. Keep movement to a minimum, and make sure that you consider your safety first. Avoid getting bitten, as even the gentlest pet may bite when injured. Do a checkout exam on your pet, being very gentle, and contact your veterinarian, emergency vet, or urgent care vet. Inform them of the situation and get specific first aid advice from them. Keep your pet warm (except in the case of heat stroke).

To transport your pet, you may need to get help, especially if you have a large animal. For a small pet, a carrier or box is good. For a larger pet, you may need to make a stretcher out of blanket (or even your jacket can work well) and get your injured pet to the vet as soon as possible. There is also a pet ambulance service in our area that you can call to transport your pet.

If your pet is in shock, definitely get the animal to the vet as soon as you can, as a prolonged shock condition can result in death.

If your dog has chewed on a stick, and part of the stick has lodged in the dog's mouth or throat and you can't remove it, as long as the pet can still breathe, get the pet to a vet immediately. If your dog appears to be choking on something, you can perform a dog Heimlich maneuver on the dog. Place the dog on its side and push firmly and quickly on the dog's rib cage.

As for seizures, Dr. Clekis commented that seizures can be caused by a number of conditions, including brain cancer or strokes, liver or kidney disease, unbalanced electrolytes, or even a head injury. Put the pet into a dark, quiet room, and time the onset of the seizures. And again – get your pet to the vet! Some seizure problems, if repetitive, may require putting the animal on medication.

Eye injuries are always an emergency – get your pet to the vet.

In Florida, heat stroke is common, especially in dark coated animals that are exercising or are left outside too long in the sun. Heat stroke can lead to brain death! Place cool, wet towels

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Do Spring Cleaning in Your Mind for a Refreshed Outlook on Life

By Stephanie Peabody, PhD,
HSPP, Neuropsychologist,
Founder and Executive Director,
Brain Health Initiative



Spring has finally sprung! A spirit of hope and renewed possibility has arrived alongside the even warmer temperatures and blooming flowers. Spring offers very real opportunities for change and rebirth, even in our subtropical paradise. Days with longer lasting sunshine and easy availability of fresh fruits and vegetables encourage us to become more active and renew our quest for a more brain healthy lifestyle.

This time of year is traditionally dedicated to clearing away the clutter accumulated during a long winter and refreshing our living spaces. It's called spring cleaning.

What if we took the same approach to our brain health and wellness? We can take stock of our recurrent thoughts and mental data and sweep away what isn't working for us, creating a clean and efficient headspace. Think of your brain as a file cabinet stuffed with bits of paper, notes from unfinished projects, and books you'll never read. When you search for a specific piece of information, you can get bogged down, or worse led down a rabbit hole, by superfluous material. So it is with our brains. Troubling or unnecessary thoughts get in the way when we're trying to access knowledge or a specific memory.

How do we spring-clean our brains, removing the negative, unproductive, destructive, thoughts and clearing space for positive, productive, constructive optimal performance?

BE PRESENT IN THE MOMENT

Mindfulness is the ability to stay present and be aware of what we are doing and where we are, blocking out thoughts that cause us anxiety or distraction. It's a good way of cleaning up and clearing out a cluttered brain.

Instead of your mind wandering to what you'll watch on TV later in the day, why Vladimir Putin is the way he is or the state of your 401(k), you can bring your full attention to what's in front of you. Your thoughts may drift occasionally, but don't despair: You can always return your focus to the present.

A recent Harvard Health report provided a



few do-it-yourself mindfulness tips that take 15 minutes per day:

Meditate. Relax at the end of your day with a 15-minute guided meditation. Keep guided meditations or podcasts on your phone or tablet for easy access. Meditations are available through apps like Headspace, Calm, and Meditation Oasis.

Take a breathing break. Close your eyes and notice where you store stress in your body. As your breath becomes slower and smoother, imagine sending your breath to that area on your inhalation. Imagine a knot loosening as you exhale. Repeat this cycle with each inhalation and exhalation.

Do a body scan. Find a comfortable seat or lie down. Close your eyes and breathe more deeply and slowly. First, focus your attention on your feet. Notice any tension, pain, or stress. Take deep, slow breaths as you focus your awareness on that area of your body. As if you are scanning your body with light, move your attention slowly upward. Notice how each section of your body feels as you continue to breathe slowly: your shins and knees, thighs

and hips, lower back and abdomen, chest and upper back, neck and shoulders, and finally your head.

COMMUNE WITH THE NATURAL WORLD

The additional daylight that comes along with spring spurs the production of serotonin, a neurotransmitter that regulates mood and emotion. We feel more like getting outside, being physically active, and being in nature.

Brain Health Initiative Advisor Jennifer Walsh, a nature and wellness expert, said, "Our bodies and our brains crave being in natural elements because we came from the natural world. The more technology we have, the more nature we need for our brain and body to be healthy."

She offers three suggestions for reconnecting with nature to reset your mindset:

Wellness walk. This walk is not about getting from point A to point B in a specific amount of time. It is allowing your body to truly activate the senses. This walk can last 15-20 minutes and can be done any time of day, even if you feel stuck on a project for work.

Take it all in. Smell what is around you, hear the sounds, really look at nature in your own backyard and neighborhood. Is the air fragrant enough for you to almost taste? Don't forget to touch the trees, plants, etc. Don't be afraid to get your hands dirty.

Fresh-air breaks. Every once in a while, pop out of your chair and off of your computer and give yourself (and your brain) some fresh air. We become more creative when we spend time outside.

Author and psychiatrist Sue Stuart-Smith took a literal approach to tending to our mental health in nature with her book *The Well-Gardened Mind: The Restorative Power of Nature*. She addresses the healing effects of gardening and the activity's ability to decrease stress and encourage mental well-being.

"A garden gives you a protected physical space, which helps increase your sense of mental space, and it gives you quiet, so you can hear your own thoughts," Stuart-Smith wrote. "The more you immerse yourself in working with your hands, the more free you are internally to sort things out and work them through. These days, I turn to gardening as a way of calming and decompressing my mind. Somehow, the jangle of competing thoughts inside my head clears and settles as the weed bucket fills up."

OTHER IDEAS:

Get a good night's sleep. Quality sleep leaves you refreshed and ready for the challenges of the day. Research has shown sleep-deprived people handle stress less effectively.

Exercise. Beyond the obvious benefits to your physical health, exercise has been shown to be vital to brain health. A study showed that middle-aged people who were in poor physical shape experienced more loss of brain volume in later stage of life.

Manage stress. Identify sources of stress and formulate a plan for reducing its impact or coping more effectively.

Improving brain health, optimizing brain performance and reducing the risk factors for brain illnesses continue to be at the heart of our efforts at the Brain Health Initiative. For more information about the Brain Health Initiative or to learn more about how you can become involved in brain health programming, be a Brain Health Scholar, or live a brain healthy lifestyle, please visit brainhealthinitiative.org.

FROM PAGE 6

around the neck and head of the animal, making sure to not cut off the air supply, prior to transporting your pet to the vet.

Heat stroke is not the only danger to our pets here in Lakewood Ranch. We live in Florida. The sunlight is extremely intense here, especially in summer. We also have a lot of blacktopped streets, parking lots and walkways. These can get extremely hot and can burn your pet's paws, so be careful when outside with your pet, and try to avoid walking your pet on blacktop pavement, unless the weather is cool.

Pets are exposed to numerous toxins around the house. Over the counter medications are a major problem. Dr. Clekis noted that just one Tylenol can kill your pet cat! Rat poison left where your pet can get to it will kill your pet just as it will kill a rat. If it is made to taste good to a rat, it will probably taste good to your dog. Be careful to properly store items such as garden products, human prescriptions, household cleaners, etc., out of your pet's reach. Dr. Clekis noted that the artificial sweetener, Xylitol, is especially toxic to dogs.

As far as chocolate is concerned, Dr. Clekis commented that one Hershey kiss will probably pose no problem, but a dog who

decides to eat a giant chocolate Easter bunny could be in bad shape as a result.

Some of the common human food items to keep away from your pets include avocado, grapes and raisins, citrus, nuts, salty snacks, coffee and any kind of caffeine.

Household plants to avoid include corn plants, English ivy, philodendron, and aloe vera, to name a few.

Snake bites are relatively common in Florida, especially in areas that have recently been developed. Dr. Clekis recommended that all snake bites should be treated as poisonous, and the animal taken to the vet immediately. The pet owner should, if possible, try to identify the snake that bit their pet. Anti-venin is not always available at every veterinary hospital, as it is very expensive, and has a shelf life. Your vet can, if necessary, direct you to where it is available, if needed.

A resident asked about pet veterinary medical insurance, and Dr. Clekis responded that this was something that was up to the individual pet owner, noting that even if a pet owner has insurance, he or she must still pay the veterinarian up front, and then seek compensation from the insurance company.

Lots of good information for Lakewood Ranchers. Thanks, Dr. Clekis and LWR CERT!

April Programs at Chabad of Bradenton & Lakewood Ranch

Please note that all events will take place at the Chabad House at 5712 Lorraine Road, or at the virtual Chabad House at chabadofbradenton.com/zoom, unless otherwise noted.

Talmud Classes

Mondays, 7:30 - 8:30 p.m.

At the Chabad House and on Zoom

Explore the Talmud and its laws in its original text. No prior knowledge of the Talmud or Hebrew is necessary. Book fee: \$45.

Torah Studies

Saturday mornings, 9 - 9:30 a.m.

At the Chabad House

Participate in a fascinating class on the Torah portion of the week. Discover the mystical meanings and lessons behind ancient stories. Admission is free.

Weekly Shabbat Services

Friday nights, 6:30 p.m.; Saturday mornings at 9:30 a.m., Shabbat Kiddush at noon

At the Chabad House

Enjoy warm, family friendly services at The Chabad House. Saturday morning services are followed by a delicious buffet Kiddush.

Tanya Class

Thursdays, 9-9:30 a.m.

At the Chabad and on Zoom

Delve into the secrets of the soul with Rabbi Mendy at this weekly Tanya class. Admission is free.

Torah & Tea

Tuesdays, April 26 11 a.m.

At the home of Chanie Bukiet and on Zoom

Join Chanie Bukiet for a weekly dose of delicious tea and refreshments spiced with lessons on the classical and timeless work authored by the eleventh-century Spanish scholar Rabbeinu Bachya ibn Pekuda, The Gates of Trust. Gates of Trust takes us on a transformational journey towards genuine trust, building us to a state of tranquil reliance on the all-powerful and compassionate God. Studying this vital work shows us how to confront and even transform unpredictable and challenging events by exercising and implementing the messages of genuine unyielding trust in God. Admission is free. Sponsor a class in someone's memory or honor for \$25.

Kabbalistic Meal of Moshiah

Saturday, April 23, 6 p.m.

At the Chabad House

Come and join us on the last day of Pesach to celebrate with a special meal, the Moshiah Seudah, complete with matzah, wine, and Chassidic songs, a custom established by the Bal Shem Tov. The Seudah will be led by Rabbi Mendy Bukiet. Free admission. Sponsor this event for \$180.

For more information on any of the ongoing events or to reserve, call Rabbi Mendy Bukiet at (941)752-3030, email rabbi@chabadofbradenton.com, or visit the Chabad website at chabadofbradenton.com.



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We're only three days from an afternoon in Greenbrook Adventure Park on April 23rd, filled with live music by local reggae band Jah Movement! Jah Movement has won multiple awards around the Sarasota and Tampa Bay area since forming in 2015. We look forward to their park performance and hope to see all of you out there with us. Get your tickets for \$5 for Lakewood Ranch residents at myLWR.com! Don't forget to bring your camping chair with you.



Keith Pandeloglou
Director of LWRCAC

While we are thrilled to bring on new parks' programs like our upcoming Concert in the Park, we're equally as excited to bring back popular programs that our residents continually love and attend. Fit4Kids will be back at Bob Gardner Park, accompanied by Fit4Tweens, starting May 2nd. Both programs will meet on Mondays and Wednesdays and continue through May 25th. Fit4Kids will be from 4 – 5 p.m. while Fit4Tweens will immediately follow from 5 – 6 p.m. These fitness programs for children (ages 5-10) and tweens (ages 11-13) always start with a warm-up and end with a cool-down, and are packed with fun, engaging fitness challenges in between! We love to see familiar and new faces at Fit4Kids and Fit4Tweens each session, but spaces are filling up quickly. If you want to



secure a spot for your child, register on myLWR.com.

The Lakewood Ranch Community Activities team, along with this year's Tribute to Heroes Parade Committee, has been working hard on the return of the Tribute to Heroes Parade that will take place on May 22nd, 2022, on Lakewood Main Street in Lakewood Ranch. We look forward to being surrounded by our incredible community while honoring and supporting local veterans and heroes.

If your business or non-profit organization wishes to participate in the parade procession or is interested in sponsoring a booth during the event, there is still time to be included! For-profit businesses have the option to participate in the parade procession for a minimum donation of \$50 or sponsor a booth for a donation of \$250. Non-profit organizations may participate in the parade procession free of charge.

All local veterans are invited to participate in the parade as well! Participate by car, float or on foot.

To register your business, non-profit organization, or to register as a veteran for the Tribute to Heroes Parade, go to



myLWR.com for more information including all necessary registration links. Please make sure to submit these forms (digitally) by May 2nd, 2022 to be included in the parade. For all questions, reach out to us at info@lwrca.org.

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AROUND THE RANCH



PHOTOS BY RYAN ANGELL



LIGHTNING EVENT Provides Something for All Ages

The Tampa Bay Lightning hosted a youth hockey ball tournament and Lightning hockey watch party March 27 at Lakewood Ranch's Main Street. The youth tournament began at 9 a.m., and featured a special

appearance by the ThunderBug, and Lightning prizes. The watch party portion of the event started at 1 p.m. The puck dropped at 2 p.m., for the live broadcast of The Lightning vs. the New York Islanders: Lightning won, 4-1!



REMY'S ON MAIN: A More Elegant Take on The Neighborhood Eatery

By Ernie Soller
Community Correspondent

Barb and Larry Remington came to Lakewood Ranch pretty much like I did – by heading south on I-75 from Michigan.

Detroit was great, “back in the day,” but as those of us who were hearty souls when we were younger got just a wee bit older, the idea of spending yet another year’s winter shoveling snow just wasn’t in the cards anymore.

Scraping frost off windshields, chipping ice away from your car’s door handle – just to be able to get into the car – and of course, the ultimate and usually unavoidable winter insult of slipping and falling on an ice-covered walk became challenges best left untackled.

So, we headed South, to a climate that promised Christmases that were definitely NOT white, to dazzling beaches, and a different pace of life.

Some of us – like me – came for the relaxation of retirement, but Barb and Larry Remington decided to take up a new challenge.

Larry, like a lot of folks in Detroit back in the ‘70s and ‘80s, had worked in the automotive industry before partnering with Barb’s brother in getting into the restaurant business.

They ended up operating several chain restaurants in and around the Detroit metropolitan area, but when the COVID pandemic hit, Michigan ordered restaurants closed for two months. After that, the state allowed them to open for “carryout only” for a while, and then allowed customers to return, but only at 25% of capacity. Larry and Barb decided that it was time to sell and move to Florida.

So where did they decide to stop and stay? Lakewood Ranch, of course. After all, if you’re going to open a brand-new restaurant in Florida, why not open it in the country’s best-selling multigenerational community?

They found just the right spot: on the west side of Lakewood Ranch Main Street, which has become a prime destination shopping and dining locale, and began turning it into what has now become Remy’s on Main.

It took a while, what with COVID still hanging around and the resulting delays getting various things done, but Remy’s is here now, and the results seem to be worth the wait.

I regularly go out for breakfast with my friend, Alex. Over the years we’ve lived in Florida, we’ve sampled quite a number of local restaurants, from larger chain places to family-operated diners, and have seen several come and several go over time, but Remy’s is the sort of place that gives the appearance of staying power. Perhaps that’s because of the Remingtons’ experience in running restaurants, and perhaps Remy’s has a “Lakewood Ranch Look” to it – the appearance of a savvy, well-run place that gives its clientele good service as well as good food in an upscale atmosphere.

The place is not huge, but there are plenty of tables both inside and outside, and of course, at this time of the year, lots of



our snowbird friends like the idea of being able to tell their friends up north that they had breakfast while sitting outside on a warm Florida morning, sipping their coffee and eating something delicious.

The décor in Remy’s is subdued and light, with wood-grained table tops and a “greenery wall” on which are emblazoned the words: “You’re Exactly Where You Are Meant To Be.” The light fixtures are modern and clean-looking, and if a regular table or booth leaves you wanting something different, there’s that S-shaped pair of small, intimate booths just inside the door, right near the bar. The bar is just the right size for the place, with several comfortable-looking stools surrounding it, and the bottles of premium booze on shelves above the bar suggest that this place is prepared to serve good libations.

But back to the food.

Alex ordered his usual – also known at Remy’s on Main as the “Classic Breakfast.” Make that bacon and eggs, with hash browns – yes, real hash browns and not home fries – along with toast. I got a Denver omelette, made with three eggs, ham, diced yellow and red peppers, and American cheese. It also came with toast and hash browns. I have to say that the hash browns were good – not overdone and not greasy.



PHOTOS BY ERNIE SOLLER

Alex said that his eggs were done right, and he also was happy to be able to get the hash browns.

Now breakfast isn’t the only thing going at Remy’s on Main, but there are a LOT of breakfast choices, from bagels and lox to skilletts, French toast, pancakes, etc. Then for later on, there are wraps, burgers (even veggie burgers!), salads, and tasty appetizers, such as Bulgogi nachos, featuring Bulgogi beef (thin slices of beef marinated and grilled) and kimchi – a dish derived from Barb’s Korean heritage. There are several Korean-based offerings on Remy’s menu, so that customers can not only get burgers and salads, but they can open up their taste buds

to new and different taste treats.

And grandparents take note: Remy’s has a kids’ menu, both for breakfast and later on in the day.

So whether you’re looking to do breakfast, grab a burger before the afternoon showing at the Lakewood Ranch Cinema, or simply to just stop by for a drink and an appetizer, check out Remy’s on Main!

Remy’s on Main is located at 8138 Lakewood Main Street. Hours are 9 a.m. to 8 p.m. Tuesday through Sunday. For more information call (941)355-9391 or visit remysonmain.com.

I’ll be coming back. Enjoy!

District Boards Continue To Take Care Of Business

By Ernie Soller
Community Correspondent

Perhaps the biggest piece of news regarding our local government here in Lakewood Ranch is the hiring by the Inter-District Authority of Steve Zielinski as Lakewood Ranch's new executive director.

However the work of the Community Development District (CDD) boards goes on, and here are some of the items covered during their March meetings:

All of the CDD boards approved the re-hiring of the accounting firm of Purvis Gray as their accountants of record for the current fiscal year. In the private sector it is normal procedure to hire a different company after a three-year period, but this is not required of government entities, such as CDDs. The Purvis Gray firm has had a good relationship with Lakewood Ranch districts, and they have committed to having a different partner review their audit findings at the end of this fiscal year in order to have a "different pair of eyes" on the district finances. Purvis Gray also offered their services at a cost increase of only 3% which, in today's market, was considered quite reasonable.

OPERATIONS: Edgar Perez has been hired as the new assistant director of operations.

The February rainfall totals for Lakewood Ranch were again quite below average, with much of The Ranch getting less than a tenth of an inch of rain, compared to the average February rainfall of 2.6 inches.

STORMWATER MANAGEMENT: Engineer Richard Ellis commented on the new legal requirement for a 20-year stormwater analysis for each district. This analysis will cost each district \$10,000.

PAVING: Contractors were expected to begin the paving work in Districts 2 and 5 the week of March 21. Executive director Zielinski noted that this paving work needs to be done properly, even if changes need to be made in, for instance, the type of material used to perform the work, in order to not have to do repairs to the new pavement before they should be needed. There will be meetings with the contractors every two weeks during the work period, in order to make sure that things are done right.

SHRED DAY: This year's Shred Day has been backed up to October. No specific date has been set yet. It is expected that next year the Shred Day will move back to its usual April (after tax season) date.

DISTRICT 1: During the District 1 board meeting, comments were made regarding various traffic issues along Lakewood Ranch Boulevard. District 1 board chairman Alan Roth noted that he'd seen numerous drivers ignoring the stop signs, and just blowing through the intersection. Are the signs not all that visible, or

are drivers just ignoring them?

Executive director Zielinski reported that the operations department has begun replacing street signs in the district.

The traffic signal installation planned for the corner of Clubhouse Drive and Lakewood Ranch Boulevard has been pushed back by Manatee County. The new expected date of completion is May of 2023.

DISTRICT 2: Resident Joseph Novak asked the District 2 board what was being done about the ponds in his area that were getting clogged with vegetation. Executive director Zielinski replied that these ponds were scheduled for remediation, probably within the next couple of months.

Although the District 2 board voted to not change their gate policies, supervisors raised some pertinent questions.

Supervisor Jerry Twiggs questioned whether the District should hire a professional traffic consultant to evaluate entrance and exit areas. Supervisor Tom Green noted that certain roads around entrance and exit areas become heavily congested during school "rush hour" periods. District 2 board chairman Pete Bokach noted that vehicles without transponders whose drivers attempt to exit at an unmanned gate, and who subsequently need to back up in exit lanes, create a serious safety issue.

DISTRICT 4: The District's board of supervisors approved the new engagement letter with Purvis Gray.

DISTRICT 5: Engineer Ellis informed supervisors that the Southwest Florida Water Management District (SWFMD) reports are done.

Resident Patricia Young, of Orchid Island, requested that more benches be added along major area streets for the benefit of walkers. She told the supervisors that she counted only five benches and that, in her opinion, was far too few. She noted that her husband has a hard time walking distances, and that she had seen one resident taking a break by sitting on the curb, as there were no nearby benches.

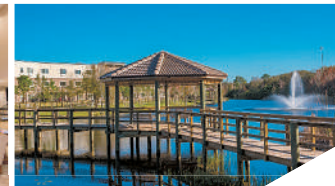
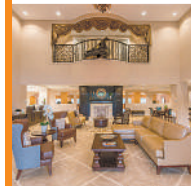
Executive director Zielinski reported that invoices from reclaimed water supplier Braden River Utilities were up, which caused supervisor Alan Silverglat to inquire as to the availability of additional soil moisture sensors. Zielinski replied that SWFMD is at least two years out on new sensor requests.

DISTRICT 6: A traffic signal at the intersection of Balmoral Woods and Lakewood Ranch boulevards has been promised for a very long time, and it was originally thought that the signal would have been installed prior to the end of 2021.

Manatee County has informed Lakewood Ranch that they now actually do have a contractor designated to perform the work, however don't expect the new traffic signal at that intersection to be installed before at least December of 2022!

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Special Workshop on Gates Gets Heated

By Ernie Soller
Community Correspondent

At a November CDD board meeting, the subject was raised by residents regarding allowing guests and contractors to exit the Lakewood Ranch Country Club environs via one or more of the unmanned gates, of which there are several. This was seen as having potential to alleviate traffic on Country Club roadways and at the manned gates, and making it easier for a guest who lives north and east of the Country Club to exit on to Lorraine Road rather than having to drive all the way to the Legacy gate on University Parkway.

Also, at the January CDD 2 board meeting, a District 2 resident appealed to her supervisors to allow non-resident egress at the unmanned gates, citing an experience at one of the gates.

She was attempting to exit the Country Club at the Players gate along Lorraine Road, only to end up in a situation because a non-resident had to back up his vehicle after discovering that he was unable to exit at that gate. In the ensuing shuffle, the resident's car was damaged by another vehicle, the driver of which then took off without bothering to stop, leaving her stuck with paying an insurance deductible for the damage to her car.

After further consideration, noting some safety concerns, and/or the lack of sufficient road lengths to handle what might be additional vehicles at unmanned gates, supervisors came up with the idea of picking one unmanned gate to use as a "pilot project" for guest/contractor egress without the need for a transponder.

The supervisors chose the gate at Masters



PHOTO BY ERNIE SOLLER

and Lorraine Road for the possible experiment, citing the number of residences near the Masters/Lakewood Ranch Boulevard gate as a negative factor, along with safety considerations should the gate at Players and Lorraine Road be used.

A public meeting of supervisors from both District 2 and District 5 was advertised for mid-March at the Lakewood Ranch Town Hall, to allow for resident input regarding the possibility of allowing non-resident egress at this particular gate.

As the earlier District 5 CDD meeting had not yet adjourned by the designated gate meeting time, a growing number of residents found themselves standing in the hallway outside the

meeting room. One resident indicated his displeasure by banging on the door.

Once the District 5 meeting was adjourned, a crowd of around 30 residents poured into the room, which necessitated the opening of one of the partition walls in order to accommodate the attendees.

After the meeting was called to order, District 2 board chairman Pete Bokach called for audience input, noting that the supervisors had imposed a three-minute limit on comments, to allow everyone who wanted to comment to do so.

The first speaker, Keith Sandler, of Sandhills, started out stating: "Why do we need this?"

He went on to catalog reasons why people moved to the Country Club, such as safety and

security, privacy, leisure facilities, reduced traffic on neighborhood streets, less solicitation, safety of kids, and higher home standards. He also repeatedly questioned Bokach to name those residents who had proposed the idea of non-resident egress in the first place.

Another speaker stated that in her opinion, the gates were "for the safety and security of residents, and not the convenience of visitors."

Resident Susan Hoffman said that she purchased her home 20 years ago and as a single woman, she wanted to feel safe. She noted that visitors "can exit the same way they came in."

Resident Yvette Sherman commented that "We loved the fact that it (the Country Club) was a gated community with 24-hour gate attendants." She also noted that the Country Club no longer has 24/7 manned gates.

Resident Gary Miller asked what the benefit was to residents. Regarding commercial traffic, he expressed the feeling that the inconvenience is the price they pay for doing business in the community. He asked whether allowing non-resident egress at unmanned gates would result in additional traffic. Miller also questioned whether someone "with nefarious intent" would have additional ways of leaving the community quickly.

The residents who attended the meeting were quite agitated and vocal as exemplified by occasional shouts from the audience, such as "If it ain't broke, don't fix it!"

Once the special workshop meeting was adjourned, the District 2 Board – which has the responsibility for the Masters/Lorraine Road gate – voted to not allow non-resident egress at that gate.

Friends of the East Manatee Library at LWR announces Membership Drive

Ground has finally been broken on the new library in Lakewood Ranch, and Friends of the East Manatee Library recently announced its membership drive, offering levels from \$10 to \$500.

Membership supports vital fundraising for programs, equipment, and other needs for a library to serve the community.

Members also receive exclusive benefits such as:

- Advanced notice of events/programs
- Discounts on selected Friends events
- Membership appreciation events
- Online resources
- The Crane (the group's newsletter)

The Friends of the East Manatee Library at Lakewood Ranch is looking for people to become "Founding Friends." Each Founding Friend receives a certificate of membership and their name displayed in the new library.

"We are thrilled to offer the unique opportunity to become a Founding Friend, which is only available until the library opens," said Dr. Sue Ann Miller, president of Friends of the East Manatee Library at Lakewood Ranch.

To become a member, go to libraryfriendsemlwr.org/friends-membership.

Established in 2017, the mission of the Friends of the East Manatee Library at Lakewood Ranch is to support the new library and sustain its work for the continued enrichment

of the people of Manatee County. This is accomplished by educating the community, advocating the need for an East Manatee County Library, and providing funding for the library through public and private sources. The Friends organizations raise money to support lifelong learning and enrichment opportunities for all ages.

These include story time and summer reading materials, cultural events, computer classes, special library collections, book clubs and more. The Friends of the East Manatee Library at Lakewood Ranch is a registered 501(c)(3) not-for-profit organization. For more information, visit libraryfriendsemlwr.org or email libraryfriendsemlwr@gmail.com.

Your LWR Story

By Maggie Milne

Hey Lakewood Ranch! I'm Maggie Milne, and I'm kicking-off a new column in *Around the Ranch*. Each month we will feature "Your LWR Story," highlighting residents and business owners, and their journeys to and through Lakewood Ranch. My story is one example of the process of becoming a Lakewood Ranch resident, what life is like now, and what I look forward to as I continue my future here.

I'm sure my story is much the same as many others who migrate to Florida. My first visit to Lakewood Ranch was in May of 2021. I flew in to SRQ airport for a five-day stay with family. My relatives own a home in Country Club village and spend most of their year in Lakewood Ranch.

My five days of exploring Lakewood Ranch and the surrounding area included walks throughout Country Club village, where I saw the stunning main clubhouse of Lakewood Ranch Golf & Country Club, as well as its lush golf courses. As a guest of my family, I was lucky enough to have access to The Club's fitness center and pools, which I thought were top-tier and extremely well-maintained.

I took bike rides to and through the Main Street town center, eventually leaving the bike secured and walking along the sidewalk to peruse the retail shops and numerous eateries. The variety of dining options offered international and traditional cuisines. The architectural design of Main Street was quaint, I thought, with cobblestone walkways and lavish landscape.

I also biked along Lakewood Ranch Boulevard to Summerfield Community Park – one of the first Lakewood Ranch parks, it turns out – where I saw families gathered and kids enjoying the soccer fields and playground. Summerfield Community Park is huge, well-shaded by tree canopies, and offers plenty of picnic tables around and within the park pavilion.

Another day, I decided to visit the soft sand at Lido Key Beach, only miles from The Ranch. It was a perfect spring-summer day, only a few clouds, a gentle breeze, waves lapping as they met the shore, and minimal fellow visitors. During my commute to the beach I passed the University Town Center Mall, the Ringling Museum, and amazing water views as we drove across the Ringling Bridge. Before parking the car to go to the beach, we drove through St.



Armands Circle, which offers several blocks of unique shopping and dining experiences.

Florida's subtropical climate afforded me the opportunity to see a range of wildlife during my visit, including geckos, sandhill cranes, an exceptionally large, yellowish grasshopper, and alligators sunning on the edge of various ponds. Lakewood Ranch is an intentionally designed community, committed to a balance between green space, residential, and commercial spaces. This approach to community development is a stark contrast to my previous place of residence. I was keenly aware that I preferred the visual and experiential appeal of Lakewood Ranch.

The combination of quality time with family and the Lakewood Ranch aesthetic was the perfect inspiration for my decision: I would move to Lakewood Ranch! Before boarding my plane to return to Indiana, I phoned my realtor to list my home for sale. The news surprised him, as I had purchased the new construction house the previous July.

My visit to Lakewood Ranch was vacation time, a casual visit with family; however, while enjoying my stay I saw – and felt – the optimal lifestyle Lakewood Ranch offers. The aesthetic of the Lakewood Ranch environment inspired

SEE LWR, PAGE 21

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Lakewood Ranch Announces New Waterside Place Tenants

Lakewood Ranch recently announced numerous new tenants for its 36-acre retail, dining and entertainment destination, Waterside Place.

Shore Rejuvenation Day Spa and Modish Salon will offer Waterside Place visitors the opportunity to relax and feel refreshed with luxury spa treatments and on-trend hairstyles.

Shore Rejuvenation Day Spa will treat guests' minds, bodies, and spirits to a wide range of spa options, including luxury organic couples' treatments, spa packages, massage therapy, facials and results driven skin care treatments such as microblading, lip blushing, permanent makeup, injectables such as Botox Cosmetic, Restylane and Juvéderm. Services will be performed by knowledgeable, highly trained staff who use the finest cosmeceutical skin care from Environ, as well as organic luxury skin and body care from VOYA.

Modish Salon will be a creative space where independent hair stylists unite over their passions for hair cutting, coloring, extensions and styling. Modish stylists are known for fine-tuning their skills by traveling to top conventions and classes and returning with the latest trends in hair care. Since opening in early 2020 in Sarasota, the salon has been recognized as the "#1 salon for invisible bead extensions" worldwide. Waterside Place will be its second location.

Set to open this summer, Marmalade Waterside Boutique, John Cannon Homes, Integrity Sound, and Capstan Financial will also add to the area's diverse offerings:

Marmalade Waterside Boutique will offer residents and visitors a space where beauty and fashion mix with laughter, inspiration, and imagination to promote a happy lifestyle. Marmalade's new boutique at Waterside Place is the third – and largest – location, following its flag-



ship storefront in Sarasota and beachside location on Siesta Key. The boutique will feature a curated lifestyle collection of cool home decor and furnishings, free-spirited women's apparel, bohemian bling, and unique gifts.

With more than 350 industry honors for homes built in over 100 prestigious communities, John Cannon Homes has set the standard for quality in luxury custom home building in Southwest Florida. In anticipation of the Kingfisher Estates opening at Lakewood Ranch, John Cannon Homes will be displaying room vignettes with custom high-end finishes in its retail space at Waterside Place. The transitional-style room designs will showcase cabinetry, countertops, ceiling details, flooring, tile and fireplace options for kitchen, living room, dining room, office, master bathroom and outdoor kitchen (cabana/bar) spaces.

Integrity Sound offers expert technology and electrical solutions for homes and businesses in Southwest Florida and beyond. The company specializes in electrical, home automation, audio video, networks, lighting, motorized window treatment and security integration,

priding itself on seeing projects through to completion and providing long term service and support. The 1,550 square-foot store will feature a unique design concept featuring realistic home and office settings.

Capstan Financial was founded to provide comprehensive financial services and the highest degree of personal attention to individual and institutional clients. The firm uses a team-focused approach to ensure professional guidance, preparation and responsiveness through all stages of life, regardless of market conditions. The company's new, 3,500 square-foot location at Waterside Place will be its first satellite office expansion, featuring plenty of natural light, lake views, two outdoor covered balconies, and fully functional technology to host world-class meetings.

Additional tenants set to open in Waterside Place by the end of the year include O&A Coffee Supply, CROP Juice, The Yoga Shack, Body Bar Pilates, Man Cave for Men, Bay Area Aesthetics, Duck Donuts, authentic Italian restaurant Osteria 500, Mexican-American restaurant and tequileria Agave Bandido, and Korê, a

new Asian restaurant concept featuring Korean barbeque and an upscale cocktail lounge.

Later this year, Forked at Waterside and Good Liquid Distillery are also expected to open locations.

Recently named the "Best Lifestyle Program in the U.S." by the National Association of Homebuilders, the vibrant lifestyle and suburban location at Waterside Place is an ideal location for many brands.

"We're thrilled Waterside Place is officially open and visitors can finally experience our curated, eclectic mix of tenants," said Kirk Boylston, president of Lakewood Ranch Commercial. "The businesses, restaurants and retail shops we've brought to the area are among the best and will provide plenty of opportunities for entertainment, relaxation, home improvement and more."

As it continues to welcome additional businesses, Waterside Place will embody the essence of Lakewood Ranch, serving as a retail, dining, wellness and entertainment hub with waterfront charm. Whether guests are looking to enjoy a morning coffee and jog along the nature trails or opt for an evening "Ranch Nite Wednesday" lakeside concert followed by dinner and craft beers with friends, Waterside Place will appeal to a variety of lifestyles and interests.

The town center is already activated with festivals, music, and sporting activities, and is home to the Farmers' Market at Lakewood Ranch, further connecting local farmers and artisans with area residents and their guests. Additionally, Lakewood Ranch is working with Waterside Place tenants to create custom programming tailored to their consumers.

For more information about Waterside Place, visit the recently improved and expanded website, WatersidePlace.com.

Forestar Introduces John Cannon Homes to Star Farms at Lakewood Ranch

Forestar Group, Inc. recently announced the addition of John Cannon Homes to its program of luxury, custom homebuilders in Star Farms, a multigenerational lifestyle development located in Lakewood Ranch. John Cannon Homes designs every home specifically for the customer, with dozens of options at each step of the homebuilding process.

The available custom floor plans start at approximately 2,800 square feet and provide a variety of choices. The Bellara, which measures 3,782 square feet, will be the model available for touring at Star Farms. The Bellara is a single-story home featuring three bedrooms, three and a half bathrooms, a bonus room, an exercise room, an outdoor kitchen, a swimming pool with spa and a casita with one bedroom and one bathroom.



"John Cannon Homes is especially excited about the opportunity to be part of a true multigenerational lifestyle community such as Star Farms," said John Cannon, president. "We are committed to making a positive contribution to this breathtaking community and look forward to sharing our new model, The Bellara, with people looking to build the luxury home of their dreams."

Within Lakewood Ranch, Star Farms is minutes away from top-rated beaches, dining, shopping, clubs, and entertainment venues. Upon completion, this 700-acre gated community will be a resort ranch hometown with 1,500 single-family homes, villa retreats, and townhomes, along with a variety of amenities, clubs and hospitality services.

For more information visit www.starfarmslwr.com.

Long-Time Resident is Lakewood Ranch Government's New Leader

By Ernie Soller
Community Correspondent

Steve Zielinski is the new executive director at Lakewood Ranch Town Hall.

Way back when, in the first decade of the new millennium, the Lakewood Ranch Inter-District Authority chose Bob Fernandez, a former Manatee County executive, to be the first executive director of Lakewood Ranch.

Fernandez's time at Lakewood Ranch was not particularly long, but one smart thing he did in 2008 was to ask a previously not particularly well-known District 5 supervisor named Steve Zielinski to step in as an interim finance director.

Zielinski had been elected to his supervisor position in the fall of 2007. He had moved to Florida in July of 2004, right in the middle of that year's hectic hurricane season, when four major hurricanes hit Florida. But Zielinski stayed, moved into the Lakewood Ranch Country Club, and decided to test the political waters by getting elected to the District 5 board of supervisors.

Zielinski decided to leave the cold of New Jersey and move to Florida with the idea that even though he was able to retire from the job he held in New Jersey, he wasn't really finished



PHOTO BY ERNIE SOLLER

with his work life, and he wasn't really ready for retirement, as far as age was concerned.

So Zielinski stepped into the role of interim finance director, and after it became obvious that he was good at his job, Fernandez asked Zielinski if he'd like to make his appointment as finance director permanent one. Zielinski said yes!

Over the next few years, it became obvious that his expertise was working to assure Lakewood Ranch residents that their community's finances were becoming much more accurate and improved.

Since the Community Development Districts are public entities, they are subject to annual financial audits, and the earliest audits revealed some issues with regard to recordkeeping. Of late, however, under the guidance of Zielinski and with the assistance of his staff at the Town Hall, the auditors have given only "clean" audits, meaning that there were no issues to report and that the audits showed a quality job of financial record keeping.

Ask Zielinski how he did all this, and he'll tell you that his support staff has been great. He continues to look for input from his staff as to issues that may come up, asking them to think "outside the box." He asks them to think of every possible question that could be asked, and then to make sure that

they have the answers to those questions. Zielinski notes that in a government setting, every decision has a financial impact. When district supervisors ask Zielinski about funding for a particular project, or ask a question regarding their district's bond payoff, he always has a ready answer.

Zielinski's entire career has been one of government service, first in New Jersey, and since 2008, in Lakewood Ranch.

He grew up in New Brunswick, N.J., and studied finance and accounting at Rider University in Lawrenceville, N.J., which was founded in 1865.

As for Zielinski selection as the new executive director, it appears to be a case of "the third time's the charm," as he has held the title of "interim executive director" three times!

The first time was when Fernandez left and the Inter District Authority board selected Eva Rey as executive director. Then, when Rey left to take a job on Florida's east coast, Zielinski stepped in before the IDA chose Anne Ross as executive director. And once again, with Ross' departure last summer, Zielinski again wore two hats – that of his then-regular job as finance director and once again, the job of interim executive director.

As to his hiring as executive director, Zielinski became one of five finalists for the job, having gone through the same vetting as other candidates. In the end, the IDA supervisors chose Zielinski.

Zielinski's the guy who's "done it all" in Lakewood Ranch, and now his first assignment as the new executive director is finding and hiring a qualified new finance director!



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Drink If You Dare Chilean Carmenère

Chile is known as the “country of poets,” as two of its most famous literary figures have earned the Nobel Prize in literature for their poetry. Along with poetry, Chile is also known for Carmenère - a medium-bodied merlot-like wine originally transplanted from Bordeaux, France. Although the UWB's will likely never be recognized during this lifetime for our true literary or poetic genius, we can drink Carmenère - at least in our minds - with as much enthusiasm and appreciation as the most festive Chilean oenophiles.

We are The Unassuming Wine Bros (UWB) - Patrick and Vigo - two regular guys who love everything about wine, including writing about it. Our goal is to explore the nuances of wine, share our adventures with you, and have a little fun along the way.

This month's Carmenère selections all hail from Chile's Central Valley region south of Santiago. Here are our thoughts on them:

Rating system:  - ratings are given on a 1-5 scale, with five being the highest

2019 CARMEN GRAN RESERVA CARMENÈRE

Colchagua Valley, Chile; \$16.99 U.S.; 13.5% ABV:

Vigo: Patrick is always pulling tricky rabbits out of his wine variety hat. My first question was, what's a Carmenère? Patrick's answer was, “kind of a merlot, but lighter. You'll love it.” Okay, I dove in with little to no reference except “merlot light.” The color of the Gran Reserva Carmenère is a beautiful crimson, and the aroma is of black cherries and plums. WOW, this wine is soft and smooth on the palate with raspberries, blackberries, plums, bell peppers, and vanilla. I was already a Carmenère fan, and we just started the tasting.

Vigo's rating:    

Patrick: The 2019 Carmen Gran Reserva Carmenère was smooth. It showed red and dark fruit, oak, peppercorn, and tobacco, with bittersweet juiciness and an excellent finish. This was the lightest of the three selections but was still quite enjoyable. To use a baseball analogy, this wine drank like former Toronto Blue Jays first baseman John Olerud hit - solid but slightly lighter than preferred. I would drink this one again and think it is a solid bottle, although Vigo probably enjoyed it more than I did.

Patrick's rating:    

2019 CHATEAU LOS BOLDOS, GRANDE RESERVE

Carmenere; Cachapoal Valley, Chile; \$16.99 U.S.; 14.4% ABV:

Vigo: After getting a palate reference from the Carmen Gran Reserva Carmenère, I thought our following selection, Chateau Los Boldos, Grande Reserve Carmenère, was going to be similar - but once again, don't judge a wine by its varietal. The color of the Chateau Los Boldos Grande Reserve is a welcoming crimson with purple around the edges. The aroma is very intense, with blackberry and black currants. This bottle needs to be given time to breathe because, after it is uncorked, the taste of this wine is tight. After about half an hour, Patrick and I noticed a complete



2019 Carmen Gran Reserva Carmenère



2019 Chateau Los Boldos, Grande Reserve



2019 Lapostolle Cuvee Alexandra Camenere

change in the wine as it took time to breathe. You will notice blackberries, spice, raspberries, chocolate, and tobacco on the palate. The Chateau Los Boldos, Grande Reserve is a wine that needs to be partnered with a creamy cheese or hearty beef to appreciate its complexity.

Vigo's rating:    

Patrick: The 2019 Chateau Los Boldos Grande Reserve Carmenère was my favorite of this month's three selections, and it REALLY grew on me as it opened up over the course of our tasting. What stands out about this bottle is its outstanding balance and excellent acidity for a rich and flavorful wine. It had a luscious, velvety softness to it. The only complaint I have about it is the finish was a tad short - but overall, this wine was excellent. There is a lot of bang for your \$17 bucks with this bottle.

Patrick's rating:    

2019 LAPOSTOLLE CUVÉE ALEXANDRA CAMENERE (APALTAVINEYARDS)

Colchagua Valley, Chile; \$26.00 U.S.; 14.5% ABV:

Vigo: When we wine taste, I take the complete opposite approach of Patrick. Patrick is the researcher, and I'm the experimenter. The 2019 Lapostolle Cuvee Alexandra Carmenère was my least favorite of the three wines we reviewed. Its color and aroma were like the Carmen Grand Reserva and the Chateau Los Boldos Grande Reserve. I found the flavor profile of blackberry, leather, oak, chocolate, smoke, and vanilla on the palate. The combination of smoke, vanilla, and leather caught me off guard and made the wine a bit off-putting. As I described what I was experiencing, Patrick spilled the beans: “this was the highest-rated Carmenère of the three.” I responded, “well, not according to my palate.”

Vigo's rating:   

Patrick: The 2019 Lapostolle “Cuvee Alexandre” Carmenère was a solid bottle and probably would have been my favorite in many months. This medium to full-bodied wine was the biggest and boldest of the three selections. It was interesting, flavorful, and rich - showing dark fruit, oak, and tobacco - with excellent balance and length. Once I was able to put Vigo's perplexing and unjustified contempt for this wine aside, I really enjoyed it. In other words, Vigo is wrong, and this wine was excellent.

Patrick's rating:    

VIGO'S OVERALL IMPRESSIONS:

Chilean Carmenère was a pleasant surprise. When let to breathe, Carmenère has the smoothness of a pinot noir but the spicy intensity of a cabernet sauvignon. This variety would be an excellent selection for an afternoon charcuterie get-together or a hearty steak or pork roast meal. Either way, Carmenère is a new go-to as a red wine selection.

PATRICK'S OVERALL IMPRESSIONS:

The fact that we had so much disagreement this month shows the versatility of Carmenère. Each of these wines was solid in its own right. I was amazed how much the bottles opened up - if you try them, I would let them breathe for 30-45 minutes. They also pack an alcohol punch ... I felt pretty good by the time we worked through these beauties! Overall, I recommend each of these selections. Try them and let us know what you think.

FANS AND READERS:

Like our Facebook page “The Unassuming Wine Bros,” follow us on Instagram @theunassumingwinebros, or email us at vigo-andpatrick@gmail.com. Let us know what you think about this article, these bottles, or suggestions for upcoming articles.

THE (PET) DOCTOR IS IN!

By Erin Siems, DVM

Spring is here ... so are the allergies! As it becomes warmer and more humid, we see the pollen all around us and hear the reports of allergen index rising. Just like us, many pets have seasonal or environmental allergies. While people tend to get itchy eyes and runny noses, common signs of allergies in pets include itching, licking paws, ear infections, watery eyes and sneezing. Just like people allergies, pet allergies are not curable but can usually be managed. The intensity of the allergies will determine how much maintenance is needed.

If your fur friend has allergies, the best way to decide on a treatment plan is to consult your veterinarian. Together, you can come up with a targeted plan of success for treating your pet and managing their environment. A few common environmental solutions are to vacuum often, use HEPA filters and wash bedding in



hot water weekly. Often allergy pets will need more frequent bathing with a hypoallergenic or medicated shampoo and nutritional supplements like omega fatty acids. Some pets need prescription medications to help with the allergies and any resulting infections. Some need allergy testing and special medication formulated for their specific allergies.

This allergy season know that help is out there, know the signs of allergies in pets and know that you can help make your buddy more comfortable. Afterall, pets make our lives better in so many ways, so why wouldn't we do the same for them?

Dr. Erin Siems graduated from Ross University School of Veterinary Medicine in 2010, and has enjoyed working in both general practice and emergency care. She has been practicing in the Lakewood Ranch/Bradenton area for the past seven years. She enjoys general practice because it gives her the ability to build relationships with her patients and their families. Dr. Siems opened her own practice, Big Paws Animal Hospital in Lakewood Ranch, in May 2020. Email pet questions to reception@BigPawsAnimalHospital.com.

FROM PAGE 17

me: I experienced awe, enthusiasm, and a vibrant energy as I explored the community. Within five days, I knew I wanted to continue my life as a resident of The Ranch.

Within 115 days of departure from my Lakewood Ranch vacation, I was moving into my Waterside residence. Between May and August of 2021, I resigned as department director for a large organization and got a job with LWR Communities. I sold my home, held a successful moving sale, donated all my other possessions that were not re-homed, loaded up my two cats, and drove toward my Lakewood Ranch future.

Upon arrival at Lakewood Ranch, my enthusiasm exceeded even my travel fatigue as I walked Waterside's residential villages and the Waterside Place town center my first afternoon. The joy I felt was pleasantly overwhelming. To my left and right I could see water, wildlife, and the brand-new town center. I explored the new villages, Shoreview and Lakehouse Cove, rollerblading through each along the extensive trail system. Two days after my arrival I attended employee orientation, and the next week I began my Community Specialist career with LWR Communities, working at the Lakewood Ranch Information

Center on Main Street.

The convenience of living close to where I work allows me to walk, rollerblade, and bike ride to work. My lifestyle in Lakewood Ranch is active, revolving around the outdoors, weekly trips to the beach, time with my family, and connecting with new friends I have met through some of the community's social clubs. My time off from work includes activities like Yoga in the Park at Waterside, the Farmers' Market, catching the Sunday matches at the Sarasota Polo Club, and watching the sunset over Kingfisher Lake. The only thing I worry about now is whether I will have enough time to explore and experience all there is available for me to see and do!

What's next? I have purchased a new home that will be finished in August of 2022. I look forward to enjoying the village amenities including the clubhouse, pool, fitness center, learning to play pickleball, golf, and return to tennis. Lakewood Ranch is the perfect community for me to live my absolute best life.

We would like to share Your LWR Story! Include who you are, why you chose Lakewood Ranch, your Lakewood Ranch life now, and what excites you about your Lakewood Ranch future. Send Your LWR Story and photos to yourlwrstory@lakewoodranch.com.

Meet Daisy

This cutie is now available for adoption at The Humane Society of LWR

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Moments Unleashed
by Sherri Kram Photography

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Meals on Wheels PLUS

OF MANATEE

MealsOnWheelsPLUS.org

The Giving Challenge is an exciting 24-hour giving event taking place from Noon to Noon on April 26th and 27th that connects local nonprofit organizations with donors and community members to build relationships, support diverse causes, and create enduring impact in Manatee county. All donations made during the Giving Challenge are unrestricted gifts to Meals on Wheels PLUS of Manatee. Transform your impact through meaningful relationships and partnerships, all while strengthening your potential reach, through the 2022 Giving Challenge. Please make your gift today to help us **#FeedManatee!**

The Deerbrook Charitable Trust has issued a \$100,000 Challenge Gift for support raised in March, April, and May to feed those in need in our community!



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GivingChallenge.org



Presented by the
Community Foundation of Sarasota County

The Florida Registration number for Meals on Wheels PLUS of Manatee is #CH1420. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) or at www.800helpfla.com within the state. Registration does not imply endorsement, approval, or recommendation by the state.

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