



Around the Ranch

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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, AUGUST 19, 2020



LET'S FOCUS ON THE BEAUTY AROUND US: If you need to stay close to home, this is the place to do it. Most everyone has seen the sandhill cranes moseying around the Ranch. Did you know that the oldest known sandhill crane fossil was found in the MacAsphalt Shell Pit, between Lakewood Ranch and Benderson Park, and is estimated to be 2.5 million years old? Both parents build a nest from cattails, sedges and grasses, but it's unknown which parent chooses the nesting site. Nests can be up to 40 inches across and 6 inches high. Sandhill cranes mate for life. For more wildlife photos, see pages 12-13. Photo by Mark Odell.

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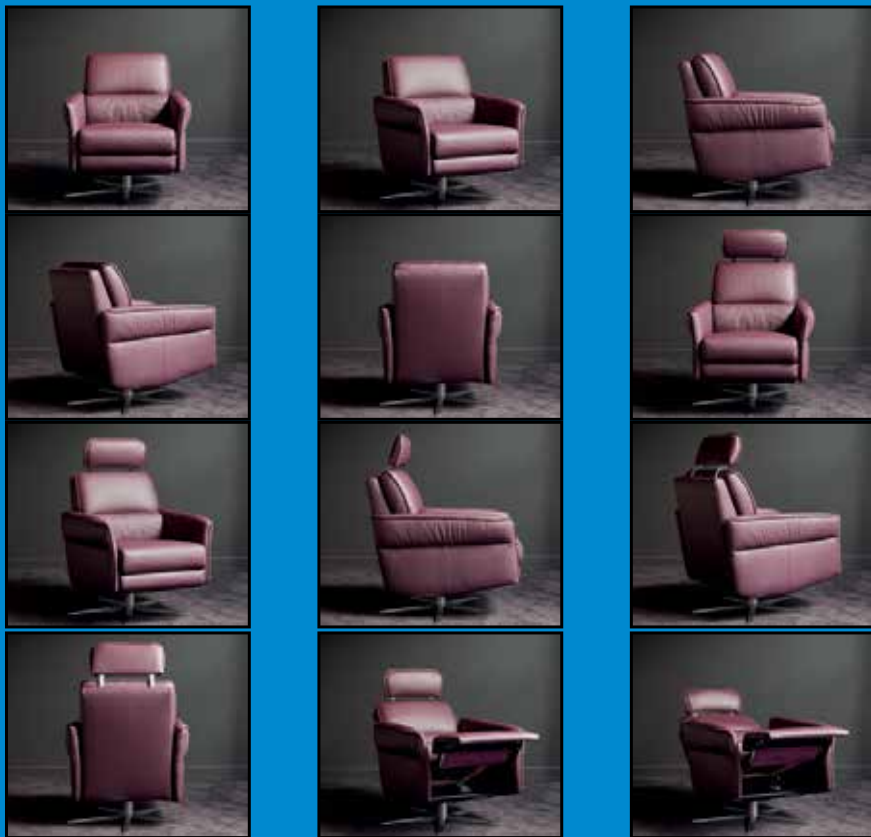
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CONTACT INFORMATION

Editor:

Lisa M. Barnott
lisa.barnott@lakewoodranch.com

Contributing Writer:

Ernie Soller
efsoller@hotmail.com

Proofreader:

Sue Chaney

Community Programs:

Keith Pandeloglou
keith@lwrac.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

Around the Ranch offices are at 14400 Covenant Way, Lakewood Ranch, FL, 34202. The editorial phone number is 941-757-1542. The e-mail address is aroundtheranch@lakewoodranch.com.

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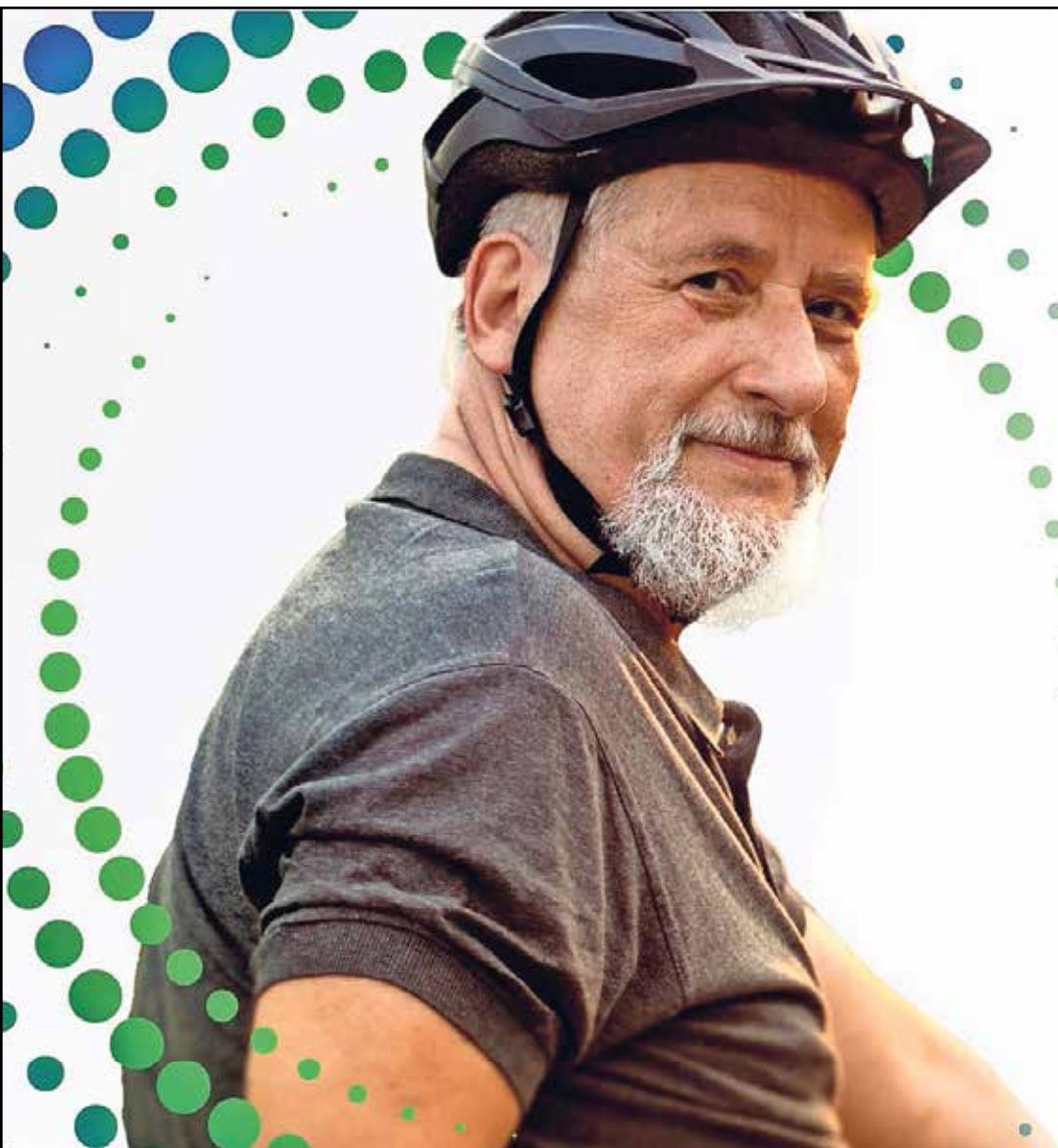
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Lakewood Ranch governance meetings (as of this printing) are being conducted virtually. For updated schedule and login information visit:

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LWR Receives "Best Health & Fitness" Recognition

ideal-LIVING, a Southern living and real estate magazine, recently named Lakewood Ranch to its "Best Health & Fitness Community" category in the fifth annual "Best of the Best" issue. The Ranch was recognized for its wellness-centered master planning, extensive recreational amenities, and health-conscious lifestyle program.

"When the editors of ideal-LIVING looked at top communities with some of the best health and fitness opportunities, Lakewood Ranch immediately came to mind," said Kelly Godbey, editor and associate publisher. "From its many amenities including golf, tennis, pickleball, parks, and walking trails, to yoga in the park, as well as the open-air farmers' market and on-site medical care, the entire community is built around fitness."

Surveys were collected at the 2020 ideal-LIVING real estate shows that showcased the top amenities in which potential homebuyers were interested. The top 100 amenity communities were chosen based on the top amenities requested, including walking trails, wellness facilities, proximity to healthcare, social clubs, swimming, a sense of community, cycling, racquet sports, gated, lake communities, and coastal communities.

A special editorial committee assembled by the publication reviewed the qualifications of each nominee and selected the winners in 12 categories.

"We are honored to be named as a 'Best Health & Fitness' community by ideal-LIVING magazine," said Laura Cole, senior vice president of LWR Communities. "In these uncertain times,



home buyers are placing a higher priority on connectivity, open space, and an active lifestyle. Lakewood Ranch has all the qualities and conveniences of an established town with the added benefit of resort-level recreational amenities in your own neighborhood. It's plug and play here!"

Last year, ideal-LIVING recognized Lakewood Ranch in the "Best Wellness Community" category, due in part to The Ranch's collaboration with The Academy for Brain Health and Performance and Massachusetts General Hospital, a Harvard Medical School teaching hospital, on The Brain Health Initiative project. The Ranch's CORE (Collaboration Opportunities for Research and Exploration) campus, a 305-acre research park which includes 971,000 square feet for STEM-focused academic partners, world-class research facilities, and the collaboration between new and emerging markets that focus on research, health, and education, was also cited.

"The 'Best of the Best' feature honors those areas and communities which deserve special recognition for their outstanding qualities, facilities, and programs," Godbey said. "During the challenging times, we hope that this special feature in our summer 2020 edition offers our readers a chance to find a better quality of life in a safer environment. Lifestyle is now more important than ever before and with many people able to work from home gives the ability to relocate sooner than they thought possible."

The Top 100 Planned Communities are posted on www.ideal-LIVING.com/bestofthebest.

Lakewood Ranch Residents Urged To Participate in Community Brain Health Study

Dr. Jennifer Bencie, health officer for the Florida Department of Health in Manatee County, and Andy Guz, CEO of the Lakewood Ranch Medical Center, are asking residents of Lakewood Ranch and the greater Suncoast region to join the Brain Health Initiative (BHI) in the movement to protect brain health and fight brain illness.

As an early step in the initiative's effort to build brain healthy communities, Bencie and Guz, and BHI's founder and executive director, Dr. Stephanie Peabody, are encouraging randomly selected Lakewood Ranch residents to participate in the Brain Health pilot study.

"Lakewood Ranch has a rare opportunity to participate in the pilot of what will become a world-class comprehensive initiative of brain health to create brain healthy communities," Guz said.

Randomly selected adult Lakewood Ranch residents will begin receiving invitations to participate in the brain health pilot study in their mailboxes in August, when the BHI will kick off its pilot study to learn more about brain health.

"The pilot study is the next of many brain health projects initiated in and planned for the

Suncoast region, toward the effort of improving brain health and optimizing performance outcomes for people of all ages," Peabody said, "and decreasing the gap between lifespan and brainspan.

"In addition, the BHI will use data analyzed from the pilot to inform the identification of innovative brain health interventions to bring the Suncoast region through the developing BHI Lab," Peabody continued. "The innovation lab is being designed as an accelerator lab where solutions from a global explosion of brain health innovations can be brought and tested with the region's residents, workforce, visitors (younger and older) to participate in clinical trials that promote brain health, fight brain illness, and optimize performance."

Understanding what causes brain health problems and how best to prevent brain illness remains one of the biggest medical mysteries of our time, according to Dr. Bencie.

"Especially now – when discoveries related to brain health and brain illness, across the lifespan, are critically needed worldwide – I hope every community member who is contacted will step up to help this team of scientists

and our region by participating in this study," Bencie said.

Building a brain health community effort began with the 2018 Lakewood Ranch Brain Health Community stakeholder prioritization survey. The results of that survey informed the development of the pilot survey. The pilot will collect data specifically about how Lakewood Ranch residents function mentally, socially, cognitively, and biologically. It will pay special attention to what Lakewood Ranch reported as brain health priorities.

Dr. Erin Dunn, epidemiologist and research director of the BHI, said that adult residents of the community will be randomly selected to participate in the confidential, online questionnaire and complete a series of cognitive computer games. The survey includes questions about health habits, medical conditions, social relationships, recreational activities, and experiences during the COVID-19 pandemic, Dunn said. Those participating will also be asked to share information about health behaviors such as exercise, nutrition, smoking, alcohol usage, sleep patterns, as well as demographic information.

Community participation is a critical component of the BHI. Dr. Peabody encourages those residents who receive a recruitment letter to advocate for their own brain health and participate in the study.

"Help to inform the science that is essential to building a brain healthy community that promotes and protects brain health and fights brain illness," Peabody said. "The pilot study will help us capture risk and protective factors linked to brain health across multiple domains. We will be incorporating key 'lessons learned' from other successful community-based, population health projects, including the Framingham Heart Study and Shape Up Somerville, to identify ways to protect our brain health across the lifespan at the individual and community level."

The greater the rate of participation, the more successful the BHI will be in establishing a robust brain health baseline of the community, and that will lead to greater opportunities for scientific discovery, Peabody said. It will also help recruit brain health innovators and entrepreneurs from around the world to support the brain health of the region.



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LWR Remains The #1 Best-Selling Multi-Generational Community in the Nation

Lakewood Ranch maintained its position as the best-selling multi-generational community in the U.S., according to national real estate consulting firm RCLCO's 2020 mid-year survey. The Ranch secured 838 new home sales through the end of June of 2020, besting last year's numbers by 2 percent. Lakewood Ranch's overall second place position put it among the top-selling master-planned communities (MPCs) in the country for nine consecutive years.

Despite the uncertainty that remains due to COVID-19, low interest rates and the barbell effect (millennials and boomers) continue to drive demand for homes in Lakewood Ranch at all price points. A significant number of buyers have noted that COVID-19 has accelerated life plans to reestablish roots in an environment that affords a more connected and active lifestyle while offering ample open space and tranquility. Floorplans with independent offices, separate entertainment rooms, technology packages, and pools have also generated more interest since the pandemic started.

"No question the outbreak has prompted a flight to quality," said Laura Cole, senior vice president for LWR Communities, LLC. "Buyers across the demographic and geographic spectrum have, in many cases, accelerated their decision to purchase a home in Lakewood Ranch because it has all the qualities and conveniences of an established town with the added benefit of resort-level amenities in their neighborhood.

"Lakewood Ranch's open space, amenities, and extraordinary array of modern floorplans has become very attractive to those seeking to escape urban centers," Cole continued. Today, Lakewood Ranch has three town centers, five neighborhood shopping centers, a medical center, A-Rated schools, over 120 miles of trails, 60+ clubs, Premier Sports Campus, and over 1,400 businesses."

Online traffic to Lakewood Ranch has been up across the board, even as physical traffic has returned, which was a pattern noted by RCLCO. "Those MPCs with more advanced tech features (virtual tours, community apps, etc.) to facilitate home sales had the most success during the slower period," said Gregg Logan, managing director of RCLCO. "Builders and developers who were already utilizing online and virtual technology have had a significant advantage during this period of



social distancing. We are seeing that those organizations that are adopting new technologies, such as accommodating self-showings and online transactions, are attractive to consumers for their safety as well as their simplicity and ease of use.

"The increased use of community apps and online amenities and services have become critically important aspects of both the sales and community building processes," Logan said. "The execution of these components has helped both to facilitate new home sales as well as to sustain the sense of community which master-planned communities strive to create and which is key to their 'lifestyle' appeal."

This online component was prevalent in Lakewood Ranch sales, where even with travel restrictions in place, buyers were purchasing homes – in many cases, sight unseen – making use of builders' virtual tours, as well as interactive chats and virtual community presentations from the Lakewood Ranch Informa-

tion Center. The Ranch's history of more than a quarter of a century gave customers a sense of assurance and continuity seen in very few communities.

"To some degree, this fluid and uncertain environment has caused buyers to become more suspicious of communities who are long on plans and short on offerings that can be enjoyed in the moment," Cole said. "Lakewood Ranch has the unique advantage of being owned and guided by the same family since its inception over 25 years ago. Their vision and dedication to quality planning has resulted in Lakewood Ranch being the best-selling community for all ages in the United States for three years. It's very easy to 'plug and play' and feel part of this welcoming community made up of residents from across the U.S., indeed around the globe."

Lakewood Ranch's recent growth has come from millennials and baby boomers. Active adults accounted for a large percentage of sales, while young couples experienced the greatest increase in home sales of any consumer profile, jumping 38% year-over-year. Lakewood Ranch also outperformed the metropolitan area in attracting families and empty nesters. The Northeast remained the largest feeder market for buyers from out of state, with increases in Midwest buyers, as well as those from the Maryland-D.C. area.

THE PET DOC

The (Pet) Doctor is In!

BY ERIN SIEMS, DVM

Hurricane season is here.

It's time to put away our Florida "weather-is-awesome" wintertime smirks and start seriously prepping. Luckily, we get to know in advance that a storm is brewing. However, as we saw from Irma and Maria a few years ago, a slight shift in trajectory can change everything in an instant.

Now I know we all like to wait until the last minute ... after all, that's why we all moved to Florida, right? We're not slackers, we're laid back! We brag about our easy-going lifestyle. However, a little prepping can go a long way and, of course, we can't forget about our four-legged family members!

Here are a few essentials to consider when making your hurricane preparedness plans for your furry friends.

• **Microchip and register:** This is probably the single most ef-



fective way of helping a lost pet find their way home. If your pets are not microchipped, ask your vet for recommendations. If your pets are microchipped, take a minute to make sure your contact information as well as your vet's contact information is up to date.

• **Know where to go:** Not all shelters take pets. Pet friendly shelters will have requirements for vaccinations, housing and care for your pet. Many boarding facilities are not hurricane rated or have limited capacity during hurricanes. Don't wait until the last minute to make plans.

• **Have important medical records and proof of vaccines:** Whether you plan on hunkering down, going to a shelter or making the mad dash to higher ground, you should have a physical copy of vaccine records and current medications (don't rely on your cell phone battery). Many veterinarians offer a pet ID card, similar to a driver's license, which will have vaccine information on in.

• **Stock up on supplies:** Food, water and medications are all

necessities and can be in short supply. Now is not the time to ask your neighbor for a cup of sugar and a bottle of insulin! Also consider, an average 25-lb. dog can easily drink a liter or more of water in a day. Stock up early!

• **What to do with the poo:** Yeah, it's gross ... but it's a part of life. Think ahead about litter, waste bags, etc. and where to store them if necessary.

Side note: Aug. 15 was National Check the Chip Day, but feel free to stop by our office anytime to make sure your pet's chip is active!

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.

LWRBA

LAKEWOOD RANCH BUSINESS ALLIANCE

Give Back to Our Community!

VOLUNTEER DAYS SCHEDULED FOR OCTOBER

The Alliance Gives Back!

LWRBA VOLUNTEER DAYS
OCTOBER 1-3, 2020

The LWRBA is pleased to announce its third annual Alliance Gives Back Volunteer Days will take place Oct. 1, 2 and 3, 2020. This volunteer initiative connects members of the community with Alliance member non-profit organizations to positively impact the community through various activities.

Last year, nearly 200 LWRBA members volunteered in various activities with 27 local non-profits. The three-day initiative organized by the LWRBA's community engagement committee generated an estimated 800 volunteer hours for non-profit organizations in Sarasota and Manatee counties.

This year, as organizations are being challenged by the current circumstances, the Alliance has outlined three options for non-profits to participate. Opportunities for socially distanced activities, virtual events, and supply drives will ensure a safe and rewarding experience for all involved as we support our region's non-profits.

Volunteer sign-ups begin Aug. 20. Visit LWRBA.org/AllianceGivesBack for details.

WELCOME NEW ALLIANCE MEMBERS

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Join the Alliance today! In an effort to support our local businesses' 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! **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.**

EXECUTIVE ACADEMY VIRTUAL BEGINS SEPTEMBER 11

Take your place and take the lead among our community's highest-achieving professionals at the Executive Academy. For fall 2020, we are excited to take the Executive Academy experience online! The LWRBA Executive Academy is a results-oriented, six-phase leadership building experience created by LWRBA and powered by Game On Nation.

The purpose of the Executive Academy VIRTUAL is to equip business professionals with the tools to continue to develop both personally and professionally. Leaders know that the learning process is not about changing who you are -- it's about growing who you are. Executive participants will increase resourcefulness, confidence, and agility through tangible skill training for all types of business environments, helping them lead and achieve team goals fearlessly and successfully.

Registration is open until Aug. 31 at LWRBA.org/ExecutiveAcademy



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LAKEWOOD RANCH COMMUNITY ACTIVITIES

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



At times like these where we are increasingly isolated, it's important to get out of our homes, exploring, taking in the fresh air and maybe keeping up with our exercise routines. This is of paramount importance to us here on The Ranch.

Our friends at the Brain Health Initiative have been sharing tips and tricks to help everyone avoid "quarantine fatigue." Quarantine fatigue is the physical and emotional exhaustion we are feeling because of this new lifestyle. This week they shared what you can do today to protect your brain health:

Our partners in the Department of Psychiatry at Massachusetts General Hospital offer the following tips for dealing with your quarantine fatigues:

1. Do not ignore your physical and emotional symptoms. What you are experiencing



Keith Pandeloglou
Director of LWRCA

is real and should not be ignored. Recognize that the physical and emotional symptoms are your body's way of communicating that something is not right. Find positive and proactive ways to address what you are experiencing and to support your brain health.

2. Practice mindfulness. Mindfulness can be an effective strategy for managing stress and changing your brain. It involves being present, purposeful, and nonjudgmental in the moment. Practicing mindfulness can activate and strengthen the connections in your prefrontal cortex which helps focus your attention. Keith's pro tip: Join us on Tuesday mornings on the Lakewood Ranch Facebook page for our "Mindful Moments," sponsored by the Brain Health Initiative.

3. Restore your mood through eating, sleeping and exercise. Eating a brain healthy diet, exercising for at least 30 minutes a day, and getting good sleep each night can improve your brain health and performance and fight brain illness. These lifestyle behaviors boost your mood, immune system, and memory and concentration. Keith's pro tip: Join us on The Lakewood Ranch Facebook page for regular "Brain Healthy Food Hacks," sponsored by the Brain



Health Initiative's own Dr. Uma Naidoo, and explore our fabulous Lakewood Ranch parks - learn more below!

4. Stay connected. You may need to be physically distant from your friends and loved ones, you don't need to be socially distant. Your brain health and happiness are directly linked to the quality of your relationships. Continue reaching out to your distant family and friends, plan fun activities at home with your immediate family and continue to invest in the relationships around you.

5. Take a break and ask for help if you need it. If you are feeling overwhelmed, give yourself a break, take a step back from the news and social media and find something that brings you joy. Take a walk, go for

a bike ride, paint a picture, listen to music, dance, or read a book. And don't hesitate to reach out for professional help if you need it. Sign up for their Brain Health Boosts, delivered via email, at their website: brainhealthinitiative.org.

Did you know that Lakewood Ranch has seven community parks where you can get out and play?

My goal today is to take you (virtually) around each of the parks, so you can understand where they are located, the amenities they have, and how some are connected by our trail system! First, one of our newest parks is **Bob Gardner Community Park**. This is a mile-long park, right between wetland preserves and conservation areas and located just off White Eagle Boulevard, in between Arbor Grande and Mallory Park. You can find paths, soft trails, and a 9-hole disc golf course! There's even a fun gravity rail for kids, in addition to a dog park.

Just down White Eagle Boulevard, located south of Bridgewater, is **James Patton Community Park**. This park is designed around water, and you can connect to interwoven trails or launch a kayak! This park also features a picnic pavilion and kids' playground.

SEE ACTIVITIES, PAGE 14

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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 months, 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



PHOTOS BY MARK ODELL



“The earth has music for those who listen.”

—William Shakespeare

As a break from the regularly scheduled confusion and fear of the day, please delight in these pictures of the beauty around us, and consider these thoughts:

“Look deep into nature, and then you will understand everything better.” —Albert Einstein

“Heaven is under our feet as well as over our heads.” —Henry David Thoreau

“We don’t inherit the earth from our ancestors, we borrow it from our children.” —Native American proverb

“There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter.” —Rachel Carson

“Study nature, love nature, stay close to nature. It will never fail you.” —Frank Lloyd Wright

“Men argue. Nature acts.” —Voltaire

“The earth is what we all have in common.” —Wendell Berry

“Just living is not enough. One must have sunshine, freedom, and a little flower.” —Hans Christian Andersen



3 Natives Brings More Healthy Choices to The Green

BY ERNIE SOLLER,
Community Correspondent

It might seem that The Green at Lakewood Ranch shopping center is geared toward a younger, more fit portion of the Lakewood Ranch community.

After all, there's a large fitness club located there. You'll find a day spa and nail salons too, a breakfast-and-lunch place and, just in case you get hungry and don't want to succumb to the average burger/pizza/nuclear explosion calorie fest found at most "fast food" places, there is a new place called 3 Natives, which describes itself as an acai/juicery establishment.

Acai, a Brazilian berry, has come on strong in the food arena of late. It is reported to have

properties that some folks look at as being almost "miraculous," and there seems to be some truth to the hype about acai. For starters, acai berries, like many other berries, are loaded with anti-oxidants. They contain lots of fiber. They are a source of heart-healthy fats, and they are high in calcium, which is good if you want strong bones, a strong heart, muscles, and nerves.

At 3 Natives, the acai they use comes from 100% organic, fair-trade sources in Brazil, and helps to support over 20,000 local family farmers in that country.

You might say that the acai berry started it all for 3 Natives. The brand began as a juicery in Tequesta, Fla. in 2013, and has grown to be a booming franchise-based business. The Lakewood Ranch store opened in late June at The Green, and there are close to 20 stores open in Florida, with more to come in places such as Dallas.

Now, just in case you might think that the only things sold at 3 Natives are acai concoctions and juice, they have a several-page menu of food offerings.

Admittedly, the food offerings at 3 Natives tend toward the "healthy lifestyle" side of restaurant choices.

Their menu features acai bowls, of course, along with wraps, salads, smoothies, juices, veggie-spice shots, and bagels.

The bowls have some interesting names.

There's one called the "Chronic," which sounds like maybe it might not be a good thing, but it is packed with acai, granola, banana, strawberries, Kiwi fruit, pineapple, coconut shavings ... and honey. The ingredients make it sound more like the "Chronic" is destined to be a tasty repeater!

There's also one called the "Warrior." I guess that one is going to get you ready for the day's business combat.

3 Natives' wraps and salads run the gamut, with, for instance



an albacore tuna salad, with all sorts of fixings. 3 Natives uses only sustainably caught tuna, and it is processed with only salt and water, unlike some of the fish that come into our country after processing in less than great conditions overseas.

In general, the wraps and salads give the customer a choice between a smaller, wrap portion, and a larger, salad portion. On my recent visit to 3 Natives, my lovely companion chose a chicken salad wrap, served with gluten-free bread. (You can also get spinach bread for your wrap.) I, feeling rather

hungry, chose the chicken Caesar salad.

I must admit, that, perhaps, as my mom used to say: "My eyes were bigger than my stomach," as I found that there was a LOT of food in that salad, and I was unable to finish it all. Both the wrap and the salad were good, and very fresh. 3 Natives dressings are made daily from scratch, and they use locally sourced fresh produce.

For drinks, I chose a cold-brew coffee, while my companion ordered a "Black Lemonade," made with activated charcoal, which is credited with "cleansing" the body of impurities, and is reputed to assist in overcoming a hangover.

My coffee was fine, although she felt that her lemonade had a bit too much charcoal in it for her taste, and switched to a grapefruit/melon/green tea drink which she really liked. She was also happy that this drink was non-carbonated.

As for the restaurant itself, the place is light and airy, with pale, knotty-pine paneling and benches along the wall, and there are separate tables also. A staff member came around and cleaned the tabletops of the recently-vacated tables – a real plus in the summer of 2020!

The 3 Natives slogan, as found on their website, is: "Helping You With Your Healthy Lifestyle."

So, if you are trying to adhere to a healthy lifestyle, you might just want to check out 3 Natives.

The restaurant is located at 11577 S.R. 70 East, in The Green shopping center, on the northeast corner of State Road 70 and Lakewood Ranch Boulevard – right in the "center of the center."

Their hours are Monday through Saturday, 8 a.m. to 6 p.m.; and Sundays from 8 a.m. to 4 p.m. For more information visit 3natives.com.

FROM PAGE 10

Our newest park off White Eagle Boulevard is **Roger Hill Park!** Situated just behind Harmony, this is accessible by bike or walking, and connected to our existing trail system.

If you would like to run your own personal 5K, start at Bob Gardner Park, continue on the sidewalk heading south on White Eagle Boulevard, and proceed to Roger Hill Park. You'll want to check your pedometer, but our trial run (pun intended) looks like it's just under 1.6 miles between Bob Gardner and Roger Hill – do a loop back to Bob Gardner and you've got your own 5K route!

Heron's Nest Nature Park is just south of Summerfield Lake, off Adventure Place in Greenbrook and is a beautiful 110-acre retreat! You can meander the pristine trails, or fish and boat on sparkling Heron and Summerfield lakes.

Greenbrook Adventure Park features an in-line skating track, plenty of sports fields, paw parks, and miles of trails. There's also a pavilion, and this is home to many of our larger events in Lakewood Ranch like our Irish Celtic Festival and Eggstravaganza. Greenbrook Adventure Park is located just off Greenbrook Boulevard within the Greenbrook community.

Summerfield Community Park features three separate playgrounds, with swings, tennis courts, a basketball court, baseball field, soccer fields, jogging paths and a pavilion! There's something for everyone at this 15-acre park located just off of Lakewood Ranch Boulevard and south of State Route 70.

Finally, **Country Club Community Park** is located directly behind Lakewood Ranch Golf and Country Club's athletic center, which is a great location for a family outing. Featuring a basketball court, pickle ball court, pavilion, and tot lot, it is located just off of Legacy Boulevard north of University Parkway.

With so many ways to get out of the home and stay active, what are you waiting for? If you see me at one of the parks, feel free to come say hello! I'll be there with a friendly wave, from 6 feet away, of course.



Best way to start your Sunday, Barre None!

Join us for free barre class in the beautiful setting of Bob Gardner Community Park, 2710 White Eagle Boulevard!

Barre3 hosts the morning classes starting at 9 a.m. alternating Sundays – upcoming dates include Aug. 30, and Sept. 13 and 27. Please bring your own mat and water bottle. Mats must be placed at least six feet apart from others, and we ask all participants to closely follow all social-distancing guidelines.

Note: Parking is extremely limited. If you live in close proximity to Bob Gardner Park, we encourage biking or walking to the event. Be sure to visit myLWR.com to register!

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THE UNASSUMING WINE BROS.

Fire, Meat, and Wine

THE CHARCUTERIE AND PORK PAIRING EDITION

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

If it's your first time reading this article, welcome! We are The Unassuming Wine Bros (UWB) – Patrick and Vigo – two regular guys who love everything about wine, including writing about it. Our goal is to explore the nuances of wine, share our adventures with you, and have a little fun along the way.

To start, we apologize to all our vegan readers. This article, except for our wine recommendations, may not be for you. This month, the UWBS have thoroughly explored the interaction of fire, meat, and wine. The rating system is as follows: Vigo (Humvees)/Patrick (scales of justice); ratings are given on a 1-5 scale, with five being highest. Here's how it all went down:

Vigo: My job was to select the meat for what we hoped would be a grilling and wine pairing extravaganza. Although I had never been there before, I have always been intrigued by the Butcher's Mark while shopping next door at Total Wines at the Shoppes at University Town Center. I decided to stop in.

During my visit, Ben, the Butcher Mark's managing butcher, patiently walked me through various types of meat, each time identifying the precise cuts that would pair well with different types of wines. "You don't want to go with red meat (with a white wine pairing), but chicken or a nice pork chop would do fine," Ben said. Up to that point, I had not considered incorporating grilled pork into our meat and wine pairings. However the more I thought about what Ben said, and inspected his pork chop cuts, the more I knew it would be a blast to pair grilled pork with different wines.

Ben selected two of his best pork chops for us, each approximately two inches in thickness. He explained that the pork chops would pair nicely with chardonnay, but the pork would need a very savory seasoning of sage, thyme, garlic, and onions. I said, "Let's do this," and within minutes was out the door with my purchase, hoping that Patrick was doing his best wine selecting.

Patrick: I had two tasks: selecting wines to pair with whatever type of meat that Vigo purchased, and playing host to the grilling and subsequent tasting.

When I learned that one of Vigo's selections was pork, I knew an oaky chardonnay would pair with it well and immediately had a specific one in mind: Grgich Hills Estates 2016 Chardonnay (93 - Wine Enthusiast; 14.1% ABV; \$37.99). And while it is a bit on the pricier side for a typical UWB selection, I knew this famous Napa chardonnay and personal favorite would be the perfect conventional pairing and was excited to taste it with the pork chops.

However, I was also determined to take an unconventional route and find an affordable red wine pairing for the pork chops as well. To do so, I ventured to Fine Wines and Tastings on Main on Lakewood Ranch Main Street. I picked up a bottle of Willamette Valley Vineyards "Estate" 2017 Pinot Noir (90 - Wine Spectator; 13.7% ABV; \$29.99). I was encouraged by the so-called "experts" suggestion that this wine would go well with pork.



Because I was playing host to a team of hungry meat-eating wine tasters, I knew that merely preparing a bunch of meat slabs would not suffice. To help feed this diverse, hungry crew, we ordered the perfect accessory for any party: a medium 10x10 charcuterie and cheese box from Charcuterie and Cheese (\$65; www.charcuterietogo.com). Besides the high quality of its contents and outstanding presentation, the best part about the box was its variety and convenience –to buy all these ingredients piecemeal and assemble a similar plate would be far costlier and far more time-consuming and complicated than quickly ordering a box online.

Charcuterie and Cheese also offers free weekday and weekend delivery within a certain geographical zone. As a busy professional with foodie friends, this purchase made a lot of sense.

Because we were beginning with these boxes' many different bites, cheeses, and spreads, we needed an affordable, versatile, and great tasting sparkling wine to get us started. I am an una-bashed champagne fan, but despite my great fondness, I know that decent champagne is often unnecessarily expensive ... especially when it is served as a starter. As a cheaper alternative, I sought a sparkling wine from outside France's champagne region but still bottled in the traditional method. When I learned that Domaine Carneros 2016 Brut (4.0 Vivino; \$28.99), a California sparkling wine bottled in partnership with one of my favorite champagnes – Tattinger – was roughly half its price but still bottled like champagne, I took a leap of faith with it.

The 2016 Domaine Carneros Brut was a pleasant surprise on its own and also paired great with the goat cheese, brie, and nuts in the charcuterie and cheese box. It was fresh, crisp, and easy to drink throughout with lemon and apple notes and a nutty finish. It was fantastic at its price point, and I will be drinking this bottle again. It is a great choice to serve at a party as a starter wine or with the main course. The verdict:



Vigo: With "Ben the Butcher's" advice still fresh in my head, I evaluated the various spices in my kitchen and had a eureka moment when I came across the Badia brand's "complete seasoning." It had every ingredient we needed, including various spices, garlic, and onion, to name a few. It was the perfect seasoning for our pork.

After patting dry and seasoning both sides of the chops, it was time to grill. The optimal pork grilling temperature is 450 degrees. Pork chops will best be prepared when they are grilled on each side for approximately five minutes, with slight variation depending on thickness. We cooked the chops in this manner, and when the seasoning on both sides appeared bronzed, we transferred the pork chops to a less hot grill burner and continued to grill them at 380 degrees for another five minutes per side. The secret to cooking any kind of meat is the feel. With pork, it should feel firm with a bit of spring. If you're not great with the feel method, a meat thermometer is your next best bet. When the internal temperature



THE UNASSUMING WINE BROS.

of the pork chop is approximately 140 degrees, it's fully cooked. To ensure maximum tenderness and taste, it is best to let grilled pork rest for about 10 minutes before serving it.

Patrick (The Pairings): The pork chops were perfectly seasoned and grilled. A special shout out is definitely warranted for a friend of the Bros, "Pat" – a contract lawyer by weekday and weekend grill master – for his grilling tips and overall assistance. The pork chops were flavorful and tender and, given their medium texture and mildness, were well suited for both an oaky chardonnay and medium-bodied pinot noir.

I first sampled the 2016 Grgich Hills Estate chardonnay. This iconic personal favorite never disappoints, and this particular bottle was no different. It is fresh, extremely drinkable, and perfectly balances lemon, pineapple, and very subtle oak notes. I found this bottle to be delicious. The wine verdict:



The 2016 Grgich Hills Estate chardonnay paired perfectly with the seasoned and grilled pork chop, and this combination was my overall winner! To all of the various tasters involved, this pairing was the highlight of the entire undertaking. The pairing verdict:



Next, I tried the 2017 Willamette Valley Vineyards "Estate" pinot noir. This wine was fruity, refreshing, and balanced. It was easy to drink even on a hot summer day as it was more light-bodied than anticipated. The wine verdict:



Admittedly I am generally biased toward pairing pork with white wines and particularly doing so with the 2016 Grgich Hills Estates chardonnay. In light of this, the 2017 Willamette Valley Vineyards "Estate" pinot noir had an uphill battle. After tasting it with the pork, I believe this pinot noir would be better on its own or with a lighter food pairing such as white fish as it was a bit too bright to stand up to the texture of our grilled and seasoned pork. In other words, good wine that we paired poorly. I will own this mistake. The pairing verdict:



My overall winner: the grilled and seasoned pork chops with the 2016 Grgich Hills Estates chardonnay was an instant home run, clearly the best of the two pork chop pairings, and one of the best food/wine combos I have ever sampled together. This was a fantastic match. As it's a bit pricey, pick up a bottle, and save this wine pairing for a special occasion. You won't be disappointed.

Vigo (The Pairings): The pork chops from the Butcher's Mark were phenomenal. Savory, tender, and juicy, I can't remember a time I've had a better piece of pork that was cooked to perfection. Though Patrick gave "Pat" a lot of credit regarding the outcome of the chops, we all know it was the guy behind the grill (Vigo) that made pork perfection a reality.

I can't say I'm a fan of chardonnay in any of its forms. Soft, buttery, or oaky has never been in my palette's wheelhouse. However, the 2016 Grgrich Hills Estates chardonnay was nei-



ther too buttery nor too oaky and struck a moderately clean taste with a slight aroma of smoke, coupled with a mild floral bouquet that chardonnays are known for. The verdict:



Sometimes you just get things right, and the seasoning, and the selection of the 2016 Grgrich Hills Estates chardonnay was one of those times. The juicy pork, savory spices, and the clean floral notes of Grgrich Hills Estates chardonnay all coupled together was a pairing made in wine and meat heaven. The verdict:



Pinot noir is always a welcome selection when out to dinner or visiting with friends. On its own, the 2017 Willamette Valley Vineyards "Estate" pinot noir is a solid choice: beautiful pale red color, even bodied with hints of cherries and leather. I would not refuse a glass – or two – of this wine. The verdict:



Not all things that are great on their own go well when put together. Much like pairing stripes and plaids, pairing the 2017 Willamette Valley Vineyards "Estate" pinot noir and a savory pork chop goes over about the same way. The verdict:



My overall winner: Surprisingly, my overall winner was the meat, not the wine. I cannot describe how delicious the pork chops were. That being said, regarding our pork chop pairings, there is no better match in wine heaven than the 2016 Grgich Hills Estates chardonnay. If you try this pairing, it will surely be a meal you'll talk about for weeks.

FROM THE MAIL BAG:

Sandy F., from Boca Raton, Fla., wrote, "I love wine but sometimes it doesn't love me the next day. I've heard about clean wines that don't give you that bad feeling the next day. Have any recommendations for me?"

UWB: We hate to hear about anyone not enjoying wine, even the day after. We will check into a clean wine for you and make a suggestion next issue.

Let us know whether you agree, disagree, or whether you prefer other wines or pairings more. We'd love to hear your input and suggestions and are always thrilled to receive your feedback, information, and opinions. We can be reached at VigoandPatrick@gmail.com.

Brain Health Initiative Announces Relationship with UF's Florida Survey Research Center for Pilot Study

The Brain Health Initiative (BHI) recently announced that the Florida Survey Research Center (FSRC) at the University of Florida has been contracted to assist with the launch of the Brain Health pilot study. BHI's work with the FSRC represents one of many future opportunities to engage Florida-based expertise in the work of the BHI.

FSRC will assist with study recruitment and community focus group moderation for the BHI pilot study, launching this month. According to Dr. Michael Scicchitano, director of the FSRC, the BHI's work to better understand brain health and brain illness is critically important. He said FSRC welcomes the opportunity to help bring improved understanding about brain health to the Suncoast region and beyond.

"Our research team is so grateful to leverage the extensive skills and resources in the Florida community through its academic institutions, hospitals and health centers, community-based organizations, residents, and workforce," said Dr. Erin Dunn, BHI's director of research. "These collaborations are essential in making the mission of the BHI—to promote and protect brain health, optimize brain performance and fight brain illness across the lifespan—as successful as possible. Done right, we also see these partnerships as mutually beneficial, bidirectional opportunities to study and take action on brain health for all involved."

Dr. Stephanie Peabody, founder and executive director of the BHI, said the Brain Health pilot study would not be possible without the enthusiastic support of the Lakewood Ranch and greater Suncoast region residents, businesses, and organizations. "The area's commitment to championing new research and innovation around brain health helps promote and protect brain health and fight brain illness at the individual and community level," Peabody said.

The BHI looks forward to collaborating with academic institutions and organizations throughout the greater Suncoast region and the state of Florida, she said, as well as with national and global stakeholders. "The BHI continues towards its development as an epicenter that collaborates with researchers, clinicians, innovators, entrepreneurs, and other stakeholders to study and take action on improving brain health outcomes for its residents, students, workforce and visitors."

For more information visit The Brain Health Initiative at www.brainhealthinitiative.org.



Ranch CDD Budgets Established for Fiscal 2021

BY ERNIE SOLLER
Community Correspondent

For several months now, due to the COVID-19 virus situation, in-person public board meetings have been eliminated for the Lakewood Ranch Community Development Districts (CDD). Instead, board members have been meeting via “Zoom” and conducting business without public gatherings.

One of the main duties of the CDD supervisors is the annual establishment of district budgets for the following 2021 fiscal year. The members of the CDD boards, beginning in March of this year, have worked diligently to prepare budgets that cover the needs of their residents, while taking into consideration the restrictions brought about by the coronavirus pandemic.

Therefore, the preliminary budgets adopted by the various Lakewood Ranch CDD boards this summer reflect the need to hold spending down, except in cases where work is considered to be necessary, while at the same time maintaining services to residents.

DISTRICT 1

Alan Roth, chairman of the District 1 CDD board, noted that the assessments for this next fiscal year will go down slightly for District 1 residents. He stated that the board had dropped all discretionary expenditures, but commented that there would have to be money spent in the future for common area land-

scaping work, which would tend to be reflected in increases for the 2022 fiscal year.

The total budget for District 1 for the 2021 fiscal year is set at \$2,139,150. This reflects a decrease of \$59,400 from the last fiscal year, with assessments going down by \$39,400, or approximately \$23 per residence. Some \$20,000 of District reserve funds are being used to hold down the amount of assessments.

DISTRICT 2

The District 2 budget for fiscal 2021 is \$3,455,370, a decrease of \$28,740 from the previous year. Assessments will be reduced by approximately \$26 per residence. Some \$30,000 of District reserve funds are being used to hold down assessments.

District 2 chairman Pete Bokach commented that in the future there will need to be money spent on infrastructure items, since those facilities are now around 20 years old, and in some cases may need to be repaired or replaced, but that the District elected to manage spending to reflect the state of the economy.

DISTRICT 4

The District 4 budget for fiscal 2021 is in the amount of \$2,405,670, an increase of \$137,260. However, assessments will go down an average of \$11 per residence, due to the use of \$200,000 of District reserve funds, which have been steadily built up over the last 10 years.

Per District 4 Board chairman Mike Griffin, some of the in-

creased budget dollars will go to repair drainage issues along Greenbrook Boulevard near Lorraine Road, and Manatee County will be also involved in that project. There will also be needed repairs and upgrades made to irrigation equipment in District 4.

Griffin also thanked the Lakewood Ranch Operations Department for their great work in helping meet the expectations of District 4 residents regarding the quality of their community.

DISTRICT 5

The District 5 budget for fiscal 2021 is the only one that is resulting in slightly higher assessments for District residents. District 5's fiscal 2021 budget is in the amount of \$3,603,330, an increase of \$510,710. Individual assessments increases will average approximately \$105 per residence.

Marty Cohn, chairman of the District 5 CDD board, noted that a large portion of the increase in the budget will be directed to the repair of serious drainage/flooding problems along the border between the Presidio and Riviera neighborhoods. There has been significant flooding in the area, which has affected 44 homes.

Survey work for this project was expected to begin in mid-August, with the expectation that the job will be finished by early 2021.

SEE CDD PAGE 20



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HEALTH OF WEALTH

Great = Hard, Sometimes

BY HULDAH MATHIS

Provided by Huldah Mathis, CFP®, RICP®, Northwestern Mutual

Here we are, eight months into the year. I know it feels like 108 for many! While “normal” has yet to return, we are finding a new rhythm at this point at least.

Here are some theme words so far...

1. **Clean** – every drawer in the house has been organized (unless your house is like mine and two preschool aged children live in it)
2. **Outside** – the neighborhood sidewalks have never been so full in our 12+ years of living here
3. **Video streaming** – from happy hours to graduations, everything has become “virtual”
4. **Isolated** – vacations postponed and family gatherings rethought (including a 2-year-old’s birthday celebration in our household)
5. **Due for a haircut** – no explanation needed!

Our household has noticed in new ways how the words “great” and “hard” so often can be used to describe the same situation lately.

This slower pace of life outside of work has made for some great adventures with our kids. We took our 4-½ year-old on his first offshore fishing trip, which was memorable from start to finish. The first attempt was cancelled for weather ... but not until arriving at the boat ramp at 8 a.m., having already answering 99 questions during the car ride there. Hard. Plan B turned into a morning of boogie boarding at the beach be-



fore the storm landed in shore. Great. The second attempt was a perfect weather day, two weeks later. Great. Mom learned all about sea sickness though and got more of a view of the side of the boat than anything. Hard. The trip ended with our son catching a fish taller than he is and priceless memories. GREAT.

It has been a similar balance for many wallets lately too. Whether through unexpected job loss or a total change of circumstances, many people have realized they didn’t really have an emergency fund. Hard. Between more down time and just necessity, people are becoming better students of their finances in general and are taking inventory of where their time and dollars have been going. Great. Most people have been spending a lot less over the past few months. Great. The main reason for it – places we love had to close and plans have had to change. Hard. While no one would have chosen the occasion for it, new budgeting and savings habits are being created nonetheless and will bring far reaching positive effects well beyond 2020. GREAT.

As you reflect on these last few months, I’ll leave you with two questions to consider: What has been your best unexpected adventure during COVID quarantine? What is one new habit that you will take with you even as life returns to “normal”?

I would love to hear from you by email if you care to share!

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

FROM PAGE 18

DISTRICT 6

The District 6 fiscal 2021 budget will be almost a copy of the fiscal 2020 budget, at \$1,161,090, with a total budget increase of only \$390. Assessments will also be pretty much flat, with a decrease of approximately \$2 per residence. The District used \$46,800 of its reserve funds to accomplish this.

Per District 6 Board chairman Jim Rogoze, bond refinancing at much lower rates also helped the District hold down assessments. He stated that the District is planning on finishing its sewer turnover to Manatee County soon, but that the project has been delayed slightly due to the virus. Future road repairs, needed due to the aging of the infrastructure, will be postponed until the following fiscal year.

Another factor in the lowering of district budgets in Lakewood Ranch has been the success of the soil moisture sensor installation program. By installing these sensors, residents have been able to enjoy healthier lawns, while holding down the use of irrigation water. Even though the price of the irrigation water has gone up, this program has enabled lower costs overall, and district irrigation costs are no longer going “through the roof.”

Final votes on the various district budgets will take place during the August CDD board meetings.



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Lakewood Ranch
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The Isles At Lakewood Ranch Debuts New Amenity Center: The Pier House

The Isles at Lakewood Ranch, a gated community by Toll Brothers, recently opened its new, 6,500 square-foot amenity center, The Pier House.

Set on a nearly six-acre site overlooking a picturesque lake, The Pier House features bright, coastal-inspired architecture reflective of the West Florida lifestyle. The interior design features contemporary furnishings, modern décor, and a palette of cool-toned blues and browns, coupled with mirrored panels and large windows that imbue the space with natural light.

The state-of-the-art fitness center offers a variety of cardio and strength training machines as well as TRX suspension bands, kettlebells, and on-demand fitness instruction. Additional amenities include a spa and a social room with a catering kitchen, making it an ideal space for gatherings with family and friends.

The resort-style swimming pool highlights the lakefront area where residents can enjoy health and mindfulness exercises on the yoga lawn. Those seeking friendly competition can play tennis, pickleball, volleyball, and bocce, while the boardwalk and fishing pier – an amenity exclusive to The Isles at Lakewood Ranch – offer tranquil, family-friendly activities.

Residents with furry friends will enjoy interacting with other pet owners at the private dog park. “The Pier House will become the centerpiece of The Isles at Lakewood Ranch, and a place for homeowners to relax poolside, enjoy a variety of outdoor sports, and spend time with close



friends and neighbors,” said Chris Ryan, president of Toll Brothers Tampa/Sarasota Division.

Priced from the mid-\$400,000s, The Isles at Lakewood Ranch offers 15 home designs with an array of luxury appointments, including gourmet kitchens, spacious living areas, and private master bedroom suites. Many of the community’s home sites feature water and preserve views.

With the guidance of a professional design consultant, home buyers can choose from hundreds of options to personalize their new home at The Isles at Lakewood Ranch Design Studio.

The Isles at Lakewood Ranch is located off University Parkway at 17523 Fairwinds Drive, just east of Lorraine Road. It is ideally situated near Gulf Coast beaches, shopping, dining, and downtown Sarasota.

Home buyers can visit The Isles at Lakewood Ranch sales center and tour three professionally designed model homes from 10 a.m. to 6 p.m. Monday through Saturday and 11 a.m. to 6 p.m. on Sunday. For more information or to schedule a private appointment, call (941)313-7373 or visit IslesatLakewoodRanch.com.

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2020 FALL SCHEDULE

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10 WEEK SEASON
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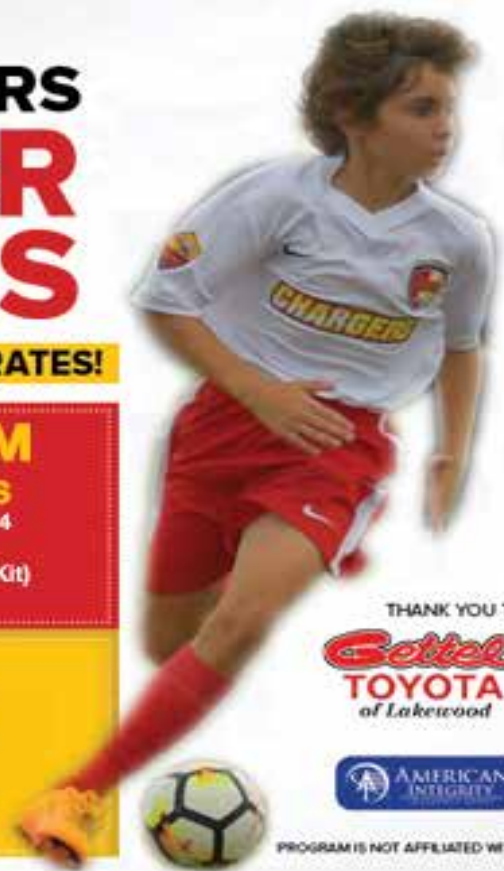
CAMP PROGRAMS

SKILLS ADVANCEMENT PROGRAM

6 Sessions - \$60
Begins Monday October 5th
Every Monday: 6:30pm - 7:30pm
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CAMP PROGRAM

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Christmans Camp
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