



# Around the Ranch

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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, FEBRUARY 15, 2023



**SUNDAYS IN LAKEWOOD RANCH ARE ONLY QUIET IF YOU WANT THEM TO BE** – If art, music, shopping, eating, or just hanging around with your friends sounds like your version of a perfect day, welcome to the weekend on The Ranch! Photo by Ernie Soller

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myLWR.com

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# Your Brain in Love

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



There is a perfectly reasonable explanation for why the heart is the official symbol of Valentine's Day. What happens when you see the object of your affection? Your heart pounds and your pulse quickens, right? And what happens when that love is unrequited, or simply fades away? It feels like your heart is about to shatter.

But the heart is incapable of expressing such complex emotions on its own. It takes orders

**This month, in honor of Valentine's Day, we are focusing on what happens to your brain when you're falling in love. And what needs to happen for you to stay there.**

from a higher power, literally and figuratively. The brain, or more accurately the chemicals it produces, is in complete control of who and how much we love. It also controls the other physical reactions that sometimes visit us when we're alone with our beloved: sweaty palms, stuttering tongue, butterflied stomach.

Ultimately, though, the heart is much easier to draw and reproduce into chalky candy. And it's much prettier, although that begs an unrelated question: Why do we not regard the brain as a beautiful organ? Doesn't it stand to reason

that the brain would be smitten by its own reflection?

Back to love. According to a post from the Harvard University Graduate School of Arts and Sciences, there are three categories of romantic love and hormones produced in the brain that correspond with each category:

- **Lust.** The brain's hypothalamus produces **testosterone** and **estrogen**, the male and female sex hormones, respectively. Increases in

SEE BRAIN, PAGE 7

The chemicals produced in the brain when we love someone can also be produced in other ways. So, if you're still waiting for that special someone to come along, try these activities to get the same gushy feelings.

- **Dopamine.** This neurotransmitter is the brain's reward system. It can be produced when we're doing anything that is pleasurable, like shopping, cooking, playing music, golfing, or enjoying a pleasant smell. The following foods are high in tyrosine, which the brain converts into dopamine: poultry, dairy foods, avocados, bananas, pumpkin and sesame seeds, and soy.

- **Norepinephrine.** This hormone makes us giddy, energetic and euphoric, but you might not want to try too hard to trigger it. Norepinephrine kicks into high gear in the fight or flight response.

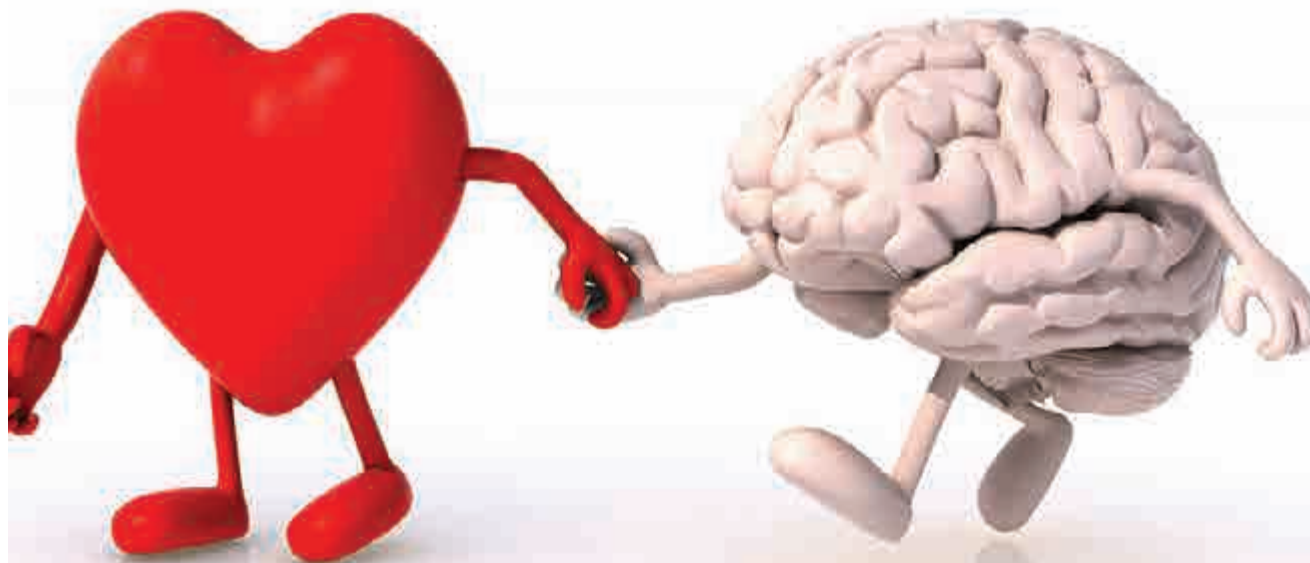
- **Oxytocin.** This is the cuddle hormone, but there are other ways to trigger its release. Oxytocin can be released during positive social interactions with humans and animals as well as with low-intensity stimulation of the skin.

- **Testosterone.** While this is the primary male sex hormone, women have a small amount, too. Some natural ways to increase testosterone are exercising and lifting weights; eating protein, fat, and carbs, and getting high-quality sleep.

- **Estrogen.** You can increase levels of the female hormone naturally by eating soybeans, sesame seeds, or flax seeds, taking B vitamins or Vitamin D.

**BE BRAIN HEALTHY** and adopt a lifestyle that includes thoughts, behaviors, emotions, responses, and language that promote brain health protective factors:

- Stress resilience
- Nutrition
- Physical activity
- Sleep
- Social connection
- Emotional wellbeing
- Meaning and Purpose
- Cognitive stimulation and creativity
- Engaging with nature
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BRAIN FROM PAGE 6

testosterone in particular, but also in estrogen, spurs the desire for sexual gratification.

• **Attraction.** Though it is related to lust, attraction can happen separately. The levels of the hormones dopamine and norepinephrine, known as the reward center of the brain, increase, while the level of serotonin decreases. People with obsessive-compulsive disorder also have low levels of serotonin, which could indicate why lovers sometimes feel infatuation.

• **Attachment.** Oxytocin, also called the “cuddle hormone,” and vasopressin, an antidiuretic, are responsible for creating human bonds that extend beyond romantic ties to parent-child and friend relationships.

Now if we could only figure out, and then somehow control, when and how the brain releases these all-important hormones.

It would certainly be easier on our hearts.

**Brain Health Initiative** ([www.brainhealthinitiative.org](http://www.brainhealthinitiative.org))

The Brain Health Initiative, Inc. (BHI), a 501(c)(3) global non-profit, uses a cutting-edge approach to protecting brain health, promoting brain performance, and preventing and fighting brain illness across the lifespan. The BHI is on a mission to build brain-healthy communities, cultures that promote brain-healthy lifestyles, foster protective factors, and address risk factors, thereby improving brain health and optimizing brain performance outcomes while addressing disparities at the individual, family, and community level. BHI is activating the next generation of brain health advocates and is a leader in brain health engagement, research, innovation, and education.

For more information about the Brain Health Initiative or to learn more about how you can become involved in Communities 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](http://brainhealthinitiative.org).

## February Programs at Chabad of Bradenton & Lakewood Ranch

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

### Talmud Classes

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

At the Chabad House and via Zoom

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

### Torah Studies

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

At the Chabad House

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

### Weekly Shabbat Services

**Friday nights, 6:30 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.

### Ladies Torah & Tea

**Tuesdays, Feb. 21 and 28, 11 a.m.**

At the home of Chanie Bukiet and via Zoom

Join Chanie Bukiet for a dose of delicious tea and refreshments and discussion on the 12 principles of energized living, which has empowered thousands of women to activate transformational goodness in their lives. Admission is free. Sponsor a class in someone's memory or honor for \$36.

### Chabad Hebrew School of the Arts

**Sundays, Feb. 19 and 26, 9:30 a.m. to noon**

At the Chabad House

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

### JLI – Book Smart

**Wednesday, Feb. 22, at 7:30 p.m.**

At the Chabad House and on Zoom

A panoramic overview of 3000 years of Jewish learning, this seven-week course introduces you to the works that earned us the title “The People of The Book.” You will experience the different genres that shape Jewish life including Tanach, Midrash, Talmud, Halachah, philosophy, Kabbalah, Musar, Chasidism, and meet the influential personalities who drove 30 centuries of Jewish scholarship. Whether you're meeting these texts for the first time or as a seasoned scholar, this course will inform and enrich all your Jewish learning. Fee: \$90 (textbook included), couples discount \$162.

### RCS – To Believe or Not to Believe in Yourself

**Thursday, Feb. 23, noon**

At The Chabad House and on Zoom

The Rosh Chodesh Society course introduces the students to Tanya, a 225-year-old text whose portrayal of human psychology in general, and our inner spiritual composition in particular, remains as revolutionary – and as refreshing – as ever. This is the fourth class of a seven-class course and is entitled “Worst Case Scenario? Best Case Scenario?” Lunch will be served. Course fee: \$85; JWC members \$80, textbooks included, or \$20 per class.

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

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# The Paleolithic Era Invades Lakewood Ranch

By Ernie Soller  
Community Correspondent

Should you begin to worry? Are we expecting saber-toothed cats and mastodons to begin roaming the shiny shopping places of Main Street? Fear not, dear reader, for there will be no prehistoric beasts around for you to contend with as you shop Main Street.

It is true, however, that something “paleo” has arrived on Lakewood Ranch Main Street. That something is a new restaurant called Power Meals, which bills itself as a paleo-friendly kitchen.

The Lakewood Ranch location is the second storefront for Power Meals in our area, the first having opened in Palmetto a while ago. As it was explained to me at the Lakewood Ranch location that I visited for lunch, the meals are currently being prepared in Palmetto, and transported to the Main Street location. A new kitchen is under construction at the Main Street location and as soon as it is operational, the food will be prepared on site in Lakewood Ranch.

So, let’s take a look at what constitutes a paleo-type diet.

According to a Mayo Clinic newsletter on the subject, a paleo diet is an eating plan based on the foods that a hunter-gatherer society would have eaten between 10,000 and a million-and-a-half years ago. This would include fruits, vegetables, lean meat, fish, eggs, nuts and seeds – the sort of things that hunter-gatherers could come up with, considering their limited resources.

It aims at eliminating foods from one’s diet such as grains, legumes (including peanuts), and dairy products. These foods became available as human society evolved from a hunter-gatherer setup to one that included farming and livestock raising.

The whole idea seems to have come from the idea that these “early” foods were much more healthy for the bodily systems of humans, and that refined foods; processed foods, like potato chips, and farmed food-like grains and white potatoes were not all that beneficial. The idea was that changes in food availability moved ahead faster than the human body’s ability to efficiently process these newer foods. This problem, according to paleo adherents, accounts for increases in obesity, cardio issues, and diabetes.

Some folks tend to be attracted to a paleo diet in order to lose weight, or to reduce the possibility that they will have to deal with cardio risk factors.

So what to eat to go paleo? Fruits, vegetables,

nuts and seeds, eggs, lean meat, oily fish, and oils from nuts and fruit.

What to avoid? Grains, such as wheat, oats and barley; beans, lentils and peanuts, milk and cheese, refined sugar, added salt, corn and peas, and (of course) chips and cookies!

Sound a lot like a “typical healthy diet,” doesn’t it?

To test the taste factor of the paleo food at Power Meals, I ventured forth to the Main Street location for a lunch break.

When I entered the store, it became quickly obvious that the place was primarily a take-out restaurant. There were a couple of picnic-sized tables in the center of the store, along with a pair of lounge chairs. The tables had matching benches for dine-in customers to use.

The walls were lined with several large coolers, which contained a goodly number of previously prepared meals in carry-out bags, waiting for pick-up, and of course a big selection of drinks, including kid-friendly varieties.

I asked about dining in and was told that, yes I could eat there, but if I wanted hot food,

they’d have to heat it up in a microwave oven. This was not a problem for me, so I selected a meal consisting of pulled pork, a half of a sweet potato, and broccoli. There were other choices available. They even carry grain-free crackers.

The lady running the store was happy to heat the food for me, and I commenced to eat my lunch, topped off with a can of an energy drink.

The pulled pork was quite tasty, as was the sweet potato. The broccoli, however, even after getting microwaved twice, was still pretty hard. I realize that half-cooked veggies have become the norm of late, but I like mine cooked, and absolutely not crunchy!

People have been trying all sorts of diets in order to lose weight, lower their tendency for cardio issues, and so on. Power Meals also offers a nutritional coaching and planning service, which can be scheduled on their website: [mypowermeals.com](http://mypowermeals.com).

Power Meals is located in Lakewood Ranch, at 8141 Lakewood Main Street, Unit 104. Their phone number is: 941-263-1744, and they also do catering!



PHOTOS BY ERNIE SOLLER







HERALD-TRIBUNE ARCHIVE

## Ranch's Multi-Gen Ranks No. 1 For Fifth Consecutive Year

Lakewood Ranch was recognized as the best-selling, master-planned multi-generational community in the country for the fifth year in a row by RCLCO and John Burns, two independent real estate consulting firms.

The Ranch saw 1,846 new home sales in 2022. Although sales were down from a record-breaking 2021, Lakewood Ranch exceeded 2019 sales, the last year there was a balanced real estate market.

Lakewood Ranch benefitted from being in the nation's fastest growing state as well as the Sarasota/Bradenton area, which increasingly appears in national and international rankings for its high quality of life.

"For nearly three decades, Lakewood Ranch has fostered a sense of place, community, and belonging. Our diversity of experiences, access to nature and services, and top-quality schools and healthcare are all here to be enjoyed TODAY. That is reassuring for home buyers in this more uncertain market," said Laura Cole, senior vice president of LWR Communities, LLC.

Cole also attributes Lakewood Ranch's sales success to the variety of neighborhoods, home styles, and price points offered to buying segments, including multi-gen, entry-level, family move-up, retiree and active adult, and luxury/custom buyers.

"In this market, communities that create the most certainty for the buyer will outpace the others. Lakewood Ranch performed, and is well-positioned to continue to do so," Cole said. "Our multigenerational appeal remains

our largest differentiator; we are opening seven new neighborhoods this year priced from the \$300s to \$1 million+. We are also opening a number of new apartment and build-for-rent communities."

Rentals have become a major source of new home buyers. "Many people moved to Lakewood Ranch in the past few years but couldn't buy a home due to limited supply, so they rented and are now ready to buy," Cole said.

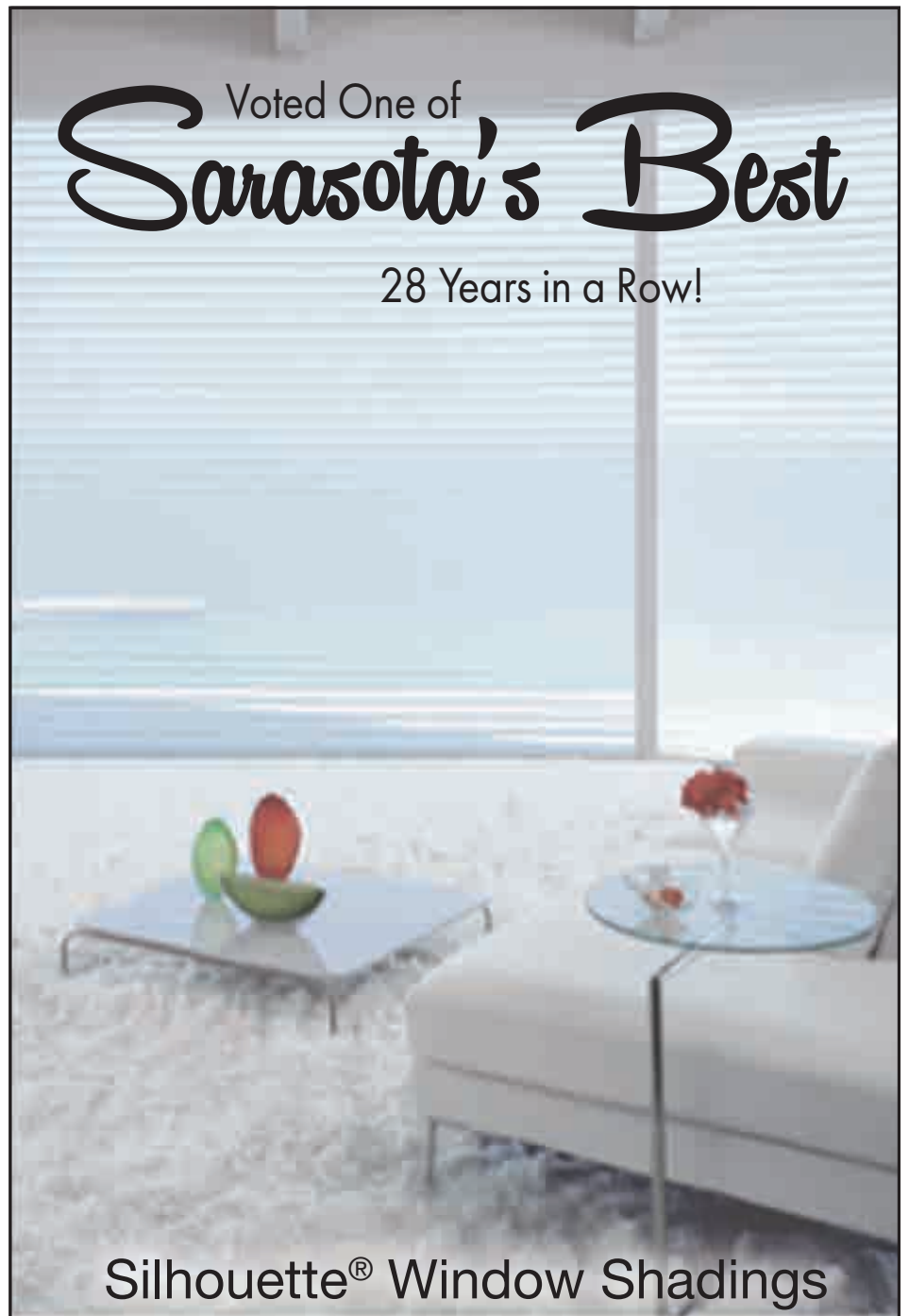
Tourism has been another sales driver. "Hurricane Ian has drawn buyers and tourists from the affected areas and other coastal markets to our area, and more specifically to Lakewood Ranch," Cole said. "Also, Sarasota-Bradenton International Airport's exponential growth has opened many new markets via the addition of numerous direct flights."

Cole also pointed to lifestyle shifts that occurred during the pandemic as benefiting sales, including suburban preferences, multi-generational moves, and increased outdoor recreation.

One of Lakewood Ranch's best sales' resources continues to be Ranch residents themselves, Cole said. "Friends and family visit and enjoy activities, such as Music on Main or the Farmers' Market at Waterside," she said. "They're able to experience the lifestyle, the camaraderie, and the diversity of amenities for themselves. Many end up coming back to rent or purchase their own home. We have many families who have three generations living in the same village or the greater Lakewood Ranch community!"

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# LAKEWOOD RANCH COMMUNITY ACTIVITIES

Building a true sense of community, through memorable events and social clubs.



The Lakewood Ranch Community Activities team has been hard at work planning our community's most beloved annual events and the team is creating experiences that are going to be better than ever!

We are now less than one month away from the 2023 Lakewood Ranch Irish Celtic Festival at Greenbrook Adventure Park. Whether you're a brand looking for exposure and are interested in renting a booth – or you have a taste for Irish flare and are drooling at the thought of corned beef and cabbage – you won't want to miss this! We have a full schedule of bands, plenty of beer and food, relay races, whiskey tasting, a leprechaun, and more planned at this year's Irish Celtic Festival. Join us from 11:30 a.m. to 4 p.m. on March 11. Booth rentals and sponsorship opportunities are still available; please email us at [info@lwrca.org](mailto:info@lwrca.org) to find out how you can be part of this year's Irish Festival and get your business in front of our thousands of attendees.

We also have our annual Fishing Seminar and Fishing Tournament for children and teens coming up in March! Join us for the free fishing seminar at either 10 a.m. or 1 p.m. on March 18 at Summerfield Community Park to learn the art of knot tying, casting and more of what it takes to be a great angler.



Aliye Presley  
Events & Marketing  
Manager



All children and teens who complete one of the seminars will get a free rod and reel, courtesy of Fish Florida! The Lakewood Ranch Fishing Tournament will follow the seminar on March 25, and take place at Lake Uihlein. The tournament is \$5 to register and pre-registration must be completed online for both programs. Please visit [myLWR.com](http://myLWR.com) to register!

Oh, don't you worry, there's even more! We have begun accepting applications for the Lakewood Ranch Tribute to Heroes Parade. Our veterans committee is working hard to make sure we are honoring all who have served our country who are no longer here with us today. If you are a veteran, organization, business, or group and wish to join us for the parade procession, please email us at [info@lwrca.org](mailto:info@lwrca.org). The Tribute to Heroes Parade will take place from 6 to 8 p.m. May 28 on Lakewood Main Street.



## Thank you to our sponsors!



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# AROUND THE RANCH



PHOTOS BY ERNIE SOLLER



## Another Lakewood Ranch Sunday (Not Quiet!)

By Ernie Soller  
Community Correspondent

Sundays in Lakewood Ranch are only quiet if quiet is what you want.

To confirm that fact, I took the opportunity to visit a couple of Lakewood Ranch's social venues one fine Sunday recently, just to see what was happening. I found a LOT happening.

I had originally marked my destination as Waterside Place, since I'd heard that along with the Sunday Farmers' Market there, I could expect a small concert by members of the Sarasota Orchestra.

When I got there, just before 10 a.m., I managed to find my way to the open plaza area at Waterside Place and sure enough, there was a brass quintet from the Sarasota Orchestra playing under the shaded area in the center of the plaza: two trumpets, a French horn, a trombone and a tuba. A bit of Bach, a bit of jazz, and a lot of fun, mellow sounds.

There were lots of folks sitting around the area, listening to the music or reading, or playing with their kids and/or dogs. There were a lot of dogs in evi-

dence at Waterside. There was also a long line of folks waiting to get coffee at the O and A coffee shop – way more than could possibly fit into the store but then, why would you want to sit inside when it was so nice outside in the open air?

The main activity at Waterside Place on a Sunday morning, the Farmers' Market, could be branded a sellout. The crowds were there in force.

So, was that the only "main event" going on in Lakewood Ranch that Sunday? Absolutely not!

A handful of miles away, on Lakewood Ranch Main Street, the Lakewood Ranch Fine Art Festival was in full swing.

The street traffic had been replaced by a goodly number of booths manned by artists and craftspeople. There were painters, sculptors, jewelry makers, cartoonists, and more, all displaying their varying wares.

Truly, there was something for everyone at the Lakewood Ranch Fine Art Festival! And if your feet got a little tired from walking around, admiring and buying the art, the Main Street restaurants were open and filling the food needs of hungry fairgoers. Lakewood Ranch sleepy and quiet on a Sunday?

Hardly!





## “NEW YEAR/NEW YOU!”

# The 2023 Health and Wellness Expo

By Ernie Soller  
Community Correspondent

The 2023 edition of the annual Health and Wellness Expo keyed in on New Year's resolutions – but focused on the health and well-being of your body. Presented by Lakewood Ranch Community Activities, in conjunction with the Lakewood Ranch Medical Center, the Expo presented an opportunity for residents of Greater Lakewood Ranch to inform themselves about what programs are available to them to improve their health, or perhaps to start a search for, say, a new doctor – either in general practice or in a particular specialty.

In previous years, the Expo had been housed in the lobby of the Lakewood Ranch Medical Center. This proved to be just a bit unwieldy, as there were so many different organizations competing for a very limited amount of space, along with hospital visitors and personnel going about their own activities.

So, a couple of years ago, the Expo was moved to the Mall at University Town Center, where there was much more space available, and where folks who were at the mall shopping could also take part in the activities of the Expo.

So, what could one find at the Health and Wellness Expo?

For starters, there were multiple booths manned by Lakewood Ranch Medical Center staffers, showcasing opportunities from orthopedic treatment to OB/GYN services, even to the new Lakewood Ranch Medical Center satellite emergency room located off Fruitville Road, east of I-75.

You could eyeball surgical instruments, along with a “test dummy” used by surgeons to plan out their work. There was a large stand-up poster advertising a weight loss center, showing “before and after” shots of a man who had participated in a particular program.

One business was advertising its combination of chiropractic treatment along with aesthetics. Their slogan? “It's Only Halftime!”

There were booths dedicated to physical therapy, and fitness training, and one staffed by volunteers of the Safe Children Coalition. There was even a booth where you could sign up to be an organ donor.



PHOTOS BY ERNIE SOLLER



Several doctors were on hand to give talks relating to their specialties, beginning with Dr. Anna Widmyer, a plastic surgeon who commented that even though in her practice she recommends that her patients use lots of sunscreen and stay out of direct sunlight, she remembers that her mom loved to go to the beach and soak up rays. She also talked about various skin issues, along with possible solutions.

Dr. Frederick Yturalde talked about maintaining healthy habits – among them eating healthy and staying away from smoking and excessive alcohol use.

Dr. Philip Meinhardt discussed back pain issues, and Dr. Jeffrey Rossi discussed causes, symptoms, and treatment options for coronary artery disease.

As for Dr. Joseph Wolf's talk on preventing pickleball injuries, I just had to call my friend, Kathy, an avid pickleball player, to tell her about this subject!

There is another factor which makes the Health and Wellness Expo such fun ... goodies. No wonder some of the booths were giving out large carry bags. There were all sorts of give-away items at the Expo. I kept tossing things into my bag, and when I arrived home, did a quick tally and found that I'd picked up several candy treats, at least three writing pads of one size or another, a couple of chip clips (can't have too many of those!), a packet of glasses' cleaner, nail files, a packet of band-aids, a luggage tag, a jar-opener, and ... a ballpoint pen in the shape of a bone, from the friendly folks at the Lakewood Ranch Medical Center Spine and Joint center.

There was one more item which I should discuss. There were some volunteers on hand from the Lakewood Ranch Community Fund, which is putting on the “Run for the Beads” Mardi Gras 5K Run/Walk. The event will take place, starting at Waterside Place, at 8 a.m. on Feb. 18. The “after party” promises to be spectacular!

The Lakewood Ranch Community Fund, a 501(c)(3) non-profit, has been around since 2000, and has given out over \$1.4 million worth of aid to nonprofit organizations around our community since then. I've got it on my calendar.

For information on the Run for the Beads, go to: [www.RunForTheBeads.com](http://www.RunForTheBeads.com).



# Lakewood Ranch Women's Club Donates over \$41,000 to their Adopted Charities

By Monika Templeman  
LWRWC Publicity Chair

The Lakewood Ranch Women's Club (LWRWC) presented its donation of \$26,000 in cash and over \$15,000 in-kind to its adopted charities at the annual "Checks to Charities and Courageous Speakers" general meeting on Jan. 12, held at the Lakewood Ranch Townhall. The meeting featured presentations by the executive directors from each charity. The speakers included Peggy Kerwin, CEO of SOLVE Maternity Homes, a charity helping at-risk pregnant women and their babies for over 46 years; Rebecca Blitz, CEO, and volunteer certified riding instructors Candi Russel and Ilee Finocchiaro from Sarasota Manatee Association of Riding Therapy (SMART), dedicated to enhancing the physical, emotional, and cognitive growth of children and adults with special needs; Svetlana Ivashchenko, CEO of Children's Guardian Fund, dedicated to providing funding for the immediate and ongoing needs of children removed from abusive or neglectful homes in



Florida's 12th Judicial Circuit; and Kayla Terrel, HOPE's Director of Development (on behalf of HOPE CEO, Char Young) and Deanna, a courageous and successful survivor of domestic abuse. HOPE Family Services is dedicated to providing critical lifesaving and life changing services to victims of domestic violence and Deanna credits HOPE with saving her life.

The directors each gave a moving presentation highlighting the positive impact that LWRWC's support made in the lives of the people they serve, and collectively thanked LWRWC for being "an army of angels."

The LWRWC charitable donations marked the culmination of a year of charity fundraising including "Brunch, Bingo, and Bags" chaired by

Pam Szabo; "LWRWC 25th Birthday Charity Fundraiser," chaired by Monika Templeman, and "Holiday Market" cochaired by Linda Stone and Diane Laybourn. In-kind donations included birthday and celebration bags for children and residents at HOPE's domestic violence shelter and donations to the HOPE Chest Thrift Store; supplies, gift cards, and a Barn Drive for SMART; a Charity Art Sale with LWR Art League for CGF; linens donations for Solve, and handmade baby blankets and quilts made by the LWRWC Blankets 4 Babies (B4B) committee. To date, B4B has donated over 579 blankets to charity!

LWRWC 2022 president Carol Belmont, and 2023 president Ann Sledz, thanked the charities for doing so much to help those in need in the community. To date, LWRWC donated over \$500,000 to their adopted charities. In 2022, LWRWC celebrated 25 years of charitable giving and was an honoree at the AFP 37th annual National Philanthropy Day celebration on Nov. 8 of last years. To learn more about LWRWC, please visit [www.lwrwc.org](http://www.lwrwc.org)

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# Your LWR Story

By Maggie Milne

Meet Debra and Bradley Warren, residents of Lakewood Ranch by way of Michigan.

Both are educators by profession, and parents, and outdoor enthusiasts. In Michigan, Debra and Bradley welcomed their first child, Sophia, in 1999. Debra worked from home as a mother and an extraordinarily successful direct-sales consultant for a major corporation. Bradley continued teaching, and advancing professionally. In 2003, they welcomed their son Oliver. With two kiddos and dynamic professional lives, Debra and Bradley chose to shift their approach to life, “from success to significance,” as they describe it.

Why the change? Their daughter had been diagnosed with a life-hindering ailment. After much medical care and consultation, they began traveling to Johns Hopkins All Children’s Hospital in Florida. In short order, it became clear to Debra and Bradley that Sophia’s medical circumstances improved exponentially when spending time in a warm climate. With Florida offering Sophia both exceptional medical care and all-year warmth, they knew moving from Michigan to the “Sunshine State” was their next step. In 2007, Debra and Bradley took a brief hiatus from their jobs, sold their home, and settled in with relatives living in Venice, Fla. During their Venice stay, locals there encouraged Debra and Bradley to visit Lakewood Ranch.

Debra and Bradley ended up choosing Lakewood Ranch as their forever home for several reasons: the healthy lifestyle, active and outdoor living, overall community mindset, positive energy, diverse ages and stages among residents, healthy dining options, and “synergy.” They knew the Florida climate, sunny all year, would be beneficial for Sophia and the family. Debra felt delightfully overwhelmed by the exquisite environment throughout Lakewood Ranch, noting the public spaces like the Main Street town center and the nine Lakewood Ranch parks. University Town Center Mall, just west of Lakewood Ranch, appeals to Debra and Bradley, giving them convenient access to some of their retail and dining favorites. They found their first home in Greenbrook, a centrally located residential village. From Greenbrook, they moved to their second home in The Country Club, one of the first residential villages.

Education was another consideration. Sophia and Oliver were still in their primary school years. Debra used her experience as an educator to home school Sophia and Oliver. Great community experiences that helped supplement home schooling for Sophia and Oliver include The First Tee Golf Organization, Southeastern Guide Dogs Inc., Mote Marine Laboratory, local arts and theater, and other community events both within Lakewood Ranch and nearby. The family fun Lakewood Ranch provides through events and camps helped facilitate the friendships Sophia and Oliver still enjoy today.

While Debra continued as a successful direct sales consultant – and educator for their two kiddos – Bradley continued his career in education at University of South Florida, administrator for a local school district, principal for a school in Apollo Beach, and recently celebrated the opening of Lakewood Ranch Preparatory Academy ([lakewoodranch-prep.org](http://lakewoodranch-prep.org)), where he

serves as principal of the lower school.

The Warren family are currently renting a townhome in Lorraine Lakes, having moved from The Country Club in the spring of 2022. “Once you’ve found paradise . . .” they say, there is no way the Warren family is moving away from Lakewood Ranch. Having found a community where everyone is happy, diversity is encouraged and embraced, meeting neighbors and friends from around the nation, and from around the world, they cannot imagine living anywhere else.

Oliver is now 19, and Sophia is 23, and Hugo the yellow Labrador is three. Having opened the new Lakewood Ranch Preparatory Academy, Bradley fully embraces his job and loves the Academy’s Wellness Innovation Science and Health concept, which is intentional programming for the whole student and the student’s whole family. Bradley is grateful for his connection to the community and the community partnerships through The Brain Health Initiative, LECOM, Nate’s Animal Rescue, and Mote Marine Laboratory. Bradley and Debra embrace community involvement as fundamental for overall health, and credit Lakewood Ranch as a community that by design, fosters community engagement.

Debra is still thriving as a consultant with a corporation that creates life-enhancing products for the mind, body, and skin, focusing on women, children, families, nutrition, health, movement, and mindset – positive self-talk, and positive self-image.

Sophia graduated from Florida Gulf Coast University in May 2022 and has embarked on her professional golfing career. Debra and Bradley credit First Tee Golf Organization, Sophia’s experience with local high school golf teams, her personal golf trainer, and a golf scholarship for Sophia’s accomplishments throughout her college years. When she is not traveling for golf, she lives at home and works at Lakewood National Golf Club.

Oliver also works at Lakewood National Golf Club when

time permits. He is a fulltime student at University of South Florida, pursuing a degree in business entrepreneurship.

Debra and Bradley are looking forward to the new villages that are opening soon, especially since they are in the market for another home purchase, where they can meet new neighbors and friends. The Warrens look forward to additional positive growth for themselves and others living in Lakewood Ranch.



*We would like to share Your LWR Story! Include who you are, why you chose Lakewood Ranch, your Lakewood Ranch life now, and what excites you about your Lakewood Ranch future.*

*Send Your LWR Story and photos to [yourlwrstory@lakewoodranch.com](mailto:yourlwrstory@lakewoodranch.com).*



# Surprise! Traffic Signals are “Up” at LWR and Balmoral!

By Ernie Soller  
Community Correspondent

The traffic signals that have been promised by the County have finally been put in place at the intersection of Lakewood Ranch and Balmoral Woods boulevards, as of Jan. 19. It was originally expected that the traffic signals would have been installed by around the middle of last year, but with supply chain issues and other glitches, such as moving utility lines, the project got backed up. The system still is non-functional, as signal connections have to be made and a larger turn lane needs to be completed, but the system is expected to be operational very soon. So get ready, because a functional traffic signal will soon be a permanent fixture of that intersection.

## OPERATING RULES FOR CDDs AND THE IDA

Since the rules for the operation of the Lakewood Ranch Community Development Districts and the Inter-District authority have not been updated for quite a while, the boards have authorized a review of the procedures, in order to update them for current and future use.

## GOLF CART USAGE

In response to a request from the District 1 board – after a young girl was badly injured by a golf cart driven by a young person within District boundaries – attorney Chris Van Hise reviewed Florida statutes regarding operation of golf carts. He reported that golf carts are not allowed to be driven by persons younger than 14. He also noted that golf carts may ONLY be used on roadways that are specifically designated as being authorized for golf cart usage. He furthermore stated that there are no roads in Lakewood Ranch District 1 that are authorized for golf cart use. Van Hise also noted that if a resident sees someone driving a golf cart illegally within the District, they could call the Sheriff's Office to make a complaint. The driver of the golf cart being used illegally could receive a citation.

## NEW ENGINEER ASSIGNED

With the retirement of Richard Ellis, long-time civil engineer for the Lakewood Ranch districts, the Dewberry Engineering firm has assigned Giacomo Licari to take Ellis' place.

## STORM DAMAGE ESTIMATES

So far, the total for the cleanup of storm damage from Hurricane Ian has totaled over \$1.2 million. Executive Director Steve Zielinski is having weekly meetings with FEMA officials to get Lakewood Ranch's claims processed as quickly as possible but Zielinski warned that reimbursement from FEMA may not come for months.

Finance Director Susan Wiggins informed the boards that the costs for the removal of Ian-damaged signage alone has exceeded \$10,000. Operations Director Tom Merrill noted that his department is having a hard time sourcing parts for the repair of damaged signs.

## OLD FEMA CLAIMS

Finance Director Wiggins reported that there are several very small amounts which were filed with FEMA from the 2017 damages from Hurricane Irma that have not yet been paid. If these are not paid as of the end of the year, they will be written off as uncollectible debts.

## YEARLY CERTIFICATION OF EQUIVALENT DWELLING UNITS

The numbers of EDUs for the Lakewood Ranch CDDs are:

- District 1 – 1819
- District 2 – 1887
- District 4 – 1688
- District 5 – 962
- District 6 – 444

## OPERATIONS SPACE LEASE

Now that Down to Earth Landscaping has vacated its formerly leased space at the Operations Center, a lease for a small portion of the area by Altech has been approved.

## COUNTRY CLUB ROAD PRIVATIZATION ISSUE

Recently, a number of Lakewood Ranch Country Club residents raised questions as to whether the roads in the Country Club could be made private. This question has come up a number of times previously, but attorney Andrew Cohen was asked to investigate the issue. He reported that because of the way the roads were financed (tax-exempt bonds) as well as how they were platted originally, this was an unlikely prospect. He noted that on the original plat, the roads were dedicated as public forever

SEE SURPRISE, PAGE 19

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## THE UNASSUMING WINE BROS.



## Tasty Treats, On the Cheap

Things have gotten slightly more expensive in the last couple of years. You almost have to take a loan out now to buy a dozen eggs. So, while pinching pennies is the name of the game lately, it doesn't mean you have to pay a king's ransom for some delicious and reasonably priced wines. This issue will be dedicated to tasty wines at the \$10 price point.

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 our adventures with you, and have a little fun along the way.

The \$10 price point can be the tipping point for some wines and winemakers. At \$10, profits and quality are juxtaposed with each other. \$10 wines are like eating at a Las Vegas buffet, "it might taste okay, but what was the quality." To help navigate the quality question, I've selected some tasty, easy wines for your pocketbook.

**Rating system:** Ratings are given on a 1-5 scale, with five being the highest.

**2020 AMALYA BLANCO WHITE (SALTA)**

Salta Argentina, \$10 U.S., 13% ABV

**Vigo:** If I think of Argentina, I think of malbecs, not sweet, tasty white wines. Well, my thinking has changed after sampling the 2020 Amalya Blanco White. The Salta province in Argentina hugs the Andes Mountains, which helps make the Amalya Blanco White sweet but with a dash of Argentinian spice. On the nose, the Amalya Blanco White smells of rose petals, white peaches, and zesty lemons. On the palate are citrus, kiwi fruit, grapefruit, and melons. This beauty on a budget will make you buy more than one bottle.

**Vigo's rating:**

**2018 RYER ESTATE CABERNET SAUVIGNON**

Central Coast, California, \$10 U.S., 14.5% ABV

**Vigo:** I love red wines. To be specific, I really, really love California Cabernet Sauvignon. Knowing that the Ryer Estates Cabernet Sauvignon was priced at \$10 made my eyebrows go up. You get the same eyebrows-up reaction when you see freshly caught shrimp on the buffet menu. You know this might be a dumpster fire, but you can't help yourself from knowing. So, with much trepidation, I uncorked the Ryer Estates Cabernet Sauvignon, hoping not to judge a wine "buy" its price. On the nose, the



2020 Amalya Blanco White



2018 Ryer Estate Cabernet Sauvignon



2019 It's a Headsnapper Chardonnay

Ryer Estate Cabernet Sauvignon is much like every cabernet sauvignon, with the aroma of ripe cherries and baking spice with a hint of leather. This cabernet sauvignon is full-bodied on the palate with ripe black cherries, blackberries, and a touch of vanilla. This is a cheaper alternative if you want a cabernet sauvignon but want to pay less than \$30.

**Vigo's rating:**

**2019 IT'S A HEADSNAPPER CHARDONNAY**

Monterey County, California, \$10 U.S., 14.3% ABV

**Vigo:** My wife is always disappointed when I don't taste or write about California chardonnays, so this one is for you, dear. "It's a

Headsnapper" is a label of wines run by The Wine Group in Livermore, Calif. The Wine Group is known for its affordability of wines without skimping on quality. The 2019 It's a Headsnapper chardonnay meets all aspects of The Wine Group's charter. When you open this, It's a Headsnapper it exhibits all the classic California chardonnay qualities. On the nose, it has the aroma of ripe peaches, honeysuckle, and lemons. On the palate, full-bodied fruit is citrus with a healthy buttery finish. If you like your chardonnays robust and buttery, this is an economical choice for you.

**Vigo's rating:**

**Vigo's overall impression:** Cheap wine has a bad rap which, a lot of times, it deserves.

Though most \$10 wines I wouldn't wash my feet with, these selections turned out to be solid quality choices that were also very, very inexpensive. I don't suggest serving my options at a formal dinner party. Still, with a bunch of your friends coming over to sit outside and enjoy a relaxed Florida winter evening, they're acceptable.

**Fans and Readers:**

Like our Facebook page "The Unassuming Wine Bros," follow us on Instagram @theinasssumingwinebros, or email us at [vigoloveswine@gmail.com](mailto:vigoloveswine@gmail.com). Let us know what you think about this article, these bottles, or suggestions for upcoming articles.



SURPRISE FROM PAGE 17

and that even if the bonds were to be paid off, that would not change the public status of those roads.

Apparently some of the controversy about this situation has come about because of realtors who were either not all that well-informed as to the public status of the Country Club roads, or simply glossed-over this issue when marketing properties within the Country Club. A number of residents have offered comments indicating that realtors didn't give them the "whole story" when they bought their property.

#### LEGACY GOLF COURSE DEVELOPMENT

Developer D. R. Horton is scheduled to make a presentation on their proposed development at the February CDD 2 Board meeting.

#### VACANCY ON DISTRICT 4 BOARD

District 4 board member Peter DeAngelis has resigned his position, citing family health concerns. A notice will be sent to District 4 residents asking for resumes of any residents who may want to apply to join the board. It is expected that the District 4 Board will hold interviews at either their February or March Board meeting.

#### RESIDENT ORIENTATION

An orientation meeting, primarily for new residents but open to all, will be scheduled within the next few weeks. This will give residents the opportunity to find out what the differences are between a Community Development District (CDD) and a Homeowner's Association (HOA), as well as the many opportunities for residents here in Lakewood Ranch.

## LAKESWOOD RANCH MEDICAL CENTER ANNOUNCES \$120 MILLION EXPANSION PROJECT

Lakewood Ranch Medical Center (LWRMC) has announced plans to add a new \$120 million, five-story, 60-bed patient tower to the Lakewood Ranch campus. Located in the heart of the Lakewood Ranch community, the acute-care hospital currently has 120-beds and provides a full array of medical services ranging from cardiovascular, surgical and orthopedics to stroke, maternity and obstetrical care, intensive care, and emergency services.

Construction of the new 170,000-sq.-ft. tower is Phase 1 of a multi-phase plan for facility expansion scheduled to take place during the next several years. The first phase will add 60 patient beds and will include expansion of key ancillary departments including pharmacy, laboratory, education, pre-admission testing and food and nutrition services. The tower will include shell space for an additional 60 patient beds, the ability to add two more floors, and expansion of other areas as the hospital continues to grow its services. The addition of patient beds and services will also result in the addition of approximately 100 new jobs.

"The significant population growth we've experienced since 2016, and projected growth during the next several years, are driving the need for this expansion," said Andy



HERALD-TRIBUNE ARCHIVE

Guz, chief executive officer at LWRMC. "We are looking forward to expanding our capacity so we can continue to provide the high-quality care that meets the medical needs of our community."

Pre-construction work on the 60-bed patient tower is slated to begin in 2023 and the first phase of the project is expected to be completed in 2025.

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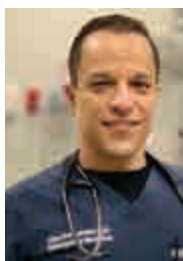


## ASK THE DOCTOR

## HEART ATTACK:

## Recognizing the Symptoms and Seeking Immediate Help Can Make a Difference

Dr. Alexander Fernandez



Did you know that most heart damage can occur within the first two hours of a heart attack?

About 805,000 people in the United States have heart attacks each year, according to the Centers for Disease Control and Prevention (CDC).

“Sometimes heart attacks are silent,” says Alexander Fernandez, MD, an emergency physician at Lakewood Ranch Medical Center. “But often people do experience early symptoms, and knowing when to seek help is a first step toward the best possible outcome. Having a good understanding of the signs and symptoms of a possible heart attack may help to identify and prevent major cardiac events.”

## SIGNS AND SYMPTOMS

The most common symptoms of a possible heart attack are chest pain or discomfort, such as pressure, squeezing, aching or burning in the chest that lasts for more than a few minutes or waxes and wanes. Other signs and symptoms of a possible heart attack may include:

- Pain in one or both arms
- Back, neck, and/or jaw pain or epigastric pain (discomfort below your ribs in the area of your upper abdomen)
- Feeling of abdominal fullness
- Shortness of breath
- Breaking out in a cold sweat
- Excessive fatigue
- Lightheadedness/dizziness

## WOMEN AND MEN DIFFER

Women may experience different symptoms or less intensive symptoms of sweating, vomiting, fatigue, nausea and jaw pain, when compared to men, according to the CDC.

“Because of their tendency to sometimes worry more about taking care of others, women may also be more likely than men to dismiss their symptoms as being caused by something less serious, such as the flu or stress,” Dr. Fernandez said. “But having a heart attack can be just as likely for a woman as it is for a man.”

In fact, according to the CDC, cardiovascu-

lar disease is the No. 1 killer of both men and women in the U.S. and knowing the signs and getting the appropriate care is equally important for both men and women.

## IS IT A HEART ATTACK OR CARDIAC ARREST?

Both a heart attack and cardiac arrest are serious health problems that need to be addressed immediately. While a heart attack can lead to cardiac arrest, a heart attack occurs when blood stops flowing to the heart, primarily due to a blocked coronary artery. Arteries are the blood vessels that bring oxygen-rich blood from the heart to the body's cells. Cardiac arrest, by contrast, is when the heart suddenly stops beating, typically due to a malfunction within the heart's electrical system.

Signs of cardiac arrest may include sudden collapse, the absence of breathing or a pulse and/or loss of consciousness. Cardiac arrest is often fatal; despite this, immediate medical intervention can sometimes help to restore the heart to its normal rhythm, according to the American Heart Association.\*

In addition to calling Emergency Medical Services for immediate care after witnessing someone in possible cardiac arrest, Cardiopulmonary Resuscitation (CPR) can be implemented with hard and fast chest compressions, as recommended by the American Heart Association. An automated external defibrillator, known as an AED, can also be used, if one is readily accessible. AED devices are typically available in public venues, such as airports or shopping centers and are designed to deliver electric shock to help reset the heart to its normal rhythm.

If you believe you or someone else is having a heart attack, don't drive, call 911 immediately. Lakewood Ranch Medical Center is accredited by the American College of Cardiology as a chest pain center with percutaneous coronary intervention (PCI). Ambulance personnel notify the hospital when a patient with a possible heart attack is on the way, and the hospital is ready when the patient arrives. Visit [lakewoodranchmedicalcenter.com](http://lakewoodranchmedicalcenter.com) to learn more.

*Physicians are on the medical staff of Lakewood Ranch Medical Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Lakewood Ranch Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit the website.*

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## THE (PET) DOCTOR IS IN!

By Erin Siems, DVM



Do you ever ponder why your pet just seems to get you? Somehow, they know when we need a little space and when we need a friend to cuddle, when we need a good laugh and when to support a good cry. Sometimes they know before we even do. How do they know? Simply put, it's just in their nature.

Dogs and humans have coevolved for over 20,000 years. Cats joined the action over 9,000 years ago. It is thought these relationships started with mutual benefit of providing food, protection, and pest control. Over time this developed into a complex relation with mutual reliance for companionship.

Facial cues are important in both human and canine communication. Over time, domesticated dogs' genetics changed compared to wild dogs. They developed facial muscles to make "puppy dog" eyes and have learned to make more eye contact with us along with the ability to shift their gaze to an area of interest or con-

cern. They have learned to read our facial cues and understand our nonverbal cues sometimes better than we do.

Cats, over time, have evolved to be less fearful and more reward-driven than their wild counterparts. They have an expanded language compared to wild cats, and use specific tones around certain people in their lives. Over time, dogs and cats learned to help us help ourselves and, in the process, we became an integral part of each other's lives.

Does your pet know you better than you know yourself? The answer is: probably so! That's what they evolved to do.

*Dr. Erin Siems graduated from Ross University School of Veterinary Medicine in 2010, and has enjoyed working in both general practice and emergency care. She has been practicing in the Lakewood Ranch/Bradenton area for the past seven years. She enjoys general practice because it gives her the ability to build relationships with her patients and their families. Dr. Siems opened her own practice, Big Paws Animal Hospital in Lakewood Ranch, in May 2020. Email pet questions to [reception@BigPawsAnimalHospital.com](mailto:reception@BigPawsAnimalHospital.com).*

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# 2023 SOCCER PROGRAMS

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## SPRING 2023 RECREATION PROGRAM

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

### 2023 SPRING SCHEDULE & SEASON DETAILS

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

**Program Cost:**  
U5-U7: \$145  
U8-U13: \$155  
ENTIRE SEASON

**DEADLINE TO REGISTER**  
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# 2023 TROPICAL NIGHTS Goes Hollywood

an elegant evening benefiting



**Meals on Wheels PLUS**  
OF MANATEE

The **29th Annual Tropical Nights Goes Hollywood**, an event benefiting **Meals on Wheels PLUS of Manatee**, will take place on Saturday, March 25, 2023, at the Grove Ballroom in Lakewood Ranch. Join us on the red carpet! All proceeds from **Tropical Nights** benefit the programs of Meals on Wheels PLUS of Manatee and stay right here in our local community.

## TROPICAL NIGHTS ONLINE SILENT AUCTION

**Dates:** Friday, March 17, 2023 through  
Saturday, March 25, 2023  
**Time:** Friday, March 17, 2023 at 12:00pm through  
Saturday, March 25, 2023 at 7:30pm  
**Website:** [MealsonWheelsPLUS.org/TropicalNights](http://MealsonWheelsPLUS.org/TropicalNights)

## TROPICAL NIGHTS LIVE AUCTION, DINNER, & DANCING

**Date:** Saturday, March 25, 2023  
**Time:** 6:00pm-10:00pm  
**Location:** Grove Ballroom  
10670 Boardwalk Loop  
Lakewood Ranch, FL 34202

***Can't attend? Make a donation in support of the event and bid online.***

For more information, visit  
**[www.MealsOnWheelsPLUS.org](http://www.MealsOnWheelsPLUS.org)**

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.SUNSHINEFLA.COM](http://WWW.SUNSHINEFLA.COM) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.



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