



Around the Ranch

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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, JUNE 17, 2020



LAKWOOD RANCH'S MAIN STREET OPEN FOR BUSINESS – While observing CDC and state and county regulations, Main Street is up and running, with offices, shops, and restaurants bringing back some of the normalcy to life on The Ranch. For more photos, see pages 12-13. Photo by Ernie Soller.

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CONTACT INFORMATION

Editor:

Lisa M. Barnott
lisa.barnott@lakewoodranch.com

Contributing Writer:

Ernie Soller
efsoller@hotmail.com

Proofreader:

Sue Chaney

Community Programs:

Keith Pandeloglou
keith@lwrcac.com

Governance Meetings:

Lynn Kuiken
lynn.kuiken@lwrtownhall.com

Director of Advertising:

Stacia King
sking@heraldtribune.com

Graphic Designer:

Kim Collister
kim.collister@heraldtribune.com

Editorial Board

Lisa M. Barnott, Rex Jensen, Sue Chaney

Phone Numbers

Community Services Town Hall:
941-907-0202

LWR Common Area:

Maintenance Requests, 941-727-0899

Lakewood Ranch Medical Center:

941-782-2100

Manatee County Government:

941-748-4501

Sarasota County Government:

941-861-5000

Lakewood Ranch Post Office:

941-758-3537

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LAKEWOOD RANCH GOVERNANCE MEETINGS

Lakewood Ranch governance meetings (as of this printing) are being conducted virtually. For updated schedule and login information visit:

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Veterinary Medical Center At Lakewood Ranch

BY ERNIE SOLLER,
Community Correspondent

Several years ago, I noticed one day that my dog, Bo, a West Highland White Terrier, was acting very strangely. Sensing that something was quite wrong, I called our veterinarian's office, only to realize that it was late on a Saturday afternoon, and the office was closed.

So what to do? Our vet's answering machine gave me the phone number of an emergency veterinary service, who told me to bring him in right away.

About four hours later, the experts at the emergency vet hospital had stabilized Bo and were able to release him to go home. My experience that day, although pretty disconcerting, left me with a great deal of respect for the role of the veterinarian who practices emergency medicine.

Dr. Wendy Ellis, an experienced emergency veterinarian who formerly practiced for over 13 years at an animal emergency hospital in south Sarasota, has opened her own private practice in Lakewood Ranch – the Veterinary Medical Center at Lakewood Ranch, located at 15205 Garnet Trail.

There are a number of veterinary clinics in the East Manatee area, and this is no surprise, as the pet population in our area is quite large. With the arrival of the COVID-19, I've seen more and more of my neighbors out getting their own exercise by walking their dogs – and there are a LOT of dogs in my community.

Dr. Ellis's background as an emergency veterinarian has given her a wealth of experience at handling the toughest animal-related health issues. This University of Georgia grad has seen all sorts of animal medical issues – and she brings with her a wealth of practical knowledge to her new veterinary practice.

One feature of the Veterinary Medical Center at Lakewood Ranch that makes it pretty unique among the other animal clinics in our area is that it offers concierge veterinary care and, believe it or not, she makes house calls. She is available to come to your home to deal with your pet's normal health concerns, and this extends to providing your



PHOTOS BY ERNIE SOLLER



pet with end-of-life service.

Bringing your very ill or aged pet to a veterinary clinic to be euthanized is a significantly traumatic event, both for the animal and for the pet owner. After all, your pet has probably been with you for a long time, and that “last trip to the vet” is definitely not an easy one. So, if you would feel more untroubled if the vet could come to your home, then Dr. Ellis can provide the comfort of an in-home visit.

The Veterinary Medical Center at Lakewood Ranch is truly a state-of-the-art facility, with some unique features. For instance, since cats have a yen to climb, like their leopard cousins, the cat exam rooms have cat trees, which the cats can climb while test results are being completed. Their lab is able to complete many animal medical tests in 20 minutes or less, saving lots of time in the diagnosis.

At the Veterinary Medical Center at Lakewood Ranch, appointments are made on a complete half-hour basis, so that your pet gets the fullest of attention from the staff at the clinic, and a diagnosis can be made in a fast, but calm manner.

The diagnostic equipment at the Center is fantastic, from the full laboratory to the ultrasound equipment, to the dental care x-ray and dental surgery tools.

There is also an in-house and an online pharmacy ready to dispense your pet's medications, such as the usual flea-and-tick preventatives and joint treatment meds, along with a variety of both standard and specialized dietary items for both dogs and cats.

Doctor Ellis plans on adding a couple of additional veterinarians to her staff later this year, to aid in caring for Lakewood Ranch's furry friends, and, if your pet is lodged at the Bayside Pet Resort, which is next door, and your animal has an emergency, veterinary service is only a few feet away.

At the Veterinary Medical Center at Lakewood Ranch, Dr. Ellis, practice manager Brooke Kommuck, and their whole staff are ready to welcome you.

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Food for Mood, Food for Thought, and Food for Staying Healthy

BY DR. STEPHANIE PEABODY
PsyD, HSPP, Neuropsychologist
Founding Director, Brain Health Initiative

Nutrition is a core protective factor to promoting brain health and fighting brain illness. It's easy to reach for edible comfort during challenging times, but many of those so-called comfort foods are less than ideal for your brain and physical health. The Brain Health Initiative's (BHI) nutrition clinical and scientific advisor Dr. Uma Naidoo, director of nutritional & lifestyle psychiatry at Massachusetts General Hospital, Harvard Medical School, offers nutritional advice to help keep you and your family cognitively, emotionally, and physically healthy during the COVID-19 pandemic.



The country is no doubt seeing an increase of brain health issues, such as anxiety and depression, as a result of the experience of COVID-19. Dr. Naidoo recommends eating more fruits and vegetables, lean meats, whole grains, and healthy fats – such as olive oil and avocado – while cutting back on added sugars and refined foods. These beneficial foods bring a healthier balance of your gut bacteria, which is shown to help protect brain health, fight brain illness, and increase brain performance



across the lifespan, including, decreasing anxiety, stress and depression.

When life gets turned upside down, many of us tend to take shortcuts at mealtime and with snacks. If you are practicing safer-at-home, try using this time together to find ways to eat healthy. Encourage everyone in your household to improve their brain healthy lifestyle through eating habits that enhance brain health and fight brain illness. Steer them toward healthy snacks, staying hydrated and limiting alcohol.

When it comes to meal planning, focus on plenty of nutrient-rich foods such as vegetables, leafy greens, fruits, fish, whole grains and nuts. When shopping, Dr. Naidoo recommends filling the cart with brain healthy options first.

- Browse around the outer ring of the store

first where fruits, vegetables, dairy, meats, poultry are located.

- Consider sweet potatoes over regular potatoes as they are a more complex carb and take longer to digest. You can even make oven fries with these.
- Try roasting spaghetti squash to create a pasta alternative.
- Reach for organic canned beans (black beans, red kidney beans, cannellini, butter beans, navy beans) or the dry versions if you know how to pressure cook them.
- Frozen vegetables (preferably certified organic) with no added salt or sugar are super easy, healthy, and quick to make.
- Choose fish, chicken, or turkey, instead of beef.

- Frozen fruits (preferably certified organic), without added syrup are another great option if you have the freezer space.
- Select whole grain bread, brown rice, quinoa, and bulgur instead of refined rice and pasta.
- Instead of choosing chips and dip, try celery, carrot or pepper strips and salsa or hummus.

If adopting brain healthy nutrition is new for you, make the transition to brain healthy eating gradually over the next weeks and months so your new eating style becomes a habit and not a fad. Bon appétit!

The Brain Health Initiative is a cutting-edge, new approach to protecting brain health and fighting brain illness across the lifespan. The BHI works collaboratively with Massachusetts General Hospital, a Harvard Medical School Teaching Hospital, and the Academy for Brain Health and Performance to build brain healthy communities through education, research, innovation and action, and specifically focusing our efforts on brain health promotion, prevention, early detection, evidence-based intervention, and performance optimization. The BHI is creating a culture that promotes brain health protective factors and decreases risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida Suncoast region and beyond. Join the brain health movement, because brain health matters, and lifestyle makes a difference.

For more information visit www.brainhealthinitiative.org.

Meals On Wheels Plus Of Manatee Experiences Soar In Requests For Food For Families And Seniors

UNPRECEDENTED DEMAND FOR FOOD IN THE MIDST OF COVID-19

Food is a basic necessity for health and life. Across Manatee County, Meals on Wheels PLUS of Manatee is seeing an increase in the demand for food assistance from their two main programs: Home-delivered meals and The Food Bank of Manatee.

Safer-at-home orders designed to keep high-risk residents safe amid the pandemic have created an increase in the number of seniors who rely on home-delivered meals as their primary source of food. “We’ve seen an increase in clients and double the number of calls we normally receive in a week,” said Maribeth Phillips, president and CEO. “In May, across the nation, we celebrated Older Americans Month in observance of the count-

less contributions older adults make in our communities. This year, that recognition felt even more poignant as older Americans continue to be impacted by COVID-19. We want our seniors to know we are here for them and that we stand ready to help.” Meals on Wheels PLUS of Manatee is responding to the increased need for food in our community and has received additional funding for meals for those over the age of 60. If you or someone you know is over the age of 60 and a resident of Manatee County in need of food, please call 941-747-4655.

The Food Bank of Manatee, a program of Meals on Wheels PLUS of Manatee, has also seen an increase in the need for food.

To respond to that need, Meals on Wheels PLUS of Manatee continues to work with the School District of Manatee to provide Food4Families each Friday. “In the last eight weeks, we’ve been able to provide over 128,000 meals to families in need in Manatee County through the Food4Families program,” Phillips said.

In addition, The Food Bank of Manatee provides food to numerous food pantries and partner agencies who are feeding an additional 25,000 families each week. If you or someone you know is in need of food assistance, visit www.MealsOnWheelsPLUS.org to learn more about the services available through Meals on Wheels PLUS of Manatee.

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LAKEWOOD RANCH COMMUNITY ACTIVITIES

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



It was a warm Friday morning, and I was in the midst of clowns. Not just any ordinary clowns, though. These specially trained clowns were part of the Tidewell Hospice Caring Clowns Team. I'll have to admit, while I've known of the important role that Tidewell plays in our community, I had no idea the scope of their special programs; one of those being their "Humor/Clowning" program.

Since 2001, Tidewell's clowns have been officially recognized as an official clown alley (a group of clowns performing for a specific circus) by "Clowns of America International." It remains the only hospice-affiliated clown alley in the U.S.

Boasting an active membership of dedicated volunteers, Tidewell clowns are very busy. In addition to hospice volunteer training, they receive 18 hours of clown basics — costuming, makeup, and specific aspects of hospice clowning.



Keith Pandeloglou
Director of LWRCAC



They meet monthly to discuss upcoming events and schedule educational events to keep their skills fresh. They regularly visit area nursing homes and assisted-living facilities, and anywhere their presence is requested. They are a favorite for community events, giving Tidewell a positive way to present its many offerings to the public. On this day, they helped lead a parade at The Windsor of Lakewood Ranch, to support our community heroes, including veterans, care staff, residents, frontline workers, and emergency responders.

While the COVID-19 pandemic caused us to postpone our traditional Tribute to Heroes parade in person, this parade



was different in that the Tidewell Clowns led the procession, walking around the entire campus of The Windsor, waving flags and cheering on the residents, looking on from their interior windows. The parade even had a special appearance from the Manatee County Sheriff's Office mounted patrol unit. The mounted patrol is made up of individual employees who own horses and are willing to ride as agency representatives in various events, functions, and incidents.

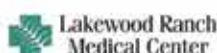
Rounding out the lineup were other community friends of The Windsor, including local home health agencies, business leaders, staff, and volunteers.

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Social media sources for LWR Community Activities: www.lwrca.org • facebook.com/LWRCommunityActivities

Dear LWR

Times like these we discover what is truly important. Worries that we may have had seem so small in comparison to our challenges today. The health of our family, our community, our world, becomes most vital. Over the past weeks, we have seen great acts of heroism, strength, care, and love - right here in Lakewood Ranch.

You delivered groceries to those at risk, you donated masks, food, and artwork to LWR Medical Center, you painted your driveways and sidewalks, you supported LWR restaurants and businesses, you homeschooled your children, and you stayed home to help flatten the curve.

Thank you for helping make this time a little easier for our community. Never have I been more proud to chant **#WEARELWR**.

With much love,

Monaca Onstad
Director, Community Relations



**YOUR ONLINE COMMUNITY HUB.
CHECK OUT OUR COMMUNITY
CALENDAR FOR VIRTUAL EVENTS**

AROUND THE RANCH



Let's Party – Safely – On Main Street!

BY ERNIE SOLLER,
Community Correspondent

People are tired of staying at home. In some places, protests have taken place over the need to social distance, wear a mask, etc.

But, while the politicians and the health care folks do their best to reach a place of safety, security, and a return to full employment, the restaurants of Lakewood Ranch's Main Street town center came up with something to make their friends and neighbors a little bit happier.

Here's what happened: part of Lakewood Main Street was closed to automobile and truck traffic.

Florida's governor had relaxed restaurant dining restrictions a bit, after initially mandating that restaurants not be open for inside dining, but only for takeout or curbside pickup. So, instead of trying to monitor the comings and goings of restaurant customers moving into and out of the close quarters in their eateries, the owners of said establishments on Main Street moved the action outside ... that's right, tables were set up in the middle of the street, placed far enough apart so that the proper social distancing could be accomplished outside of a crowded structure.

Although some diners made their decision to go maskless, servers wore masks, and the restaurants made sure that their employees were cleaning tables before seating newly arrived diners.

I was out there May 9 and, while the event wasn't exactly "Music on Main," there were at least three areas where wandering diners could avail themselves of live music. Outside of the Inkawasi Peruvian Restaurant, singer/songwriter Chere' Pepper played her guitar and sang for dinners and passers-by.

Across Main Street from the Craft Growlers to Go establishment, "Beach Bum Barry" did his one-man band thing, playing both drums and guitar, and displaying a color-changing "tiki god" pole, on top of which was a bowl for tips.

Down the street, in front of the Main Street Trattoria, piano man Joe Thayer entertained the folks, while owner Gary Fennessy kept things going for his customers.

There were also many signs around, reminding those who came down for the evening that things weren't



PHOTOS BY ERNIE SOLLER

completely "back to normal" – at least not yet.

A large sign in the middle of Main Street which read: "Main Street Is Open For Business," showed a worker putting an "Open" sign in the window of a store.

Other signs were placed all over Main Street, including "Dine Out," "Be Kind," "Some Heroes Wear Masks," "We're Here for You," and "We're In This Together." Others read: "Six Feet Apart and Still Together," "Thank You To All Our Frontline Workers," and "Shop Local."

One very noticeable sign, printed in red ink, showed a big, muscled arm, with the words "LWR STRONG" emblazoned on it. Chalk work could be seen on the pavement in numerous places, with one drawing portraying a banner on which were the words: "Thank You to Our Essential Workers."

So, what was the mood of those who came out of their home fortresses to get a little slice of normalcy on a weather-perfect spring night?

In general, the mood was pretty festive, with lots of smiles all around, and people laughing, enjoying the music, playing with their dogs, gobbling the food, and quaffing glasses of beer, wine and other libations. There was a big note of hope on Main Street that night ... rather like a giant sigh of relief, tempered with a little foreboding, and a wish that this virus nightmare would soon be over, and things would return to a closer proximity of normalcy.

Let's hope that that's exactly what happens.





Memorial Day at Lakewood Ranch Continues in a Virtual World

Lakewood Ranch Community Activities called on Lakewood Ranch residents to remember and honor the heroes who made the ultimate sacrifice for our great nation, and the freedoms we hold dear. This Memorial Day, The Ranch's annual Tribute to Heroes parade couldn't be held on Main Street, so residents were invited to stand in front of their homes and join together for the National Moment of Remembrance, followed by the Pledge of Allegiance, flag waving, and a virtual program.

Community Activities Director Keith Pandeloglou prerecorded a ceremony at the Sarasota National Cemetery to air during the virtual event. He also placed posters on Lakewood Main Street that included the names of the 205 Lakewood Ranch veterans buried at the cemetery and placed a flag for each one at Main Street.

People were asked to submit a hero nomination of a friend, family member, or community member they wanted to have recognized. For every submission, Lakewood Ranch Community Activities made a donation to local VFW Post 12055, enabling them to continue to fund their scholarship program, benefitting the Lakewood Ranch High School ROTC.

Residents of Del Webb at Lakewood Ranch also held a ceremony at their veterans' memorial flagpole, which was unveiled last Veterans Day.



Prepare Your Business for Hurricane Season

As if businesses haven't faced enough challenges this year, this month marked the start of hurricane season (June 1 – Nov. 30). The experts at Colorado State University are predicting 16 named Atlantic storms in 2020, with eight predicted to be hurricanes. There is a 69% chance for at least one major hurricane to make landfall along U.S. shores.

Although many businesses have thorough emergency plans in place, now is the ideal time to review and determine how they would be complicated by the impacts of COVID-19. FEMA has recently issued its COVID-19 pandemic operational guidance for the 2020 hurricane season, available at www.fema.gov.

The resilience of our community's businesses has been evident these past two months. At the Alliance, we will work with both Sarasota and Manatee county governments to deliver you resources and information to prepare and protect your business this hurricane season.

For information about preparing your business for a disaster, check out the following resources:

- www.ready.gov
- www.fema.gov
- Manatee County Emergency Management: www.mymanatee.org/departments/public_safety



- Sarasota County Emergency Services: www.scgov.net/government/departments/emergency-services

WELCOME NEW ALLIANCE MEMBERS

Please help us in welcoming the newest additions to our family of businesses. For a complete list of LWRBA members, visit LWRBA.org/MemberDirectory.

- AC1 Heating & Cooling
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- Grace Community Church
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- Lobster Pound Fresh Fish Market & Seafood Grocery
- Sunset Beach Resort Siesta Key
- Workscapes

CONNECT YOUR BUSINESS: Membership Fees Now Pro-Rated Through 2020

The LWRBA has exciting news! In an effort to support our local business needs and increase your presence in the LWR region, the Alliance is offering pro-rated membership fees through the rest of 2020. There is no better time to join our 650+ business member organization!

The Lakewood Ranch Business Alliance has been working to keep the businesses of LWR connected. Throughout these past few months, we have been committed to the power of connection, by informing the business community of news and available resources, showcasing members through our digital channels, and hosting virtual events such as networking opportunities and educational webinars. Of course, in-person events are in the works and will return when it is safe to do so.

If you have any questions on joining the LWRBA or how membership can help grow your business, please give us a call. If you are ready to take advantage of the Alliance pro-rated membership, visit LWRBA.org/Join or call our office at 941-757-1664.

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Five Weeks Later – What’s Changed in Lakewood Ranch

BY ERNIE SOLLER,
Community Correspondent

On May 9, I did a drive-around in Lakewood Ranch, to see just what had changed since my last foray into the same area five weeks prior, on April 4.

Prior to my previous trip, Florida’s governor had implemented a “stay-at-home” order, as well as ordering restaurants closed to in-house dining. Schools had already closed down, meaning that there would be no graduation walks, no proms. Beaches were ordered closed to minimize close contact among people, in order to help prevent the quick spread of the COVID-19 virus. Most parks were closed, too, bringing an end to kids playing baseball and soccer.

Back in early April, I saw a Lakewood Ranch that appeared to have some of the aspects of a ghost town. The Premier Sports Campus, home of over 20 soccer fields, was totally devoid of people. There wasn’t even a solitary jogger running around one of the fields there. The Lakewood Ranch “Y” was closed – not a car in the parking lot. The parks were empty – no kids playing.

The Lakewood Main Street town center, usually bustling on a Saturday morning, had not a single car parked on the street – only a couple of cyclists and one vehicle passing through the area. There were only a couple of cars in the model home parking lot of a new 55-and-over home village.

Traffic on State Road 70 was minimal at best.

Golfers were out on the course at Lakewood National, but, at Our Lady of the Angels Catholic Church, the parking lot was deserted, with no one in sight. Public Masses had been cancelled, as well as any other group activity taking place on parish grounds.

The parking lot at a local Publix store was fairly crowded, as this was one pursuit – shopping for groceries – that had been declared a necessary activity. And there were barely a handful, maybe six to eight people, who were waiting in line for a fresh donut by the food truck in the parking lot at Crowder’s Hardware on Lakewood Ranch Boulevard.



PHOTOS BY ERNIE SOLLER

A month can make a big difference, in some cases.

On May 9, the soccer fields at the Premier Sports Campus were still totally devoid of kids and families. The gates were locked, and no one was in evidence.

At the park by Lakewood Ranch High, there was a sign on the fence reminding people to enjoy their parks and preserves **PASSIVELY**. The sign showed the familiar red circles with slashes across them superimposed over figures of football players and soccer players, with the words: “Do not Congregate in Groups or Play Contact Sports at this Critical Time.” In addition, the sign showed figures of walkers and cyclists keeping at least six feet of distance between one another.

There were, however, a couple of family groups who were using some of the facilities. One family was doing a little T-ball

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FROM PAGE 16

practice, with mom and dad measuring the distance from the mound, to where the T-ball stand was, at home plate. In the playground area, a mom was watching over her two kids as they played on the equipment – with no other people nearby.

At the same new-home subdivision I'd visited five weeks previously, there were several vehicles in the model parking lot, indicating that people were again looking at homes.

As for traffic on State Road 70, it wasn't exactly bumper-to-bumper, but there were lots more cars out on the road. I had to wait a while before I could make a turn on to the highway!

At Our Lady of the Angels, the parking lot was still empty, but the Knights of Columbus had moved their food-and-clothing donation boxes out to the porch at the front of the church, so parishioners could drop off their donations to the St. Joseph Food Bank and other charities. The Knights will pick up the donations, and make sure they get safely delivered to where the need is. (Note: The Diocese of Venice authorized the public celebration of Masses, beginning May 18.)

At the Publix store at University and Lorraine Road, on my arrival on May 9, I observed a pretty full parking lot. There was also a colorful hand-made sign posted on the picnic table in front of the store thanking the Publix employees for being there for the community. There were quite a few people in the store, and most were observing the routing signs on the floor, directing them to shop on what now have become "one-way" aisles.

As for Lakewood Ranch Main Street, there were several dine-out canopies on the street, which was still closed to traffic, although there was one vehicle parked on the street.



People were dining at the Trattoria, and a happy group of folks who DID have their masks, but took them off to accomplish drinking their beer, were enjoying said beer at a table in the street in front of the Craft Growlers to Go and Tasting Room establishment. They appeared to be happy just to get out and have some fun ... at last.

A sign in the street showed a child drawing a rainbow on the pavement, in support of local businesses, health care workers and neighbors here in Lakewood Ranch.

This might not seem like a huge improvement, but then I went back to the Crowder's parking lot, where the donut truck sat with only a few takers back on April 4. To my amazement, it

was like people had materialized from thin air. There were two lines of people waiting to get donuts!! It was almost hard to find a parking spot in the lot.

Not only were there two lines – but I counted a total of 70 people in line at the food truck! They were keeping their social distance, so the lines stretched out quite a number of feet from the truck.

What a difference a few weeks can make. Now ... about that haircut I need ...



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GREAT WINE

The Unassuming Wine Bros

BY VIGO ONSTAD (U.S. ARMY, RET.)
AND PATRICK DUGGAN, ESQ

Welcome to The Unassuming Wine Bros! My name is Vigo. Wine became my passion while serving 15 months in combat (Baghdad, Iraq, 2006-2007). During that time, my then-fiancé would send me books in my monthly care packages. Some of those books were about wine (a subject that I knew nothing about). With little else to do with my limited free time (discounting working out, taking on-line college courses, and dodging the daily rocket and mortar attacks), I threw myself into studying those wine books. I could only read about it, as there was no wine at war. I studied for months in preparation for my leave to see my fiancé for two weeks in California. On leave, I put my studies to the test and tasted wine across the Napa, Sonoma, and Livermore valleys. It was the beginning of a beautiful romance with a lifelong partner ... wine.

Fast forward to today, I look back thinking how wine has been a terrific conversation starter and how it has helped me quickly meet new friends over the many places we have lived. Most of my friendships have started with wine. I met Patrick, my co-author, over wine at a party. Of course, our wives knew each other, isn't that how we men meet friends? I have to admit that my friends list would be close to zero without my wife (shhh...don't tell her I admitted that). Patrick and I spent



much of the party discussing his love of Italian wines and my love of New World wines.

My good friend and co-author Patrick is a husband, father of two active boys, an avid runner, and a practicing lawyer. His wine journey began with Cabernet Sauvignons, which lead to an exploration of blends and red zinfandels and learned to appreciate the fruitiness of pinot noirs and the lightness of sauvignon blanc in the Florida heat. Though drinking red wine can be daunting in the Florida heat Patrick has recently developed a passion for various Italian reds.

Though sometimes even best friends can have a completely different view on wine, Patrick possesses the best type of

wine-savvy – one fostered through curiosity, passion, enthusiasm, open-mindedness, and attention to subtle details – all without the snootiness of a so-called “expert.” He describes himself as a regular joe who thinks wine is fun, enjoys wine enough to want to better understand its diversity and complexities, and believes that learning and loving wine is a life-long marathon, not a sprint.

As Patrick and I attempt to put our passion for wine on paper, our goal is to enhance your love and enjoyment of wine and hopefully have a little fun along the way. This column will not be pretentious, as we believe that good wine can come in any price range or glass. We are not wine snobs; just two friends looking to explore more about wine. Above all else, we hope to have conversations with you about your wine experiences too.

In our pursuit of great wine, we will travel the local area to find the finest wine by the glass, the best wine menus, the greatest place to get the tastiest inexpensive wine, and where to go if you want to get that nice bottle for a special occasion. We will venture out to local restaurants, wine bars, and country clubs to see what is hot on their wine menus. Patrick and I will challenge each other to push the limits of wine. We hope that we discover lots of new favorite wines and that you do as well.

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