

# Around the Ranch

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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, JUNE 15, 2022



**TRIBUTE TO HEROES PARADE RETURNS TO LAKEWOOD RANCH** – After two years of pandemic cancellations, the annual parade honoring veterans returned to Main Street at Lakewood Ranch. For more pictures, see pages 12-13. Photo by Ryan Angell

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IS OPEN**

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# Brain-Healthy Diet Reduces Inflammation, Risk of Illness

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



**N**utrition is one of the key factors in maintaining overall brain health. Your brain is responsible for all the automatic functions of your body and needs quality fuel to keep it going.

High-quality food filled with vitamins (A, B12, E), minerals (iron, calcium, potassium), proteins (e.g., fish and seafood, lean beef, poultry, tofu, beans), and antioxidants (e.g., berries, kale, artichokes, beans, and dark chocolate) will help keep the 100 million neurons of your brain and their trillions of connections communicating as they should. Research shows nutrition is important for protecting brain health, promoting optimal brain performance, and can reduce risk for brain illness, like anxiety and depression, as well as other disorders. It is also an important risk-reduction factor against cognitive decline, stroke, and dementia.

A primary goal related to nutrition is to find easy ways to reduce chronic inflammation. This type of inflammation occurs in response to unwanted substances in the body. While there are obvious sources of chronic inflammation such as wounds, viruses, allergies, and autoimmune diseases, subtler causes arise from an unhealthy lifestyle. They include brain illness risk factors of obesity, a poor diet, smoking and vaping, alcohol and substance overuse, chronic sleep deprivation, and a sedentary lifestyle.

Inside arteries, inflammation contributes to the buildup of fatty, cholesterol-rich plaque. Your body perceives this plaque as abnormal and foreign, so it attempts to wall off the plaque from the flowing blood. But if that wall breaks down, the plaque may rupture. The contents then mingle with blood, forming a clot that blocks blood flow. These clots are responsible for the majority of heart attacks and most strokes.

Much of the bacteria in your body live in your intestines. Collectively, they are known as your gut microbiota. Certain types of bacteria cause inflammation in your intestines which can contribute to many diseases. In your gut, microbiota start the digestive process and the presence of microbiota, or lack of them, can impact the level of inflammation. That is why reducing inflammation is so hugely important for your brain and body health.

The food that you eat greatly affects the types of bacteria that live inside you. Resetting your gut microbiota, is the best defense and the first step in keeping toxins naturally where they belong.

When it comes to these tiny microbiota, diversity is a good thing. Those with a more diverse population of bacteria tend to have less chronic inflammation than those with less diversity. Certain styles of eating — such as a low-sugar, low-fat,



high-fiber diet — encourage a variety of microorganisms in your gut. Probiotics, consumed either as foods (e.g., sauerkraut, kimchi, kefir, miso) or supplements, contain beneficial bacteria. Other foods, called prebiotics (which contain fermentable fibers that bacteria like to feed on), are found in foods like onions, bananas, leeks, garlic, oats, and soybeans.

The body is particularly sensitive to inflammatory responses from what we eat. Added chemicals, including food coloring, artificial ingredients and toxins, for example, induce mild inflammation. BHI neuro-nutritionist and national best-selling author Uma Naidoo, MD, (This is Your Brain on Food) describes the gut/brain connection in which “information collected by the nerves in your gut is communicated directly to the brain, inducing an inflammatory response. Gut inflammation often occurs in response to an overgrowth of bad bacteria, which can be caused by an overconsumption of inflammatory foods, or an insufficient consumption of anti-inflammatory foods.”

What are “inflammatory foods”? Dr. Naidoo mentions added/refined sugars found in baked goods, boxed cereals, granola bars, and salad dressing; industrial vegetable oils such as corn, grapeseed, and soybean that contain omega-6 fatty acids; processed or packaged foods; processed meats, such as deli meat, hot dogs and sausages; gluten found in many wheat, barley and rye products; and alcohol.

It's fairly simple to practice anti-inflammatory eating. The same diet that promotes heart health and helps you maintain a healthy weight also tends to bring down inflammation. Such a diet emphasizes fruits, vegetables, nuts, whole grains, fish and

## Following are the 10 foods encouraged as part of the MIND diet:

- Green, leafy vegetables (six servings or more per week)
- All other vegetables alongside a green, leafy vegetable (once per day)
- Berries: strawberries, blueberries, raspberries and blackberries (at least twice per week)
- Nuts (five servings or more per week)
- Olive oil (use as main cooking oil)
- Whole grains (three servings per day)
- Fish: specifically fatty fish such as salmon, sardines, trout, tuna and mackerel (once per week)
- Beans, lentils, soybeans (four meals per week)
- Poultry: chicken or turkey, but not fried chicken (twice per week)
- Wine: red or white (one glass per day)

## The MIND diet recommends limiting consumption of these foods, which contain saturated fats and trans fats:

- Butter and margarine (less than one tablespoon per day)
- Cheese (less than once per week)
- Red meat (no more than three servings per week)
- Fried food (less than once per week)
- Pastries and sweets (no more than four per week)

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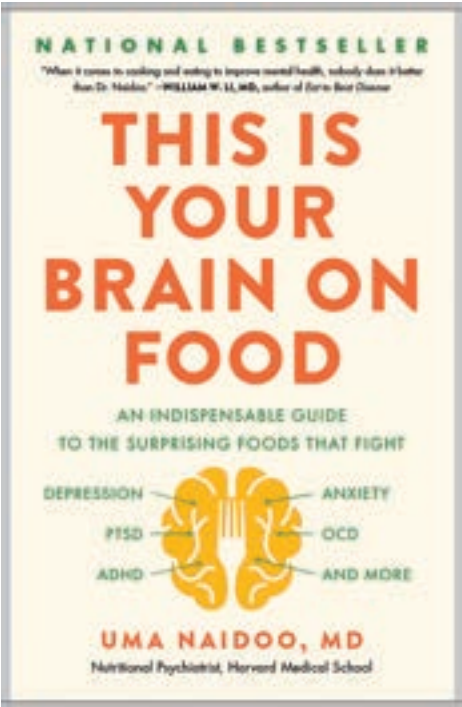
seafood, and healthy oils, and limits food loaded with simple sugars (like soda and candy), beverages that contain high-fructose corn syrup (like juice drinks and sports drinks), and refined carbohydrates.

The BHI recommends the Mediterranean diet and a similar diet, the MIND diet, as beneficial in fighting chronic inflammation and brain health.

You likely are very familiar with the Mediterranean diet. People in countries like Italy and Greece have traditionally eaten a diet consisting mainly of fruits and vegetables, nuts and seeds, whole grains, fish and seafood, and olive oil. These are the foods experts recommend to reduce inflammation. Researchers have noted that people who followed this style of eating had lower rates of disease and lived longer than people in the United States. An added bonus is that because it includes a variety of foods, the Mediterranean diet is relatively easy to follow and stick with.

The MIND diet is designed more specifically to reduce risk of brain illness, including dementia, and promote brain health while improving brain function. It combines aspects of the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) diet. The main difference between the MIND diet and the Mediterranean and DASH diets lies in the consumption of fruit. The MIND diet encourages followers to eat berries, which have been linked to improved brain function, but not other fruits.

What you drink can also influence inflammation levels. Coffee contains anti-inflammatory compounds. It's a healthy drink, as long as it doesn't contain large amounts of cream and sugar. Green tea is also rich in antioxidants



and is considered anti-inflammatory. The case of alcohol is an interesting one. Moderate alcohol use reduces the risk of diseases linked to inflammation, but drinking in excess alters the immune system and promotes production of pro-inflammatory cytokines. Proceed with extreme caution.

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](http://brainhealthinitiative.org).

## June 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](http://chabadofbradenton.com/zoom), unless otherwise noted.

### Talmud Classes

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### Torah Studies

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### Weekly Shabbat Services

**Friday nights, 7 p.m.; Saturday mornings at 9:30 a.m., Shabbat Kiddush at noon**

*At the Chabad House*

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### Tanya Class

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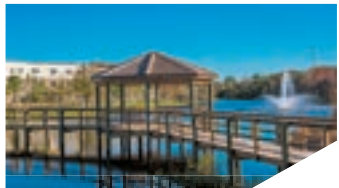
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Delve into the secrets of the soul with Rabbi Mendy at this weekly Tanya class. Admission is free.

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

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# The New Fifi's Is Open and Well-Stocked!

By Ernie Soller  
Community Correspondent

During the last edition of Music On Main, the monthly block party on Lakewood Ranch Main Street, I noticed several well-dressed women minding a large street-side table, over which was a large banner proclaiming FIFI'S FINE RESALE.

They were there to inform the Greater Lakewood Ranch public about their new store. The old Fifi's was located in the Publix shopping center off Market Street, near University Parkway, and the new Fifi's has found a new home in the Creekwood Crossing shopping center on the north side of State Road 70, west of I-75 – the center anchored by Lowe's and Beall's. The location was at one time the home of Fifi's furniture store, which is now history.

So, how did Fifi's originally come to Greater Lakewood Ranch?

The Fifi's chain was started by the “original Fifi,” a North Carolina woman who started the Fifi's resale store, and then turned it into a franchise business.

Judith Williams is the lady who is the franchise owner of the Fifi's Fine Resale store in our area. She describes herself as an entrepreneur, a woman who has owned numerous businesses over the years. This Columbus, Ohio native has, among other endeavors, been a lumber broker, and owned several pizza shops. She moved to our area 17 years ago, and decided that a Fifi's Fine Resale shop was a good fit for her. She owns not only the Lakewood Ranch location, but a second Fifi's in Apollo Beach.

The folks at Fifi's Fine Resale don't deal in junk. They are quite particular about the clothing and accessory items they accept to go on their racks and shelves. And their customers benefit from that selectivity. For example, Fifi's deals in handbags. And handbags are sold by almost every store in town. But do they carry high-end designer bags like Fifi's does? Think of some of the biggest names in fashionable bags – you can find a Louis Vuitton bag at Fifi's. And we're not talking about a knockoff Louis Vuitton bag that your friend bought on the dock on one of the Caribbean islands for 20 bucks! We're talking about the real thing: Burberry, Kate Spade, Gucci, beaded bags, etc. Fifi's also sells jewelry, and even watches – including larger men's models.

The same thing is true for clothing items. The higher end brands are all here, and Fifi's Fine Resale is very well stocked, as was extremely evident at the grand opening of their new store. The place was packed – not only with shoppers, but with merchandise. People had apparently been starved for good clothes during the pandemic and/or the transition to the new store, and they were there in droves.

I could speculate that all those people came out just because it was a grand opening, and because Williams and her associates were handing out glasses of wine with strawberries, but I'm betting it was the merchandise.

There is a system to how Fifi's sells their stock. You need to check their tags. After 30 days on the rack, a “regular priced” item is discounted by 50%. Couture items are, after 30 days, discounted by 20%. “Blue Dot” tags mean a discount of 40%.

As for the guys who might have been talked into coming in



PHOTOS BY ERNIE SOLLER



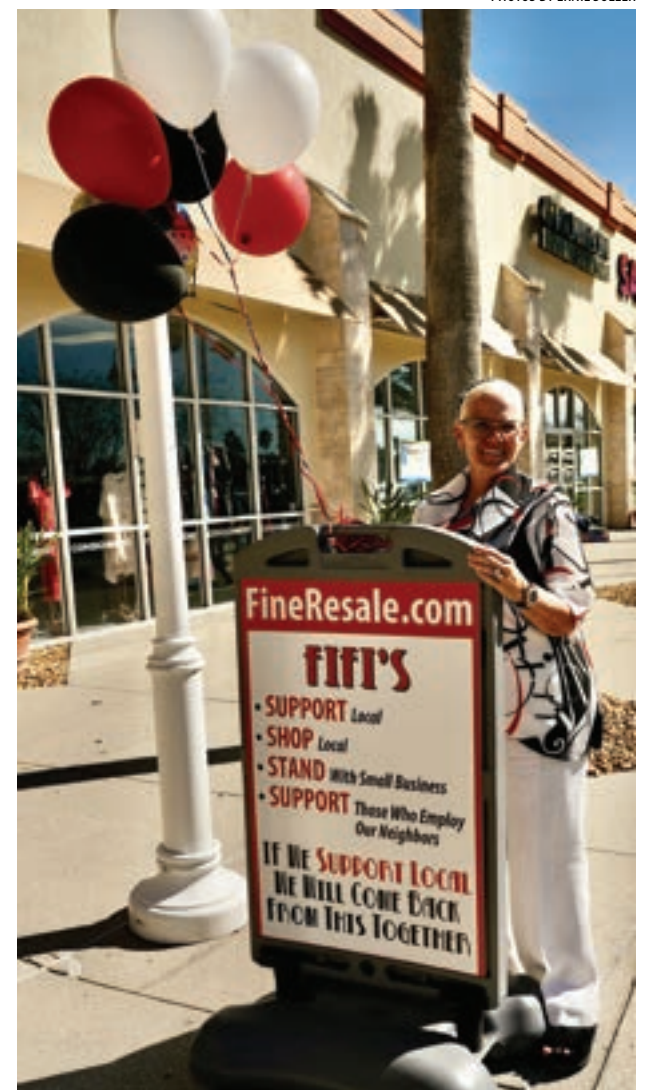
by their wives or girlfriends and are standing around seemingly looking for an exit ... relax, gentlemen, because tucked back in a corner are some racks of menswear – again, some of the higher-end brands, at some attractive prices. There's a big sign on the wall above the men's clothing which reads: “MAN CAVE.”

As for other signs at the new Fifi's, there are a couple designed to warm the hearts of women shoppers. One, attributed to Coco Chanel, reads “A Girl Should Be Two Things – Classy And Fabulous.”

The second such sign sounds a bit like my wife's shopping motto: “Life Is Short – Buy The Shoes”!

Williams and her crew of fashion-minded folks have created a very well-stocked place to shop, at prices that will enable you to tell your friends about the great deals you got at Fifi's Fine Resale.

The new Fifi's is located at 7343 52nd Place, in the Creekwood Crossing shopping center, or check them out at [fifisfineresale.com](http://fifisfineresale.com).





# District Budget Proposals for Fiscal 2023 Almost Ready

By Ernie Soller  
Community Correspondent

District budget proposals are almost ready for Lakewood Ranch's Community Development Districts (CDDs).

Although the proposed budgets must be completed by the CDD board meetings in June, Executive Director Steve Zielinski, his financial staff, and the district supervisors who are working on the budgets have been working hard to get them done early.

The state requires that these completed proposed budgets be done by mid-June so that the boards have time to make any necessary adjustments before final approval is given to those budgets in August.

One thing was agreed on by the supervisors I spoke to ... there will be allowances made in the upcoming budgets for the spectre of inflation. It is no secret that inflation is now at its highest level in years, and contractors are expected to add allowances for inflation to their quotes – so expect higher CDD tax assessments.

Acknowledging that inflation may be with us for some time, the Inter-District Authority (IDA) board had authorized a study of wages and benefits for Lakewood Ranch employees. This study is expected to be completed sometime in August. The study will assist IDA supervisors in determining whether Lakewood Ranch's salaries are competitive. The idea is to make sure that Lakewood Ranch doesn't lose good employees to other local employers which may have a more liberal pay scale.

The IDA is also continuing to search for a replacement for Steve Zielinski, who recently moved from his former job as finance director to his new job as executive director. In April, the board approved a new contract for Zielinski as executive director.

In addition to replacing Zielinski, he and the IDA board are considering revamping the administrative structure at Town Hall, including a change which will have the individual community associations representatives report directly to Zielinski.

## RAINFALL

Operations Director Tom Merrill notified district supervisors that rainfall in Lakewood Ranch in March was just over an inch on average. This is quite low compared to the normal average rainfall for March at four inches. What this means for district budgets is that the amount of irrigation water usage is sure to increase, unless our rainy season gets here soon, and along with that increase comes higher irrigation water charges from Braden River Utilities.

Rainfall in April was higher, but not markedly.

## DISTRICT 1

The district is still waiting for proposals to re-

mediate the excess water runoff in what has been referred to as area A, near the Braden River. The District 1 board of supervisors will have to take a look at the proposal as to cost and as to what portion the District is willing to pay to resolve the issue. As of the May District 1 board meeting, no proposal has yet been received from the engineering consulting firm of Kimley-Horn, but it is expected by early June.

As for the more complex issue of area F, no concrete proposal has been put forward as of yet.

District involvement may be determined by the cost of such projects, as well as the District's willingness to finance all or part of the repairs.

District 1 Chairman Alan Roth noted the presence of what appeared to be algae on a district pond bottom, and stated that the water in that pond appeared to be unusually clear. Operations Director Merrill replied that two scientists from the university of Florida had come to the area to study the pond.

## DISTRICT 2

District 2 Chairman Pete Bokach noted at April's board meeting that his district, unlike others, has yet to complete its budget work, due primarily to a scheduling conflict. District 2 does expect to have their budget work done on time.

## DISTRICT 4

District 4 Board Chairman Mike Griffin, at the April meeting, noted that his district has been looking into the idea of providing a larger, more effective noise barrier along State Road 70 in the Greenbrook area.

A number of residents have voiced complaints regarding the amount of noise from the highway, but it seems that barring a huge effort on the part of the Florida Department of Transportation to provide funds to improve the situation, there will be no anti-noise wall erected in the area. The district's engineer had informed the board that just doing a study to determine if such a project would be feasible would cost the district around \$40K – and that would come with no guarantee of the project actually happening. Since State Road 70 is a state highway, such a project would probably be a no-go.

## DISTRICT 5

Paving work in the district was expected to commence on May 9. While Legacy is being paved, it will be closed to vehicular traffic. The paving work was expected to be done by the end of May.

## DISTRICT 6

The sewer/potable water transfer to Manatee County is still pending. The executive director and attorney Andy Cohen are doing what they can to get Manatee County to move ahead more rapidly on this.

CONTINUED ON PAGE 14

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# LAKEWOOD RANCH COMMUNITY ACTIVITIES

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Thank you to all who attended and played a role in our Lakewood Ranch Community Activities Tribute to Heroes Parade that took place on May 22! It's always wonderful to see members of our community out on Main Street honoring local heroes and see the veterans being honored taking part as well. We are thrilled to have been able to bring back an event of such high importance to many residents within Lakewood Ranch.



Keith Pandeloglou  
President and CEO  
of LWRCA

Summer snuck up on all of us quickly, but we are prepared! If you haven't yet, make sure to head on over to [mylwr.com](http://mylwr.com) or the Lakewood Ranch app in order to view our summer parks and recreation programming schedule. From basketball to bingo, and tennis to tai chi, we've got something for all age groups.

Our summer schedule includes engaging beginner-friendly sports programs for children, such as volleyball, kickball and basketball. These programs are all part of our All-In Youth Play concept. All-In Youth Play means "all-inclusive" – anyone, of any background, is welcome and accepted. Whether your child has never touched a basketball or has been playing for years, these kids' pickup games are open to all. Children with more knowledge of these sports are encouraged to lead oth-



ers who aren't as familiar. Teamwork, camaraderie and having fun are the main focus around here!

For adults and seniors, we also have a great lineup this summer. Join us for active programs such as tennis, barreletes, cornhole and more. We also have skill-enhancing programming such as "Hands-Only CPR," "Intro to Phone Photography," and "Salsa Dancing"!

Looking for something the whole family can participate in? We've got that covered too. Join us for "Bingo for All," "Walking Group," or "Intro to Disc Golf"! Those who are new to the area or looking to learn more about how we serve the community are welcome to join us at one of our monthly Newcomers Meetup sessions at Bob Gardner Park. Newcomers Meetup attendees will learn all about Lakewood Ranch, our programs, local groups and clubs and annual events.

To view our full lineup of summer programming and register ahead, go to [mylwr.com](http://mylwr.com) or download the Lakewood Ranch app!



Additionally, if you have an idea for a new parks program or community group/club, we want to hear from you! Send us a note at [info@lwrca.org](mailto:info@lwrca.org) and we'll be glad to help. We love working with our LWR-based businesses! We are open to applications for the upcoming session of our Parks and Recreation program. If interested, submit our Park Partner Application. For a link to the application, email us at the address provided above.

Contact us to schedule an in-person, socially distanced pitch, or meet the LWRCA Parks team via Zoom. We can't wait to hear your ideas!

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# AROUND THE RANCH



PHOTOS BY ERNIE SOLLER



## Finally! The Tribute To Heroes Parade Is Back!

By Ernie Soller  
Community Correspondent

For the last two years, thanks to the COVID pandemic, Lakewood Ranchers haven't been able to remember and salute their veterans for their service as part of the Tribute to Heroes Parade.

The parade has been one of the signature events of Lakewood Ranch Community Activities for years. Even my grandkids, who live in Atlanta, have several years' worth of great memories of standing on the edge of Lakewood Main Street, cheering the veterans, the floats, and grabbing as much candy as they could get their hands on from all that was tossed to the kids during the parade.

Putting together such an event is a big job, especially as it hasn't happened for the last two years, but our Lakewood Ranch Community Activities folks, both professional and volunteer, pulled it off. They lined up sponsors, such as Lakewood Ranch Communities, Arsenault Dermatology, the Grove restaurant, Cool Today, The Lakewood Ranch Business Alliance, Lakewood Ranch Medical Center, Lakewood Ranch Dental, Michael Saunders Realty, and the East County Observer, etc.

The parade didn't actually start until just after 7 p.m., but that didn't matter a whole lot to attendees, since there was plenty of fun to be had anyway, what with the K Dog Barbeque food truck, and the Kona Ice truck on site, a large fire truck from East Manatee Fire/Rescue, an EMS ambulance, a big 'dozer from the Florida Forestry Service – and then there was the patriotic music provided by the Lakewood Ranch Wind Ensemble!



Lots of folks chose to patronize the Main Street restaurants, thereby getting a front-row seat for the event.

The parade was headed up by V.F.W. Post 12055, followed by the Del Webb Lakewood Ranch Association of Veterans and Military Supporters. After U.S. Army Col. Gil Ruderman, Ret., passed by, came a parade of Corvettes from the Gulf Coast Corvette Club, each carrying a veteran. The roar from their engines was almost musical!

The New World Celts were there, and bagpipe music filled the air. There were vehicles from Rotary, the Lakewood Ranch Business Alliance, beauty queens, Girl Scouts and Brownies, and mascots from the Marauders and the Rays. Lots of parade walkers were throwing candy to the kids, but the best were from the Knights of Columbus: they were tossing the BIG Tootsie Rolls!

Bringing up the end of the parade were several members of the East County Observer staff, carrying a very large American flag, followed by a single bagpiper.

Good to have the parade back.





# Your LWR Story

By Maggie Milne

Meet Becky and Matt Harvey, who recently relocated to Lakewood Ranch with their two children, Milly, and Ted. Becky and Matt have enjoyed 13 wonderful and successful years of marriage. Having met in and loved the UK, they created a business and family situation that has afforded them the chance to replicate such a life here in Lakewood Ranch.

Becky and Matt had visited the region several times together and for vacation with their children. A Tampa friend suggested they check out Lakewood Ranch during one of their trips. They began their journey with Jacqui, a community specialist at the Lakewood Ranch Information Center. Becky and Matt said they were impressed with the level of customer service and the wealth of knowledge they gained during the overview with Jacqui. Not having left the Information Center to explore the community and new construction offerings, Becky and Matt felt as if they had fallen in love with Lakewood Ranch already!

With their community information tools, they began to visit various villages and builder sales centers, and walked through numerous model homes. The convenience of the community layout was attractive to them, including town centers like Main Street, and the University Town Center Mall just outside Lakewood Ranch. In addition to navigating home purchase options, Becky and Matt considered the future business fit. Historically, Becky and Matt had consecutive successes with up-start ventures and noted such possibilities for themselves in Lakewood Ranch. By the time they departed to return home to the UK, Becky and Matt knew their next steps would include selling their home, obtaining proper visas for relocating to Lakewood Ranch and of course, purchasing a new home here.

The spring of 2020 created a pause in their process due to COVID-19 and the global impact the pandemic was having on plans, life changes, and certainly moves from one continent to another. But Becky and Matt persevered and resumed their Ranch plan in the spring of 2021. Having purchased their new home in Sapphire Point, Becky and Matt followed through with all the other requirements of such a move; sold their home, businesses, and were finally settling into Lakewood Ranch life in November of that same year.

So, what is life in Lakewood Ranch like now for Becky, Matt, and their children? They describe Lakewood Ranch as “next level” living. They celebrate how the Lakewood Ranch community is so welcoming, with people who also want to live among families, and with people who made substantial changes to come to Lakewood Ranch and share their days and weeks with others who embrace a better way of life.

They also rave about the positive and happy people here and the fun “community vibe,” especially the plethora of local and regional opportunities. Becky, Matt, and the children attend events regularly at Lakewood Ranch’s Main Street and Waterside town centers, visit the beaches and parks, walk their dog, and play on the playgrounds. They are thrilled to see their children are happy, playing outside,



and living as if they are on vacation. “We’re never bored,” Becky said.

Their family has met friends quickly, Becky said. The children have top-rated learning opportunities in appropriate class sizes, “just like that in the UK school.” Their village, Sapphire Point, is close to the Premier Sports Campus, and close to swimming and football clubs, basketball, cheer, and tumbling classes. “Geographically, LWR is perfect!” Becky said.

Becky and Matt jumped in and started their business right away. Seeing the need, they launched “LWR Pool Care,” a pool maintenance company ([www.lwrpoolcare.com](http://www.lwrpoolcare.com)).

In the future, Becky and Matt are looking forward to the new Lakewood Ranch library, and the upcoming aquatics center. Becky and Matt are thrilled with the life they have created, especially for the children. “We feel lucky and blessed that we found our piece of Lakewood Ranch paradise!”

*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](mailto:yourlwrstory@lakewoodranch.com).*

CONTINUED FROM PAGE 9

There appears to be a similar situation with the traffic signal which was supposed to have been installed by now at the intersection of Balmoral Woods and Lakewood Ranch boulevards. Apparently one holdup is the ability to get concrete.

At May’s District 6 board meeting, Town Hall staff requested that District 6 revise its gate policy to allow residents who are arriving in a vehicle without a transponder to be allowed to enter the Balmoral Gate between the “restricted” hours of 6:30 a.m. to 10:30 a.m. Apparently the Town Hall staff has been getting numerous calls from irate residents who have been denied entrance at the Balmoral Gate during these hours because they arrived in a vehicle such as a dealer loaner or a rental car which, of course, lack transponders.

After a long discussion, the District 6 board agreed to provide the gate guards with a list of streets within the Country Club, so that guards could easily verify that the residents are entitled to enter.

## PLAYERS GATE

County officials have been discussing for a while whether or not to put a traffic light at the intersection of Players and Lorraine Road, along with increasing the speed limit on Lorraine.

Executive Director Zielinski commented wryly at the District 6 April board meeting that maybe a roundabout would work better. As soon as those words were uttered, District 6 supervisor Wayne Turnblom shouted out: “That’s nuts!” Obviously, the whole roundabout idea isn’t sitting well with many residents.

## LORRAINE ROAD SPEED LIMIT

The speed limit on Lorraine Road between Fruitville Road and State Road 64 will be changed to 40 mph. It had been higher north of State Road 70 and only 35 mph south of State Road 70.

Note: Regarding the posted speed on Lorraine Road, most residents are probably unaware that the speed limit on Lorraine Road south of State Road 70 was originally 45 mph. However, about 11 years ago a Country Club resident, the back of whose property was next to Lorraine Road, complained to the County about noise from trucks. Rather than restrict truck traffic, the County lowered the speed to 35 mph.

At the May CDD board meetings, Executive Director Zielinski reported the total number of registered voters in the original “phase one” portion of Lakewood Ranch. They are: District 1 – 3,409; District 2 – 2,602; District 4 – 3,197; District 5 – 1,723; District 6 – 744.

## PAVING UPDATE

At the May meetings of the Country Club districts (2, 5, and 6), Executive Director Zielinski reported that paving work is progressing pretty much as expected. However, he cautioned that, due to Manatee County having less stringent paving requirements than Sarasota County, the roads in this area may have to be repaired more frequently, and this may include work on underdrains, etc. He also noted that previous repairs have largely been “mill and repair” jobs – with no attention paid to issues with the base of the pavement, adding that road paving work should last 15 years and not 9.

## ELECTIONS

Several Lakewood Ranch Phase I CDD board supervisors’ terms will expire in November, 2022. They are: District 1 – supervisors Swiatek, Fox, and Olinger; District 2 – supervisors Green and Twiggs; District 4 – supervisors Davey, Sidiski, and Johnson; District 5 – supervisors Cohn and Silverglat; and District 6 – supervisors Rogoze, Hofeler, and Ellis.

Those supervisors who want their names to be placed on the upcoming election ballot must file with the Manatee County Supervisor of Elections office between noon on June 13 and noon on June 17.

## STAFFING

At the May CDD board meetings, Executive Director Zielinski commented that Town Hall staffing had appeared to be stable, but over the last month, staffing is down by five positions, most notably in the Utilities department, which deals with the community’s irrigation systems and asset management – including subterranean facilities. Loss of staff members can be attributed to several factors, including the unexpected death of one staff member.



## ASK THE DOCTOR

# Midwives and Hospitals: *Get the Best of Both*

By Angie Scarpa, CNM, ARNP,  
Certified Nurse Midwife and  
Advanced Registered Nurse Practitioner



**D**id you know that midwives work within the hospital setting too?

Pregnant women often think that they must choose between giving birth naturally at home with the help of a midwife, or in a hospital setting by a doctor. Fortunately, this is not the case. A growing trend combines both a natural birth led by a calm, caring midwife who practices in collaboration with a supportive obstetrician in a hospital setting. You can get the best of both worlds by having the expertise of a midwife, while still being steps away from modern technology and emergency medical equipment.

## WHAT IS A MIDWIFE?

A midwife combines physical care, emotional support, and personal preferences to best meet your needs. She provides expert individualized care through all stages of women's lives, including pregnancy, labor, delivery and following birth. Certified nurse midwives (CNM) are trained in both nursing and midwifery and are certified by the American College of Nurse Mid-

wives. Whether you choose a CNM or an OB-GYN, you'll have a trained healthcare professional with you every step of the way.

## WHAT ARE THE BENEFITS OF DELIVERING WITH A MIDWIFE IN A HOSPITAL SETTING?

- Access to modern technology.
- Obstetricians are steps away in case of emergencies.
- Personalized care and emotional support from a midwife, who generally treats birth as a natural process that shouldn't require a lot of medical intervention.
- Midwives who work in hospital settings have more amenities at their disposal than midwives delivering in home settings.
- Having midwives by their side during labor, women tend to need less medical intervention. They generally support the natural birthing process and women with low-risk pregnancies.
- Research has shown that deliveries that are supervised by a certified nurse midwife undergo fewer inductions and are less likely to have cesarean sections, which in turn leads to a shorter recovery time.

*Angie Scarpa, CNM, ARNP, specializes in pregnancy, delivery, and all areas of gynecologic care. Schedule your appointment online at [Lakewoodranchmedicalgroup.com/appt](https://Lakewoodranchmedicalgroup.com/appt), or call (941)348-1144.*



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# A Brew With A View!

## The Good Liquid Brewing Company Sets Up Shop in Waterside

By Ernie Soller  
Community Correspondent

**G**ood Liquid Brewing Company has become the hub of lunch and dinner enjoyment at Waterside Place. The owners of Good Liquid Brewing Company, Sandra and Mike Krail, have immersed themselves in the art and science of brewing. Although they both worked in non-brewing careers, Mike in software development and Sandra in nursing, they made sure that they had several years' worth of background knowledge and experience in brewing before they opened their own brewpub.

Before we discuss the new business, here's some beer history. Beer has been around for a long, long time. Historians tell us that the earliest examples of beer making took place in Iran (ancient Persia) around 3400 BC. The Chinese made a beer-type drink even earlier ... around 7000 BC.

The ancient Egyptians took beer making pretty seriously. The guys who built the pyramids got a daily beer ration of between four and five liters. After all, if you had to lug big stones uphill day after day to make your friendly Pharaoh happy, you'd need a little refreshment/pain killer, too!

And it wasn't just the stone workers who liked their beer. Beer has been found to have been buried with Egyptian kings, along with all that gold and other fun things they chose to be buried with, to serve as nourishment for the king's journey to the afterlife. The ancient Egyptians even had a specific beer god, Tenenit.

The old Romans were not particularly known for their beer, although they did brew it. To them, beer was a drink for barbarians, or simply the lower classes.

The barbarians, otherwise known as Northern Europeans, kept up on improving their it. In the Middle Ages, so it's said, monks brewed beer as an alternative to wine during Lent – and did their beers ever catch on with the local populations. Even today, you can purchase beer that has been made using recipes handed down from centuries ago by monks.

That was also around the time that hops began to be used in beer making, which also gave rise to more and better beers in northern Europe. According to Wikipedia, in Hamburg, the demand for beer rose dramatically; per capita consumption of beer rose from an average



PHOTOS BY ERNIE SOLLER



of 300 liters to 700 liters per year by the early 17th century! That's 184 gallons per person ... a lot of beer! Translated to the number of 24-bottle American cases of 12-ounce bottles, that's 82 cases of beer per person!

In America, practically every town of any size, at least in the north and west, had its own brewery or, depending on the population, multiple breweries. Various cities became known for their beers, such as Budweiser in St. Louis,

Schlitz in Milwaukee, Stroh's in Detroit, Coors in Colorado, and so on.

These beers helped to fuel the growth of America, as they provided refreshment and yes, a certain level of pain relief for the miners, railroad men, and industrial workers of America's Age of Industrialization. And then came Prohibition.

From 1,300 breweries in 1915, the United States emerged from Prohibition with only

around 100 functioning breweries. What that meant was that, for years after, Americans had very few real choices in beers. It was also illegal to brew your own beer at home – that is, until 1978, when President Carter signed a law permitting home brewing.

Soon, the "craft beer" movement took off. Small breweries began to dot the landscape, and the beer they brewed was, in a lot of cases, just plain different and much tastier than some of the mass-produced "big brewery" stuff. After all, Americans were traveling more than ever, and that meant going to the great beer-making countries of Europe, where they found lots of different, more flavorful beers, which they preferred to the stuff they could get at home.

One of those "craft beer" breweries has just set down roots in Lakewood Ranch, right in the middle of all the fun things going on in "downtown" Waterside.

The new Waterside Place location of Good Liquid Brewing features, of course, brewing facilities, but also a very nice restaurant/bar where folks can not only taste-test the various beers available at Good Liquid, but avail themselves of the many food choices in a casual, friendly atmosphere.

Adding to that casual, friendly atmosphere is the location: Good Liquid Brewing has perhaps the very best location in Waterside Place; right in the middle of it all, overlooking one of the lakes that make Waterside so unique.

You get tasty beer (or a cocktail – you have to see Good Liquid's "wall of whiskey" behind the bar!), wine or other libations, and a good meal or snack. You get all this with a view that's pretty hard to beat, especially if you choose to enjoy the offerings of Good Liquid outside at a table overlooking the adjoining lake. You can even bring your dog.

While at Good Liquid, I met a couple who lived on the west side of Bradenton. They had come to Good Liquid because they weren't all that happy with their community club's food choices, and they liked Good Liquid ... and the fact that they could bring their dog with them. Good Liquid even provided them with a bowl of water for their pup!

I visited Good Liquid Brewing on a sunny weekday afternoon. My wife and I came both hungry, and of course, thirsty. Since she admitted to me that her total food intake so far that

CONTINUED ON PAGE 17



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that day consisted of one cookie, I knew that I'd need to feed her fast!

Our waiter, David, suggested we start with a pretzel roll appetizer – five salted pretzel buns served with a dish of warm cheese. Yes, it hit the spot. Of course by then, I was already into consuming a glass of Good Liquid Porter, a nice dark beer. I like dark beer.

We had ordered a couple of items for our late lunch: she the “Great Dane,” a 100% beef hot dog with trimmings, and I the “Hay Stack,” a large burger with applewood bacon, onion strings, smoked gouda, chipotle-jalapeno sauce, guacamole, etc. As a side I ordered black beans, which to my delight, came in a sauce with bits of ham, peppers, and onions – like the beans I came to love in New Mexico. Best beans I've had in a long time!

They were both quite good. And of course, since I'd finished off my dark beer by the time I'd polished off a couple of those salted pretzel buns and finished my burger, I found it necessary to top this off with a small glass of “Ranch Night” IPA, described in the beer list as a “Florida West Coast IPA” – a much lighter beer – just the thing to cleanse my palate.

The good Liquid Brewing Company offers at least 18 different brews at its Waterside location. There's even a “Waterside Blonde Ale.”



You can go with a “flight” of several choices before you make a decision to go with a larger glass, or just “go for the gusto” by ordering a big, cold glass of your favorite.

The service was good. The food was good. The beer was good. And, if you needed a little bit of competition after your meal, right outside the brewery you'll find a bunch of cornhole flats – all set up and ready for fun.

Lakewood Ranchers, if you haven't yet, you've got to try the Good Liquid Brewing

Company at Waterside Place. Bring your friends. Maybe you can catch a beautiful sunset from your table next to the lake.

Good Liquid Brewing Company is located at 1570 Lakefront Drive, in Waterside Place. Hours are 11 a.m. to 9 p.m. Sunday, Monday, Tuesday, and Thursday; and 11 a.m. to 10 p.m. Wednesday, Friday and Saturday. There's also a Sunday brunch from 11 a.m. to 3 p.m. For more information visit [goodliquidbrewing-company.com](http://goodliquidbrewing-company.com) or call (941)238-6466.



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## Waterside Place Gets New Tenants, Fills Last Anchor Location

Four new tenants for Lakewood Ranch's Waterside Place were recently announced, including Monkee's at Waterside, Florida Provisions Co., Deep Lagoon Seafood & Oyster House, and Tim's Wine Market.

Leasing the final anchor location in Waterside Place, Deep Lagoon Seafood & Oyster House will be an upscale casual dining experience offering dishes that celebrate fresh seafood – including Gulf caught hog fish, black grouper, snapper, oysters, and a “Big Chill Seafood Tower” – as well as signature cocktails and an expansive wine list. The restaurant will feature both indoor and outdoor bars, a patio with lake views, and spacious dining rooms designed with rich, lagoon blue colors, metal carved artwork, and captivating images of Florida landscape and wildlife. The restaurant is set to open in 2023.

Monkee's at Waterside is an upscale women's boutique specializing in shoes, clothing, and accessories. A beloved store in 12 states, this will be the first Monkee's boutique in Lakewood Ranch and nearby Sarasota, offering customers a personal, private, and multi-shopping experience.

Boaters Republic of Saint Petersburg, Fla. is launching Florida Provisions Co., a new retail and bar concept set to debut this fall. Reflecting the coastal Florida lifestyle, Florida Provi-

sions, Co. will carry clothing, flip flops, sunglasses, and fishing gear, as well as local and coastal foods, and hot sauces.

Tim's Wine Market is a family-owned business with one goal: to sell wines they believe in, made by people who put their heart and soul into every bottle. With an extensive collection of handcrafted, small production wines that elevate every experience, Tim's Wine Market will help customers select a wine that exceeds expectations for quality and price. Since its inception, the company has grown into five distinctive wine clubs with over a thousand members. The Tim's Wine Market at Waterside Place will be the brand's first location in west Florida.

The new businesses will follow the recently opened Kore, a new Asian restaurant concept featuring Korean barbeque and an upscale cocktail lounge, as well as Good Liquid Brewing company, 3Form Fitness, Kilwins, Paint Nail Bar, Body Bar Pilates, Lakewood Ranch Medical Group, Smith Law, and M/I Homes, all of which are open for business.

Previously announced tenants include Marmalade Waterside Boutique, John Cannon Homes, Integrity Sound, Capstan Financial, Mexican-American restaurant and tequileria Agave Bandido, Italian restaurant Osteria 500, Shore Rejuvenation

Day Spa, Modish Salon, O&A Coffee Supply, CROP Juice, The Yoga Shack, Man Cave for Men, Bay Area Aesthetics, Duck Donuts, Forked at Waterside, and Good Liquid Distillery.

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 to expand Waterside Place's diverse culinary offerings with the opening of Korê Steakhouse and the signing of Deep Lagoon Seafood and Oyster House,” said Kirk Boylston, president of Lakewood Ranch Commercial. “Waterside Place's large restaurant spaces are fully leased – a testament to the town center's waterfront appeal and an exciting preview of its transition into a retail, dining, wellness, and entertainment hub.”

As its businesses continue to open, Waterside Place will embody the essence of Lakewood Ranch. 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.

For more information about Waterside Place, visit the recently improved and expanded website, [www.WatersidePlace.com](http://www.WatersidePlace.com).



# Charity Art Sale Raises Money for Children's Guardian Fund

A donation of more than \$2,200 was presented to Children's Guardian Fund (CGF) on April 13 at the Lakewood Ranch Women's Club meeting at LWR's town hall. Checks totaling \$2,205 were jointly presented to Svetlana Ivashchenko, executive director, CGF, and Jeremy Carter, CGF board president, by Carol Belmont, the Women's Club's 2022 president; and LWR Art League president, Mary Ellen Slenker. The donation was the result of a charity art sale held at LWR town hall on March 26, sponsored by both clubs. The fundraiser featured artwork donated by award-winning Art League artists and offered for sale at low prices. Thanks to a terrific turnout by the Women's Club, the art sale raised more than \$2,200 in under three hours to donate to Children's Guardian Fund, and purchasers were delighted with their wonderful new art treasures!

The event was an excellent collaborative effort and 100% of the proceeds benefit CGF, a Women's Club-adopted charity that provides funding for the immediate and ongoing needs of children removed from abusive or neglectful homes in Florida's 12th Judicial Circuit. CGF serves more than 1,200 children annually and partners with the Guardian ad Litem program to help children to have a better life.

The art league is currently exhibiting gorgeous artwork offered for sale at the Comm Center in LWR at 9040 Town Center Parkway and plans to hold another charity art sale in the fall



*Pictured from left: Mary Ellen Slenker, Lakewood Ranch Art League president; Donna McIntyre, Monika Templeman, Lydia Kaeyer, and Carol Hanin.*

to benefit children in the Ukraine. For more information about the Lakewood Ranch Women's Club, or to join, visit [www.lwr-wc.org](http://www.lwr-wc.org). For more information about CGF visit [childrensguardianfund.org](http://childrensguardianfund.org).



*Pictured from left: Svetlana Ivashchenko, executive director, Children's Guardian Fund; Jeremy Carter, CGF board president, and Carol Belmont, Lakewood Ranch Women's Club's 2022 president.*

## 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: \$165  
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## THE UNASSUMING WINE BROS.



# Happy Paper Anniversary

## Our Best for the Past Year

We did it! We somehow made it to two years of writing about our wine passion – through a pandemic, promotions, and new additions to our family. Although the second anniversary is known as the paper anniversary, our commitment to writing and reviewing wines for our readers is as strong as iron. From the beginning this has truly been a labor of love for us.

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.

As our second year comes to an end, it's time to look back and highlight some of the best wines we have tasted and reviewed during our “paper” year.

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

### VIGO'S BEST OF THE 2021-2022 YEAR

#### 2019 PASSING TIME, CABERNET SAUVIGNON

*Red Mountain, Washington; \$85 U.S.; ABV 14.9%*

Even after six months of drinking and reviewing other wines, the 2019 Passing Time still holds a fondness of experiencing the taste and aroma of a premier cabernet sauvignon. In 1997, Miami Dolphins quarterback Damon Huard was chatting with his teammate – Hall of Fame quarterback Dan Marino – about the wines produced in his home state of Washington. Marino then uncorked a Washington wine that started a collaboration that later turned into Passing Time. Although Huard's NFL career wasn't NFL Hall of Fame-worthy on the field, if the Hall of Fame had a winemaker's wing, his collaboration with Dan Marino on the 2019 Passing Time would be first ballot enshrined. The bottle's price isn't “unassuming,” and contacting the winery to get a bottle to taste was more work than we've done for any other article, but wow, it was worth it. This Red Mountain (WA) Cabernet Sauvignon has a classic dark ruby red color, and its bouquet is a delight with rich red fruits, spice, oak, and a hint of choco-

late. On the palate, it scores a touchdown. It drank full-bodied, with rich fruit flavors, well-balanced acidity, tannins, and a soft and lasting finish. The 2019 Passing Time Red Mountain cab was the most perfectly balanced cabernet sauvignon I tasted this year (and any other year), and is my best cabernet sauvignon for 2021-2022.

**Vigo's rating:** 🍷🍷🍷🍷🍷

#### 2020 DOMAINE DROUHIN VAUDON CHABLIS

*Burgundy, France; \$27.99 U.S.; ABV 12.5%*

Reviewing a burgundy chablis and watching the Super Bowl was, I thought at the time, a bridge too far. After uncorking and tasting the 2020 Domaine Drouhin Vaudon Chablis, my reservations about drinking a “boujee” French Chablis on the manliness of all days of the year quickly subsided. The 2020 Domaine Drouhin Vaudon has a beautiful aroma of lemons, green apples, and grapefruit. It has a mild acidity on the pallet, with ripe green apples, peaches, and lemons with a smooth mineral finish. It's Florida sunshine in a wine glass. Every sip of the 2020 Domaine Drouhin Vaudon was perfectly balanced from the first sip to the last drink. The 2020 Domaine Drouhin Vaudon is perfection in every glass and sip and is one of my best for 2021-2022.

**Vigo's rating:** 🍷🍷🍷🍷🍷

#### GLORIA FERRER SONOMA BRUT

*Sonoma County/Carneros, California; \$20; ABV 12.5%*

Sparkling wines are my favorite, and it shouldn't be a surprise that one is on my best-of list. The Gloria Ferrer Somma Brut Sparkling is a traditional sparkling wine made in the “old world style” with 85% pinot noir and 15% chardonnay grape varieties. The Gloria Ferrer has a bouquet of pears, ripe fruit, and fresh bread on the nose. The tight bubbles will excite you on the palate, and the taste of fresh green apples, strawberries, and spice will satisfy you. The Gloria Ferrer sparkling wine can be served by the pool or at the dining table, and I'll be uncorking one to celebrate our paper anniversary.

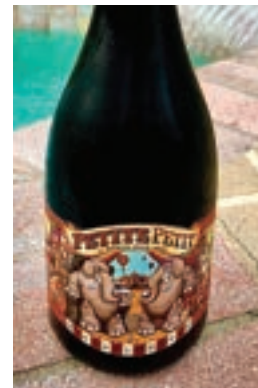
**Vigo's rating:** 🍷🍷🍷🍷🍷

### PATRICK'S BEST OF THE 2021-2022 YEAR

#### 2018 MICHAEL DAVID WINERY “PETITE PETIT” PETITE SIRAH

*Lodi, California; \$13 U.S.; 14.5% ABV*

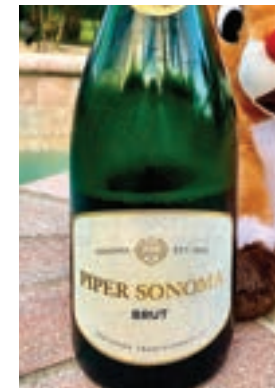
I love all the wines made by Michael Da-



“Petite Petit” Petite Sirah



Saint Martin Chablis



Piper Sonoma Brut

vid Winery – especially its 2018 “Petite Petit” Petite Sirah. This full-bodied wine, which is a blend made up of 85% petite sirah and 15% petite verdot, exhibits a rich, flavorful, exciting, and complex fruitiness (with both red and dark fruit notes), some vanilla, and great acidity, which takes you through to a lingering finish. This wine is a steal at 13 bucks. It would still have great value at three times that price.

**Patrick's rating:** 🍷🍷🍷🍷🍷

#### 2019 DOMAINE LAROCHE SAINT MARTIN CHABLIS

*\$28.95 US; ABV 12.5%*

Vigo and I typically agree more often than not on wine. However, when it came to this bottle, we could not have disagreed more. The more I drank it, the more I thoroughly enjoyed it and longed for more. With notes of citrus and tart apple, loads of acidity, and a lengthy citrus finish, this wine was balanced and dynamic. This was perhaps my favorite bottle of white wine I have sampled in the past year. It definitely lived up to the recommendation from the staff at Michael's Wine Cellar in Sarasota.

**Patrick's rating:** 🍷🍷🍷🍷🍷

#### PIPER SONOMA BRUT

*Sonoma County, California; \$21; ABV 12.5%*

This California sparkler is light, crisp, and clean yet dry and rich at the same time. It had a refreshingly ripe fruit profile consisting of citrus and green apple – likely due to its grape composition of 70% chardonnay, 20% pinot noir, 3% pinot blanc, and an aged blend thereafter. Nicely balanced with fruit equal to its acidity and a pleasant finish. Very pleasant and easy-drinking – which is a hallmark of good bubbles!

**Patrick's rating:** 🍷🍷🍷🍷🍷

#### Attention 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.



Passing Time Cabernet Sauvignon



Drouhin Vaudon Chablis



Gloria Ferrer Sonoma Brut



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## THE (PET) DOCTOR IS IN!

By Erin Siems, DVM

**H**urricane season is here ... again.

For all that we have to brag about by living in Florida, hurricane season is not one of them. Neither is being ill-prepared. Now I know we all like to wait until the last minute; after all, that's why we all moved to Florida – the pursuit of the laid-back lifestyle. However, a little prepping can go a long way. A part of that prepping that can easily get overlooked is our four-legged family members.

Here are a few essentials to consider when making your hurricane preparedness plans for your furry friends.

**Microchip and register:** This is probably the single most effective way of helping a lost pet find their way home. If your pets are not microchipped, ask your veterinarian for recommendations. If your pets are microchipped, take a minute to make sure your contact information as well as your vet's contact information is up to date.

**Know where to go:** Not all shelters take pets. Pet friendly shelters will have requirements for vaccinations, housing and care for your pet. Many boarding facilities are not hurricane rated or have limited capacity during hurricanes. Don't wait until the last minute to make plans.

Have important medical records and proof of vaccines:



Whether you plan on hunkering down, going to a shelter or making the mad dash to higher ground, you should have a phys-

ical copy of vaccine records and current medications (don't rely on your cell phone battery). Many veterinarians offer a pet ID card, similar to a driver's license, which will have vaccine information on it.

**Stock up on supplies:** Food, water and medications are all necessities and can be in short supply. Consider asking your veterinarian for additional medication early as they might also be running low if many people are requesting the same medication.

**What to do with the poo:** Yeah, it's gross ... but it's a part of life. Think ahead about litter, waste bags, etc. and where to store them if necessary.

**Be willing to help a neighbor in need:** If you heeded hurricane advice and are well-stocked, don't flaunt it to those who didn't. Be the better person and share what you are able to share.

Remember, if the threat becomes a reality, this is a time to come to together with neighbors, friends, and even strangers to make sure all of us get through it ok, no matter how many legs we have!

*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](mailto:reception@BigPawsAnimalHospital.com).*



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# Host A Food Drive!

## EASY AS 1-2-3

- 1. Register online or call to schedule drop-off and pickup of food barrels
- 2. Print supplied marketing materials to advertise food drive
- 3. COLLECT FOOD!



The Food Bank of Manatee is the only food bank located in Manatee County and the largest hunger-relief organization based in Manatee County, helping our local neighbors in need. The Food Bank of Manatee is an independent Food Bank. That means we rely 100% on the support of our community to make sure the shelves are always stocked! We need businesses, organizations, neighborhoods, faith groups and families to help feed food-insecure families. You can greatly impact our community by coordinating a Food Drive!

**Food donations can also be dropped off at any Manatee County Goodwill or Public Library as well as at The Food Bank of Manatee.**



The Food Bank of Manatee is a PLUS program of Meals on Wheels PLUS of Manatee

## CRITICALLY NEEDED ITEMS:

- |                         |                     |                   |
|-------------------------|---------------------|-------------------|
| ■ CANNED VEGETABLES     | ■ BOXED RICE        | ■ OATMEAL         |
| ■ BABY CEREAL & FORMULA | ■ BOXED PASTA       | ■ POWDERED MILK   |
| ■ CANNED FRUITS         | ■ CANNED SOUPS      | ■ APPLESAUCE      |
| ■ MAC 'N' CHEESE        | ■ CANNED MEAT       | ■ DRIED BEANS     |
| ■ PEANUT BUTTER         | ■ 100% FRUIT JUICES | ■ TRAIL MIX       |
| ■ JELLY                 | ■ BREAKFAST BARS    | ■ HEALTHY CEREALS |

**811 23rd Avenue East  
Bradenton, FL 34208  
MealsOnWheelsPLUS.org**

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](http://www.800helpfla.com) within the state. Registration does not imply endorsement, approval, or recommendation by the state.



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