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WEDNESDAY, NOVEMBER 17, 2021



IT'S A REAL DOOZY! Well actually, it's a '73 Excaltor owned by Anne and Ken Donovan, and it won the "Fan Favorite" award at the Car Show Cookout held to benefit St. Jude Children's Research Hospital. For more information and photos, see pages 12-13. Photo by Ernie Soller

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Making Progress in the Fight Against Alzheimer's

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

We have all done it: walked into a room and promptly forgotten why we were there; or spotted someone at a party that we recognize but can't remember their name; or seemingly spent hours searching for our car keys — or our car. In our busy world, these small lapses in memory are perfectly normal, yet most of us fear our forgetfulness could be a sign of Alzheimer's disease or dementia.



Many of us live in fear of developing Alzheimer's disease, and with good reason. The leading cause of dementia, this brain illness robs us of the ability to think, learn, and remember, eventually erasing our very identity. More than six million American families have been diagnosed with this disease and those numbers are expected to continue to climb. Unfortunately, despite the best efforts of the medical community, there still is not an effective way to treat or prevent this brain illness.

Yet progress is being made in the fight against dementia. The first new medication designed to reduce the beta-amyloid plaques found in the Alzheimer's brain was approved by the U.S. Food and Drug Administration in June. New research has also identified how the beta-amyloid is formed and identified how to reprogram immune responses in the brain that can lead to the death of brain cells.

WHAT IS ALZHEIMER'S DISEASE AND DEMENTIA?

Dementia has come to represent a number of brain issues that include memory loss, confusion, changes in personality, loss of cognitive skills, and the inability to perform everyday activities. Dementia and Alzheimer's are often used interchangeably — Alzheimer's disease is the most common form of dementia — and the specific type of dementia can often only be diagnosed by an autopsy.

A brain with Alzheimer's disease is marked by an accumulation of protein in amyloid plaques and neurofibrillary tangles that create clumps that interfere with communication between nerve cells, and eventually destroy brain cells. Because dementia affects areas of the brain involved in learning and memory, the first symptom may be difficulty in recalling new information.

DIAGNOSIS AND TREATMENT

The main symptoms of Alzheimer's are often characterized as the four A's:

- Amnesia:** memory loss, the most common symptom.
 - Aphasia:** inability to find or say the right words or understand what is being said.
 - Apraxia:** the loss of voluntary motor skills that move the arms, legs, head, and torso.
 - Agnosia:** inability to receive or process information through the senses — touch, sight, hearing, smell, or taste.
- When someone is experiencing these symptoms, a doctor can order tests to help rule out other possible causes. There is not a

Normal aging or dementia?	
Physicians often use a chart like this to help differentiate between normal aging and dementia.	
NORMAL AGING	DEMENTIA
The person remains independent in daily living activities.	The person is dependent on others for key daily living activities.
The person complains of memory loss but can provide considerable detail regarding incidents of forgetfulness.	The person complains of memory problems only if specifically asked and cannot recall instances when memory loss was noticeable.
The person is more concerned about alleged forgetfulness than close family members are.	Close family members are much more concerned than the person is about incidents of memory loss.
Memory for recent important events, affairs, and conversations is not impaired.	Memory for recent events and ability to converse are both noticeably impaired.
The person has occasional difficulty finding words.	The person makes frequent word-finding pauses and substitutions.
The person does not get lost in familiar territory, but may have to pause momentarily to remember the way.	The person gets lost in familiar territory while walking or driving and may take hours to return home.
The person operates common appliances even if she or he is unwilling to learn how to operate new devices.	The person cannot operate common appliances and is unable to learn to operate even simple new appliances.
There is no decline in interpersonal social skills.	The person loses interest in social activities or exhibits socially inappropriate behaviors.
Performance on mental status examinations is normal relative to the person's age, education, and culture.	Performance on mental status examinations is below normal in ways not accounted for by age, educational, or cultural factors.
Source: Diagnosis, Management and Treatment of Dementia: A Practical Guide for Primary Care Physicians, American Medical Association.	

From the Harvard Medical School publication: Alzheimer's Disease: A guide to diagnosis, treatment, and caregiving

simple blood test for diagnosing dementia, so arriving at a diagnosis involves a series of physical and neurological exams to check balance and coordination as well as vision and hearing. Additional neuropsychological tests may be used to evaluate memory, measure the ability to think and function, as well as determine if there are any changes in behavior. Blood tests help the doctor rule out other causes, such as vitamin deficiencies or thyroid disorders.

Because the cognitive changes seen in Alzheimer's can come from other brain illnesses, such as stroke, trauma, or tumors, those conditions also need to be ruled out. Brain imaging such as MRI, CT, and PET scans show the doctor any abnormalities related to those conditions, as well as see any changes associated with Alzheimer's and dementia.

Once dementia has developed, it is hard to reverse. The goal of treatment is to manage the symptoms and slow its progression. Some medications can help slow the intellectual decline in mild to moderate dementia and psychotherapy techniques that include reality orientation and memory retraining can help people with this brain illness. Non-drug strategies can help manage behavior changes and provide physical and emotional comfort.

MONITORING BRAIN HEALTH

Improving brain health, optimizing brain performance, and reducing risk factors for brain illnesses continue to be at the heart of our efforts at the Brain Health Initiative and we continue to follow emerging research regarding the diagnosis, treatment, and hopefully prevention of brain illnesses like Alzheimer's disease and dementia. That is why scientists and clinicians

associated with BHI have been developing brain health screening, monitoring, early detection, and intervention solutions. For example, the Brain Health Vital Signs, a cloud-based, algorithm driven, HIPPA-compliant screener is a short, easy to take and administer tool that measures lifestyle factors that contribute to brain health and brain illness (protective and risk factors), as well as cognitive functioning for ages 14 and up.

In addition, the BHI will also be adopting the Linus Health platform for brain monitoring (linus.health) into our research and innovative brain interventions here in the Suncoast Region and beyond. Monitoring brain health is one of the keys to protecting and promoting brain health and preventing brain illness and the Linus platform accomplishes that using mobile technology. Co-founded by BHI scientific advisor Alvaro Pascual-Leone, M.D., PhD, the platform uses scientifically validated tools and cross-validation metrics to provide a quick, affordable, and holistic assessment of neurocognitive health. These up-to-the-minute insights into our brain health allow us to know where we stand, where we are headed, and what we can do to reach our optimal brain health.

LATEST ADVANCES

Researchers are still unable to pinpoint the exact cause of Alzheimer's disease, but they do know a combination of age-related factors along with genetics, lifestyle, and environmental variables can take their toll on our brain health. Still, research continues and several breakthroughs in Alzheimer's research were announced earlier this year, including two major developments

ALZHEIMER'S FROM PAGE 6

from our colleagues at Harvard-affiliated Massachusetts General Hospital (MGH).

In May, MGH researchers published their findings about how amyloid beta—the neurotoxin believed to be at the root of Alzheimer's disease—forms in the structures that connect the neurons in the brain and impairs communication between nerve cells. By identifying how amyloid beta is formed, researchers can now begin to identify targets for reducing the formation of the neurotoxin and develop new therapies to slow or prevent the onset of this brain illness.

Another study at MGH looked at reducing or preventing inflammation in the brain caused by Alzheimer's. In findings reported in July, the MGH researchers identified a signaling molecule that can modify the inflammation caused by the immune system's response to Alzheimer's high levels of amyloid beta deposits and tau tangles. These signals tell the cells that normally help clear away infections to become more active, causing excessive inflammation in the brain and triggering the death of even more neurons as part of the immune response. The result is the cognitive decline seen in dementia.

The research showed that using interleukin-3, a type of biological signal that can improve the body's natural immune response, helps control the neuroinflammation and instructs these cells to return to their more beneficial task of clearing away the deposits and tangles that are the hallmarks of Alzheimer's disease.

In June, the U.S. Food and Drug Administration (FDA) approved the use of the drug aducanumab for the treatment of Alzheimer's disease. Aducanumab is the first novel therapy ap-



ALZHEIMER'S SUPPORT ON FLORIDA'S SUNCOAST

The Florida Gulf Coast Chapter of the Alzheimer's Association provides education and support to residents of 16 counties (including Sarasota and Manatee), as well as raising funds for research. Florida has the second highest incidence of Alzheimer's in this country, and more than 175,000 residents of these counties — not including snowbirds — are living with the disease.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research. Held annually in more than 600 communities across the country, participants of all ages and abilities are encouraged to join the fight against the disease.

Locally, the Walk to End Alzheimer's is scheduled for 9 a.m. Nov. 20 at Ed Smith Stadium, in Sarasota. Nearly 100 teams are signed up to help focus attention and support on people in our community impacted by Alzheimer's and dementia — both those with the disease and the people who care for them. Registration information is available at www.alz.org/flgulfcoast.

Safety protocols including physical distancing, contactless registration, hand sanitizing stations and more are in place for the event.

proved for Alzheimer's disease in nearly 20 years and is the first treatment directed at reducing the presence of the amyloid beta plaques.

However, the approval is not without controversy. Aducanumab was approved under the FDA's Accelerated Approval pathway that provides earlier access for drugs developed to treat serious or life-threatening illness, even though there is some uncertainty about the drug's clinical benefit. While many doctors and their patients celebrated the decision, others felt the medication was rushed to market without enough evidence that the drug's removal of amyloid plaques reversed the cognitive decline found in dementia. There are also concerns about the \$56,000 per year cost for the drug, as well as its potential side effects of brain swelling and bleeding that require frequent follow-up brain scans of users. The FDA requested a new nine-year trial to confirm that the drug works.

And finally, just last month the FDA cleared a test for early dementia for marketing. CogniCA is five-minute, computerized cognitive assessment that is completed using an iPad. Developed by Cognitivity Neurosciences, the test offers several advantages over traditional cognitive tests, including its high sensitivity to early-stage cognitive impairment, avoidance of cultural or educational bias, and absence of learning effect upon repeat testing. The test has already received regulatory approval in Europe and is being used by the National Health Service in the United Kingdom.

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.

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Ready for Fishing? Check Out Premier Tackle in LWR!

By Ernie Soller,
Community Correspondent

What, exactly, is “tackle”?

To someone who has never gone fishing, the only meanings might be to take on a challenging task or, in football parlance, to knock the opposing team's ball carrier to the ground, stopping him from moving down the field.

However, to men and women who go fishing for fun, food, or both, the term “tackle” refers to all the equipment required for the enjoyment of the sport of fishing.

And that's where Premier Tackle comes in.

Premier Tackle is the result of a collaboration between a couple of very experienced Florida fishing guides: Managing partner Capt. Jeremy Lee, who grew up in the Sarasota/Manatee County area and has been a fishing guide in our local waters since 2007, and Capt. Andy Cotton, tackle and fly shop manager, who hails from Polk County, and has operated in that arena since 2004. Prior to their becoming guides, Lee worked in the medical sales field, and Cotton in the fertilizer/pest control business. And of course they went fishing, getting involved in bass tournaments, and so on.

Lee moved to the Greater Lakewood Ranch area in 2020 and found, to his disappointment, that there were no tackle shops in our area. There were a couple clustered around the downtown Bradenton area, and the rest were located way out on the west side or located out toward the Gulf of Mexico.

As a fishing guide, Lee realized that if getting tackle was an issue for folks “out east” due to a lack of suppliers, that this was making his job as a guide more difficult. After all, if a client can't easily locate what he or she needs in the way of gear before going out on the water, that client will not be a happy camper. Too much time trying to find a good tackle shop to get the gear you need means less time on the water having fun!

So, the idea began to form in Lee's mind: Why not open a really great tackle shop right here in Lakewood Ranch?

He discussed the idea with Cotton, got some investment going for the project and, since he had a connection with the owner of the shopping center, came to an agreement that placed Premier Tackle right on Lakewood Ranch Boulevard, south of Crowder Bros. Hardware, and



between The Naughty Monk Brewery and The Granary restaurant.

Premier Tackle is a fairly large store, currently with about 2,000 square feet of space. Lee noted that it will soon be getting even larger, as they plan on taking over an adjacent space, which will give them about another 1,000 square feet of space. The additional space will enable Premier Tackle to increase their merchandise offerings to physically larger items such as kayaks and paddleboards, making Premier Tackle a one-stop water shop.

Fishing is a big business in Florida ... so

what can the experienced fisherman or novice expect to find at Premier Tackle?

For starters, they have a large selection of rods and reels, from big, heavy-duty units made for deep-sea fishing, to smaller rods for inland, inshore and offshore fishing, and also fly rods for that “A River Runs Through It” sort of experience.

Premier Tackle has cast nets for those folks who catch their own live bait, and a large selection of waders as well as foul weather gear, so the fishing enthusiast can go out and catch something in any kind of weather. Hooks, lines,



PHOTOS BY ERNIE SOLLER



and sinkers galore, in all sorts of sizes, are to be found at Premier Tackle. Soft plastic lures, fly fishing feathers and ties ... it's all there at Premier Tackle.

Premier Tackle even has rod and reel combination packages for kids. There's a Marvel “Avengers” Ugly Stik fishing set, and for that girl who has “everything” – a hot pink Barbie rod and reel combo! And, just to make sure that the kids stay safe out on the water, Premier Tackle carries kid-friendly life preservers, too.

Since things break – even high-quality items,

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PHOTO BY ERNIE SOLLER

at times – Premier Tackle offers repairs for your gear, and has the equipment to respool your line.

Premier knows that in today's market, fishing folk use electronics too, so they carry marine electronics, marine audio items, trolling motors, and so on.

Of course, nowadays it's not always a good idea to look like a "fishing bum," so Premier Tackle has lots of cool and classy clothing items to make you look like you know what you're doing out on the water. Check out some of their custom designed fish T-shirts with the Premier Tackle/Lakewood Ranch logo. You don't even have to go fishing to buy some of those cool shirts, and they make great souvenirs of a trip to Florida!

But if you do go fishing, get on down to Premier Tackle and check out all of their gear. You'll probably find all sorts of items that you forgot that you needed. Of course, there's always that question ... define "need"!

Premier Tackle is located at 2531 Lakewood Ranch Blvd. Visit Premier TackleShop.com or call them at (941)567-4030.

November Programs at Chabad of Bradenton & Lakewood Ranch

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

Talmud Classes

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

At the Chabad House and on Zoom

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

Torah Studies

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

At the Chabad House

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

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

At the Chabad House

Enjoy warm, family friendly

services at The Chabad House. Saturday morning services are followed by a delicious buffet Kiddush.

Tanya Class

Thursdays, 9-9:30 a.m.

At the Chabad and on Zoom

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

Chabad Hebrew School of the Arts

Sunday, Nov. 21, 9:30 a.m.-noon

At the Chabad House

Give your child the experience of a lifetime at CHS featuring an outstanding curriculum, professional and warm teachers, hands-on lessons, CKids motivational system and an innovative Hebrew reading Aleph Champ program. Virtual and in-person tracks available.

Torah & Tea

Tuesdays, Nov. 23 and 30, 11 a.m.

At the home of Chanie Bukiet and on Zoom

Join Chanie Bukiet for a weekly dose of delicious tea and re-

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

Grand Yud Tes Kislev dinner Tuesday, Nov. 23, 7:30 p.m.

The Chabad House

Join us as we celebrate the New Year of Chassidus with the printing of the Tanya and a special grand dinner and Chassidic gathering. Explore the curious origins of the Chassidic Jew, their philosophy, joy, and origins. Join Chabad emissary to West Hartford, Conn., Rabbi Yoske Gopin, as he presents an insider's view of Judaism's

fastest growing denomination. Free! Sponsorships available.

Chanukah on Main Street Monday, Nov. 29, 6 p.m.

Lakewood Ranch Main Street

Join Chabad of Bradenton & Lakewood Ranch for a Chanukah celebration on Main Street featuring the lighting of a grand menorah for education, and Chanukah gelt drop! Enjoy falafel with Yoav, kosher BBQ, Kona Ice, hot latkes, doughnut decorating, live music, and join in many fun activities including face painting, bubble show, stilt walkers, jugglers, raffles and more! Sponsored by Chabad of Bradenton & Lakewood Ranch, Lakewood Ranch Main Street and SUGAR volunteers. Admission free. Nominal food fees apply. Sponsor the event for \$500. Sponsor a backpack full of supplies for a homeless student in Manatee County for \$50.

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



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LAKEWOOD RANCH COMMUNITY ACTIVITIES

Community Activities



Now that we're moving away from the Florida summer heat, residents can truly enjoy all of the programming offered to them throughout the beautiful parks of Lakewood Ranch by way of our Parks and Recreation Program, here at Lakewood Ranch Community Activities. In the latest quarterly launch, we've brought back two four-week sessions of the resident-favorite Strength + Mobility + Balance class, as well as added a new fitness program for seniors: Silver Circuit! Both classes are 55+ and beginner friendly, meaning movements can always be modified to meet the needs of participants. We are so grateful to partner with instructors who are passionate about fitness, health, and our ability to connect them with residents like you!



Keith Pandeloglou
Director of LWRCAC

Our All-In Youth Play programs have been bringing children together to teach sportsmanship, camaraderie, and the basics of the games they're playing. These pickup games and fitness programs bring out confidence and pride, because to us, sports are more than just winning or losing! If your child hasn't had the opportunity to participate in our All-In Youth Play pickup games, visit our website or the Lakewood Ranch App to register for upcoming programs including kids' volleyball, kids' cornhole and kickball. These programs are for kids ages 7-12.



It's not only the kids who get to enjoy free pickup games and intro sports – we didn't forget about the adults! We've continued Midday Volleyball and Intro to Disc Golf, while even adding a couple new programs for adults including pickup basketball and adult tennis. Learning the basics and picking up a new hobby aren't the only thing our residents have benefited from via these free adult sports programs; they have also been getting to know the members of the community and making new friends with their neighbors.

We are already in the process of planning Parks & Rec programs for 2022! If you have an idea for a new parks program, we want to hear from you! Send us a note at info@lwrca.org and we'll be



glad to help. We love working with our Lakewood Ranch-based businesses! We are open to applications for the upcoming session of our Parks and Recreation program. If interested, submit a Park Partner application. For a link to the application, send us a note at info@lwrca.org.

We were so excited to bring back one of our beloved signature programs – BooFest! This year, BooFest was hosted by The Market at Lakewood Ranch. Residents enjoyed all of their favorite farmers' market vendors while also getting to stop by our section for games, trick-or-treating and photo ops. Thank you to all who at-

tended and we hope everyone had a fun, safe and spooky Halloween weekend!

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AROUND THE RANCH

Car Show Cookout Comes Up A Winner for St. Jude

By Ernie Soller,
Community Correspondent

It's a sunny Saturday in October in Lakewood Ranch. You're driving down State Road 70 when you see a small sign at the side of the road ... CAR SHOW!
Almost automatically, your car signals a turn, and you find yourself drawn into the parking lot of Our Lady of the Angels Church. And, once you enter the parking lot, there is this great smell: sausage, burgers, dogs, etc., being cooked outdoors by the guys of Knights of Columbus Council #13341, who sponsored of the show. There's the music, too – hits of the 50s and 60s, spun by DJ John Finnigan of Fogg Sound.

All of these great looking cars are there, all shined up and ready to drool over. They run the gamut from a futuristic-looking purple 2020 Lamborghini Huracan, with its black-and-white luxio interior and white wheels, to 1930's vintage Ford hot rods, to a 70's vintage Porsche 914. The owner of the 914 noted that the original horsepower for the vehicle was less than 100, but ... that was before the factory mid-engine had been "surgically removed" and replaced with a much larger powerplant. And, if you liked Porsches, but didn't want to go to the bother of replacing the engine, there was Tim Beecher's Porsche 928, which came right from the factory with a V-8!

There were lots of V-8 vehicles at the show, some absolutely loaded with chrome-plated parts. One car, a '69 SS 396 Chevy El Camino, "El Chromeo," had almost every possible item under the hood chrome-plated, and another car owner not only went in for a lot of under hood chrome, he put in polished reflecting panels on the underside of the hood – just to accentuate all of that chrome. A couple of late 50's station wagons were also on display – a '56 Chevy and a '57 Ford – ready for a tailgate party. After all, it is football season!

Pickup trucks are a big deal now, and the show featured a visual choice of several very cool examples, from small to large. An early 60's Ford Falcon Ranchero sported a Hurst shifter for its four-speed transmission, and a small V-8 for needed power. A Chevy 3100 pickup had a badge which advertised that yes, there was a V-8 under the hood, and a 1951 Ford F1 looked, well, classic. But wait! A big, customized "Hot Tangerine"-colored pickup sporting a Cadillac Escalade front end on a pickup body was the sort of vehicle that you would never lose in a parking lot!

Perhaps my personal favorite of the Car Show Cookout was a customized 1959 Edsel two-door hardtop. As most car fans know, the Edsel turned out to be a very expensive sales flop for Ford. The original Edsel debuted in 1958 with a number of somewhat unique features. Such as a transmission controlled by push-buttons located in the center of the steering wheel. By the time the 1959 models came out, that feature was gone – replaced with Ford's standard column shift lever. But this car was quite a treat to view. It had big fender skirts, a continental tire kit on the rear, chrome wheels, "bullet" taillights borrowed from the 1959 Cadillac, twin radio antennas mounted on the rear



First Place, '57 Corvette



Second Place '63 split-window Corvette



Third Place '91 Lincoln Mark VII



PHOTOS BY ERNIE SOLLER



The Lucky Pelican – Will You Get Lucky There?

By Ernie Soller,
Community Correspondent

OK, so what would constitute a “lucky” pelican? Out in the Gulf of Mexico, beyond the shores of Manatee and Sarasota counties, or out in Tampa Bay, the visitor to our shores can see lucky pelicans daily. They glide over the waves, silent, riding on thermals, and fly along in this manner near the Sunshine Skyway Bridge, seemingly ready to land on the roof of your car as you drive along the bridge’s traffic lanes.

But, then, the “lucky pelican” sees the fish it desires below in the water, and, like a dive bomber, bam!, it crashes into the water, coming up with a nice, fresh fish in its big bill pouch. Dinner time!

Now, us mortal humans unfortunately don’t have the ability to fly over the Gulf waters and dive for our dinner. We just haven’t got the right equipment, so what can we do to ease our craving for a good seafood dinner? (Besides, we might not want to eat our freshly caught seafood raw).

Well those who desire fresh fish and other good seafood can wander over to the Lake Osprey Plaza, right here in Lakewood Ranch, and aim their feet toward the entrance of The Lucky Pelican.

While a number of seafood restaurants have come and gone here in Lakewood Ranch over the years, The Lucky Pelican has been around for a long time and with a loyal clientele and good seafood, it should remain in our community for a long time to come. Indeed, The Lucky Pelican has become, for some Lakewood Ranchers, a tradition. I know of one couple who could be found every Friday night, rain or shine, sitting at a table at The Lucky Pelican having a glass of wine, and indulging in a great seafood dinner.

At The Lucky Pelican, one can choose to dine in or out of the building, as there are a number of tables outside for those who want to remain out of the air conditioning.

The Lucky Pelican, in addition to serving lunch and dinner, has a raw bar. You can choose to purchase fresh seafood and take it home with you and cook it “your way” to enjoy with family and friends.

As one of the cute signs on the wall at The Lucky Pelican reads: “Dinner Choices: Take it or Leave it.” You can also order ahead and pick up your meal at The Lucky Pelican! This gives you the opportunity to take advantage of one of the daily specials without spending the time to dine in.

But let’s face it. Most people who go to The Lucky Pelican go there to eat, meet, and greet.

My wife and I ventured forth to The Lucky Pelican early one recent evening, arriving just a bit ahead of the dinner crush. By doing this, we assured ourselves that we would not have to wait for a table inside (it was pretty hot and humid outside!) and we noticed that a little while later, there were not a lot of seats to be had.

So what are some of the food choices at The Lucky Pelican?

We checked out the menu, ordering a bowl each of the clam chowder and the lobster bisque, sharing a few spoonfuls of each.



PHOTOS BY ERNIE SOLLER

My bride decided that she preferred the clam chowder, and I liked BOTH (of course!).

As for our dinner choices, she chose the Panko Crusted Haddock, which the menu describes as: “Dijon mustard covered, panko crusted, white wine sauce, lemon, grape tomatoes, capers, and basil, bistro potatoes and veggies.” How was it?

She liked it, although, after consuming a bowl of chowder/bisque, she was just a little short of joining the “clean plate club.”

As for my choice, I went with the Shellfish Puttanesca, and was definitely NOT disappointed. Shrimp, clams, and mussels in a red sauce with capers, parmesan cheese and olives over linguine pasta. And, right in the center of the plate, there was this large wedge of garlic toast, looking like a miniature Leaning Tower of Pisa.

So what if I had to pry a few of the little morsels out of their shells ... it was DELICIOUS!

Maybe the next time I visit, I’ll order some swordfish from their fish market and have it cooked to my taste.

Truly, the menu at The Lucky Pelican represents a seafood lover’s treat list. If you go with friends who may not be seafood lovers, you will be able to find something on the menu that doesn’t live in a watery environment, such as a burger, chicken, or steak.

But perhaps you could “convert” your non-fish-eating friends by enabling them to partake of some of the offerings at The Lucky Pelican. Think of the possibilities ... cod, grouper, salmon, flounder, snapper, oysters, sea bass, scallops, etc., etc., etc.!



Now, what can one do when having a great seafood dinner, but order dessert. There were only two choices – key lime pie and something called a chocolate brownie sundae. Since around here almost every restaurant serves a key lime pie, we went for the chocolate brownie sundae.

We ordered only one portion, and it was enough to satisfy both of us. Imagine large chunks of chocolate brownie, topped with espresso chip ice cream, topped with caramel hot fudge and pecans ... and whipped cream. Excellent! This is absolutely NOT a dessert for the “Let’s order a small salad and an unsweetened iced tea” crowd!

The Lucky Pelican has an extensive tap beer list, as well as a goodly wine list, so you should have no problem quenching your thirst.

The atmosphere at The Lucky Pelican is definitely “seashore,” with pelicans sitting on posts outside the front door, and lots of nautical and fish decorations inside.

As for hours, please be aware that The Lucky Pelican is open Tuesday through Saturday from 11 a.m. to 2 p.m. and from 4 to 9 p.m., and on Sundays from 4 to 8 p.m. Note that they are closed between the hours of 2 to 4, and on Mondays.

So, get lucky. Try the Lucky Pelican!

The Lucky Pelican is located at 6239 Lake Osprey Drive, just south of University Parkway, east of I-75, in the Lake Osprey Plaza. You can check out the rest of their menu on their website: www.luckypelicanbistro.com.

District 1 Gets Engineering Report On Summerfield Bluffs Erosion Issue

By Ernie Soller,
Community Correspondent

Here's the thing about rivers: they can be unpredictable. On a sultry summer day, they can meander quietly along, with dragonflies and other insects hovering above placid waters. But given a big storm event, they can quickly turn into torrents with the ability to move cars.

There are several residential lots along Rivers Bluff Circle and Tumbleweed Trail in the Bluffs neighborhood in District 1 whose owners have noticed erosion of the riverbank behind their lots, ostensibly from the flooding of the Braden River during severe periods of rain. The river flows in an area to the rear of these lots. Homeowners have asked that the district do something to alleviate this erosion.

District 1 supervisors elected to hire the engineering firm of Kimley-Horn to investigate the issues and provide possible solutions, along with cost estimates for their recommendations.

On Oct. 19, Trenton Strackbein, P.E., of Kimley-Horn, presented his company's report to the District 1 supervisors at their monthly meeting.

The report, which included maps and detailed which properties had specific issues, was divided into two parts.

The first part dealt with what Kimley-Horn described as "Area A." The report noted prior examination in 2018 and 2020 and indicated that there was little actual erosion caused by the river. The erosion that had occurred was primarily caused by runoff from the roofs of the homes at 6819 Tumbleweed Trail and 11359 Rivers Bluff.

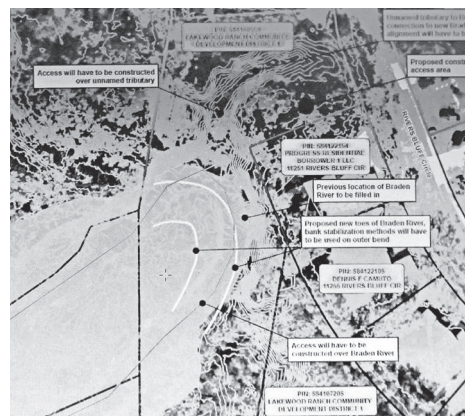
Strackbein commented that normally, lots are graded so that water from the midpoint of the lots runs down to the street, where it then goes into the storm sewer, and the rear areas of the lots are graded so that water from the midpoint to the back of the lots flows toward the rear of the lots.

Supervisor Bob Dapper commented that when he had taken a look at these lots, he'd noticed a definitely more "aggressive" slope of these particular lots in the direction of the river.

Strackbein offered his company's idea of a more permanent solution: installing rip-rap along the bank of the river. This was estimated to cost between \$25,000 and \$50,000.

However, it was noted that the issue might well be mitigated if the homeowners would simply install new gutters on their homes that could be constructed to channel the water more toward the front of the lots and to the street, lessening movement of water toward the rear and the river bank.

As for the other area of concern – designated as "Area F" – the lots at 11251 and 11255 Rivers Bluff Circle, here the situation is more serious. To the rear of these lots, the Braden River forms a very tight "horseshoe curve," which is directly



behind these lots.

The Kimley-Horn report noted that if no action is taken in this area, the river could eventually undermine the structures of the homes on those lots.

Their recommendation for Area F included a soil lift of 12 inches, and the placement of large boulders along the bank of the river to prevent erosion during heavy periods of rain, along with plantings to assist in holding the soil in place. This method was described as aesthetically pleasing, but could cost between \$250,000 and \$500,000.

Strackbein commented that it might be possible to install a concrete wall, but that might involve getting permission from the Army Corps of Engineers.

At this point in the meeting, Attorney Chris Van Hise commented that a determination would need to be made as to whether authorizing repairs would benefit the district as a whole, or only a few owners.

Operations Director Paul Chetlain noted that the Braden River conveys the entire district's storm water.

Interim executive director and finance director Steve Zielinski commented that the district needed to get an opinion from the engineers as to whether such a project would benefit the

SEE DISTRICT 1, PAGE 17



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LWR Women's Club's "Fashions on The Ranch" Raises Over \$20,000 for Charity



PHOTOS BY KAREN SCOLLICK

In October, the ladies of Lakewood Ranch Women's Club (LWRWC) "strutted in style" for charity wearing fashions from Darci in Sarasota at their Fashions on The Ranch' charity fundraiser. This spectacular fashion show, held at the Lakewood Ranch Golf and Country Club ballroom, raised over \$20,000 to benefit LWRWC's four adopted charities. More than 175 attendees enjoyed a locked treasures raffle, wine pull, silent auction, gourmet lunch, and a fashion show that rocked thanks to JB Baxter

from More than Music. One hundred percent of all net proceeds will benefit Hope Family Services, for victims of domestic violence; Solve Maternity Homes, helping pregnant woman in need and their babies for over 45 years; SMART (Sarasota Manatee Association for Riding Therapy), improving the lives of children and adults with physical, mental and emotional challenges through educational and therapeutic horseback riding and carriage driving programs; and Children's Guardian Fund, which immediately responds to the needs of children removed from abusive or neglectful homes and partners with the Guardian ad Litem program.

In January 2021, LWRWC made over \$65,000 of cash and in-kind contributions to their adopted charities, culminating a year of innovative contactless fundraising. Fashions on The Ranch was the Women's Club's first in-person charity fundraiser since the pandemic and many precautions were taken to make it a safe and memorable extravaganza that represented the fun, friendship and community service that exemplifies the LWRWC.

The Women's Club is grateful for the overwhelming support from the local business community.

For more information about LWRWC, visit www.lwrwc.org.



DISTRICT 1 FROM PAGE 15

district as a whole, or simply the property owners of the affected lots.

The supervisors voted to have Kimley-Horn do the assessment of benefit. They will decide their course of action after assessing the additional report at the November meeting.

Also in District 1, Manatee County had requested that the district deed to them a couple of slivers of land, a total of 1,160 square feet currently owned by the district, so as to enable the County to more properly construct improvements to the intersection of Clubhouse Drive and Lakewood Ranch Boulevard. The District 1 supervisors agreed to this transfer.

IRRIGATION SAVINGS

Interim executive director and finance director Zielinski reported to the supervisors that due to the use of soil moisture sensors (SMS) systems, educating residents about irrigation, and improvements made to the irrigation water system in districts 1, 2, 4, and 5, significant “under budget” savings were made due to less reclaimed water usage in those districts (District 6 operates on a different system). Here are the savings as the end of the last fiscal year, by district:

- District 1 – \$116,000
- District 2 – \$137,000
- District 4 – \$156,000
- District 5 – \$126,000

Note: The cost of reclaimed water from Braden River Utilities is going up as of Jan. 1, 2022, by 2.4%, from \$1.25 per 1,000 gallons to \$1.28/1,000 gallons.

ISSUES WITH SMS CONTROLLERS

During the District 2 board meeting, supervisor Don Avolio, who’s been following irrigation issues for some time, commented

that some residents who have non-hardwired SMSs are failing to replace their controller box batteries. If your system is not hard-wired, you need to replace the battery, or the system will not function!

HOUSE NUMBER IDENTIFICATION

The supervisors of all districts discussed the request from Lakewood Ranch Community Emergency Response Team (CERT) that house numbers be painted on the curbs in front of residences. This idea has also been endorsed by East Manatee Fire Rescue.

Currently, house numbers are only found on the fronts of homes in the community. And over time, some may not be well-lit or may have been obscured by vegetation. Some have aged and /or have perhaps deteriorated to the point that they are not all that visible to emergency services providers.

The result is that, for example, a resident may call 911 to get help, but the responder has a hard time finding the home because the house number is not readily visible. This makes for additional time in responding to an emergency, limiting the ability of responders to do their work in a timely manner.

The proposal involves painting a reflective white box on the curb, and then painting the house number in large black numbers over the white area. The paint used would be durable and weather resistant.

The districts plan on informing residents of the proposal and the method of dealing with this situation. This is definitely a safety-related issue!

The District 6 board voted against painting house numbers after receiving a number of emails from residents who were concerned about the durability of the product that might be used, contending that the paint might wash away after time or that it would be damaged during power-washing activity.

DISTRICT 6

During the District 6 meeting, the board discussed a request from districts 2 and 5 to paint the Balmoral Gate the same color as may be used to paint the Legacy Gate, which is jointly owned by districts 2 and 5.

After a short discussion, during which supervisor Wayne Turnblom commented that he felt that painting a Mediterranean-style gate house in what he called “greige” (the sort of beige/gray that is expected to grace the Legacy Gate), just would not look good, the board elected to leave the Balmoral Gate paint scheme as-is.

A meeting of districts 2, 5, and 6 to go over gatehouse issues has been scheduled for Nov. 18 at 9 a.m.

One other gatehouse issue: a vendor purchased five “vendor transponders” for her business. Apparently, her business involves coming to her customers’ homes at times before or after normal vendor hours, and she and/or her staff have had trouble getting in. She’s asking for some sort of relief to allow her to perform her business duties without a hassle.

Interim executive director Zielinski commented that the traffic signal at the intersection of Lakewood Ranch Boulevard and Balmoral Woods is still on schedule to be installed, possibly by the end of the year. He also noted that Manatee County seems to be about ready to finalize the sewer takeover, but the county is requesting a bond be posted to protect the County if an abnormal situation presents itself within three years of the turnover. Engineer Richard Ellis noted that this was common practice in Florida.

The District 6 board voted to move ahead with preliminary work relative to enhancements at the Balmoral Gate, including a turnaround, but this work may happen only after the County finishes work on the traffic signal.

The board also voted to have their irrigation water usage permit reviewed, as it had been established by Neal Homes back in 2014 and may need to be revised and/or updated.

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MVP Wines from MVP NFL Players

November in Florida means sunny days and a never-ending slate of sports to enjoy. During the height of football season and with Thanksgiving just around the corner, the Unassuming Wine Bros bring you cabernet sauvignons produced by NFL Hall of Famers this month.

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 we researched the wines for this month's article, given the number of former players who dabble in wine, it became evident that winemaking must be a lucrative retirement gig for NFL players. It also became apparent that our selections might not be considered "unassuming" if we purchased wines at the price points at which many former NFLers sell their wines. To compensate for these prices while drinking quality selections yet staying true to our roots, we opted this month to change up our typical format and go with one affordable bottle, one mid-priced bottle, and one, more expensive, bottle. Here are our thoughts:

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

2017 CHARLES WOODSON INTERCEPT, CABERNET SAUVIGNON

Paso Robles, California; \$19 U.S.; ABV 15%

Vigo: To begin, Charles Woodson was a Heisman Trophy-winning defensive back that played for the University of Michigan, the Oakland Raiders (twice), and the Green Bay Packers – all teams I despise. Minimizing the corresponding preconceived negative football bias I held toward this wine required the focus of a cornerback in coverage on third and long with the game on the line in the fourth quarter.

While UofM, Oakland, and Green Bay will never be on my "must-watch list," Charles Woodson's 2017 Intercept cabernet sauvignon will now be on my "must drink list." The 2017 Intercept has a beautiful ruby red color that cabernet sauvignon is known for and a bouquet of dark cherry and blackberries with a hint of oakiness. Much like his on-field tenacity, Charles Woodson's Intercept will hit your palate hard with bold peppery, black cherry, blackberry, and oaky goodness. The Intercept has low acidity but has some palate sticking tannins. This is a classic bold Paso Robles cabernet sauvignon that is terrific at this price point. The 2017 Charles Woodson Intercept is an MVP that will be an excellent selection for a decadent Thanksgiving dinner or snacking on charcuterie while



2017 Charles Woodson



2018 7Cellars



2019 Passing Time

watching the game. As a bonus, you can pick it up locally at Publix.

Vigo's rating:

Patrick: I was always a fan of Charles Woodson's game, and I similarly enjoyed his 2017 Intercept cabernet sauvignon. This wine's pronounced nose smells excellent and sets the tone for the entire bottle. This wine was rich and flavorful, full-bodied and bold with black cherry, chocolate, and cedar notes. Tannins and a lingering finish meant this wine out kicked its price coverage. At its affordable price point, this is an outstanding cabernet sauvignon with excellent value. It will also go great at the Thanksgiving dinner table.

Patrick's rating:

2018 7CELLARS ELWAY'S RESERVE, CABERNET SAUVIGNON

Napa Valley, California; \$47 U.S., ABV 14.5%

Vigo: Former Denver Broncos Super Bowl-winning and NFL Hall of Fame quarterback John Elway is no stranger to making bold and successful moves. Being a California native, it's no surprise that Elway has dabbled with winemaking. This selection – the 2018 7Cellars Reserve – is a collaboration with winemaker Robert Mondavi Jr.

After letting this selection breathe a bit, we waited for something exciting but found it was like the Broncos performance in Super Bowl XXXII – a great attempt, but one that fell short of the mark. The 2018 7Cellars Elway's Reserve's color is a pale ruby red, and its bouquet was so neutral that it bordered on non-existent. It took several spins around the wine glass to wake up the scent of delicate cherries and freshly bloomed roses. On the palate, this cabernet sauvignon is medium-bodied with the taste of newly picked cherries, soft raspberries, a hint of chocolate, and gentle oakiness. This is a light to medium-bodied cabernet sauvignon that should pair well with a Thanksgiving turkey dinner but might overwhelm the palate if a spoonful of mash potatoes and gravy is com-

bined with it. The 2018 7Cellars Elway's Reserve cabernet sauvignon is a good wine, but at its price point, I expected something more.

Vigo's rating:

Patrick: The 2018 7Cellars Elway's Reserve was atypical for a Napa Valley cabernet sauvignon – perhaps due to its inclusion of 9% petite sirah and 1% petite verdot. Medium-bodied, bright, ripe, and juicy with red berries gave this elegant, easy-drinking, well-balanced wine an Old-World flair – which was a nice change of pace next to the two much bolder, more traditional cabernet sauvignons we sampled. In fairness to this wine, it was much different than our other two selections in every way, which made it more difficult to evaluate. While it would pair perfectly with a day-after-Thanksgiving leftover turkey sandwich with cranberry sauce, in a very un-Elway way, it left me slightly underwhelmed on its own at this price point, considering its Hall of Fame and iconic wine family pedigree.

Patrick's rating:

2019 PASSING TIME, CABERNET SAUVIGNON

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

Vigo: In 1997, then-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 proceeded to uncork 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 wine maker's wing, his collaboration with Dan Marino on the 2019 Passing Time would be first-ballot enshrined. Okay, this bottle's price isn't "unassuming," and having to contact the winery to get a bottle of 2019 Passing Time cabernet sauvignon 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 chocolate. 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 we've had this year and is a strong contender for best of the year.

Vigo's rating:

Patrick: At this price point, I expect bottles to contain high-quality, outstanding wine. The 2019 Passing Time delivered! This wine has that smoothness and mouthfeel that you only find in fine wines. The cherry and licorice on the nose gave it a fabulous bouquet. The fruit on the palate was a dark cherry, and the wine had a subtle creaminess that accentuated the cherry notes. Full-bodied, rich, complex, and flavorful yet elegant and smooth, with great acidity and finish. This was my favorite of our selections this month, and this wine held its own at its more expensive price point. I imagine it will get even better with a few years of aging.

Patrick's rating:

Vigo's overall impressions: This month's wines were a lot of fun to read about, taste, and break down. Shout out to one of the unofficial Bros who helped us with the tasting. It is interesting how each respective wine equated closely to its winemaker/Hall of Famer's NFL reputation: Woodson - bold; Elway - a game changer compared to his peers; and Marino - polished. Although we only scratched the surface of wines produced by former football players, we're excited to see if this player/wine producer trend continues.

Patrick's overall impressions: As a huge football fan, this month's article was fun to do from start to finish. Although it hard to fairly compare these wines side-by-side given the different price points, what is clear is that the 2017 Charles Woodson Intercept is high-quality, affordable cabernet sauvignon and great value at its price point. Since they were both drafted in the first round of the 1983 NFL draft, John Elway and Dan Marino have been constantly compared to one another. After comparing a sampling of each of their wines, while Elway may have been drafted higher and won more Super Bowl rings than Marino, it is clear that Marino's 2019 Passing Time was the superior bottle in this particular head-to-head matchup.

FANS AND READERS:

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

Unique Menorah for Education to Illuminate LWR Main Street at Annual Celebration

Chabad of Bradenton and Lakewood Ranch will ignite a unique menorah at Lakewood Ranch Main Street, followed by a community-wide celebration on the second night of Chanukah, which falls on Nov. 29. The ceremony will feature prominent community officials. Following the menorah lighting ceremony, hundreds will dance, sing and eat the night away, accompanied by live music.

The event's festivities will also include food from Falafel with Yoav and a Kosher BBQ, Kona's Ice Truck, doughnut decorating, a juggler, latke bike, and hot latkes. Fun activities to include face painting, Judah the Maccabee and Dreidel Mascots, dreidel bounce house, Chanukah art, raffles, and more.

Highlighting this event will be a first for this celebration: The Menorah for Education. Chabad of Bradenton and Lakewood Ranch, in partnership with the SUGAR volunteer organization, will be gathering donations from the community for backpacks and supplies to be distributed to homeless students in Manatee County. Community members are asked to either please bring the donations to The Chabad House, 5712 Lorraine Road, prior to the Nov. 29 event or to bring it to the event itself. The unique Menorah for Education will be created

with backpacks stuffed with supplies to be distributed to homeless students after the program.

The public menorah lighting was organized by Chabad-Lubavitch Rabbi Mendy Bukiet, spiritual leader at Chabad of Bradenton and Lakewood Ranch. "The etymological root for Chanukah is also Chinuch in Hebrew, which means education," Bukiet said. "One of the primary messages of Chanukah is that we educate our children to illuminate the word around us with acts of goodness and kindness. What better way to illuminate the world than through enlightening the lives of local students through acts of kindness?"

The Chanukah gelt drop will be back as well. Gelt is Yiddish for money, and on Chanukah it is customary to give money to children to bring the joyous spirit of the holiday to them. Thousands of chocolates, with some dollar bills as well, will be dropped from a scissor lift for the children to gather. A live bubble show will also highlight this event.

The menorah serves as a symbol of Lakewood Ranch's dedication to preserve and encourage the right and liberty of all its citizens to worship God freely, openly, and with pride. Specifically in America, a nation that was founded upon and vigorously protects the right of every person to

practice his or her religion free from restraint and persecution, the menorah takes on profound significance, embodying both religious and constitutional principles.

Today, the unprecedented public display of Chanukah has become a staple of Jewish cultural and religious life, forever altering the American practice and awareness of the festival. Lakewood Ranch's menorah is one of more than 15,000 large public menorahs sponsored by Chabad in more than 90 countries around the world, including in front of landmarks such as the White House, the Eiffel Tower, and the Kremlin, helping children and adults of all walks of life discover and enjoy the holiday message, Bukiet said.

Throughout the state of Florida, Chabad will be presenting scores of Chanukah events and celebrations, including public menorah lightings, giant menorahs made out of ice and Lego, menorah parades, latkes parties, giant dreidel houses, "Chanukah Wonderlands," and more. To find a local event in Florida or practically anywhere throughout the world, visit www.chabadofbradenton.com/ChanukahEvents. For more information about Chanukah and a local schedule of events visit www.chabadofbradenton.com/Chanukah.

Chabad of Bradenton and Lakewood Ranch

is also organizing other exciting events to celebrate Chanukah:

Parade of Light: 6 p.m. Dec. 1

Leaving from Chabad Parking Lot, 5712 Lorraine Road. Join Chabad to spread the warmth and light of Chanukah throughout Manatee County with its second annual "parade of lights," featuring overflowing Jewish pride, optional menorah for your car, community menorah lightings stops, and Chanukah swag.

C-Kids Chanukah DISCO: 11 a.m. Dec. 5

The Chabad House, 5712 Lorraine Road

Let's glow crazy and light up the world! It's a glow-in-the dark dance party complete with glowing cupcake decorating and a glowing dreidel spinoff. Admission \$10; free for Hebrew School families.

Chanukah in Ellenton: 5 p.m. Dec. 5

The Ellenton Outlets, 5461 Factory Shops Blvd. Join us for the miracle and magic of Chanukah at the Ellenton Outlets featuring fun activities such as magic shows, raffles, music, Chanukah art, dinner, latkes, and doughnuts! All welcome! Free! Nominal food fees. Sponsor this event for \$180.

For more information about any of these events, call Rabbi Mendy Bukiet at 941-752-3030 or e-mail rabbi@chabadofbradenton.com.



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HEALTH OF WEALTH

Giving Thanks

By Huldah Mathis
Northwestern Mutual



It is officially that time of year to pause and think about the things that top our list of gratitude! A healthy kindergartner able to sit in a classroom in person, sunsets from soccer practice and a trip out west are a few of mine. I know for many, 2021 continues to be a year full of both trials and joys. These times give us perspective. They show us that the seemingly small things that we tend to take for granted are not so small after all. I know I personally have learned to never take for granted being healthy enough to wake up early each day and juggle a full plate. Even traffic delays in the car with my kids don't seem so small when I realize I just heard 12 more stories and a joke that I may have missed otherwise!

As we look to Thanksgiving and reflect on another year coming to a close, what are you thankful for in these categories?

- Something your body CAN still do regardless of overall health
- Something financial that is in better shape than a year ago
- An aspect of daily life that you took for granted during quarantine
- A friendship you have had for over 20 years
- Something you have come to enjoy that you never expected
- A restored relationship
- A new hobby or interest you developed
- Something you saw differently as you slowed down this year
- A new skill or set of knowledge that you acquired
- A house project or renovation that you appreciate daily in your home

As always, I would love to hear from you if you have a story of gratitude to share!

Huldah C. Mathis is an agent of NM and registered representative of the NMIS based in Sarasota. To contact her, please call (941) 957-4518, email huldah.mathis@nm.com, or visit huldahmathis.nm.com



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Fast Facts: COVID-19 Vaccines

Go to MyVaccine.FL.gov to pre-register for vaccine at state-supported sites in your area.



The U.S. vaccine safety system makes sure that all vaccines are as safe as possible: COVID-19 vaccines have gone through the same safety standards as other vaccines.



COVID-19 vaccine teaches your body how to recognize and fight the virus that causes COVID-19. The vaccine:

- Doesn't give you COVID-19.
- Can keep you from getting seriously ill even if you do get COVID-19.

After vaccination, you might have some side effects—they will go away in a few days. Side effects are normal signs your body is building protection. Side effects include:

- Pain and swelling on the arm with the shot.
- Fever, chills, tiredness and headache.



Florida's COVID-19
Call Center:
1-866-779-6121,
press 3



If you're worried about certain side effects, call:

- Your health care provider.
- The COVID-19 Call Center at 1-866-779-6121, and press 3 to talk to a medical professional (the call center is open 24/7).

You're fully vaccinated when your body has built up protection against the virus. That's two weeks after:

- The second dose of the Pfizer-BioNTech or Moderna vaccines.
- The single-dose of Johnson & Johnson's Janssen vaccine.



**Florida
HEALTH**

Until you're fully vaccinated, keep using the COVID-19 protection layers: wear a mask, stay 6 feet apart from others, avoid crowds and poorly ventilated spaces, and wash your hands often.

COVID-19 vaccine is free of charge to people living in the U.S. Learn more at [CDC.gov/Coronavirus/2019-nCoV/Vaccines/KeyThingsToKnow.html](https://www.cdc.gov/Coronavirus/2019-nCoV/Vaccines/KeyThingsToKnow.html).

THE (PET) DOCTOR IS IN!

By Erin Siems, DVM

There is an old saying that goes “good vets talk to animals, great vets hear them talk back,” and I often hear my clients say “I just wish he could tell me what’s wrong!” Well, a lot of the time our furry friends are “talking” to us, it’s just hard to put together all the clues to know what they are saying. In other words, a growl is not always bad and a purr is not always good.

Many of us have seen that dog who “smiles” when excited. Their lips go up, typically their head goes down, sometimes their hair raises and they get a little butt wiggle. To an outsider, this can look like a snarling, dangerous animal but to the people who know him it is the expression of total joy.

On the other hand, we typically associate a cat’s purr with good feelings. Certainly the kitty who is rubbing on your leg and confidently strolling about fits that category. However, the kitty crouched in the corner with its ears back may be purring to try to calm its anxiety or fear.

In order to hear what our pets are trying to tell us we not only have to listen, but we also have to watch what their body language is telling us. If something is wrong, we often have to force ourselves to first observe from a distance to allow them to “speak” to us rather than immediately try to comfort, which can



interrupt the conversation they are trying to have with us.

Sometimes the best way to get closer to your best friend starts with being more hands-off. Most important, we need to pay attention to who they are when they are well, so we can better understand and help them when they are sick.

Think of interpreting your pet’s cues as learning a new language. It’s not always easy to “get it” but the more you practice the more you understand. Just like a new language, if you keep at it you will be continually surprised by how much you didn’t know, and how fun it becomes to learn.

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.



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

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