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WEDNESDAY, JULY 20, 2022



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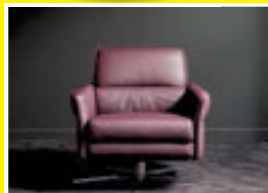
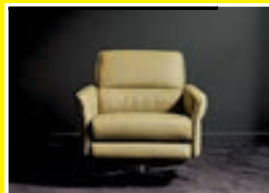
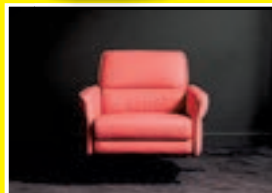


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Lakewood Ranch CERT Hosts Talk at LWR Town Hall

By Ernie Soller,
Community Correspondent

At their regular meeting at the Lakewood Ranch Town Hall in June, the Lakewood Ranch CERT (Community Emergency Response Team) hosted a talk by AAA representative Cindy Underwood. Underwood began her talk by giving a short history of AAA, noting that the American Automobile Association was founded in 1902 – when there were only 23,000 cars in the entire country.

AAA was a force behind the establishment of the first federal highway aid law in 1916. AAA's roadside assistance service was begun in 1915, and that service is now responding to around 30 million calls per year. With the current problem of labor shortages and equipment issues, she said, AAA is looking to establish its own dedicated fleet of roadside assistance vehicles, so as to not be dependent on private contractors.

Next, she discussed the Florida “crash dashboard” – a report from the state (available online) that lists the number of crashes statewide, as well as the number of fatalities and injuries. In 2021, Manatee County had 6,770 crashes, with 75 fatalities. In 2022, so far, Manatee has had 2922 crashes, with 39 fatalities. The counties with the highest level of crashes were Miami-Dade, Broward, Hillsborough, Palm Beach, and Duval, which is somewhat to be expected, considering the dense populations of those counties.

Underwood then went on to discuss “snowbird season.”

As most of us are aware, the population of Florida swells during snowbird season, bringing with it some factors that affect driving conditions locally, including more cars on the road.

First, some northern drivers are not knowledgeable about Florida driving conditions. Consider our roundabouts: some may freeze, totally stopping their vehicle, even if there are no other cars nearby, or they may think that the driver already in the traffic circle has to yield to them as they pull out right in front of another vehicle. Of course, some of our roundabouts – notably the one at Fruitville Road and U. S. 41 – leave even long-time residents wondering about the design.

Another thing that can make driving hazardous for both snowbirds and residents is wet weather. When it rains in Florida, it can rain very hard, very fast. The result of this dumping of water may be puddling on the pavement, and combined with other factors, can lead to



hydroplaning and accidents. Avoid hard braking during a rainstorm.

Underwood also noted that driving in wet weather with balding tires is a recipe for a problem, commenting that in 2019, rain caused 87,000 crashes in the U.S. If your tires are a bit on the thin side, you should not be driving in rainy weather. Today's automotive tires are designed to move water away from the tire's tread, but a bald tire on your car may put you in the position of being in a “slip and slide” game on the road, and the results could be disastrous.

Regular maintenance on your car should include checking to see if your headlights, taillights, and windshield wipers are working properly. If someone behind you doesn't see your turn signal because the bulb is burned out, you could find yourself getting rear-ended!

Florida drivers should realize that with rubber components such as wiper blades, tires, hoses, and belts, the Florida heat will tend to shorten the lifespan of such items. Also, if your car battery is four years old and you live in Florida, it is probably on borrowed time and you could find yourself unable to get to your destination.

Underwood then discussed some of the

dangers posed by drivers in Florida. Those who are distracted – especially young drivers – may be oblivious to other vehicles. Drivers who are texting are bad news, as they are almost certainly distracted ... and texting while driving is also ILLEGAL!

Drivers who act aggressively – changing lanes without signaling, tailgating, or who fail to yield the right-of-way – can add to the dangers of driving. Here again, some snowbird drivers may be unaware of Florida driving laws.

Driving while under the influence of alcohol or drugs also poses dangers to other drivers. Underwood noted that in 2019, there were over 10,000 alcohol-related accidents in Florida.

The next subject Underwood tackled was road rage and how to avoid a confrontation with an angry driver. If another driver is, for some reason, following you, try to get to a place with a lot of people around, such as a shopping center parking lot, or perhaps even better, pull into the parking lot of a police station. If the other driver appears to be intent on doing you harm, call 911! Road rage can involve criminal behavior. A major point Underwood made regarding road rage was to not make eye contact with the other driver.

Underwood also talked about how to avoid situations in which other drivers might become angry at you. She listed a number of things to keep in mind, such as planning ahead so as to not cut someone off when turning into a parking lot. If you think you're being tailgated, move to another lane. Ignore crude gestures from other drivers, and don't blare your horn at them.

Some drivers, especially older drivers, may think that by driving very slowly, they're being careful. Unfortunately, this may mean that they are driving way too slowly, and in Florida, driving so slowly as to impede the flow of traffic is not only discourteous, it is illegal, and the driver can be ticketed for driving too slowly. Also, don't take an angry driver's actions personally.

At the end of the session, the subject of older drivers came up, along with questions regarding when relatives/friends/neighbors should give up driving. Underwood noted that a person's doctor can make a determination as to a patient's ability to drive, which the doctor can then pass on to state authorities.

Having “the driving conversation” isn't easy, since the older person is looking at losing their independence, and their ability to go wherever and whenever they wish. However, it may be necessary.

If you feel that someone needs to look at not driving, take a look at their abilities. Are they alert? Do they have any physical limitations that could affect their ability to handle a vehicle? Are they on meds that could hamper their driving ability? Have you or anyone else seen them doing something dangerous behind the wheel?

In closing, Underwood made a comment that got the attention of her audience. She told them that it would be far better for a driver to call AAA, for example, than to call their insurance company's roadside assistance number. Some insurance companies that offer roadside assistance as part of their insurance policies consider that a driver using the service amounts to filing an insurance claim, and may contribute to higher rates or cancellation of their policy. This would not happen if you called AAA or another private roadside assistance provider.

Underwood concluded by telling her audience about the “Driver Improvement Course” that AAA offers. There will be a session at the Lakewood Ranch “Y” at 9 a.m. Oct. 5. There is a small fee for the class, but you may be able to get a rebate on this from your insurance company.



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Celebration Of Life Center Opens in Lakewood Ranch

Bereavement Is Different Now at Robert Toale and Sons

By Ernie Soller,
Community Correspondent

Looking back into one's past and coming up with memories from many years ago can highlight how those family experiences have evolved in one's lifetime.

Because I was a the child of a considerably older parent, my childhood was marked by the deaths of several older relations within a relatively short period of time in the mid-1950s. I recall sitting in the lobby of our neighborhood funeral parlor and watching the procession of my "older generation" relatives, all dressed in black. The funeral staff were also all in black – black dresses for the women, black suits with black or gray ties for the men. There was a lot of crying, and my dad had gone out to buy smelling salts, in case one of the older ladies fainted.

Now, in the 21st century, how Americans handle death has evolved into something quite different from the old funeral parlor tradition.

Think of that term: "funeral parlor": It derives from the fact that back a century or more ago, people buried their dead fairly quickly, and they would bring the body of the deceased home, where it would be set up in the parlor of the family home prior to burial. Friends and relatives would gather at the home to socialize and mourn.

After a while, it became more the norm to take the body to a larger facility to eliminate having the body of the deceased at the family home. Hence the term "funeral parlor." The "parlor" was transformed into a much larger, more public facility.

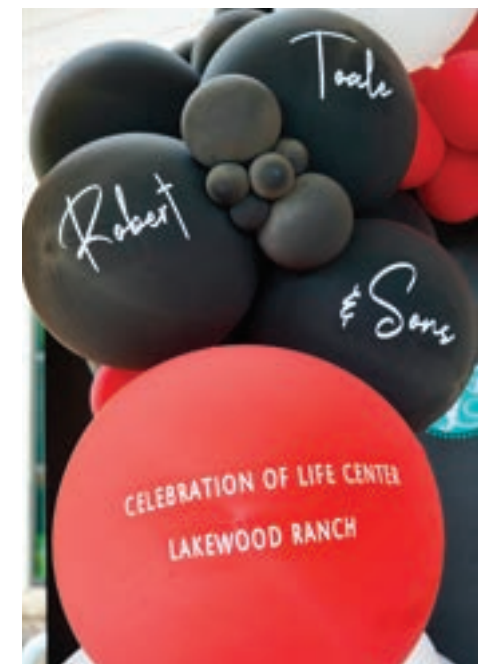
Fast-forward to 2022. The funeral business, like most every other business, has seen changes not imagined just a few years ago. Family funerals are no longer events at which the only emotions are sorrow and grief. Enter Robert Toale and Sons and their Celebration of Life Center.

I visited the Celebration of Life Center recently and met Jeff Toale. The change in the "official uniform" was apparent immediately.

Jeff Toale, who represents the third generation of his family in the funeral business in Florida, was dressed in slacks, a sport coat, and an open-collared shirt. Nothing was black. For that matter, no one on the staff at the new Robert Toale and Sons Celebration of Life Center was wearing anything black!

Toale gave me a guided tour of the Celebration of Life Center.

It was unlike any traditional facility. First, the location is nicely landscaped, with lots of green-



PHOTOS BY ERNIE SOLLER

ery and flowering plants – after all, this IS Florida – and the person entering its doors will be immediately greeted by a receptionist, who will direct the visitor toward whatever aspect of the facility they need.

The décor also suggests that this is not your grandfather's funeral home. There is no dark carpeting, but instead plank flooring, with comfortable chairs and couches placed for relaxation. There is a large, high-ceilinged skylight illuminated from without by windows and within by chandeliers. The large room which, in former times, might be referred to as a viewing room is filled with round tables instead of the old-style pew formation of chairs. These round tables make it easier for friends and family to gather, communicate among themselves, and make it easier for all to relax with their memories.

The family has choices as to how they want things arranged. If they want a more traditional approach, they can have it. Or they can opt for a style in which the body of the deceased, or their cremated remains, can be set up surrounded by the things they loved. As an example, when I was at the Celebration of Life Center, there was a display fit for an avid golfer – complete with golf shirts, a bucket of balls, a miniature golf cart, a Callaway towel, and a "Caddyshack" promo item. The family can bring whatever they wish to honor their loved one.

While there, I saw a video of a cemetery ceremony for an avid rower. His friends raised their



oars in a salute over his grave. Different, for sure.

Another aspect of the Robert Toale and Sons' Celebration of Life Center is the absence of a cemetery, a casket room, or a crematorium. If the family wants to choose a casket, they now do it digitally from an office at the Celebration of Life Center, and cremations are done off-site.

Toale, who has degrees both in finance and mortuary science, informed me that there are not a lot of "traditional" funerals anymore, and Robert Toale and Sons has partnered with the Dignity Memorial organization to better serve their clients. By doing this, they can arrange for not only services at their local Lakewood Ranch Celebration of Life Center, but also can arrange for services out of state, recognizing that many Florida residents have come from other areas of

the country. In addition, many residents are veterans who may wish to be buried with military honors, perhaps at a national cemetery.

Robert Toale and Sons' Celebration of Life Center can even arrange catering for an event honoring a loved one.

In creating the Robert Toale and Sons Celebration of Life Center, the Toale family worked closely with developer Schroeder-Manatee Ranch to provide a special place, a comforting place in our community. A place to celebrate life.

The Robert Toale and Sons Celebration of Life Center officially opened June 8. It is located in Lakewood Ranch, at 4310 Solutions Lane, at the corner of 44th Avenue East, just west of Lakewood Ranch Boulevard. For more information call (941)932-1800.

Lakewood Ranch Town Hall to Reorganize Personnel

By Ernie Soller,
Community Correspondent

It was announced at the various Community Development District (CDD) meetings held at the Town Hall in June, that the personnel structure for Town Hall employees was being revised.

Per Executive Director Steve Zielinski, these changes have been approved by the Inter-District (IDA) Board, as well as the various Lakewood Ranch Phase 1 homeowner associations.

A new organizational chart was published by the Town Hall indicating the reasons for the changes; primarily to maximize efficiency, increase accountability, and provide for cost savings. Copies will be sent to all board members.

The new plan also addresses succession planning, and the ability to provide for employee opportunities as well as to maintain internal control functions.

The primary change to the plan is the elimination of the position of director of community associations. The previous director retired recently and will not be replaced. From now on, those Town Hall personnel who deal with resident and HOA issues will report directly to the executive director.

One other key change is the establishment of the position of assistant executive director, who will be responsible for the activities of the district clerk, and the front desk personnel at Town Hall. Marie Thompson, who has been the district clerk, has been promoted to the new assistant executive director position.

Zielinski also reported that Lakewood Ranch Town Hall has engaged a consulting firm to evaluate salaries, so as to remain competitive in the currently tight labor market.

BUDGETS

All of the Lakewood Ranch CDD boards passed their preliminary budget proposals at their June meetings. These budgets will have a final public hearing at their August board meetings prior to final approval at that time.

COVID

Executive Director Zielinski noted that the CDC has designated Florida as having a high transmission rate for COVID, especially in the Sarasota/Manatee area.

DISTRICT 1

The District 1 fiscal year 2023 budget is up by

5.8%, while assessments will go up by 1.6%, or around \$21 per residence. District 1 is still in a position to finish fiscal year 2022 in the black.

The engineering firm hired by District 1 to assess the Braden River erosion issue in Area A has asked for proposals from contractors but so far, only one vendor has bothered to come out to inspect the area. It appears that the job may be considered too small for contractors to bother with at this time.

Operations Director Tom Merrill noted that Down to Earth Landscaping has failed to finish their mulching activity on schedule and will be assessed a penalty.

DISTRICT 2

The District 2 fiscal 2023 budget will decrease by 3.5%, primarily due to paving projects being completed. However, assessments will increase by 5.6 %, due to increased expenses in other areas.

Per Executive Director Zielinski, District 2 may have a deficit at the end of the current fiscal year.

The road paving project in District 2 is moving along pretty much on schedule, with the exception of the area around Masters Avenue and Lorraine Road.

Supervisor Mike Finney said the supplier of the SMS units that are having issues with bad batteries have committed to replacing these units with Rainbird units.

DISTRICT 4

Executive Director Zielinski reported that District 4 "is in fine shape financially."

The District 4 budget is expected to increase by 2.6%, while assessments will go up by 1%, or about \$15/residence. Expenses are down, primarily due to the re-bidding of District 4's landscaping contract.

DISTRICT 5

Per Executive Director Zielinski, District 5 may end this fiscal year in a deficit position, depending on how much revenue is received by the end of the fiscal year.

Supervisor Alan Silverglat commented that even if it means going into a deficit position, he'd like to see landscape enhancements put in prior to Sept. 30, 2022.

Paving activity is largely done, but there are areas where driveways may need cleaning from paving tar.

CONTINUED ON PAGE 15



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Summer is in full swing in Lakewood Ranch! Our most recently released parks and recreation programming schedule includes summer essentials like volleyball and our residents' favorite social sports, field bocce and cornhole!



Keith Pandeloglou
President and CEO
of LWRCA

Whether you are an avid volleyball player or have always wanted to learn how to play, the perfect volleyball class awaits you at the Waterside Park volleyball courts. Beat the heat and join us every Wednesday at 6 p.m. through Aug. 31 for sunset volleyball! Regardless of experience level, all are guaranteed to have a good time at this laid-back, pick-up-style volleyball class. If you need a little direction and are looking to work on your form and technique, the beginner volleyball program for adults will provide just what you're looking for to learn something new and feel confident while doing so. Alongside beginner volleyball will be intermediate volleyball (for adults) as well as a brand-new program: teen volleyball! Teens ages 13 to 19 are welcome to join us for this class that puts less focus on competition and more focus on having fun and team building. Join us for beginner, intermediate, and teen volleyball at the Waterside Place courts at 10 a.m. Aug. 14. Kids ages 7 to 12 can join us the following



weekend for kids volleyball at 10 a.m. Aug. 14. To view the full parks and recreation programming lineup, go to mylwr.com.

Join some of our Lakewood Ranch clubs as they host their own classes or parks and recreation programs. Aspiring phone photographers of all ages joined us in June for Intro to Phone Photography, a program hosted by the Lakewood Ranch Digital Photography Club that teaches photography techniques to ensure your phone photos look professional-level. A resident of Lakewood Ranch by the name of David, who recently attended the class, said "The instructor was very organized and presented the information in an easy to follow format. He had flip charts, sample photos, and an invaluable handout. I think all of us enjoyed it and learned a great deal."

The largest group in Lakewood Ranch, the Lakewood Ranch Pickleball Club, also hosts its own monthly intro to pickleball program! Head to the Lakewood Ranch High School tennis courts at 9 a.m. on first Saturdays to learn the basics of pickleball and get more information on the club.



Did you know that there are more than 70 community groups, clubs, and civic organizations here in Lakewood Ranch? Whether you're the artsy type, the sporty type, or the competitive card-player type, the list of clubs at The Ranch are likely to have just what you're looking for. Don't quite see the group you're looking for? Maybe you have an idea for a new group? Reach out to us! Lakewood Ranch residents have the ability to start their own clubs or groups – and we are here to help. Email us at info@lwrca.org and we will assist you throughout the process.

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AROUND THE RANCH



PHOTOS BY RYAN ANGELL



Never a Dull Moment at Waterside Place!

In the space of just one week, two new businesses at Waterside Place opened, and the first of the Summer Movie Series premiered.

Bay Area Aesthetics held its ribbon cutting and grand opening June 23, with product and service promotions, drawings for gift baskets and certificates, and service packages for sale. Hours are 9 a.m. to 5 p.m. Monday through Thursday, and 9 a.m. to 3 p.m. Friday. Bay Area Aesthetics is located at 1561 Lakefront Drive, Ste. 207, Lakewood Ranch, 34240. For more information call (941)358-8699 or visit bayareaaestheticsinc.com.

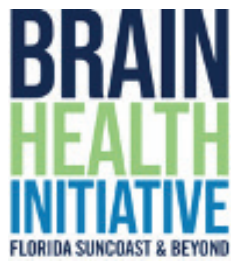
After the grand opening event, the Summer Movie Series

kicked off with "Luca," from about 8 to 10 p.m. at the Waterside Place Plaza. The free, family-friendly movie series featured concessions and face painting. The series will conclude Aug. 4 with "Encanto."

CROP Juice cut their ribbon a week later, on June 30, featuring Juice sampling, and prizes and giveaways. CROP's hours are 7:30 a.m. to 2:30 p.m. Wednesday through Saturday, and 9 a.m. to 3 p.m. Sunday. They're located at 1580 Lakefront Drive, Ste. 100, Lakewood Ranch, 34240. For more information call (941)263-2040 or visit cropjuice.com/location/waterside.

See you at Waterside Place!





Brain Health Initiative Extends Community Engagement, Research, and Innovation Reach Through “Schools for Brain Health” Program

By Timothy R. Wolfrum

The Suncoast region’s Brain Health Initiative, headquartered in Lakewood Ranch, continues to impact global, national, and local brain health, touching lives across the lifespan and within the region and beyond. This month, the BHI announced the *Schools for Brain Health* program, which will study and implement innovations to create brain healthy school communities and increase brain health and performance outcomes of students, parents, caregivers, and personnel. Founder and Executive Director Stephanie Peabody, PhD, HSPP, sat down for an interview to provide an update on the progress of the BHI and the *Schools for Brain Health* program.

Throughout 2017 and 2018, a transdisciplinary team of brain health scientists, clinicians, educators, and stakeholders evaluated approximately a dozen North American regions to initiate the work of the Brain Health Initiative. In March of 2019, the Suncoast Region of Florida was selected, and Lakewood Ranch was named the future headquarters of the Initiative.

The Brain Health Initiative officially launched in November of 2019, just before the COVID shutdown in March 2020. Parallel to COVID-19, Phase 1 of the pilot Brain Health Longitudinal Study continued forward, through a complicated chain of obstacles, and opened the participant recruitment process during quarantine. The preliminary analysis of the participants’ data related to their experience of brain health risk and protective factors and cognitive functioning as well as implications of COVID-19 and the pandemic have been completed, and Phase 2 of the Brain Health Legacy Study will open in the fall of 2022.

“The Brain Health Legacy Study quietly continues forward with the necessary process to build a sustainable, robust, and meaningful study that is hoped to continue for generations,” Dr. Peabody said. “And that is only one part of the BHI. Building brain healthy communities is at our core and that, too, takes data and time. Building brain healthy communities that proudly promote brain health and support lifestyles that increase protective factors, optimize brain performance, and reduce risk factors for brain illnesses across the lifespan

continue to be at the heart of our efforts at the Brain Health Initiative.”

Concurrent to the Brain Health Legacy Study, the Brain Health Initiative continues to collect regional data related to the communities’ perception and priorities about brain health, performance, and illness. This data, combined with state, national and global brain health research, trends, and needs guides the development of local and global partnerships and strategic programs to increase brain health outcomes.

For example, the BHI Brain Health Scholar program was developed based on data collected from local, regional, and national youth and young adult thought leaders, who spotlighted the need to create a program where young people could participate in brain health science and in education and training programming to support brain health for themselves and those they care for and about. Scholars have the opportunity to work in a hybrid model with the BHI scientists and clinicians to promote and

community perception and prioritization needs analysis data collected over the last 24 months. Participants included youth and adult stakeholders from across multiple sectors throughout the Suncoast region (e.g., personnel and parents from the School Districts of Sarasota and Manatee counties, private, and parochial schools, the BHI Brain Health Scholars, youth and human development and service programs, phase 1 of the pilot Brain Health Longitudinal study, and representatives from many other sectors.)

A comprehensive *Schools for Brain Health* program with rigorously vetted global brain health innovations and partners have collaborated to create this unique program based on local and regional data as well as national and global research pertaining to brain health, performance, and illness.

“Through this collaboration, we will develop Brain Healthy School prototypes, which can be replicated and tailored for use by any school,” Dr. Peabody said. “A focus on promoting brain

“This innovative collaboration will initially include schools in Manatee County, which cover two separate communities, Lakewood Ranch and Bayshore,” said Manatee County Superintendent Cynthia Saunders. “We’ve been very excited to join forces with the Brain Health Initiative. Bringing brain health innovations and brain science-based best practice curriculum and programming to schools can help to address brain health and performance in education, general health and wellness, and (other) challenges, such as readiness to learn, social and emotional development, school engagement, learning for understanding, learning differences, stress resilience, school start time, school and home nutrition, sleep issues, behavior, depression, anxiety, addictions, childhood obesity, and so much more.”

Based on the discoveries from the needs analysis, several evidence-based interventions for students, personnel, and parent/caregivers have been curated for potential adoption by the pilot schools (e.g., focus on executive-function-



protect brain health, fight brain illness, and improve brain performance for all ages. Scholars sit in on lectures from Harvard scientists and world-renowned experts, learning basic brain health science, then translating that science into action.

The 2022-2024 cohort of the *BHI Brain Health Scholar* program will begin their training with brain health clinicians and scientists associated with Harvard and other esteemed institutions in July. Second-year LECOM medical student Amy Patel, MMS, was selected from a large cohort of national candidates as the Brain Health Scholar program coordinator. A recent Suncoast News Network report highlighted the Brain Health Scholar program: <https://bit.ly/3NwUmB3>.

Just as the Brain Health Scholar program was developed based on data, *Schools for Brain Health* has been designed, in large part, based on the previously mentioned brain health com-

health protective factors and optimizing brain performance, while decreasing risk of brain illness will be integrated in many aspects of the pilot school’s culture.”

Working toward the larger goal of creating Brain Healthy Communities, the BHI will lead engagement, research, and innovation efforts regarding ways focusing on brain health in school communities can have a significant benefit to life outcomes (e.g., development, maturing, aging, learning, health, well-being, etc.) for the entire school community (e.g., students, parent/caregivers, personnel), as well as the ripple effect to the larger community. The potential impact is immense.

Understanding the needs and current state of brain health and illness and innovating brain healthy interventions in partnership with this sector of the community that can be measured, documented, and replicated has the opportunity to impact the greater good.

ing skill development, cognitive/brain training, social-emotional learning activities, mindfulness training, brain health literacy, nutrition, physical activity, parenting, the learning environment, etc.). These innovations will be presented to the pilot schools, through a *BHI Sharp Tank* event, to consider for potential adoption. This is the essence of a living laboratory – bringing science and innovation to where people live, work, learn, play, and receive medical and wellness care (not a traditional brick and mortar setting where participants come to the researchers).

The *Schools for Brain Health* program will support the brain health of students, parents, caregivers, and personnel of participating schools in multiple ways, including:

- An optional annual survey of brain health and performance perception and prioritization

CONTINUED ON PAGE 15

BHI CONTINUED FROM PAGE 14

that will inform the creation of a brain health strategic plan.

- An optional annual screening with a confidential brain health and performance check-up. Each participant will receive an annual brain health report card with suggestions for optimizing brain performance.

Through perception and prioritization data collected on an annual basis, brain health and performance trends and needs across the school culture can be quickly identified, such as nutrition, physical activity, cognitive development, or stress resilience, and immediately lead to the identification of programming to support the community needs. Brain health check-ups of students, parents, and personnel can identify the earliest markers of potential brain health, social-emotional, or learning concerns and that can prevent future challenges, and optimize performance outcomes.

Lakewood Ranch Preparatory Academy, Lakewood Ranch's newest K-12 public charter school, has been selected by the Brain Health Initiative to develop the world's first *Brain Healthy School* from the ground up.

As LWR Prep builds its facilities, the Brain Health Initiative faculty are disseminating evidence to LWR Prep leadership related to how school buildings impact the health, thinking, and productivity of students and teachers every day, said Bradley Warren, principal of Lakewood Ranch Preparatory Academy Lower School. The science demonstrates that the environment and contextual factors influence academic performance and short- and long-term health indicators.

CDD CONTINUED FROM PAGE 9

The fiscal 2023 budget for District 5 is down by 2%, although assessments are planned to increase by 1.9%.

A resident has requested compensation in the amount of \$1,000 for having to replace a window allegedly broken by the landscapers.

DISTRICT 6

Road paving projects are largely done.

As for the promised traffic signal at the intersection of Balmoral Woods and Lakewood Ranch boulevards, it is now expected to be installed no later than July of 2023. According to Zielinski, it took Manatee County five months to secure a contractor for the project.

District 6 board chairman Jim Rogoze noted that the district has negotiated a new cable/phone contract. The new plan will provide for faster internet speed and save residents about

"Through this collaboration, we will develop Brain Healthy School prototypes, which can be replicated and tailored for use by any school. A focus on promoting brain health protective factors and optimizing brain performance, while decreasing risk of brain illness will be integrated in many aspects of the pilot school's culture."

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

"Investing in our schools from a physical and brain health and performance perspective, including our building and grounds, is an investment in our collective future," said Warren. "This unequivocal science that the Brain Health Initiative is championing is being considered for integration into our decisions about our entire educational approach, programming, and operations, beginning, for example, with the building, facilities, and furnishings (e.g., lighting, ventilation, and indoor air quality, water quality, thermal health, views, acoustics and noise, safety and security, green and play space, etc.)."

BHI has had multiple national and global interests from public, private, parochial, and charter schools to participate in and benefit from Schools for Brain Health.

For more information about the Brain Health Initiative or to learn more about how you can become involved in *Schools for Brain Health*, brain health programming, participate in the Brain Health Legacy Study, be a Brain Health Scholar, or live a brain healthy lifestyle, please visit brainhealthinitiative.org.

\$15/month, plus contributing \$100 per residence to the HOA.

The District 6 board voted to approve a new paint color for the Balmoral gatehouse.

CERT

The Lakewood Ranch Community Emergency Response Team (CERT) has met with Town Hall personnel to ensure that they are ready for hurricane season. Per Supervisor Silverglat, CERT has distributed disaster kits to their members in preparation.

IRRIGATION/WATER

Engineer Ray Maleve' reported that his firm has completed the required stormwater reports for this year.

Operations Director Merrill reported that the average rainfall in our area from May is 2-1/2". While District 1 came up with 2.1 inches for May, the rest of Lakewood Ranch recorded far less rain.

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Family Practice in Lakewood Ranch Offers Many Advantages

By Ernie Soller,
Community Correspondent

What comes to mind when you think about “Urgent Care”? It’s probably not enough of a big deal to head for the emergency room, but at the same time, probably something that requires quick attention from a medical professional.

That would probably be the most common thought on the subject of urgent care. The common conception might be that the average urgent care practice is there to check out your big cut, clean it up, sew it up, bandage it, and send you on your way.

But in the case of the new Suncoast Family Urgent Care and Wellness Center in Lakewood Ranch, that thought would cover only a portion of what this new family practice offers.

Dr. Barbara Bakus, DO, ABIHM, has made it her goal to explore many more facets of medicine. From the age of 16, she knew that her goal was to become a doctor. Prior to entering medical school, she participated in neurobiochemistry research. A California girl, she graduated from the University of California at Irvine in 1990, got married, started a family, and attended her medical school classes at Western University of Health Sciences, bringing with her an 18-month-old child. At the time she graduated as a new doctor, she was five months pregnant ... with twins.

Dr. Bakus thinks that it is a good thing that patients are more educated today and are more inclined to take more responsibility for their own care and well-being, and that they are asking more questions of their health care providers. She aims to be the sort of doctor who operates a welcoming, supportive practice – one in which she can connect and communicate with her patients. She is also well aware that patients can go to the internet and

get bad information.

Dr. Bakus kept on learning after her basic medical school days. She took a course in medical acupuncture at the UCLA/Stanford Helms Medical Acupuncture Clinic. She studied integrative medicine under the tutelage of Dr. Andrew Weil, founder and director of the Andrew Weil Center for Integrative Medicine at the University of Arizona. (Dr. Weil also holds the Lovell-Jones Endowed Chair in integrative rheumatology and is clinical professor of medicine and professor of public health at the University of Arizona.)

Integrative medicine is a healing-oriented approach that takes into account the patient’s body, mind, and spirit, as well as the patient’s lifestyle. With integrative medicine, additional, complementary therapies are added to the conventional treatments the patient may be receiving, in order to enhance the healing process. This type of treatment has been especially shown to help patients suffering from chronic ailments in easing discomfort.

Dr. Bakus is certified in Medication-Assisted Treatment (MAT), under the guidelines of the Substance Abuse and Mental Health Services Administration, which combines the use of medications in combination with counseling and behavioral therapies for the treatment of substance abuse disorders such as alcohol abuse and opioid addiction. MAT medications are approved by the Food and Drug Administration, and treatment varies from one patient to another. MAT has been proven to be effective in treating opioid-related disorders.

As a doctor who uses a holistic approach to care for her patients, Dr. Bakus embraces a “whole body” outlook. Holistic treatments can include massage therapy, mental health counseling, acupuncture (acupuncture has been used to provide relief to patients from nausea, migraine headaches, anxiety, de-

pression, insomnia, as well as back and neck pain) meditation, yoga, nutrition counseling, and the use of herbal medicine.

Some people may think that holistic medicine involves replacing traditional medical treatment. Holistic medicine is intended to complement a traditional approach, not to replace it.

In her career, Dr. Bakus has traveled extensively, both to enhance her knowledge and due to her husband’s work-related relocations. When she arrived in Florida, she originally located in Nokomis, but then fell in love with a home in the Lakewood Ranch Country Club. So here she is, with a new and

quite different practice in Lakewood Ranch, at 6266 Lake Osprey Drive, across the street from the Lucky Pelican restaurant. They can be reached at (941)867-2560 or suncoast-familywellness.com. Hours are 8 a.m. to 8 p.m. Monday through Friday, and 8 a.m. to 5 p.m. Saturday and Sunday.

Dr. Barbara Bakus looks on Lakewood Ranch as a rapidly growing multi-generational community of educated, progressive thinking individuals – a community in need of a high-quality holistic family medical practice.

Suncoast Family Urgent Care and Wellness Center may be the medical practice you’re looking for.



PHOTO BY ERNIE SOLLER

We've Arrived at Hurricane Season in Lakewood Ranch

By Ernie Soller,
Community Correspondent

“Do You Feel Lucky?” The famous Clint Eastwood “Dirty Harry” line seems oddly appropriate when discussing preparations for a hurricane. So ... do you feel lucky? Are you satisfied that you're ready for any weather event that might arrive in Lakewood Ranch?

Or is this line of questioning making you just a little bit nervous, like you haven't done much of anything to prepare for a major weather event?

If the latter is more likely the case, then you need to listen up and take notice, because if you don't get on the preparedness bandwagon, you might be sorry.

Several years ago, Channel 7 (WWSB) meteorologist Bob Harrigan talked about what could be expected from a hurricane. His conclusion was that hurricanes are unpredictable, remembering one which, a number of years ago, appeared to be heading straight for the Sarasota area ... before executing a U-turn and moving in the exact opposite direction, further out into the Gulf.

Not only are hurricanes unpredictable in their direction, they can change wind velocity very quickly. Remember Hurricane Michael a few years ago? It didn't look all that dangerous until shortly before it came ashore at the panhandle town of Mexico Beach – and pretty much wiped the town off the map. Other than a handful of recently-constructed buildings, many of the structures at Mexico Beach had nothing left of them but their concrete foundations.

What do those hurricane “category numbers” mean?

Category 1: winds of 74-95 mph. This level of wind is likely to damage roofs, gutters, and shingles, and may topple trees. Expect power outages from downed trees.

Category 2: winds of 96-110 mph. Likely to cause major roof damage, uprooted trees, and knock out power.

Category 3: winds of 111 to 129 mph. At this point, the storm is considered major, with extensive damage to roofs and trees, and may damage water systems as well as uproot trees.



Category 4: winds of 130-156 mph. Has all the damage potential of a category 3 storm with the additional probability of downed power poles.

Category 5: winds of 157 mph or higher, with the potential for massive destruction.

As if wind damage weren't enough, hurricanes can bring with them huge storm surges, with the high winds pushing water over the banks of seas, rivers, and lakes. Even a Category 1 storm can create a storm surge of 5-6 feet. Normally sluggish streams can quickly turn into raging torrents, capable of moving cars and anything that isn't tied down. Roads can quickly be washed out, leaving residents stranded, and unable to get help for extended periods of time. Remember what happened in Yellowstone National Park in June – an abnormal amount of rain produced massive flooding, washing away roads, and forcing the park to close.

So, what are you going to do? First of all, you need a plan that's understood by everyone in your household. Are you going to stay in place, or leave?

If you elect to stay, you will have to make choices – stay in your home or go to a shelter. Lakewood Ranch is in a pretty good area, as far as evacuations are concerned. Residents should check with the counties to see what

their zones are.

If you elect to stay in your own home, you need to make sure that it is protected from the storm, and you need to stock up on supplies, as you may not be able to get out and head down to your local Publix for a while after a storm. Bring in any outdoor furniture, your outdoor grill, etc., and remove any items around the house which could become airborne during a high wind event. Trim dead branches from your trees, so that they don't break off during the storm. Here's a hint from an experienced landscaper: prune the inner canopy portion of your large trees, so that if your tree is hit with a powerful wind, the wind can blow through the upper reaches of your tree, instead of blowing it down.

Make sure you have a copy of your home and car insurance policy, as well as important phone numbers, family documents, credit card information, wills, passports, financial information etc. in a safe place enclosed in a waterproof container! If your home is damaged and you don't have your policy at hand, it may delay your ability to file a claim for damages.

Load up on flashlights, battery-operated lanterns, and batteries – and don't forget extra bulbs for those flashlights, especially if they aren't new. Make sure that you refill your medications and have them close at hand. You have a first-aid kit? Good! Make sure you have a portable cell phone charger and charge up your phones before a storm hits. Have coolers ready for items that might go bad if your refrigerator has no power. Make sure you have plenty of toilet paper. A weather radio – battery or crank-operated – is a great idea. Make sure you have plenty of clean-up materials: hand sanitizer, trash bags, tape, scissors, cleaning chemicals, etc., and have several changes of clean, dry clothes available. Keep in mind that if your power goes out and you don't have a generator, your air conditioner may not function after a storm.

Figure on stocking two weeks' worth of food per person. Make sure you have canned food like tuna, pasta, etc., dried fruits, snacks and spreads, bread, and so on. Figure on a couple of gallons of water per person, per day, both for drinking and washing up ... or flush-

ing toilets! Keep a tool box of necessary items at hand, including a hammer, screwdrivers, a power driver (charged up!), an adjustable wrench, a selection of screws and bolts, plastic sheeting and a tarp, rope, work gloves, duct tape, etc.

If you decide to stay in place and things get to be too much to handle, you can go to a county shelter, but keep in mind that shelters have a very limited amount of space, and not all accept pets. If you go to a shelter with your pet, you will need to bring a kennel/crate along with supplies for your pet.

If you decide to leave, there are also things to remember. Make sure that you move any loose items, such as lanai furniture, potted plants, grills, and lawn ornaments into your home or garage. Make sure that you've done all you can to protect your home from wind damage. Pack your car with items like snacks, bottled water, flashlights, rain gear, clothes, and those all-important insurance and family documents prior to departing.

It is very important to leave early! You may figure that you can just hop on I-75 and breeze along. But don't forget that there is a major metropolitan area just north of us, and lots of the folks who live in Tampa, St. Pete, Clearwater, etc., will be thinking the same thing – and they will also be on I-75, perhaps ahead of you. Don't wait until the storm is hitting Key West, Miami or Naples. Get going before that happens, or you may be stuck in the world's largest traffic jam!

Note on gas: If you leave, it is probably a good idea to drive on the “top half” of your gas tank – fill up when your tank gets half-full. That way, if gas is hard to find, you won't run out five miles down the road.

Here's another good idea: Join the Lakewood Ranch Community Emergency Response Team (CERT). Contact them at: lwrcert.org/join. Still another good idea: Come on down to their next “Hurricane Prep for LWR Residents” session at 9 a.m. Aug. 27 at the Lakewood Ranch Town Hall. You can also get additional information on hurricane preparedness on their website: lwrcert.org/hurricane.

Don't count on just being lucky ... get prepared!

THE UNASSUMING WINE BROS.



The UWB gets Canned...Wines!

After almost two years of kicking this idea around, we are finally writing about innovation in wines that should be in the same category as the battery-powered wine opener: canned wines. Patrick (aka the Co-Bro) was unavailable to participate this month, so I pulled in a self-taught wine expert and lover of wine innovations. My lovely wife, Monaca, is riding shotgun with me on this adventure. So instead of Bros, you're getting an updated version of "Hart to Hart," and the mystery is, can canned wines be taken seriously?

I am Vigo, one of the Unassuming Wine Bros (UWB), with my wife, Monaca. We're a regular couple 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.

In wine years (almost equivalent to dog years), the technique of putting wine in a can is new. Well, somewhat new. Coppola winery started in 2002, putting the sparkling Sofia Minin Blanc in a can. Though not well received, like most groundbreaking innovations, canned wine has continued to gain ground by making wine more accessible and mobile. Mobility makes canned wines great, but how do they taste? This month your favorite Bro and his favorite ... wife ... explore this question.

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

2019 KIM CRAWFORD ROSÉ (CAN), NEW ZEALAND

(1) 8.5 oz can, three-pack, \$13 U.S., ABV 13%

Vigo: Bottom line, Kim Crawford produces a solid rosé. I know, it's a grocery store aisle wine, but dang it, it's good quality at an excellent price. What I like about the 8.5 oz cans is they're small and portable, and the 13% ABV packs a bigger punch than most rosés. This is a perfect wine to bring to the beach, pool or boat (as long as you're not the captain). The canned 2019 Kim Crawford has the same pale pink color as its bottled sister and the lemon honeydew melon aroma. This canned 2019 Kim Crawford Rosé is thin in size and ready for the beach with a medium-bodied, acidic, slightly dry, citrus, melon taste. Though the can's appearance is feminine, you'll get over your macho reservations when the first delicious can goes down.

Vigo's rating:

Monaca: A little flat on the tongue, but still a solid rosé. I would undoubtedly enjoy this poolside or at the beach. Easy to carry in the Yeti. On a hot day, this would hit the spot. I'm a fan of Kim C in a bottle, and comparing the can to the bottle – I would choose the bottle. But the can does make it easy to take to the beach.

Monaca's rating:

2022 BEACH JUICE ROSÉ (CAN), SAN MIGUEL, CA

(1) 12 oz can, \$6 U.S., ABV 13%

Vigo: The 2022 Beach Juice Rosé was the top-rated canned wine at Total Wines, and Wine Enthusiast gave it a 90 rating, so I had no choice but to give this can of rosé a whirl. As the "crack" sound of the 2022 Beach Juice Rosé can being opened



2019 Kim Crawford Rosé



2022 Beach Juice Rosé



2022 She Can Dry Rosé Spritzer

reverberated through the house, the scent of lemon, apricot, and musk melon filled my nose. Even though this wine is meant for and designed to drink out of the can, I poured a few ounces into a wine glass to observe its color, which was pale pink. So far, so good. On the palate, the wine was a bit sassier than the Kim Crawford, with more acidity and dryness, but the flavor profile was classic rosé with citrus, and melons along with a smooth finish. The Beach Juice Rosé is truth in advertising regarding its purpose and flavor.

Vigo's rating:

Monaca: Of all the canned wines we sampled, this one is my favorite. Beach Juice Rosé is what it says on the can, "rosé wine for the beach." Easy to drink and enjoyable on the palate, this is my first choice for a relaxing afternoon at the beach. Best ice cold, this is a rosé for everyone.

Monaca's rating:

2022 SHE CAN DRY ROSÉ SPRITZER, MCBRIDE SISTERS WINE COMPANY, SANOMA, CA

(1) 12 oz can, \$6 U.S., ABV 8%

Vigo: This choice was a wild card because it's a spritzer and not a complete rosé. However, I have to say, I enjoyed it. Did I enjoy holding a pale pink aluminum can that in soft but large letters proclaims, "She Can Dry Rosé Spritzer"? The answer is no, but I'm a bigger man than being put off by a label that has "She Can" on it. This dry rosé spritzer is all about fun and refreshment. I enjoyed the citrus and melon flavor of the rosé and the very tight and effervescent bubbles of the carbonated min-

eral water. This canned wine isn't going to win any wine awards, but it does bring a bit of fun and refreshment to you on a hot day on the beach. The bottom line, I like it.

Vigo's rating:

Monaca: Light on the pallet, but the finish was peculiar. It unnaturally coated my tongue. I liked the spritzzy-ness, but this will need to be ice cold to maximize the enjoyment. If this were in my beach cooler, I'd consider it, but not until after the Beach Juice and Kim C.

Monaca's rating:

Vigo's overall impression: Though this mystery still hasn't been solved regarding "can we take canned wines seriously," one aspect is clear; canned wines are fun. That's right, wine drinking can be fun, and vineyards are beginning to discover that although these products won't be getting a James Suckling rating anytime soon, they are tasty and refreshing, and easy and fun to serve to your wife on her beach chair or friends poolside.

Monaca's overall impression: These are not fancy, schmancy wines. When heading for the canned wine aisle, have fun with it. Try something new for the beach. You're not serving any of these at your next dinner party. These wines are fun, convenient, and easy to drink.

ATTENTION READERS:

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

Your LWR Story

By Maggie Milne

Meet Michelle Schuman, Lakewood Ranch resident, retired environmentalist, and author.

Before making her move to Lakewood Ranch, Michelle lived 40 years in the wilds of Alaska, as well as in California, Nevada, Washington State, Washington, D.C., Idaho, and Oregon. Michelle is an adventurer, biologist, soil scientist, and enjoys hiking, kayaking, and bicycling. Her career included the thrills of eco-travel, helicopter flying, scuba diving, and mapping the topography of lands home to moose, elk, and deer. Her career and life took a sudden change after a helicopter accident that resulted in an injury that prevented her from continuing her field research and work. However, this career shift also gave way to Michelle's search for a home in a warm climate, which brought her to Florida.

Why Lakewood Ranch? A "friend of a friend" had moved to The Ranch and spoke highly of the community. Michelle visited the Sarasota and Bradenton areas, including Lakewood Ranch. She was impressed by the green, lush landscape, navigating the quiet community and various villages throughout Lakewood Ranch, even taking some time to enjoy kayaking in the area. Michelle visited various villages and models while she was here, wanting to make the best decision possible for her lifestyle and home needs, considering what was proving to be a changing housing market during the beginning of COVID-19. When a townhome became available in Mallory Park in October of 2021, Michelle seized the chance to buy it and settled into her new Lakewood Ranch home.

Although she had been working on her book, "The Understory: A Female Environmentalist in The Land of the Midnight Sun," during the years prior to her move, since the book's publication Michelle's life has become exponentially busier. She began talking about it as a guest speaker; taking part in a recent fundraiser for the new Lakewood Ranch public library as a guest author and presenter. She is actively planning a book tour, set to begin in August of 2022. When Michelle is not focused on promotion of her new book, she is out with local groups kayaking, hiking, biking, and "nesting" in her Mallory Park home. Among her favorite things around Lakewood Ranch is kayaking at Lido and Turtle beaches, and the Upper Manatee River. She loves to hike the lo-

cal parks, such as Heron's Nest, and with her bike group she pedals through Bradenton, on the Legacy Trail, and on local Lakewood Ranch routes. She has reached out to other Lakewood Ranch social clubs like the LWR Scribes, LWR Garden Club, LWR History Club, and volunteers with the Sarasota Bay Clean-Up.

Michelle has extensive national and international travel plans, but considers Lakewood Ranch her home.

You can learn more about Michelle at her website, www.meschumancom.wordpress.com, and read her blog, learn more about her book, and experience her passion for the outdoors.



Michelle is thrilled about the publication of her book and all the buzz that has resulted from the recent release. However, she was drawn to Lakewood Ranch because of all the opportunities for active living, and is eager to deepen her involvement with new friendships and social groups. She loves her Mallory Park home but is curious about the future villages near Waterside Place because of the marina and dock.

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.

ASK THE DOCTOR

Inguinal Hernia and Understanding Your Treatment Options

By David Dexter, MD, FACS
Board Certified General Surgeon

WHAT IS A HERNIA?

The most common form of hernia is known as an “inguinal” or groin hernia. This hernia is a “hole” in the abdominal wall through which contents of the abdomen protrude and are seen and felt as a bulge in the groin. Approximately 40 percent of men and only three percent of women will be diagnosed with a groin hernia at some point in their lives, according to the American Hernia Society. A great misconception is that hernias are an injury, tear, or rupture. In fact, they are a weakness in the abdominal wall, present at birth, and can be identified at any age, including infancy. Hernias can occur in one or both sides of the groin.

WHEN IS IT APPROPRIATE TO FIX A HERNIA?

As a surgeon I am frequently asked if hernias should be repaired and if so, when? Hernias cannot be addressed through exercise or with medication. Hernias should be repaired once identified. It is rarely an emergency, and surgery can be scheduled when it's convenient for the patient. Hernias that are not



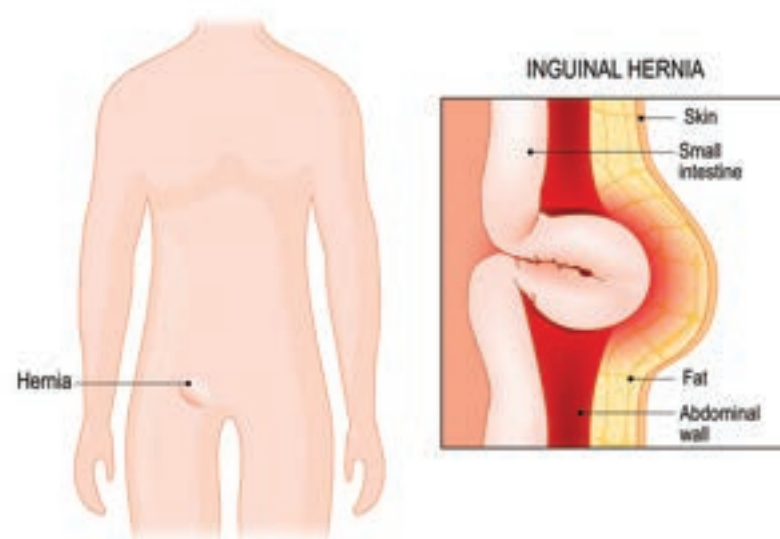
repaired commonly increase in size, can lead to increased discomfort, and may potentially require emergency surgery.

HOW IS A HERNIA FIXED?

Hernias are repaired surgically, usually as a same-day operation. My preference is to repair inguinal hernias with a robotic laparoscopic approach using the daVinci robotic system. The robotic approach allows the surgeon to assess for and repair hernias, if present, on both sides of the groin or at the belly button. Laparoscopic hernia surgery is often the best approach in patients who are overweight, are known to have hernias on both sides, or have a recurrent (redo) hernia.

The robotic laparoscopic operation is performed through three small incisions in the mid abdomen. Hernias in either groin or at the belly button are repaired in one operation. Synthetic mesh or a patch is placed at the surgical incision site to strengthen the repair.

In my experience, the robotic laparoscopic approach leads to a quicker recovery with less pain and a superior repair. Patient



satisfaction is excellent, and risk of recurrent hernias is very low.

Dr. Dexter performs a wide range of general surgery procedures and has a particular interest in minimally invasive and daVinci robotic surgery. To schedule an appointment or for more information call 941-254-6767 or visit lakewoodranchmedicalgroup.com.



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THE (PET) DOCTOR IS IN!

By Erin Siems, DVM

Whew, it's hot out there! It is full-on summertime in Florida. Time to be jealous of all those people we made fun of a few months ago when they were snowed in. We pretty much have two options this time of year: stay inside or find the nearest water that is not occupied by a gator to try to cool off. While most of our kitty friends prefer dry land, plenty of pooches are game to join us for a dip. The trick is keeping them safe and happy in the process.

The dog beach is a great way for social pups to get out, have some fun and make some new friends. Often you will find all kinds of dogs getting along; some digging in the sand, some frolicking in the water, others taking a jog down the beach. The most important part is that the dogs (and people) get along and respect each other's space when needed. If your dog needs to work on obedience and commands, this might not be the best setting for them yet. If you do go to the dog beach, don't forget to provide plenty of water and shade (and poop bags)! It gets hot out there and our four-legged friends don't always know when to take a break and rehydrate. Also, remember the sand gets hot, so make sure you are going at an appropriate time when they won't burn their feet. Oh, and don't let them drink the water – the high salt content of ocean water can make our pups seriously sick! Always have fresh drinking water available.



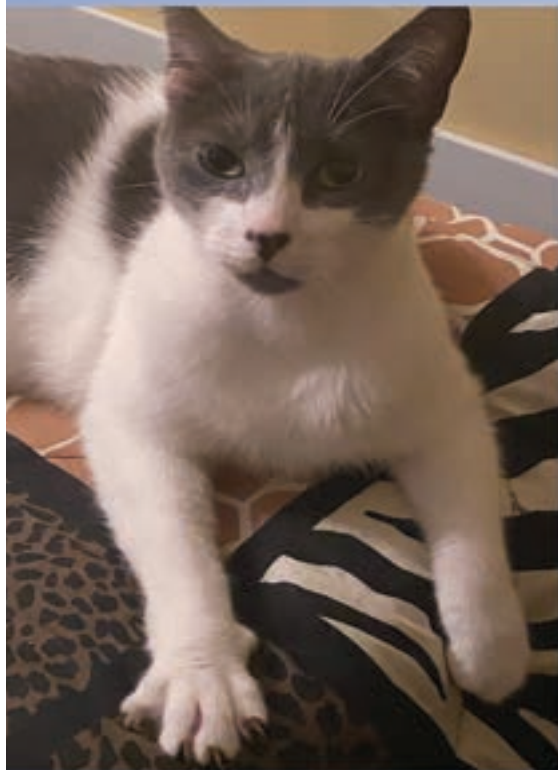
If the pool is more your style, don't assume: make sure the pool owner is ok with a little doggie dirt and hair in the filter. Dogs should never be left around a pool unsupervised. Even a pro can fall in and become disoriented. If you are not able to supervise your pup, try a pool fence for their protection. While the doggie paddle is natural for many dogs, not everyone knows how to stay above water. It's a good idea to invest in a doggie life jacket to help keep their head above water while they are getting the hang of it. And while some dogs will lounge out on pool floats making great photo ops, others will panic that the "ground" underneath them is unstable and can damage floats, making them unsafe. Oh, and don't let them drink the water, the chemical content of pool water (yes, even salt pools) can make our pups seriously sick! Always have fresh drinking water available.

There are lots of opportunities to get our pups out in the water to beat the heat. It just takes a little planning to make sure everything goes smooth, and everyone has fun!

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.

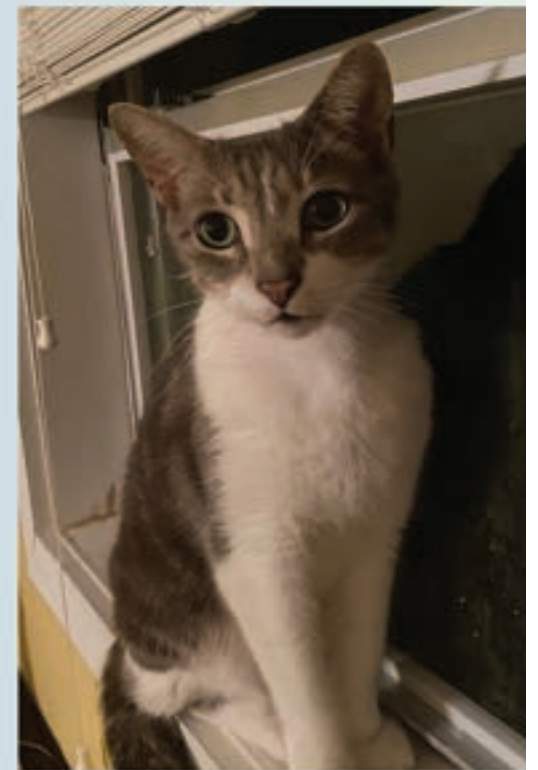


COOPER & SHELDON

Cooper is a 2-year-old neutered male. He is dominant, playful and loves to snuggle with a human whether it be on the couch or in bed. Sheldon and Cooper have been together forever and Sheldon is a 7 year-old male who only loves wet food and is also very affectionate. They are not so crazy about other cats but get along really well together. They are fully vaccinated and microchipped. No adoption fee for the right home.



www.duettanimalrescue.org
Email: info@duetteanimalrescue.org



RANCH RECEIVES “TOP 100 PLANNED COMMUNITIES” RECOGNITION

Ideal-LIVING, a Southern living and real estate magazine, recently named Lakewood Ranch one of “The Top 100 Planned Communities.” The honorees were named in the publication’s summer issue, “Best Places to Live.”

“Each year we survey our readers to determine the most popular destinations and amenities,” said Kelly Godbey, editor of *ideal-LIVING*. “Most of our readers are looking to escape high taxes and find a better climate and quality of life. The destinations featured in this special issue are representative of those desires.”

Among the top reasons cited for living in a master planned community were the people, a social network, and a sense of community. Others mentioned were walkability, healthy lifestyle, proximity to health care, social clubs, well-maintained homes, and green spaces and landscaping. Philanthropy was also important: readers wanted a “chance to give back” – community organizations that offered an environment to volunteer their resources, be it time, talent, or financial.

“We are thrilled to again be named as one of the Top 100 Planned Communities by *ideal-LIVING*,” said Sandy Shahinian, vice president of LWR Communities. “Lakewood Ranch



offers an award-winning lifestyle that includes more than 60 clubs, a parks and rec program, and sports leagues. The Ranch provides unparalleled access to the outdoors with 150 miles of trails and nine community parks, and walkable town centers including our recently opened Waterside Place. Lakewood Ranch Medical Center, a full-service hospital, has won many awards, and there are myriad medical services available to residents. There are also numerous philanthropic organizations in the area, including the Lakewood Ranch Community Fund. The Ranch has all the qualities and conveniences of an established town with the added benefit of countless amenities and activities.”

This is not Lakewood Ranch’s first mention by *ideal-Living*: last year, The Ranch was also recognized as a Top 100 community. In 2020, it was named to the “Best Health & Fitness Community” category for its wellness-centered master planning, extensive recreational amenities, and health-conscious lifestyle program. In 2019, The Ranch received recognition in the “Best Wellness Community” category.

The Top 100 Planned Communities are posted on [ideal-LIVING.com/bestplaces](https://www.ideal-living.com/bestplaces).

LAKEWOOD RANCH CHARGERS

2022 SOCCER PROGRAMS

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FALL 2022 RECREATION PROGRAM

The LWR Chargers SC is committed to providing the best opportunities for all ages to learn and play soccer through our recreation soccer program. Our goal is to create and offer a FUN and positive experience to all players in the Lakewood Ranch and Manatee County areas.

2022 FALL SCHEDULE & SEASON DETAILS

- Open to Boys & Girls - Ages: 4 - 14
- Practices Begin: End of August
- Games Begin: Mid-September
- Saturday Morning Games
- Games are played from September - November
- Training days: Mondays or Wednesdays
- Cost includes complete uniforms (shirts, shorts & socks)

Program Cost:

U5-U7: \$145

U8-U13: \$155

ENTIRE SEASON

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