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WEDNESDAY, NOVEMBER 16, 2022



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– COMING SOON!**

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The Lakewood Ranch Library – Coming Soon!

By Ernie Soller
Community Correspondent

Back when I was a kid, my mom made sure that I knew where our local public library was, and how to use it. Actually, it was located right between my elementary school and our home, so I could stop off at the library on my way home to collect information for school projects, or to check out books just to read for fun.

As time went on, I met a girl my freshman year at college and about a year after graduation, I married my favorite librarian. Having a mom who had all sorts of school library experience was a great help to our kids.

Years later, we retired, moved to Lakewood Ranch, and found that the closest public library was several miles away – the Braden River Library – part of the Manatee County Library system, on State Road 70. We made sure to get our library cards and became regular library users.

But, having to travel all that way, especially through “seasonal” traffic, could become a little daunting, and we longed for a closer facility. Some Lakewood Ranchers, especially those who lived in the southern end of our community, took the opportunity to use the Fruitville Library, which is part of the Sarasota County library system, since for them it was a lot closer.

We saw the purchase and renovation of a large building in Ellenton for the Rocky Bluff Library (which had been housed in a nearby storefront), but still no library in Lakewood Ranch. A group of concerned citizens – the Friends of the Lakewood Ranch Library, chaired by Sue Ann Miller – got together, and kept after the Manatee County Commission and finally, in November of 2021, plans were approved for a new East County library to be built in Lakewood Ranch. Ground was broken in December of 2021.

The library effort is part of a larger county community services project, which will include not only the library, but a skate park, volleyball courts, a BMX track, pool, etc.

The library building itself will be a 50,000-square-foot building, with the upper floor dedicated to community use. Two hundred parking spaces are part of the project, and the building will have a rooftop terrace.

I attended a meeting on October 4 at the Braden River Library, chaired by Manatee County Library Services Manager Tammy Parrott, at which time residents were asked to speak out as to what sorts of features they wanted in their new library.

There were a number of interesting suggestions. Some folks realized that there needed to be meeting spaces for small groups, such as school project teams; rooms where the students could come in and spread out their books and equipment, in order to make a success of their “team effort for a particular class. It was also suggested that rooms be set aside for the purpose of connecting local residents via zoom to local and state government meetings.

One lady noted that Florida isn’t just for retirees anymore, and commented that she’d like to see people from all over Florida coming to our library to see just how outstanding it will be.

Another attendee suggested that some space be given over to become a “maker space,” to allow for education on things such as how to make videos.

Another suggestion that was raised was that of partnering with local museums and arts organizations in order to feature local artists, and perhaps with veterans’ organizations to encourage patriotic activities. Doctor Janice Novello commented that, having



PHOTOS BY ERNIE SOLLER



several choices for her next career move, she chose this area because of the rich cultural and artistic resources to be found here.

One person suggested that the library’s collection of new books be expanded so that there would be a shorter wait list for patrons to take out newer books, commenting that the wait list in Sarasota County was usually much shorter.

And speaking of books, the Lakewood Ranch Library is expected to cost the County \$990,000, plus an allotment for books and materials from the County for the amount of \$580,000. The rest of the cost of materials and books will depend on the fund-raising efforts of the Friends, who have committed

to raising \$410,000 to cover the balance. To participate, check out their web site at: www.friendsoflakewoodranchlibrary.org.

The new Lakewood Ranch Library will be located at 16410 Rangeland Parkway, north of the Premier Sports Campus, and just east of Uihlein Road. It is expected to open in early fall of 2023.

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Nutrition and Brain Health

By Stephanie Peabody, PsyD, HSPP,
Neuropsychologist



This month, Brain Health Initiative (BHI) faculty Drs. Stephanie Peabody and Uma Naidoo address some of the brain health questions that are frequently asked related to nutrition and brain health.

Dr. Uma Naidoo is the BHI chief health officer and director of neuronutrition and a nutritional psychiatrist, brain health expert, and faculty member at Harvard Medical School. She is also the director of nutritional & lifestyle psychiatry at Massachusetts General Hospital and the author of the best-selling book *"This Is Your Brain on Food: An Indispensable Guide to the Surprising Foods that Fight Depression, Anxiety, PTSD, OCD, ADHD, and More."* Follow her on Twitter and Instagram.

Q. HOW DO DIET AND NUTRITION IMPACT A YOUNG CHILD'S BRAIN AND BODY DEVELOPMENT AND HEALTH?

The first few years of life set the foundation for brain, mind, and body health. Studies show that a nutritious diet beginning in infancy is key to promoting a child's long-term health and well-being. The foods they eat can impact their cognition, temperament, motor skills, and language development.

As BHI faculty, including, Dr. Uma Naidoo, BHI's Chief Health Officer and Director of Neuronutrition and Harvard Medical School nutritional psychiatrist have shared, foods rich in omega-3 fatty acids, folate, iron, iodine, zinc, choline, and vitamins A, B12, and D support brain function, behavior, emotional regulation, and learning. Avoiding processed foods with added sugars is also key.

Q. HOW CAN I INSPIRE MY KIDS AND FAMILY TO EAT BRAIN-HEALTHY FOODS?

Children can be finicky, so parents will have to get creative. Here are six brain-healthy and fun foods that will help your kids (and family) stay sharp and focused:

1. Brain Healthy Smoothies

Smoothies are popular and, if made with the science of digestion of nutrients in mind, are a tasty way to incorporate lots of nutrients into your child's and family's diet — and even disguise foods that they might normally fight. You can even call it a "brainshake."

Because, as Dr. Sanjay Gutpa explains in his book *"Keep Sharp,"* digestion begins in the mouth. Juice and smoothies don't get absorbed as efficiently because they pass through the stomach and first part of the small intestine before digestion, allowing the optimal absorption of brain-healthy nutrients.

For the best superfood brain healthy smoothie, add folate-rich and fiber-rich leafy greens like spinach or kale, along with chia seeds or walnuts for plant-based omega-3 fatty acids, fiber, and protein. Then throw in avocado for healthy fats, followed by antioxidant-rich blueberries, and a tablespoon of olive oil. With nuts and whole plants in the "Brainshake," you are forced to "chew" your juice, releasing amylase, and begin digestion. Therefore absorption of nutrients is more efficient and effective.

Adding plain, unsweetened yogurt can also increase your



smoothie's creaminess, protein levels, and gut-healthy probiotics that boost mood.

2. Homemade Brain Healthy Veggie Fries

Eating a colorful variety of vegetables is essential for getting enough fiber and phytonutrients, as well as fueling both gut health and brain health.

Roasting or steaming vegetables like broccoli, squash, asparagus, cauliflower, and carrots will help soften foods for young children and the variety of textures and colors will keep children interested and curious, all while providing them with anti-inflammatory mood-boosting nutrients.

Air fryer ovens add a crispy, crunchy texture to food without deep frying. Use it to make zucchini, carrot, or green bean "fries."

Then top the vegetables with a pinch of black pepper and turmeric, rosemary, oregano, parsley, lemon juice, paprika, chile pepper, or thyme to add flavor and brain-boosting nutrients.

3. Brain Healthy Hummus

Legumes are healthy, plant-based sources of iron, zinc, protein, and fiber, benefitting brain health and development.

Homemade hummus is a versatile way to incorporate legumes into your child's and family's diet. It can be served in so many ways, such as a dip paired with apple slices, carrot sticks, thinly sliced celery, or sugar snap peas.

Adding some color to your hummus can make it more appealing to kids. Think a bright orange carrot hummus or a deep-purple beet hummus topped with a monster face made out of vegetables.

Perhaps consider following Dr. Naidoo's recipe for avocado hummus from her book for an even more nutritious take!

AVOCADO HUMMUS

1/2 large ripe avocado, skin and seed removed
2 cups cooked, or canned organic chickpeas
1/3 cup tahini paste
1/4 cup fresh lime juice 1 clove garlic
1 teaspoon kosher salt, plus more if needed
1/4 teaspoon black pepper
1/2 teaspoon ground cumin
1/4 teaspoon smoked paprika
1/2 cup fresh cilantro
3 tablespoons olive oil, plus more for drizzling
1 tablespoon sliced, toasted almonds
1/4 cup chopped fresh flat-leaf parsley

For canned chickpeas (preferably organic) – rinse and drain the chickpeas

Using a food processor, combine all the ingredients except the olive oil, almonds, and parsley for about 1 minute.

With the motor running on medium speed, drizzle in the olive oil and continue to process until the hummus is very light and creamy, about 1 more minute. Season with additional salt, if needed.

Transfer the hummus to a shallow bowl.

Top with toasted almonds and chopped parsley and drizzle with additional olive oil.

If you are not eating immediately, cover the hummus with plastic so that the avocado does not turn brown. The hummus can be stored in the fridge for up to 1 day.

Excerpted from THIS IS YOUR BRAIN ON FOOD by UMA NAIDOO, MD. Copyright © 2020 by Uma Naidoo. Used with permission of Little, Brown Spark, an imprint of Little, Brown and Company. New York, NY. All rights reserved.



BRAIN FROM PAGE 8

4. Salmon and other Brain Healthy Fish and Seafood

Introducing your child to fish at a young age can increase their likelihood of enjoying it and eating low-fat, vitamin-rich proteins for the rest of their life.

Dr. Naidoo shares that approximately 20% of the weight of the brain is made up of polyunsaturated fatty acids, including an omega-3 fatty acid called docosahexaenoic acid (DHA) that seafood contains in impressive amounts.

DHA is a major structural component of the cell membranes of our brain and helps to support normal and healthy brain function. Omega-3s like DHA are essential to consume through food (or supplements) because our bodies need them but can't produce them on their own.

Seafood happens to be one of the best sources of DHA! Oily fish, like anchovies, mackerel, herring, salmon, and sardines are particularly rich in this type of omega-3 fatty acid. Salmon is soft and mild enough for young children and is also a good source of vitamin B12 and omega-3s, which promote healthy brain development, and happier moods.

Another tip is to pair seafood with plenty of vegetables, whole grains, nuts, seeds, or legumes for even more brain and mental health



benefits. This could look like flaking baked salmon on a salad, adding canned sardines or tuna to a veggie-filled pasta, or cooking shrimp in a vegetable and brown rice stir-fry.

5. Eggs

Whole eggs are an excellent source of brain-boosting vitamins A, D, and B12, along with choline. Choline is especially important for young children, as it has been shown to improve brain development and long-term memory. Dr. Naidoo recommends buying pastured

eggs: one study found that pastured eggs can have twice as much vitamin E and almost three times as many omega-3s as caged eggs.

6. Meatballs

Sneak some powerful plant-based fiber and nutritious veggies into your child's diet through meatballs.

Start with a base of beans, lentils or pastured ground turkey. Then add shredded spinach or grated zucchini. Use flax seeds to bind the ingredients for added omega-3s and toss in your

spices. Baking the meatballs, versus frying, is the healthiest way to do it.

On your next trip to the grocery store or farmers' market, encourage your child to pick out a variety of brain-healthy foods, including different colored fruits and vegetables for a diversity of nutrients to be included in any of the above food ideas.

When purchasing fish and seafood, whether you're looking in the fresh aisle, the frozen section, or for canned goods, try to look for the easy-to-identify MSC blue fish label on the packaging. This label means the seafood is certified to come from a fishery that protects both the fish population and the surrounding ecosystem ensuring they are healthy for generations to come.

To enjoy the brain-boosting benefits of fish sustainably, try to opt for different seafood varieties when possible. They each offer their own unique nutrition profile, and diversity in the diet is key to good health.

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

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LAKEWOOD RANCH COMMUNITY ACTIVITIES

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The cold weather hasn't stopped us from having our most eventful fall to date! It also hasn't stopped determined residents from achieving their goals and making fitness a top priority. Bright and early in the morning, the attendees of "Strength + Mobility + Balance," our popular adult fitness program, were out there getting in their morning workout. Yogis of Lakewood Ranch have also continuously been out in Waterside Park and Bob Gardner park for zen-filled mornings of yoga. We love to see it!



Aliye Presley
Events & Marketing
Manager

Not only are the adults of Lakewood Ranch working on their fitness, but we are also so excited to see children and teens participate in engaging sports and fitness programs made possible by our incredible Parks & Recreation team, as well as our many partners. The team worked hard to bring programs for kids to The Ranch such as Fit4Kids, Fit4Twins, Soccer 4 Peewee, Kids Kickball, yoga, tennis, volleyball and even more! Make sure to head over to myLWR.com or the Lakewood Ranch app to browse a full catalog of our Parks & Recreation programs – there truly is something for everyone.

Additionally, If you have an idea for a new parks program



or community group/club, we want to hear from you! Send us a note at info@lwra.org and we'll be glad to help. We love working with our LWR-based businesses! We are open to applications for the upcoming session of our Parks and Recreation program. If interested, submit our Park Partner application. For a link to the application, email us at the address provided above.

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



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AROUND THE RANCH



PHOTOS BY RYAN ANGELL



Ranch Nite Wednesdays are Back!!!

People are flocking back to Waterside Place for everyone's favorite weeknight hangout, Ranch Nite Wednesdays. The event runs from 6-9 p.m. every Wednesday, through May 31, at Lakewood Ranch's newest town center, located at 1561 Lakefront Drive, 34240.

Each week will feature new food trucks and a dessert truck, weekly live music from local artists, a night market

with rotating vendors, a vintage mobile bar hosted by Cornerstone and Co., and the largest recreational cornhole league in the nation, hosted by MVP Sports and Social!

Dogs are welcome, but must be on a leash.

To view the weekly food truck line-up and entertainment, visit lakewoodranch.com/event/ranch-nite-Wednesdays.



LWR CERT Holds First Aid Session – And Fills the Hall!

By Ernie Soller
Community Correspondent

Lakewood Ranch Community Emergency Response Team (CERT) president Jim Emanuelson commented to me that it seemed that the best way to ensure a big crowd for a CERT meeting was to have the meeting right after a major storm.

Well, Hurricane Ian was definitely a major storm.

But, as Emanuelson noted, it sure brought out the crowd for Lakewood Ranch CERT's informational session on emergency first aid. Around a hundred people showed up at the Town Hall for the Saturday morning event on Oct. 8.

Part of CERT's responsibility is to help educate residents about disaster threats, as well as to respond to events as they occur. Lakewood Ranch CERT had 100 volunteers on the streets after Ian, in 21 teams, with 7 radio hubs. Among other things, they found two gas leaks that were identified and remedied. Fortunately, there were no injuries needing attention.

One of the first things Emanuelson mentioned to the attendees was that residents should make sure that their home has a copy of the Manatee County all hazards guide. This can be found on the internet, and you can print a copy for your family's reference. The guide has a map showing evacuation zones in case of a hurricane or tropical storm, a listing of the wind strengths of the various storm categories, instructions as to how to prepare a set of supplies that you may need in case of an emergency, ideas on how to protect your home or business, and so on. It even has a listing of shelters, including which accept pets.

Nigel Pilling, LWR CERT's training manager, commented that the October meeting was about information and knowledge regarding first aid. "You are the help until help arrives," he said. He noted that the first thing to do if someone is hurt is to call 911. Make sure that you know your location and can communicate the location to the 911 operator. If you're busy stopping a person's bleeding, then get someone else to call 911. And don't hang up on the 911 operator. They may need you to answer additional questions about the situation! Don't worry that calling 911 may not be necessary – call them anyway. And please



PHOTOS BY ERNIE SOLLER

note: you can text 911. Call if you can – text if you can't.

At the same time, it is important that you, as the person responding, stay safe yourself. Don't put yourself in danger. Work to stop any bleeding – making sure that you are not in contact with the injured person's blood. If you have plastic gloves left over from the pandemic, they work great at keeping your hands clean. Apply pressure to stop bleeding, even if it may make the patient uncomfortable.

In addition, make sure that the victim can breathe. If he or she seems to be having trouble breathing, kneel above the patient's head, and move their head so that their jaw is pointing upward, in order to open the airway.

Also note: Florida law provides protection for those who are trying to help an injured person.

Pat Knowles, Lakewood Ranch CERT's treasurer, then talked about additional moves. First, let the patient know who you are, and do not touch the victim unless he or she gives permission. If the person is unconscious, permission is implied. You need to check for airway obstruction, excessive bleeding, and shock.

A person in shock may show rapid and shallow breathing. They may also fail to follow simple commands. You can check for shock by squeezing the person's palm. If the color does not return to the squeezed area within two seconds, they may be in shock.

If a person is in shock, have them lie down or sit, elevate their legs, supporting the knees. Check for airway obstruction and keep the



person warm. If a person is in shock because of an allergic reaction, you may need to use their EpiPen. Make sure that you know which end to use!

In the case of someone suffering from burns, keep the person cool using water, but NOT ICE. Irrigate the burned area with water to wash bacteria out.

Heat exhaustion can present with cool, moist and pale skin, heavy sweating, nausea, and dizziness. Heat stroke involves lack of perspiration, possible lapsing into unconsciousness, and rapid, shallow pulse.

In both cases, cool the patient. Move him or her into air conditioning, if possible. Give water, slowly.

Note: Gatorade can be helpful here. It was developed to enable athletes to replenish the electrolytes lost in heavy sweating, working better than plain water in such situations, as water contains no electrolytes.

If someone is bitten by a snake, assume that the snake is poisonous and call 911. Try

to identify the snake; take a picture if it is still around. This is important to enable medical personnel to give the proper antivenom. Keep the bite lower than the person's heart. Florida has several species of poisonous snakes and yes, they do live in Lakewood Ranch, and have no respect for gates.

The next speaker was Ruth Landes, EMT professional and CEO of Landes Emergency Training Services., who talked about Automated External Defibrillators.

She noted that it is important that treatment with one of these defibrillators should be given within three minutes of a cardiac event. They are found in many public buildings, doctors' offices, dental clinics, etc. She also noted that it is important that they be maintained, so that a person trying to use one won't find that the battery isn't good anymore, or the pads are past their expiration date.

How to use: Turn on the machine and follow the prompts. Landes also commented that you can get an AED app for your phone that identifies the locations nearby of such devices.

Note: these machines are available for home use, and not just for public and professional buildings.

Mike Defferding closed the meeting by discussing neighborhood engagement. Lakewood Ranch CERT has, at this point, about 200 volunteer members. Defferding said it would be great to have about twice that many, to enable better response during a major event.

CERT enables volunteers to learn how to take care of their families during a storm. It also is a means of helping your neighbors after the storm has passed.

Anyone can join, and you will not be expected to do anything that you are uncomfortable doing. Your membership does not preclude you from electing to evacuate prior to a storm, but it does provide you with basic skills

Go to: www.lwrcert.org, and check "how to join."

In addition to providing the hints on first aid for various issues, the CERT volunteers had a selection of their equipment for the public to check out, as well as brochures from FEMA and Manatee County.

They do a great service for our community!

Cleanup Continues in Lakewood Ranch After Ian

By Ernie Soller
Community Correspondent

Hurricane Ian came to the west coast of Florida on Sept. 27, stuck around through Sept. 28, and then meandered its way northeast.

The area around Fort Myers Beach got the brunt of the damage, with as much as a 15-foot storm surge that tossed boats up on the shore, damaged homes and condos, and left residents of Sanibel Island with no access to the mainland other than by boat.

We had damage here in Lakewood Ranch, but as a number of Community Development District (CDD) supervisors commented, we were lucky ... VERY LUCKY.

Lakewood Ranch sustained some gusts of high winds and a lot of rain, but much of the damage around Lakewood Ranch consisted of broken tree limbs, trees uprooted, lots of dead palm fronds littering the streets, and signs broken or knocked off their mountings.

All these things were discussed during the October meetings of the Lakewood Ranch CDD boards in October at the Town Hall.

Executive Director Steve Zielinski, along with many supervisors, gave thanks to the landscapers, along with their subcontractors, and especially the Lakewood Ranch Operations staff, who worked very hard to help clean up the debris, get streets open that had been blocked by fallen limbs, and pile up loads of debris so that it could be hauled away by Manatee County.

He also singled out the efforts of Lakewood Ranch CERT (Community Emergency Response Team), which sent out 139 volunteers into the community on the day after the hurricane to check on neighbors and help wherever they could. (Among other things, they found several gas leaks, which got fixed quickly by utility crews.)

By the end of the weekend after the hurricane hit, a large portion of the debris had already been dealt with.

One thing which mystified Zielinski happened at Greenbrook Adventure Park, which was under water the day after Ian, but Zielinski,

while assessing the area for possible damage, witnessed parents apparently allowing their small children to play in the dirty water in the flooded areas. The fact that the water was there as a result of a flooding situation meant that there was a good possibility that the water contained snakes and/or alligators, which could pose a serious danger to these children!

The Town Hall staff will be looking at methods to prevent people from entering flooded areas after a major storm.

A post-hurricane assessment has been held, involving both operations staff and Lakewood Ranch CERT volunteers, in order to use the lessons from this storm to better plan for the next one.

SHRED DAY

The annual Lakewood Ranch Shred Day has been cancelled for this year.

Originally it was to be held in October but has been rescheduled for April 22, 2023.

TOWN HALL HOURS

After several months of study found that there was almost no use of the Town Hall by residents – either by phone or in person – during the last hour of the day on Fridays, the Town Hall work schedule on Fridays has been changed, and will be now be open to serve residents on Fridays from 7 a.m. to 5 p.m.

HELP FOR THOSE IN NEED AFTER IAN

A yellow barrel to be used to donate food and other supplies to those who need assistance after Ian has been set up in the Town Hall lobby.

The greatest need is for non-perishable food items, such as boxes of cereal, and items which contain protein, such as peanut butter, canned tuna, and canned chicken, as well as cleaning supplies, and hand soap.

OPERATIONS MAINTENANCE REQUESTS

The Operations Department reported that they were slightly behind in completing resident requests due to the hurricane and the resulting need for staff to participate in the cleanup after the storm.

SEE CLEANUP, PAGE 18



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Your LWR Story

By Maggie Milne

Meet Arminee Bowler, former resident of New York City and Hudson, N.Y. Prior to her move to Lakewood Ranch, Arminee worked in international finance for various Wall Street firms in capital markets. Most of her career life was spent living and working in Manhattan, while traveling the world for work-related endeavors. Arminee enjoyed the demands of her career life, balanced with her family life. When she retired, she and her husband, Ramon, lived full-time in Hudson, where she enjoyed hosting family gatherings on the weekends and holidays.

She and her husband initially embraced country-home living on acres of land, enjoying outdoor activities, gardening, and enjoying the calm energy the location would be “forever” for them. However, Arminee admits she began to feel bored. She discovered that the Hudson home and location did not offer enough community or fun for them. She knew their search for a future life and lifestyle would need to include both community and fun. Their initial search included North Carolina, and both Florida coasts. When she and Ramon found downtown Sarasota, they knew they were closer to their future home. Then they discovered Lakewood Ranch.

Arminee knew Lakewood Ranch was the perfect place to call home. The lifestyle was the change from New York that they were seeking. Lakewood Ranch is close to downtown Sarasota, which offers performing arts, cultural events, and the fine art she and her husband enjoy. The Lakewood Ranch atmosphere provided the restful, beautiful, vibe they were both seeking.

A diverse community was a priority for Arminee. She noticed immediately that Lakewood Ranch was a perfect mix of residents from other states and countries. She and Ramon were totally sold on the multi-gen concept and sought a home in a village that included families with children, residents who live in Lakewood Ranch mostly full-time, and who were engaged in community life as much as she and her husband.

Another thing that appealed to Arminee was the convenience of University Parkway, which leads to University Town Center mall, Sarasota beaches, restaurants, and green spaces like parks and walking trails. In addition to all those amenities, Arminee and her husband were appreciative of the ease with which they could access the Sarasota/Bradenton International Airport, hospitals, other medical specialists, and neighborhood plazas.

Arminee and Ramon ended up choosing The

Isles for their home, a new-construction village built by Toll Brothers. They loved the idea that they were moving into a place where their neighbors were also new residents. She said meeting people in The Isles is easy; her friendships have developed through social clubs and events within The Isles and throughout Lakewood Ranch activities.



Isles organizes some social clubs within The Isles and is an active member of the Lakewood Ranch Women's Club and the Sarasota and Lakewood Ranch newcomers' clubs. She hosts a bike riding group, Mahjong groups, book club, and facilitates events among her neighbors and friends.

She and Ramon love that The Isles has events organized by resident volunteers, including potlucks, movie nights, holiday events, and parties for a variety of occasions. A few village events she highlighted include the flower arranging class, Octoberfest beer tasting, and the wine and cheese event.

An added bonus for them is that Arminee's sister and spouse chose to live in Lakewood Ranch shortly after Arminee and Ramon settled here.

Arminee and Ramon look forward to the ongoing development of Waterside Place, as the convenience of retail, restaurants, and community

events is the lifestyle that appeals to them. Arminee attends the Farmers' Market regularly, especially during the winter months for the fresh produce options.

Arminee is thrilled they have moved to the Lakewood Ranch community and have no intention of leaving The Isles or Lakewood Ranch. Arminee is

confident this is their last stop; staying where they are, continuing to enjoy their retirement, The Isles, and their Lakewood Ranch life.

“It's the people and our neighbors who make the community,” Arminee said.

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.

Sofia's Makes Its Mark on Lakewood Ranch Main Street

By Ernie Soller
Community Correspondent

These days, in order to put their business out there as something above and beyond the ordinary, some folks feel that they need to craft an image.

Lakewood Ranch's Main Street has gone through some changes since it opened for business. Restaurants have arrived on the scene, with some boasting long-term presence, and some changing hands while maintaining similar menus.

There is one location on Main Street that has probably gone through more transformations than any other, located as it is in almost the center of Main Street. It started out as a builder's display place. Then it became a showroom for a high-end kitchen appliance company's wares. Still later, it became a demonstration center for the University of South Florida's Culinary and Hospitality program.

Now it has been again transformed, this time into a classy Mediterranean restaurant: Sofia's, courtesy of Chef Angelo DiFiore. A case could easily be made for the idea that Lakewood Ranch, and the Main Street/Waterside Place/San Marco area, is becoming a culinary destination.

Truly, in this area a diner can find everything from pizza to an Irish pub, from seafood to a sports bar, from Italian to a French bistro, from Mexican to sushi, steaks to Thai food.

But, back to the subject of Sofia's. Chef Angelo, with loads of kitchen experience behind him, opened Sofia's in August. Since my wife and I were leaving town for a destination wedding out west, followed by visits to friends in that part of the country, we had to postpone our planned trip to check out Sofia's until after arriving home in early September.

We decided that it might be a good idea to call and make a dinner reservation, and this proved to be an excellent idea as, when we arrived for our early dinner at 5:30, and were greeted at the door by Chef Angelo, there were still a few empty tables at Sofia's. This availability soon disappeared, however, and by the time we finished our meal, enjoyed our dessert, and paid our bill, there was a lineup of patrons in the entrance area of Sofia's, waiting for a table.

We were quickly ushered to a low-top table for two (Sofia's also has high-top tables, if you



PHOTOS BY ERNIE SOLLER

prefer, as well as a small bar area), and were given a wine list, along with a dinner menu, by our waiter, Martin. The wine list is extensive, and you can select from an entire page listing of white wines along with, as might be expected, three pages of red wine listings. The prices vary with the wines, from relatively inexpensive all the way to a \$1,000 Jeroboam bottle of Castello Romitorio! There are a lot of wines at Sofia's, and a good number of them are displayed in racks and in cabinets, as part of the décor.

Sofia's advertises itself as a restaurant that makes an effort to source its food ingredients locally, in order to give their customers the freshest possible culinary treats.

We made our selections for dinner, with my wife ordering the Chicken Limoncello, listed on the menu as pan-seared free-range chicken breast with artichoke hearts, capers, and fresh squeezed lemon in a white wine sauce. A little wine makes for good taste, doesn't it? She loved it!

I chose the Seafood Lasagna, which contained lobster, prawns, shrimp, clams, mussels, spinach and tomatoes, topped with a lobster cream sauce. The clams came on the half shell and were great.

If I had any criticism of my Seafood Lasagna, it would be that since seafood tends to be low



on fat, it might be a good idea for Sofia's to add just a tad more of the cream sauce, in order to provide a bit more moisture to the dish. Overall though, it was quite satisfying.

As for dessert, she ordered limoncello mousse, and I tried the ricotta and chestnut cake, which was served with a dollop of whipped cream – perfect!

Martin brought us each a small glass of limoncello to savor prior to our leaving Sofia's. A fitting end to a very tasty meal. Sofia's is a classy place and, as it had once been a demonstration kitchen, diners can watch the kitchen staff at work, which is interesting in itself.

About the only thing which might detract from a perfect dinner at Sofia's might be the noise factor. The floor is a marble-look tile, and the ceiling is high and also made of hard surfaces. The result, as the place filled up, was a signif-



icant increase in the amount of ambient noise, making low-voiced conversation difficult.

Food-wise, however, Sofia's adds a lot to Lakewood Ranch Main Street. With restaurants like this in Lakewood Ranch, who needs to trek to downtown Sarasota for dinner?

Sofia's is located at 8130 Lakewood Ranch Main Street. Dinner hours are 4 to 9 p.m. Tuesday through Sunday. Lunch is served from 11:30 a.m. to 3 p.m. Tuesday through Saturday. For more information visit sofiasrestaurantlwr.com or call (941)500-1166.

CLEANUP FROM PAGE 15

FEMA PARTICIPATION

Executive Director Zielinski is preparing a request for FEMA (Federal Emergency Management Agency) reimbursement of cleanup / repair costs for Lakewood Ranch.

One example: During the District 2 CDD Board meeting, resident Donna Forsyth of The Moorings brought pictures to show the supervisors some of the damage from Ian in her area, notably shoreline erosion and a damaged dock.

Zielinski noted that after Hurricane Irma in 2017, FEMA came through and approved around 98% of the requested funds for Lakewood Ranch.

LANDSCAPING CONTRACTS

The various Lakewood Ranch CDD boards have revised their landscaping contracts to allow for some monetary relief to their contractors, which have incurred higher costs of operation.

GUARD SERVICES

Contracts with security guard services in several districts were extended to the end of the calendar year. This will provide for continued service and allow Town Hall staff time to set up new contracts, to start at the

first of January of 2023, and continue to the end of September, conforming to the fiscal year.

In a somewhat related item, a resident recently sent a letter to the District 5 Board complaining about a loud party attended by a large group of young people at a residence in the district. The letter apparently questioned why these young people were allowed into the Country Club area by the gate guards.

Executive Director Zielinski noted that the guards do not have the authority to deny entry, even if a bunch of young people come in in a large group. If there is trouble, the Town Hall staff can provide the Sheriff's Department with record of the time that certain vehicles entered the area, and the license plate numbers of those vehicles.

Supervisor Steve Peters commented that if a resident feels that things are way too noisy, or that there is a possibility of underage drinking, etc., the proper action for the resident is to call the Manatee County Sheriff's Office. He added that he had done this earlier on in response to a similar situation, and as soon as the deputies arrived, the crowd dissipated quite quickly.

GOLF CART CONCERNS

During the District 1 board meeting, resident Charlene Chirill reported that she had

seen golf carts driven by teens going down a trail in the area of Heron's Nest Park, and, in the process, doing damage to the common area.

It is illegal to drive golf carts in this area and is subject to a citation and subsequent fine from the Manatee County Sheriff's office.

District 1 Board Chairman Alan Roth noted that some time back, a small child was seriously injured by a young person carelessly driving a golf cart in that area.

TOWN HALL STAFFING

After months of operating without a full crew, the Lakewood Ranch Town Hall staff is at full strength. The most notable addition to the staff came with the hiring of Susan Wiggins as Lakewood Ranch's new chief financial officer.

DISTRICT BUDGET WORKSHOPS

Budget workshops for Lakewood Ranch's CDDs for the next fiscal year, which begins on Oct. 1, 2023, will commence in March of 2023.

These workshops are open to the public, and residents are encouraged to attend. Coming to a budget workshop is an opportunity to have your voice heard regarding how your CDD tax dollars are spent.

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THE UNASSUMING WINE BROS.



“Rosé You – Like A Hurricane”

To the loyal readers of this article, I apologize. Life, career, and Hurricane Ian got me behind my writing power curve, to the chagrin of my lovely editor and chief, Lisa. Like everyone living in Lakewood Ranch, we braved Hurricane Ian's passing with white knuckles and frazzled nerves. Again, the spirit of Seminole warrior Chichi-Okobee and his Spanish love Sara De Sota protected us from disaster (for those new to the LWR/Sarasota area, you can google “The Legend of Sara De Sota,” it's a good story). Attempting to do something productive as I monitored every minute of storm updates and ensured my family was safe, I decided to rock this hurricane with a quick wine review. So, with my lanai furniture bobbing in our pool, I pulled out some French rosé for my “Rosé You like a Hurricane” wine review.

I'm Vigo, your 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.

Before starting this review, I would have to say that my wife was completely supportive of my choice of activities during Ian's approach. “Well, it's not like we can do a lot right now,” she commented, as I lined up my selections for tasting and review. Though I'm attempting to downplay how all of us were feeling at the approach of Ian, we can agree that we are incredibly blessed to live in Lakewood Ranch. The Ranch has taken two hurricanes' near misses in the last five years and came out no worse for wear, which is a testament to the fine people that initially designed the community. With that said ... let's discuss some winning rosés to brighten any stormy day.

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

2021 THE PALE ROSÉ, CHATEAU D'ESCLANS

Provence France, \$16 U.S., 12.5% ABV

Vigo: Before we dig in, I want to say that I like semi-dry rosé and The Pale, and the other two selections, will be semi-dry. Okay, now that we have that cleansing statement out of the way, I can say that this is a solid rosé for \$16. The Pale has a soft pale pink color in the glass and has the aroma of freshly picked cherries and blooming red roses. On the palate, you will note tart cherries and lemons with a mellow melon finish. You will also detect a hint of minerality, which can be attributed to the Mediterranean breezes that syrah, grenache, cinsault, and rolle grapes are covered in during their growing. The first choice for a rosé run to Publix.

Vigo rating:    

2021 THE BEACH ROSE ROSÉ, CHATEAU D'ESCLANS

Provence France, \$16 U.S., 13.0% ABV

Vigo: Both The Pale and The Beach come from the same growing area and winemaker in Provence, France, so comparing the two will be like comparing your children; you love them both, but sometimes one is better, just a little better at some things than the other. Unlike The Pale, The Beach has a clean,



2021 The Pale rosé, Chateau d'Esclans



2021 The Beach Rose rosé, Chateau d'Esclans



2021 Ultimate Provence UP rosé, Waitrose & Partners

refined finish. The Beach has the aroma of strawberries, limes, and fresh melons. On the palate, balance is the word, with fresh tart fruits and acidity with a hint of minerality. The grapes used in The Beach are the same as The Pale (syrah, cinsault, grenache), but the harvesting is done in the early morning to avoid the grapes being overheated, which may have resulted in their smoothness. Either way, this “little sister” of The Pale was created to start the U.S. rosé boom, and this wine lover can see why.

Vigo's rating:     

2021 ULTIMATE PROVENCE UP ROSÉ, WAITROSE & PARTNERS

Provence, France, \$24 U.S., 12.5 ABV

Vigo: I'm a sucker for a beautiful label and bottle. This naivete has led me down some terrible-tasting roads; however, the UP book (bottle) was as good as the cover. The UP (Ultimate Provence) is a pink joy. In the glass, it's a beautiful pale pink, and its aroma is like Christmas day. Red berries, cinnamon, and spice. On the palate, fruity, slightly acidic, and dry. This rosé finishes like a Christmas dinner with a smooth, satisfying finish. Though The Beach is credited for the U.S. rosé boom, the UP should be given credit for keeping the boom going. A must-serve for any rosé lover.

Vigo's rating:      (My top-rated rosé for the year)

Vigo's overall impressions: Though my tasting could have been done at a better time, there is not ever a bad time to enjoy



a great rosé. Much like Willamette Valley being the U.S. center for delicious pinot noir, Provence, France is the center for the best rosés produced in the world. All three of the rosés tastes are superb and selecting any one of them would be great, but my first choice would be UP if you were drinking rosé to impress, and The Beach or The Pale to enjoy knowing you're drinking a great rosé at a great price.

Fans and Readers:

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

LWR Women's Club's 25th Birthday Celebration Raises \$17,000 for Charity

In October, Lakewood Ranch Women's Club (LWRWC) held a milestone birthday celebration charity fundraiser commemorating 25 years of fun, friendship, and charitable giving. The celebration, held at the Lakewood Ranch Golf and Country Club, featured a "locked treasures" raffle, silent auction, gourmet dinner, and dancing. The event raised \$17,000, which will benefit LWRWC's four adopted charities: Hope Family Services, Solve Maternity Homes, Sarasota Manatee Association of Riding Therapy (SMART), and Children's Guardian Fund.

"I feel blessed to live in such a caring community that comes together to help those in need," said event chair Monika Templeman. "We are grateful to celebrate together, having been spared much of the devastation caused by Hurricane Ian, but sadly, some among us were not as fortunate."

"Our wonderful adopted charities and the clients they serve suffered considerable losses as a result of the hurricane, which compounded the problems caused by the pandemic," Templeman continued. "Now, more than ever, our adopted charities need our help to continue the vital work that they do."

Templeman presented Humanitarian Awards to the executive directors of the charities, on behalf of the LWRWC. Event sponsors Laurie Fox, of Coldwell Banker, and Joseph Adamchak, of Adamchak & Associates Wealth Management – Merrill Lynch,



From left: Laurel Lynch, CEO, HOPE Family Services; Peggy Kerwin, CEO, Solve Maternity Homes; Monika Templeman, LWRWC 25th birthday charity fundraiser chair; Svetlana Ivashchenko, CEO, Children's Guardian Fund, and Rebecca Blitz, CEO, Sarasota Manatee Association for Riding Therapy (SMART).

also received Humanitarian Awards for their support of LWRWC adopted charities since 2015.

The evening culminated with LWRWC president Carol Belmont presenting the 2022 Woman of the Year award to Irene Shatz for her accomplishments as the cultural donations chair for the group's charity fundraisers. As a teacher in New York,



From left: Carol Belmont, LWRWC 2022 president; Irene Shatz, LWRWC 2022 Woman of the Year; and Monika Templeman, LWRWC 25th birthday charity fundraiser chair. PHOTOS BY ALLYSON SOKOL

Shatz went above and beyond to help students with special needs and is a strong supporter of the arts. She is proud of being 85 years "young" and is still going strong to do good work in the community.

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

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THE (PET) DOCTOR IS IN!

By Erin Siems, DVM

I often get asked “What’s the best breed of dog to get?” While I’m sure it’s disappointing, my answer will always be ... it depends. This may seem to be elusive veterinary talk but there are many factors that need to be considered. After all, we are talking about adding a new member to the family, not buying a piece of furniture. This is a long-term commitment, and we need to get it right on the first try. My retired parents, who love to travel in their motorhome, would not be suited for the same pup as my friends who own a farm and have several children.

When considering adding a new furry friend, it is important to decide what characteristics are important to you and be honest about your lifestyle. Sure, a Weimaraner might look cool, but if you love spending the day on the couch this is probably not the dog for you. Consider how many people are in your household, what their skill/ability level is in helping taking care of the pup and how they will interact as the puppy grows. It is always a good idea to have the entire family be involved in raising a puppy. That being said, a lot of times a puppy is too daunting of a task to take on. There are plenty of great shelters and rescues who can help you find the right pet. These excellent resources often have every life stage, from puppies to young adults to senior citizens, who all are in need of love and support. Sometimes giving a senior



dog a second chance at love is the most rewarding thing you can experience. Many shelters also offer programs like sleepovers to help you make sure you picked the right one.

As a dog mom and foster, I have had many four- (and sometimes three-) legged friends pass through my life – big, small, sassy, lazy, love ‘em but they kinda drive you crazy – I’ve gotten to experience it all. Each one will always have a special place in my heart and each one has defined a time in my life. If you

are looking to add a special new member to the family, don’t limit yourself to picking the “perfect dog” from a picture on the internet. Do your homework, figure out what perfect means to you and your lifestyle to set everyone up for a lifetime of success.

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.



Joker and Harlequin are brother and sister and 6 months old. They are neutered and spayed, vaccinated, and microchipped. They are extremely affectionate and get along with kids, cats, and dogs. They love to cuddle with humans. Apply to adopt online at www.duetteanimalrescue.org.





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If you can't attend the event on December 3rd, shoeboxes can be dropped off at Meals on Wheels PLUS of Manatee at 811 23rd Avenue East, Bradenton, FL 34208 between 8:30am and 4:30pm Monday through Friday no later than Friday, December 9th.

Meals on Wheels PLUS hopes to collect *1,000 wrapped & filled shoeboxes* to deliver to seniors throughout the holidays. These boxes are often times the only holiday present seniors receive.

Bring Joy This Holiday Season To Our Seniors!

Funds donated in excess of need will be used to provide nutrition and caring, supportive services throughout the year. Meals on Wheels PLUS of Manatee is a 501 (c)3 organization. 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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