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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, SEPTEMBER 21, 2022



THE WOOF GANG's ALL HERE – Lauren Redington, left, has turned her love of dogs into a growing business, with a Lakewood Ranch location, at least one more store on the way, and sales at the Farmers' Market at Waterside Place. For more photos and information, see pages 12-13. Photo by Ernie Soller.

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Duette Animal Rescue Team (DART) Wants to Talk with You – About Adoption

RESCUE SPECIALIZES IN CATS THAT NEED TO BE ADOPTED

By Ernie Soller
Community Correspondent

Brigitte Ivory, the founder and president of Duette Animal Rescue Team, came from the Netherlands to the United States with her American husband as a young woman in 1990.

An animal lover since she was four years old, she has continued to be involved in making the lives of animals better.

Although she has had a career in the finance and insurance industries, and is still working for a major insurance carrier in Tampa, she's never lost sight of her beloved furry creatures, and has even worked both as a volunteer and employee of Big Cat Habitat and another big cat rescue organization. She's also worked at the Hillsborough County animal control facility.

After a time, seeing so many animals being euthanized because no one adopted them made her consider establishing and operating a rescue facility herself. So in 2020, she bought a house with 18 acres of land near Duette, and began to build her dream.

It has been an interesting experience for her.

First, the previous owners of the property didn't want to get rid of the cows they had. They insisted that the cows came with the property. So Brigitte found herself learning how to deal with large animals, and not just the average small cats and kittens. One of the more challenging skills that she found that she needed: How do you give a big cow an injection of medicine? It seems that the vet was too busy, so after getting instructions over the phone, she found herself jabbing a big needle into a 1,200-pound cow. Fun, right?

About two years ago, she started what has become Duette Animal Rescue Team, or DART, and the first tenants of Ivory's rescue (other than the cows) were ... lemurs. Yep, those active ring-tailed critters featured in the "Madagascar" movies. And, yes, they move fast – very fast. Lemurs do not make good pets, since they are pack animals, and can get overly active and hard to deal with, especially when they're ready for mating.

There are also a couple of giant tortoises, which came from a couple in St. Petersburg who moved to another area where they could not continue to keep their exotic pets.

And of course, there are cats and kittens.

The primary focus of DART is rescuing cats and kittens. In Florida, there are huge numbers of feral, or non-domesticated, cats. Their numbers run into the millions. These are the stray cats you may see in your neighborhood, and one of the missions of DART is to remove them from the wild and get them spayed or neutered. By doing this, the population of feral cats can be reduced, as they will no longer be able to reproduce, even if they return to the wild.



PHOTOS BY ERNIE SOLLER



At DART, Ivory and her team have as their goal to not only rescue these cats, but to socialize them, so that they will be able to be placed in a loving home. In doing this, Ivory and the team work with volunteers who care for these cats and kittens, making them suitable for adoption.

Here's the thing: feral cats are not suitable to be adopted right off the bat. They have been living on their own, and don't quite know just how to react to being in a human home. They need to be taken in by people and socialized, to enable them to be with people in a situation that is comfortable for both the adopting family and the cat or kitten.

That's where the DART team of volunteer foster folks comes

in. Currently, there are six volunteers fostering cats and kittens for DART. These volunteers take in the animals, spend time with them, get them to trust people, and make sure that they can live in a home environment. Then, they will be ready to be adopted – after a few details are taken care of.

The prospective adopter needs to fill out an application, which contains essential information that will enable the DART team to evaluate whether the applicant is a good fit to adopt a cat or kitten. The application asks questions such as whether the prospective owner works outside the home, whether or not anyone in the household is allergic to pets, whether there are kids in the house, whether the applicant owns their home or is renting, and if renting, if animals are allowed. If the home is owned, does the homeowner's association or community have restrictions on pets? Are there already any other pets in the home?

The application also asks for the name of their veterinarian – if they have one – and whether the prospective owner is OK with a DART representative making a visit to their home. In this way, DART makes sure that the home is suitable for the animal, and the animal is suited to the home. The prospective owner signs a contract with DART that guarantees that the owner will not abuse the animal and that, for any reason, the cat may be returned to DART, no questions asked, if things don't work out.

This is all directed toward making sure that the cat or kitten, when adopted, will have a great life and be able to enrich the life of its owner and their family.

Note: DART has been quite successful in matching cats with seniors, as part of their "Senior Cats for Senior Hats" program. This gives the senior a loving pet and the cat a good home. Many senior residences allow pets ... especially cats.

One of the benefits of adopting through DART is that the DART team takes care of almost all of the necessary details for the adopter.

All the cats and kittens adopted through DART are spayed or neutered, vaccinated, microchipped, and the microchip is registered at no additional charge to the owner.

DART is able to offer these services at a reduced rate, since they recently received a grant from the Bissell Foundation as part of the Bissell Foundation's "Empty the Shelters" effort.

Here's another DART advantage ... they will bring your new furry friend to your home.

The Duette Animal Rescue Team currently has approximately 50 adoption-eligible cats and kittens. So if your family is ready for a new furry pet, or if you know of a senior who could benefit from having the companionship of a cat, contact DART.

Brigitte Ivory and her team of board members and volunteer foster folks can be reached by e-mail at: info@duetteanimalrescue.org.

Please visit www.duetteanimalrescue.org for more information.

CDD Boards Pass Budgets

By Ernie Soller
Community Correspondent

The various boards of the Lakewood Ranch Community Development Districts (CDDs) passed fiscal year 2023 budgets at their August meetings held at the Lakewood Ranch Town Hall.

Other than budgetary items, as is usual in late-summer, not a whole lot of import came up at the board meetings.

A couple of board chairmen commented on the state of affairs regarding Down to Earth Landscaping, and their alleged inability to perform their work as well as they should be. One mentioned that, apparently, Down to Earth had lost a key supervisor and that as a result, work was being done in an apparently haphazard manner.

A specific item that was mentioned was failure on the part of Down to Earth to mow a small district-owned parcel of land. When the error was brought to Down to Earth's attention, instead of mowing the parcel, Down to Earth sent a worker out who went over the area with a string trimmer, leaving a less than clean-looking result.

DISTRICT 1

The board approved a contract to provide for repair of the erosion-prone area in the Bluffs neighborhood, known as "Area F"

District 1 Chairman Alan Roth noted that the owner of the property known as "Area A," also located in the Bluffs neighborhood, has not responded to the board as to what he wants to do regarding the erosion on his property,

which is considered more severe than Area F. The erosion issues are at least partially caused by the overflowing of the bank of the Braden River during periods of heavy rain.

DISTRICT 4

The plans for the Greenbrook Community Garden program are moving ahead, with a view toward opening the garden plots to residents starting in October of this year. The Garden is a joint project between District 4 and Lakewood Ranch Community Activities, with assistance from the University of Florida's community garden specialist.

DISTRICT 5

During the meeting, it was pointed out that there have been changes made to Manatee County's policy for the planting of trees in county easement areas.

DISTRICT 6

Board chairman Jim Rogoze was happy to note that District 6 had passed a budget with almost a lack of assessment increases to homeowners. He pointed out that the largest increase in resident assessments was only around \$25/year, with the Weston neighborhood getting only a \$12-\$14/year assessment increase.

Part of the success of District 6 in holding assessments to a mild roar comes from the fact that several years ago, the district board increased assessments with a view toward paying for those items which needed to be taken care of sooner rather than later, and this policy has paid off since then.



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The soon-to-be-upon-us month of October brings two large events to the Lakewood Ranch community. Join the Lakewood Ranch Business Alliance and Lakewood Ranch Community Activities for Block Party & Club Day on Lakewood Main Street! Meet and learn all about local businesses and browse through (maybe even join one or two of) the many groups and clubs Lakewood Ranch is home to! Our groups and clubs are composed of residents who have diverse passions; whether it's civic work, birdwatching, photography, finance, health – or much more – you're bound to find a group you can't sign up for fast enough! Of course, it wouldn't be a block party without beer, food and entertainment. Enjoy all of this and more, right on Main Street. Block Party & Club Day will take place from 5 to 8 p.m. on Oct. 21. All are invited and admission is free.



Aliye Presley
Events & Marketing
Manager

Join us the following week for Lakewood Ranch's favorite Halloween event! BooFest is back on Main Street for the first time since 2019, and the Lakewood Ranch Community Activities team is so excited to share with the community what we have in store. All sorts of family-friendly interactive fun will be had, from trick-or-treating to fortune telling, to spook-tastic



entertainment and more! BooFest will take place from 6 to 9 p.m. on Oct. 28. All are welcome and admission is free.

Do you own a business? Are you Interested in getting your business in front of guests at the highly-attended and beloved BooFest? Sponsorship opportunities are available but are limited and filling up quickly! Reach out to us at info@lwrca.org for more information and to speak with a member of the team. We can't wait to work with you!



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AROUND THE RANCH



Local Young Woman's Business Has Totally Gone Doggy

By Ernie Soller
Correspondent

Lauren Redington is a most energetic and committed young woman. She grew up on Lido Key, and then moved to Edgewater in Lakewood Ranch, and had done dog-sitting and dog walking for people in the neighborhood. Lauren went to school at the Out-Of-Door Academy, and got involved early on in community activities as a 14-year-old volunteer with the Lakewood Ranch Community Activities organization, which was then under the direction of Lori Basilone. She was also the president of the Key Club (the high school arm of the Kiwanis Club community service organization) at ODA. She was a fixture at social and political events at The Ranch.

After graduating from the Out-Of-Door Academy in 2016, Lauren headed for Syracuse University in upstate New York, for an immersion in the world of college classes – and SNOW. She majored in economics and business management, and was leaning toward a career in law or the corporate world, thinking that she would head to New York City after her graduation in 2020.

Then COVID happened, and New York City became one of the hardest-hit areas of the country. The idea of making her way to success in New York City quickly became not such a good idea. Lauren actually finished up her senior year online, after Syracuse asked its students to not return to campus after a class break ... due to COVID.

Lauren had rescued a dog after her sophomore year at Syracuse, and found herself getting involved in doggy day care, going to the dog park, etc. As a “dog mom,” she was also learning about products for dogs. She frequented the Woof Gang

Bakery store in Lakewood Ranch, and asked the then-owner about management opportunities.

After graduating and returning to the Lakewood Ranch area, she found that the owner of the Lakewood Ranch Woof Gang Bakery wanted to retire, and told Lauren that she'd be a perfect fit to take over the business.

So Lauren managed the store for a year under the previous owner, and took over ownership of the Lakewood Ranch Woof Gang Bakery franchise in November of 2021. As the lease on the previous location expired in December of 2021, she moved across Market Street, and is planning on moving again to the brand-new Center Point shopping center, which is being built at Lakewood Ranch Boulevard and University Parkway.

Lauren is already scouting for a location for another Woof Gang Bakery store in the State Road 64 corridor; her Sarasota location, named Woof Gang Bakery and Grooming Cattleman, will be located in the Publix shopping center at the corner of Bee Ridge and Cattleman roads, and will be opening in winter of this year.

The Woof Gang Bakery chain currently has 172 franchised stores across the country. Lauren is looking forward to her move to the new location, as the new place will have more room for – among other things – additional spa services.

As it stands now, her Woof Gang Bakery store offers professional dog grooming, day care, “pawdicures,” and loads of accessories, food, treats, and toys for your dog. You'll find fresh baked dog treats such as donuts, cookies and pizza for dogs, complete with “toppings” of “cheese,” “peppers,” and “sliced olives.” If you'd like to bring home a variety of treats for your



dog, check out the pink pails of the treat bar, where you can pick whatever doggy treats you'd like, mix'n match style.

Or maybe you need a doggy birthday cake? Lauren has them!

If you want something different for your dog's diet, Lauren's Woof Gang Bakery has lots of different and unique items. There's food for senior dogs, food made from lamb, chicken, turkey, etc. Note that ALL of the food carried by Woof Gang Bakery is made in the U.S.A.!

Dogs love to chew on toys, so Lauren's Woof Gang bakery carries lots of them, including “Dogiva” items, which look like they came from a fancy chocolate shop, and check out Lauren's “bar cart,” featuring chew toys like “Impawted” Stella toys that look like beer bottles.

As for grooming, I asked Lauren about what sort of grooming she could provide for my West Highland White Terrier, noting that I'd given him a bath earlier in the week. She answered that my Westie would have a bath with two shampoos, a whitening treatment, and a blueberry facial. Special attention would be paid to make sure that he was clean and maximum cute. And all of the items used in his grooming would be available at the Woof Gang Bakery.

If you can't make it to Lauren's store on Market Street, come and meet Lauren at her Woof Gang Bakery booth at the Lakewood Ranch Farmers' Market on Sundays at Waterside Place.

Lauren Redington's Woof Gang Bakery is your local pet store at 8341 Market Street in Lakewood Ranch. Hours are 9 a.m. to 6 p.m. Monday through Friday; 9 a.m. to 5 p.m. Saturday; and 10 a.m. to 4 p.m. Sunday. For more information call (941)907-9111, or visit woofgangbakerylwr.com.



PHOTOS BY ERNIE SOLLER



THE UNASSUMING WINE BROS.



“Sweet ... Italy”

Some inspirations come through experience, and some come through happenstance. This month's article comes through both. A few months ago, as my family was enjoying dinner with friends, a bottle of sparkly red wine was uncorked, and inspiration ensued. “Wow, this is great and fun,” I proclaimed to everyone listening to me (which was most likely my one-year-old son). With this, an idea was born, sparkling red wine; let's do this.

I'm Vigo, your Ranch's Unassuming Wine Bro (UWB). I'm a regular guy who loves everything about wine, including writing about it. I aim to explore the nuances of wine, share my adventures with you, and have a little fun along the way.

So, sparkling red wine, what's not to like? Well, that question was put to the test this month. Through experience comes knowledge and this trip was a sweet one. So, if you have a friend that can be a bit fussy about wine, the typical statement is, “I'm not a big fan of wine. It's too tart and dry for my taste.” Boy, do I have some sweet, sparkling deliciousness to win them over.

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

2020 STELLA ROSA ROSSO (1.5-LITER BOTTLE);

Piedmont Region-Italy, 5.5% ABV; \$20:

Vigo: Semi-sweet is an oxymoron if you're an average wine drinker. All the wines in this month's selection are sweet ... like cotton candy sweet. So be forewarned, if you're not into sweet wines. Also, don't be fooled by the semi-sweet label because that definition in Italy must be different. Now that I've finished my cleansing statement, I'll discuss Stella Rosa Rosso. Drinking Stella Rosa Rosso reminded me of the delicious Christmas punch my grandmother would make. She would combine Welch's grape juice and Seven-Up for a sweet and sparkling treat for us for dinner. If this sounds wonderful, then let me introduce Stella Rosa Rosso. Surprisingly, this wine, which received a 91 rating, gave me that same wonderful feeling that I had when grandma pulled out the red stone pitcher for us. Exclude that Stella Rosa Rosso has 5.5% ABV (extremely low). This was the Italian recipe for my grandma's Christmas punch.

Vigo's rating:   

2020 STELLA ROSA IMPERIAL BLACK LUX;

Piedmont Region-Italy; 6.5% ABV; \$15.99:

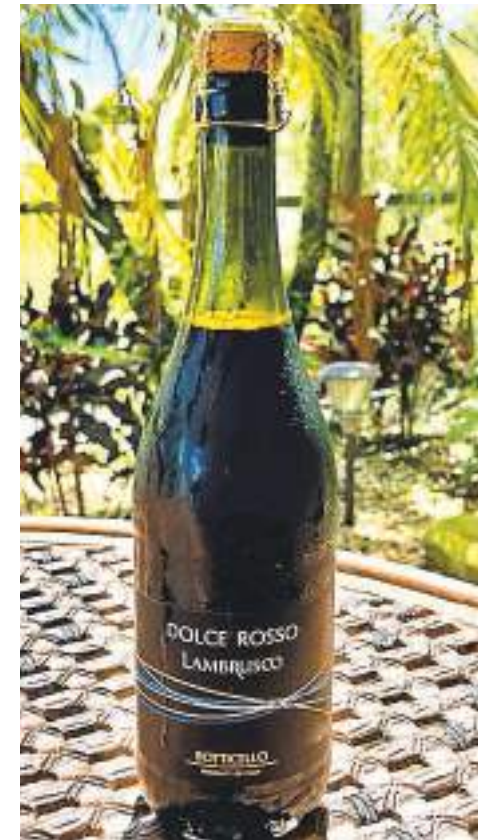
Vigo: I kicked it up a notch by giving the Stella Rosa Imperial Black Lux a whirl around my taste buds. Man, marketing



2020 Stella Rosa Rosso



2020 Stella Rosa Imperial Black Lux



2020 Botticello, Lambrusco Rosso Dolce Frizzante

gets me every time because I was ready for my socks to be blown off just seeing Imperial and Lux put together. Sadly, no. It's the same taste as the Stella Rosa Rosso, with more effervescent, tighter bubbles. Along with tighter bubbles, the alcohol content was pushed up 1%. My feeling is that if you drink either the Stella Rosa Rosso or the Imperial Black Lux, it's not for the alcohol content, but the taste. Giving Imperial Black Lux its fair dues, it's fun to drink and would be perfect with a savory turkey dinner during the holidays.

Vigo's rating:   

2020 BOTTICELLO, LAMBRUSCO ROSSO DOLCE FRIZZANTE;

Emilia-Romagna-Italy, 8% ABV; \$9:

Vigo: This was my favorite of all the sparkling “semi-sweet” wines in this month's selection. It's sweet but not overwhelming like the Stella Rosa Rosso or the Imperial Black Lux. Very fruity with sweet cranberries, ripe cherries, and thick ripe blueberries on its finish. The bubbles are loose but provide some enjoyment as you slowly enjoy this treat. The alcohol content is the highest of all three selections, but as I commented before, if you are drinking sweet Italian wines, you're not looking for a buzz; you're looking for something to enjoy. The Lambrusco Rosso Dolce Frizzante would also be an excellent selection for a savory meal or pizza night with your close friends.

Vigo's rating:   

Vigo's overall impression: All three wine selections this month shouldn't be taken seriously when choosing a wine for a serious wine lover. These selections are a day at the carnival with surprises and lots of sweets. What is enjoyable is that all the choices had very low alcohol and were priced reasonably. So, it wouldn't be a bad idea to have one or two bottles of any of these selections in your tier three wine fridge for that person who “doesn't like wine that much.”

FANS AND READERS:

Like our Facebook page “The Unassuming Wine Bros,” follow me on Instagram @theinassumingwinebros (scan the QR code below), or email me at vigoloveswine@gmail.com. Let me know what you think about this article, these bottles, or suggestions for upcoming articles.



Lakewood Ranch Medical Center and Johns Hopkins All Children's Hospital Working Together to Provide Enhanced Care for Neonatal Patients

Lakewood Ranch Medical Center (LWRMC) recently announced its affiliation with Johns Hopkins All Children's Hospital to expand neonatal health services for Women's Center mothers and their newborns.

The partnership provides 24/7 neonatal coverage by Johns Hopkins All Children's Hospital's neonatology specialists for babies born at LWRMC. This specialized coverage provides for advanced support services such as respiratory or cardiac care, if needed, after a baby is delivered.

"Johns Hopkins All Children's is a nationally recognized leader in neonatal care," said Andy Guz, CEO of Lakewood Ranch Medical Center. "Our partnership should reassure parents of newborns who may require additional medical support,

that specialized care is readily available."

"We are thrilled Johns Hopkins All Children's is moving into our Lakewood Ranch community," said Audrey Davis, MD, interim medical director of neonatal services at Lakewood Ranch Medical Center. "We will continue to offer the same compassionate, personalized care in our labor and delivery services; however, should your child need advanced support, Johns Hopkins All Children's specialists will be available to offer their expertise."

The Women's Center at LWRMC features 14 labor, delivery, recovery, and post-partum (LDRP) suites and a level 1 nursery. It combines top technological offerings in a beautifully appointed, spa-like environment. For more information visit lwrmc.com.



September Programs at Chabad of Bradenton & Lakewood Ranch

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

Talmud Classes

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

At the virtual Chabad House

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 House and on Zoom

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

A Taste of Rosh Hashanah

Sunday, Sept. 25, 7 p.m.

At the Chabad Tent

Celebrate the first night of Rosh Hashanah with family and friends. The Taste of Rosh Hashanah buffet will take place immediately after services and will feature delicious foods customarily eaten on Rosh Hashanah. Cost: \$18 (suggested donation). Sponsor the event for \$360.

Tashlich

Monday, Sept. 26, 6:30 p.m.

At the Chabad House

Join the community for an uplifting Tashlich service with an outdoor Shofar blowing. Tashlich goodies for the children. Free!

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

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Your LWR Story

By Maggie Milne

Meet Jeff and Amanda Bray, Lakewood Ranch residents and local real estate professionals.

They met decades ago in their youth. Amanda grew up in a small village in Ireland. Jeff grew up mostly in New Jersey. They first met when Jeff's grandmother took him to Ireland. The purpose of the trip was to pay respects to Amanda's family in the wake of the recent death of her grandmother. Jeff's and Amanda's grandmothers had been longtime childhood pen-pals and friends. From the moment Jeff and Amanda met, they began their long-distance courtship, writing each other letters across the miles, over many years. However, after three years, Jeff and Amanda agreed their lives were growing farther apart instead of closer together, and they stopped dating.

Three years later, in January of 2001, when Jeff realized Amanda was the love of his life, he reached out again. Not having corresponded in years, Jeff took a risk and flew to Ireland to see her. When Amanda opened her front door and saw Jeff, she heard him say "Don't shut the door, you are the love of my life!" Amanda paused a few seconds, then spoke the same words, "you are the love of my life!" That same year they were married in Ireland and they began Amanda's immigration process for her move to and their life together in the United States. Jeff returned to the New York area shortly after their wedding in August of 2001, and Amanda was soon to follow. Then September 11, 2001, happened, and all air traffic was paused. No flights coming to or leaving from the United States. Jeff and Amanda, newlyweds, were an ocean apart from each other.

Amanda finally arrived in New York on the very first flight allowed to enter the U.S. after the September 11, 2001 tragedy. Since then, Jeff and Amanda have woven a wonderful life together which ultimately led them to Lakewood Ranch.

Jeff and Amanda were looking for a place that offered excellent education and opportunities for their children, and their family. During their exploration phase, prior to their move, they visited three Florida communities, including Lakewood Ranch. Amanda is concise about her immediate impression of Lakewood Ranch when driving in from I-75 on University Parkway: "exquisite!" Both Jeff and Amanda maintain that Lakewood Ranch is the most immaculate community they have ever

seen. Amanda feels as if she did not have a true sense of home until she discovered Lakewood Ranch. They decided even before looking at homes that they were spending the rest of their lives here. Lakewood Ranch checked all the boxes: excellent education opportunities for their children, beautiful, hometown feel with big-city amenities.

In July of 2013, Jeff and Amanda moved to Lakewood Ranch. They rented while their Central Park village home was being built, and moved into their new home in November of 2013. They agree that their family is SO LUCKY to have found Lakewood Ranch. Their two children were able to walk or ride their bikes to local elementary and middle schools. Their experience of overwhelming happiness reflected who they met and befriended: neighbors, colleagues, and other parents. Both Jeff and Amanda think about Lakewood Ranch as a "treasure chest," and a "vacation every day," and agree that they are absolutely meant to be here. Over the initial years of their lives in Lakewood Ranch, the Bray family enjoyed several Christmas holidays on the beach, trips to the local museums, St. Armands Circle, UTC Mall, parks, trails, and the Main Street town center. They appreciate how much there is to do within and around Lakewood Ranch.

So in 2020, as Lakewood Ranch continued to evolve, Jeff and Amanda became intrigued by the Waterside Place area and its offerings. They decided to sell their Central Park home and made a purchase in LakeHouse Cove, walkable to Waterside Place. They love the combination of life in their village with amenities, new friendships, along with the Waterside Place offerings like restaurants, retailers, events, music, yoga in the park. Jeff and Amanda enjoy the trail systems that allow for walks and bike rides to the Farmers' Market, Waterside Park, and neighboring villages. Their dog loves Lakewood Ranch life too! There are several different dog parks, dog-friendly events, and eateries the entire family can enjoy. With the move to LakeHouse Cove, their daughter enrolled in a Sarasota County high school where she is fully engaged in the highly regarded theater program. Their son graduated from his chosen high school in Manatee County, completing an international baccalaureate program. The Bray family cannot express enough how much they love their life in Lakewood Ranch, and their fortune of finding excellent educational and lifestyle opportunities for their family. Jeff and



Amanda are clear about one fact, they are never moving again.

This fall, Jeff and Amanda will take their son to college where he will begin his first year in the University of Florida's honor's program. Their daughter will continue with high school, but soon Jeff and Amanda Bray will be "empty nesters."

What Jeff and Amanda appreciate about the developer of Lakewood Ranch Community is that as the community evolves, the integrity of the community is upheld. They are looking forward to all the future things coming to Lakewood Ranch: new retailers, new restaurants, the extension of the trail systems, new plazas. They both agree that Lakewood Ranch continues to get better. Jeff and Amanda embrace the

Lakewood Ranch and Florida outdoor lifestyle, shared with friends and neighbors who feel as happy as they do about Lakewood Ranch living. As Jeff and Amanda say, "it's the best decision we've made!"

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.

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CARS AND COFFEE

A Must For Car Guys (And Gals, Too!)

By Ernie Soller
Community Correspondent

If you have any lingering thoughts about Sarasota being a sleepy little town, you need to come on down to the University Town Center (south section) parking lot on the second Saturday of the month, from 8 a.m. to 10 a.m. That's when you can enjoy Cars and Coffee.

If you get there really early (like around 7:30), and don't quite know just where to go, follow the lines of hot rods, Corvettes, Mustangs, Camaros, GTOs, exotic super cars, Porsches, crazy-looking old VW Beetles, Japanese speed machines, etc. That way, all you'll have to do is play follow the leader, but remember to park in a different area from the show cars unless you too are driving a vehicle to drool over. There is a \$10 fee for entry into the show area, which is located roughly between Ford's Garage and Dick's Sporting Goods.

Cars and Coffee has grown to be a major monthly event. Not only are there loads of great cars to admire and desire, but when I attended the August event, there was a live band entertaining the crowd with – what else – rock music. There were also a number of opportunities to fill up on goodies. Chick-Fil-A had a trailer there, along with Miss Susie's Newtown Kitchen. There was a food truck selling pastries, and even a dog treat place called the Bakery for Dogs.

And, speaking of dogs, the canine population was represented by lots of pooches. There were multiple golden retrievers, including the whole range of colors from almost white to dark gold. A Dalmatian, whose owner was sitting beside a turquoise and white 50's vintage Chevy pickup, and a Shiba Inu (a Japanese breed, sometimes called a miniature Akita), just to mention a few.

But the cars are the stars at this event. There were a lot of them, of all types and ages.

Probably the most underpowered vehicle at the August Cars and Coffee would have been the 1972 Fiat 500 two-door. This powerhouse of a vehicle came with a two-cylinder engine, rated at a whopping 18 horsepower.

On the other end of the spectrum would be the exotic supercars, Ferraris, Lamborghinis, etc. There was an extremely sleek-looking tur-



PHOTOS BY ERNIE SOLLER



quoise and black McLaren. Even standing still, it looked like it was moving – or ready to. And, speaking of Lamborghinis, one Lambo sported what looked like a complete chrome-plating job. The entire car appeared to be done in chrome.

Perhaps the award for the largest number of cars of one brand at the show should go to the Corvette. There were Corvettes all over the place, from early/mid-fifties examples to the new mid-engine models. There were even two examples of the 60's fastback Corvettes – one with the split window, and one without.

Lots of Volkswagens were on site, from relatively new GTI models to an older Karmann Ghia sports car, to a VW camper van. Speaking of campers and other such vehicles, there was a very new scarlet red Chevy Blazer, which carried on a rear bumper bracket a matching red Yeti cooler.

There were a number of VW "Bugs," including one that appeared as though it had been constructed from the parts of several different cars; the body parts were all different colors! I do remember old VW ads which pointed out that the car had been designed for easy replacement of body panels.

And, as if to state that a particular "Bug" was a work in progress, there was one that exhibited lots of sanding of its body panels, some rust, and the promise that more work would have to be done in order to bring this car into what could be called showroom condition.

Old-time hot rods were at the show, including a nice "T-Bucket," which had a big V-8 and huge rear tires (The better to burn rubber!). It caught the eye of a young boy as it cruised into the parking area. There were mid-30's Fords, and a 1946 Chevy, which carried a souvenir

CARS FROM PAGE 18

license plate ornament proclaiming Miami Beach as America's Playground.

British cars, while not huge sellers in this country, had their day too. Along with a nice mid-70's Jag convertible, there was a British racing green MGB, into which had been stuffed a V-8 motor. Why not? The other end of the British sports car spectrum came to the show, too – a baby blue Austin-Healy Sprite. As if to say that British cars can be customized too, one owner brought a tangerine metal flake colored Anglia, made by Ford in England. The hood ornament on the Anglia noted that it had come with a 1.7-liter engine.

The tangerine color scheme was echoed in a panel van, which not only was painted that color, but whose interior had been decorated in tangerine-hued shag carpeting.

One of the more interesting features of the Cars and Coffee show was the presence of cars equipped with what were called Continental tire kits. The 1940's Lincoln Continental was designed by Edsel Ford to have a rear-mounted spare tire, and this design element became quite popular in the 1950s. The show featured a 1956 Mercury hardtop with a Continental tire kit, as well as a 1956 Chevy Bel Air convertible, which also had one.

Lots of cars, lots of fun.



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ASK THE DOCTOR

Tipping the Scale: Controlling Your Weight for Better Health

By Dr. Claire McGill

Obesity is increasingly a problem in our community, with many associated conditions, including high blood pressure, diabetes, heart disease, stroke, respiratory issues and osteoarthritis. Many of us will be challenged to lose weight at some point in our lives. Though not always an easy task, there are both lifestyle changes and medical options available to help.

Claire McGill, DO, family physician at Lakewood Ranch Medical Group, provides some helpful information on the importance of maintaining a healthy weight and options for weight loss.

WHY DO PEOPLE GAIN WEIGHT?

Poor diet and lack of exercise are the biggest contributors to the obesity problem. Our diet as a society includes more processed foods that are calorie dense and nutrient deficient. We expend less energy with sedentary jobs and general energy efficiency, like using the elevator instead of the stairs.

WAS THE PANDEMIC A CONTRIBUTOR TO WEIGHT GAIN?

The pandemic did not help with our lifestyle challenges. A lot of people indulged in more comfort foods. Many people



started working from home, and their jobs became sedentary — or if the job was already sedentary, they lost what little activity they usually got while away from their desk throughout the day. Many people have not returned to the gym or started an alternative form of exercise.

WHAT OTHER FACTORS AFFECT A PERSON'S WEIGHT?

It's important to keep up with your routine health maintenance and check for other contributing factors, like a thyroid issue, which could be treated. Sometimes medications can contribute to weight gain. Many people find that they gain weight when their lifestyle routine has been altered by a stressful life event or a surgery. The sooner you can safely return to your healthy routine, the better, because the longer your body keeps that extra weight, the more likely it is that your body will consider that its new normal, and it will be more and more difficult to lose it. This becomes very frustrating and discouraging.

HOW CAN SOMEONE GET THE MOTIVATION THEY NEED TO LOSE WEIGHT?

For many people, the emotional factors become the most challenging part of their weight-loss efforts. Addressing motivational factors is a major part of helping someone with obesity. Someone can seek help at any point when they feel

like they are struggling to control their weight with a balance of diet and exercise. The type of help would depend on their weight, and might include a referral to a dietitian, starting an anti-obesity medication or potentially discussing whether a weight-loss surgery should be considered.

WHAT ARE SOME OTHER OPTIONS IF DIET AND EXERCISE ARE NOT WORKING?

Typically, we would consider starting a medication for someone with a BMI of 30 or higher, or a BMI of 27 with certain associated health conditions. We would address weight-loss surgery for someone with a BMI of 40 or higher, or 35 with certain associated conditions.

The Manatee Weight Loss Center offers laparoscopic gastric bypass and robotic sleeve gastrectomy. They have a team to help decide if surgery is the right option, and they'll take a prospective patient completely through that process. They have a free informational seminar that you can register for on their website where you can also see some of their surgery patient success stories.

To learn more about weight-loss options, go to msaweight-loss.com or call 941-254-4957.

To schedule an appointment with Dr. McGill or other Family Medicine physicians, call the free physician referral service at 800-454-8215.



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Waterside Place Announces Three New Tenants; More Business Openings

Three new tenants for Waterside Place were recently announced. The retail, services, dining, and entertainment destination will add Cileone Jewelers, Platinum Palm Properties, and Williams Parker Law Firm.

• **Cileone Jewelers**, formerly of Philadelphia, will make Waterside Place its new home. Specializing in estate and antique jewelry, they will also feature modern pieces, as well as bridal and custom. Additionally, they will offer pre-owned high-end watches, such as Rolex and Patek, and some luxury brands, such as Tiffany, Yurman, and Cartier. They hope to open by the beginning of 2023.

• **Platinum Palm Properties** will open its first official office as a brokerage in January of 2023. Currently a team under Keller Williams (since 2017), the team of more than 30 agents will operate their own independent location in Waterside Place, which they chose for its culture and architecture.

• **Williams Parker**, Sarasota's largest and oldest law firm, will open its new office in Waterside Place in spring of 2023. The firm's new, expanded office will enable its lawyers and professionals to better serve the needs of clients located in Lakewood Ranch, along the I-75 business corridor, and further east.

The new businesses will join the recently opened O&A Coffee Supply, CROP Juice, Man Cave for Men, and Bay Area Aesthetics. Also open and welcoming customers are Korê Steakhouse



PHOTO BY RYAN ANGELL

and cocktail lounge, Good Liquid Brewing company, 3Form Fitness, Kilwins, Paint Nail Bar, Body Bar Pilates, Lakewood Ranch Medical Group, and Smith Law.

Previously announced tenants include Deep Lagoon Seafood & Oyster House, Florida Provisions Co., a retail and bar concept; Monkee's, an upscale women's boutique; Tim's Wine Market, M/I Homes, Marmalade Waterside Boutique, John Cannon Homes Design Center, Integrity Sound, Capstan Financial, Mexican-American restaurant and tequileria Agave Bandido, Italian restaurant Osteria 500, Shore Rejuvenation Day Spa, Modish Salon, The Yoga Shack, Duck Donuts, Forked at Waterside, and Good Liquid Distillery.

"Waterside Place has the good fortune of being able to attract the types and diversity of tenants that were targeted from

the inception of the project," said Kirk Boylston, president of Lakewood Ranch Commercial. "We wanted local and regional, non-national tenants with the quality, look, feel, and personal touches of an owner who is actively involved with their business. It is just a different atmosphere at Waterside Place, it truly seems like a community of individuals who love to introduce their restaurants, shops, and services to their customers with a great sense of pride. Our office tenants are of similar quality, every one of them are among the best in the service sector they represent."

Recently named the "Best Lifestyle Program in the U.S." by the National Association of Homebuilders, Waterside Place is already active with festivals, music, and sporting activities. It is home to the Farmers' Market at Lakewood Ranch, with more than 90 vendors offering organic produce, baked goods, pet products, and prepared food, etc. Ranch Nite Wednesdays, "your favorite weeknight hangout," will start back from its summer hiatus on Oct. 5, and will run every Wednesday through May 31. The event, held from 6-9 p.m., features food trucks, live music from local artists, a weekly night market with rotating vendors, a vintage mobile bar hosted by Cornerstone and Co., and the second largest recreational cornhole league in the nation, hosted by MVP Sports & Social.

For more information about Waterside Place, visit www.WatersidePlace.com.



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THE (PET) DOCTOR IS IN!

By Erin Siems, DVM

Let's talk politics. Wait! Don't stop reading ... I'm talking about pets in politics. Did you know that September 23 is National Dogs in Politics Day?

All but two presidents have had animals at First Residence even before it was officially at 1600 Pennsylvania Avenue. It all started with our first president, George Washington, who helped develop the American foxhound breed. However, it's not just dogs who have gotten in on the White House action.

Thomas Jefferson had a love of mockingbirds and his favorite one, Dick, was given an open cage in the garden among the roses and geraniums. John Quincy Adams was gifted an alligator by Marquis de Lafayette in 1825, which he kept in the East Room. Martin Van Buren attempted to keep tigers gifted by the Sultan of Oman in the White House, but a literal act of Congress relocated them to a nearby zoo.

James Buchanan did not bring a wife to the White House (unheard of in those times) but did bring a 170-pound Newfoundland named Lara. William Taft allowed his two cows, Mooly Woolly and Pauline, graze on the White House lawn and in return they provided milk and butter for the residents. First Lady Grace Coolidge was famously photographed with their pet raccoon. The stories go on and on, proving that pets



really are a part of every aspect of American life.

Unfortunately, stress and political pressures don't only affect people.

President Biden's dog Major was technically the first shelter dog to grace the White House but got himself into some hot water after a pair of bite incidents. However, he is not alone. A previous Major (also a German Shepherd) owner by then president Franklin D. Roosevelt bit a senator and, in a separate incident, tore the pants of the British minister in 1933. Then there was the notorious Pete, a bull terrier, owned by Theodore Roosevelt, who caused so much chaos he was exiled from the White House in 1907 and then again in 1908. All three dogs left Washington D.C. early for a calmer, private life.

I guess pets and politics don't always mix!

Dr. Erin Siems graduated from Ross University School of Veterinary Medicine in 2010, and has enjoyed working in both gen-



eral 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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