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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, JULY 21, 2021



HAPPY BIRTHDAY, AMERICA! Lakewood Ranchers celebrated our great United States at the annual Star-Spangled Celebration at the Lakewood Ranch Golf and Country Club. For more photos, see pages 12-13. Photo by Julio Aguilar

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CONTACT INFORMATION

Editor:

Lisa M. Barnott
lisa.barnott@lakewoodranch.com

Contributing Writer:

Ernie Soller
efsoller@hotmail.com

Proofreaders:

Sue Chaney
Chris Westlake

Community Programs:

Keith Pandeloglou
keith@lwrac.com

Advertising Manager:

Lisa Emory
lemory@localiq.com

Graphic Designer:

Kim Collister
kcollister@localiq.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

Community Website:
myLWR.com

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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Premier Sports Campus Goes to the Dogs (For Good Causes)

By Ernie Soller
Community Correspondent

On the first weekend of June, there were no soccer stars playing to a packed crowd in the stadium seats at the Premier Sports Campus (PSC).

That's because there were hundreds of dogs at Premier, and they were there with their best human friends for Pups at Premier, a fun-with-your-dog event held to raise funds for the Humane Society of Lakewood Ranch and the Low Rider Dachshund Rescue of Florida. The Low Rider group finds forever homes, not for former Harley riders, but for those low-riding, low-slung, "extended frame" dogs known as dachshunds.

Since one of the beneficiaries of Pups at Premier was the Low Rider Rescue of Florida, you might expect that there might have been a goodly number of dachshunds present at the event. And, yes the dachshunds were all over the place – long haired ones, short-haired ones, dachshund mixes – the only variety I didn't see was the wire-haired one ... and those are pretty rare anywhere.

Although there were a lot of dachshunds in evidence, they weren't the only dogs strutting their stuff at Premier.

Golden retrievers were there in force, some just walking around looking friendly, some checking out other dogs. You do know about the canine version of shaking hands, don't you? (also known as the "mandatory butt sniff"). Well, there was a lot of that going on.

SEE DOGS, PAGE 7



PHOTOS BY ERNIE SOLLER



DOGS FROM PAGE 6

There were also great numbers of little dogs, such as Yorkies, miniature poodles, standard poodles, and that perennial favorite Lakewood Ranch “home security dog” – the Chihuahua.

The Pups at Premier event was set up by Morgan Bettes’ Independent Jones events company, and featured carnival-style doggie contests, such as a “Bobbin’ for Bacon” event, in which pans of water were arranged around a circle, and doggie treats then placed in the pans. The participating dogs were then released to see which dog could gobble the most treats in a given period of time. It was fun to see the dogs gobble the treats, and

then, in several cases, plop themselves down in the water-filled pans to cool off! Why not? It was a hot, humid morning at Premier!

Another well-attended event was the doggy-owner ice cream eating contest. With both the temperature and humidity well up there, it was one of the favorite contests of the day, along with the “Run-

ning of the Pups,” an event for dogs under 20 pounds. It was great fun to watch these little dogs run to the far side of the contest area for treats. And of course, there’s always one dog in every bunch who doesn’t quite get the idea that treats are really great, and who wanders around the running area sniffing the grass instead of heading for the goodies. What can you say?

The news that there was going to be a contest – part of “Beauty and the Leash” – to select the best owner/dog costume combo brought out some interesting combinations. One couple came in matching orange print shirts, leading five miniature poodles, all dressed in matching outfits.

There was also an agility course, provided by sponsor Bayside Pet Resort, whose Lakewood Ranch facility is only a few hundred yards from the PSC. Another sponsor, The Ranch’s Woofgang Bakery, also offered goodies, including gift baskets that were either offered as prizes or raffled off.

For those intrepid folks with great balance, there was a “carry a spoon with an egg while holding a leash in one hand” contest. Good luck on that one!

Specialty dog item vendors were out in force, from those selling treats, such as deer antlers, to those selling skin treatments for dogs (and some for humans too), and decorative items such as college-themed bandanas for dogs, along with a host of other colorful things.

If you got hungry at the Pups at Premier event, it was your own fault, as there were multiple food trucks in evidence, offering a variety of choices.

If you came, you had a great time (and so did your dog). If you didn’t, you both missed a lot of fun.



DOH-Manatee Partners with FDEM to Open One-Stop Shop for COVID-19

The Florida Department of Health in Manatee County (DOH-Manatee) and the Florida Division of Emergency Management (FDEM) have teamed up to offer a one-stop shop for COVID-19 testing and vaccination.

The COVID-19 testing and vaccination site is located at the Palmetto Bus Station, 1802 Eighth Ave. W. in Palmetto. The site operates 9 a.m. - 4 p.m. weekdays. Testing (including both PCR and rapid testing) and vaccinations (Moderna) are free of charge. This is a walk-up operation; no appointment necessary. Visitors are asked to bring proof of Florida residency (driver’s license, utility bill with Florida address, etc.).

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Lakewood Ranch Medical Center Recognized with National Award

Lakewood Ranch Medical Center (LWRMC) physicians, leaders and clinicians celebrated the Center of Distinction and Clinical Excellence 2020 Awards, which were presented to Lakewood Ranch Medical Center's Center for Wound Healing and Hyperbaric Medicine, for the third consecutive year.

LWRMC Center for Wound Healing and Hyperbaric Medicine by Healogics is the nation's largest provider of advanced wound care services. The Center achieved outstanding clinical outcomes for 12 consecutive months, including patient satisfaction higher than 92%, and a minimum wound healing rate of at least 92% within 28 median days.

"The Center for Wound Healing and Hyperbaric Medicine provides outstanding specialized care for patients in Lakewood Ranch and our surrounding communities," said Andy Guz, CEO of LWRMC. "We are honored to receive this recognition for the third year and celebrate the Center's impressive patient outcomes."

The LWRMC's Center for Wound Healing and Hyperbaric Medicine is a member of the Healogics network of over 600 wound care centers and



provides access to benchmarking data and proven experience treating approximately 2.5 million chronic wounds. LWRMC - Center for Wound Healing and Hyperbaric Medicine offers highly specialized wound care to patients suffering from diabetic ulcers, pressure ulcers, infections and other chronic wounds which have not healed in a reasonable amount of time. Leading edge treatments at the Center include negative pressure wound therapy, total contact casting, bio-engineered tissues, bio-synthetic dressings and growth factor therapies. The Center also offers hyperbaric oxygen therapy, which works by surrounding the patient with 100% oxygen to help progress the healing of the wound.

"Patient satisfaction is the primary metric that everyone here lives by every single day and our patients know this and appreciate our efforts," said Stephanie Bell, director of operations of Healogics, "Our Center is professional and sensitive to both our patients and their doctors."

For more information on the LWRMC Wound Care Center visit: lakewoodranchmedicalcenter.com/services/wound-care.



Lakewood Ranch Medical Center Inpatient Visitation Updates

Lakewood Ranch Medical Center (LWRMC) visitation to the hospital inpatient nursing units has been extended to 10 a.m. – 8 p.m. Patients will be allowed two visitors at a time, age 18 or older. Visitors must enter through the main entrance of the hospital, attest that they are not ill or have recently been exposed to COVID-19, use antibacterial foam and wear a mask upon entry and keep the mask on at all times while at the hospital. Visitors may provide their own mask or the hospital will provide one for them. Visitors are required to stay in the specific room assigned to the patient. Patients who are positive for COVID-19 or are being tested for COVID-19 will not be allowed visitors.

LWRMC staff encourages family and friends to call, use FaceTime, Zoom, Skype, or send email notes through the ePatient note service if they are not able to visit. The site is available at lakewoodranchmedicalcenter.com/content/epatient-notes.

For additional information on visitation, visit LWRMC's website at: lakewoodranchmedicalcenter.com/ and click on "Health Update: Latest Information on COVID-19 Vaccine" or follow Lakewood Ranch Medical Center's Facebook page.

District Boards Pass Preliminary Fiscal 2022 Budgets

By Ernie Soller
Community Correspondent

The Lakewood Ranch Community Development District (CDD) boards of supervisors, along with the Inter-District Authority board, passed their preliminary fiscal year 2022 budgets at their June board meetings.

In general, the budgets did not feature large assessment increases with the exception of District 2, where increased costs for projected spending on landscaping and irrigation, along with planned road repair and infrastructure projects, upped the spending for fiscal 2022.

District 2 residents can expect to pay 3.6% more in assessments for fiscal 2022 compared to fiscal year 2021, a level that is relatively low, as reserves were planned on being used to cover a large portion of the total budget increase of 25.5%.

District 1's budget for fiscal 2022 is going up by 10.3%, with assessments for residents increasing by 1.9%. The increase is based on projected increases in landscaping and irrigation costs, along with spending for infrastructure improvements.

District 4's fiscal 2022 budget showed a decrease of 12.1% from fiscal 2021. This results from reduced expenditures on certain district projects, even though increases in expenditures are planned for landscaping, irrigation, and improvements to the entrance road and parking lot at Adventure Park. District 4 assessments are expected to go up by 2.5%.

District 5's projected fiscal 2022 budget went down by 12.1%. Assessments will go down by .6%, however, due to lessened expenditures for road repair projects. Even so, increases are built into the budget for expected additional expenses for irrigation and maintenance.

District 6's fiscal 2022 budget is going up by the largest percentage amount of any district in Lakewood Ranch. The District 6 projected fiscal 2022 budget will increase by 69.39%, however resident assessments will go down by .10%. The district has plans to do road repairs in fiscal 2022, which were planned, and that are projected to cost around \$786,000. Because they were planned, and because District 6 ini-

tiated a program several years ago to increase its reserves, residents will be able to expect no assessment increase. As with other districts, District 6's fiscal 2022 budget includes increases for irrigation and landscaping.

Finance Director Steve Zielinski noted in his comments on the projected budgets that every Lakewood Ranch district is in good fiscal shape.

In looking at the fiscal year 2022 district budgets, it is obvious that there are several recurrent items in all of the district budgets.

The cost of irrigation water is one major factor, especially with the lower rainfall amounts experienced earlier this year. If the trend toward lower rainfall amounts continues, all the districts will be paying a lot more for irrigation water.

In May of 2020, Lakewood Ranch got 2-1/2 inches of rain. In May of 2021, the rainfall total plummeted to a half-inch. This puts a big strain on irrigation systems. Finance Director Zielinski reported that the month of May's irrigation usage in the community went up between 17 and 18 percent, a huge increase.

Another factor is the need for road repairs, repaving, etc. Lakewood Ranch has some neighborhoods that are over 20 years old and in those areas a lot of the pavement is, along with the neighborhoods, aging, and aging pavement results in things like potholes and "alligator back" crumbling of the road surfaces.

As for landscaping cost increases, here again, some of the plantings in our community are getting a bit "long-in-the-tooth," and are either getting overgrown or are falling prey to disease, storm damage, etc. Since Ranch residents are pretty particular about the appearance of the community, districts have to keep working on projects that add to the quality of life in Lakewood Ranch.

CHANGE IN COVID POLICY AT TOWN HALL

Executive Director Anne Ross informed supervisors that the Town Hall COVID-19 procedures have changed. Temperature checks have been suspended and for fully vaccinated people, masks are no longer required.

SEE DISTRICT, PAGE 19

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LAKEWOOD RANCH COMMUNITY ACTIVITIES

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Over the last month, we've wrapped up all of our quarter two programming here at Lakewood Ranch Community Activities. We finished out the quarter with some of our most-loved programs: Newcomers Meetup and Fishing Saturdays! Newcomers Meetup is led by the team at LWRCA and aims to teach new Lakewood Ranchers about all there is to enjoy in our beautiful parks and our unique, nationally-recognized community. Though we have much fitness and activity-based programming, we are also devoted to providing casual and relaxed settings, such as with Newcomers Meetup where residents can ask questions, mingle, and really get to know what's available to them within their own community.



Keith Pandeloglou
Director of LWRCA

Fishing Saturdays was yet another hit! At Fishing Saturdays, residents are invited to learn the art of casting, knot tying, reeling, and what it means to be a true angler. After getting the hang of all the basics and being provided with a pole, participants practice their newly acquired techniques by fishing the beautiful Lake Patton, located within James Patton Community Park. Fishing Saturdays is run by one of



our many clubs here in Lakewood Ranch, The LWR Anglers Club, which was founded over 20 years ago on the premise of forming new friendships around a passion for fishing. Thank you to the LWR Anglers Club for sharing your knowledge and expertise with our eager-to-learn residents!

Though the LWR Anglers Club has been one of our

member organizations for a long time, we are actively fielding requests for new clubs and organizations, and we are always open to hearing new ideas. If you're looking for a club that you don't see on our list – start one! Contact us to find out how at info@lwrca.org.

Though quarter two is behind us now, we are now nearly fully immersed in summer and very excited about everything we have planned for our residents. If you haven't had the chance to browse our Summer Parks & Recreation Guide, you can do so at myLWR.com, on the Lakewood Ranch mobile app, or stop by the Lakewood Ranch Information Center for a physical copy.

One of the big highlights of our summer schedule is the addition of three new volleyball programs, as well as the return of our Wednesday Midday Volleyball class! For those of you who are over 18 and are new to volleyball, or just need to brush up on your skills and understanding of the rules of the game, you'll want to join us next Saturday, July 31, for our first-ever Beginner Volleyball Workshop. Just show up with water and a smile – we'll handle the rest!

Not a beginner to volleyball and looking to play with some other experienced players? We've got you covered too! Directly following Beginner Volleyball will be Intermediate Volleyball, for those who already have an understanding of the game.

Both programs are free to Lakewood Ranch residents, though we do ask that you please pre-register for any of our programs you wish to attend at myLWR.com or download the Lakewood Ranch mobile app on the App Store or Google Play.

SEE COMMUNITY ACTIVITIES, PAGE 17

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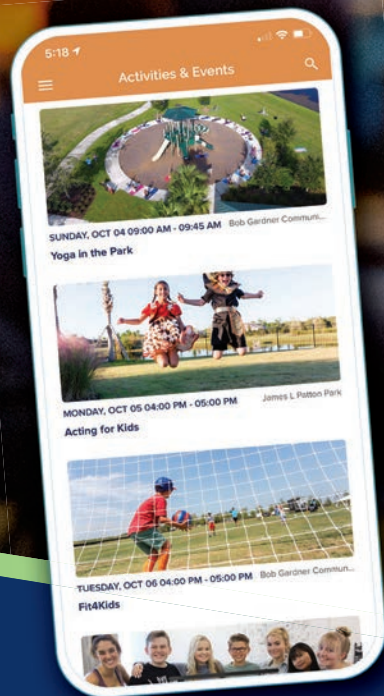


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AROUND THE RANCH



PHOTOS BY JULIO AGUILAR



Celebrating our Freedom in Lakewood Ranch

Lakewood Ranch's annual Star-Spangled Celebration was held July 3 at the Main Clubhouse at the Lakewood Ranch Golf and Country Club. In addition to great food and drink, the family-centered event featured face paint-

ers, a magician, a rolling video game truck, photo bus, Carousel's soft serve icyery, and entertainment by DJ Jay. The evening, of course, culminated in a fireworks show by Zambelli Fireworks.



THE UNASSUMING WINE BROS.



Hoorah for Lodi Petite Sirah

Though petite sirah's name is attributed to American Charles McIver, who brought what was then known as the Durif grape to the United States in the 1880s from France, this full-bodied, fruity, and often well-balanced wine is petite in name only. The grafted love child of syrah and an almost extinct grape – peloursin – this rare bird of grape varieties (only 10,000 acres planted worldwide) is our focus in this month's wine adventure.

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.

It's not difficult finding delicious, pricy bottles of petite sirah. What is a bit more challenging is finding affordable petit sirah offerings. But don't fret – we have searched high and low and identified not one, not two, but THREE excellent and affordable petit sirahs – two of which are Michael David Winery selections and all three of which are from Lodi, California. We hope you try them and like them as much as we did.

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

2018 OAK RIDGE ESTATE GROWN PETITE SIRAH; LODI, CALIF.

\$15 U.S.; 13.5% ABV

Vigo: As I have tasted and discussed wine with Patrick for over a year now, I have recognized the order of his selected wines is like an Italian opera. Patrick always starts with a solid opener with a slow crescendo. The 2018 Oak Ridge petite sirah was this month's wine overture. With the aroma of figs and black cherry, it only took a few swirls to open up this blood-red colored wine. It is full-bodied on the palate with blackberry, chocolate, and a hint of licorice on its finish. The 2018 Oak Ridge Estate Grown petite sirah is as smooth as the bedsheets at the Ritz Carlton but priced like you're staying at Holiday Inn. A solid choice for those who have never sampled petite sirahs but are curious to try them out.

Vigo's rating:

Patrick: I agree that the 2018 Oak Ridge Estate Grown Petite Sirah was solid, especially for \$15. Like most petite sirahs, this wine was full-bodied and exhibited bright and dark fruit on the front – here blackberry and dark cherry – with a touch of dark chocolate and a bit of earth on the back. Although this wine lacked a pronounced finish, it was nicely balanced with acidity giving it an even, elegant smoothness. I would let this bottle breathe for 30-40 minutes as I enjoyed it more and more as it opened up.

Patrick's rating:



2018 Oak Ridge Estate



2017 Michael David Winery



2018 Michael David Winery

2017 MICHAEL DAVID WINERY "EARTHQUAKE" PETITE SIRAH; LODI, CALIF.

\$20 U.S.; 15% ABV

Vigo: Though this and the following selection are both fantastic Michael David Winery selections, it was difficult for me to choose which sibling was the "best of the best." The 2017 Michael David Winery "Earthquake" Petite Sirah lives up to its name. This wine should be in a different category when it comes to describing its color. Though I'm not sure if "vampire blood" is a recognized color description, it was the term I used in my tasting notes. The Earthquake has a very appealing aroma of dark fruit and baking spice. With an alcohol content at 15% ABV, this wine packs a punch, and it would be wise to let it open up for a few minutes before tasting. When drawing it into my palate, it felt like an "earthquake." Tannins, acidity, dark fruit, hints of vanilla and leather were a shock to my system. Though shocking, it was like being on a carnival ride. You didn't know how many twists and turns it would be taking, but a lot of exhilaration at the end of the ride. If you like your petite sirahs to be complex with a bit of a bite, the 2017 Earthquake is for you.

Vigo's rating:

Patrick: I enjoyed the 2017 Michael David "Earthquake" Petite Sirah. Deliciously full-bodied and full of lush purple fruit flavors complemented by a touch of chocolate, this wine had a distinct juicy jamminess and was smooth and easy to drink throughout. I am probably selling this particular Michael David wine short because of how much I enjoyed "Petite Petit." The "Earthquake" was very good.

Patrick's rating:

2018 MICHAEL DAVID WINERY "PETITE PETIT" PETITE SIRAH; LODI, CALIF.

\$13 U.S.; 14.5% ABV

Vigo: Like the 2017 "Earthquake," the 2018 "Petite Petit" has a similar color profile to "vampire blood," but its aroma and taste profile is entirely different. After a few swirls, you will note the aroma of black cherry and black pepper. The flavor is smooth and full on the palate with black cherry, pepper, chocolate, and a bit of tartness from its tannins, unlike the Earthquake, which took your palate to the carnival. The "Petite Petit" is a trip to the circus with some excitement but ending with joy. The "Petite Petit" was my favorite of our three selections.

Vigo's rating:

Patrick: I love all the wines made by Michael David Winery – especially its 2018 "Petite Petit" petite sirah. Of all

the affordable petit sirahs we sampled this month, this one was my absolute favorite. This full-bodied wine – which is a blend made up of 85% petite sirah and 15% petite verdot – exhibits a rich, flavorful, exciting, and complex fruitiness (with both red and dark fruit notes), some vanilla, and great acidity, which takes you through to a lingering finish. This wine is a steal at 13 bucks. It would still have great value at three times that price.

Patrick's rating:

Vigo's overall impressions: I wasn't jumping for joy when Patrick suggested petite sirahs as our subject this month. Though predominately a California varietal, I never considered selecting a petite sirah for a get-together, unlike my typical favorite "go-to's": pinot noir and cabernet sauvignon. However, after this month's tasting, petite sirah might be considered when serving barbecued beef or socializing with charcuterie. So get ready, petite sirah. You might be getting some action soon.

Patrick's overall impressions: Because I generally love the lusciousness, full body, complex fruit profile, and acidity of petite sirahs, I knew this month's samplings would not disappoint. However, after actually tasting them, I can say they held up to my lofty expectations. While all three choices were at least solid, the 2018 Michael David Winery "Petite Petit" is definitely a contender for best value wine of 2021 to date. Check it out and let us know whether you liked it as much as I did.

ATTENTION FANS AND READERS:

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

LWR Knights Host Flag Retirement Ceremony

By Ernie Soller
Community Correspondent

Flag Day. Most Americans don't give it much thought. It is not a national holiday.

But, think about it. The American flag has become THE visible symbol of our country. It has led our troops into battle and inspired them to victory. For Francis Scott Key, who composed the words of our national anthem, the sight of our flag at Fort McHenry "by the dawn's early light" gave notice to the British Empire – the largest and most powerful empire on earth at the time – that we were going to stand up to them and assert our freedom.

Along with the Statue of Liberty, Old Glory has become a beacon of hope to the oppressed people of the world. If only they could only come to America, to stand on American soil, and become part of the American experience, they and their children could succeed in the "land of the free and the home of the brave."

So Flag Day IS kind of important. Our flag chronicles the growth of the United States of America, from a group of 13 colonies whose residents wanted to be rid of "taxation without representation," and to be allowed to run their own affairs, without interference from a European power whose seat of government was thousands of miles away across the Atlantic.

Our flag represents our history. From the earliest colonial flags, such as the Gadsden "Don't Tread on Me" flag, to the Betsy Ross flag, which formed the basis for subsequent flags, changes in our flag have resulted from changes to our country.

The Betsy Ross flag was given thirteen stripes, along with thirteen stars – both representing the 13 united colonies.

The flag that flew at Fort McHenry during the War of 1812 had 15 stripes and 15 stars, again representing the original 13 states, plus those new states (Vermont and Kentucky) that were added to the union after the establishment of the United States of America. Later, to avoid the flag becoming overly large and cumbersome with more states entering into the union, the design was changed to 13 red and white stripes – again representing the original 13 states – and a blue field with a separate star representing each of the states.

Our flag has a great history, deserving of honor and respect. But what to do with old, tattered, dirty or heavily damaged flags?

The Knights of Columbus here in Lakewood Ranch and around the country have taken upon themselves for years to "retire" old, and/or damaged American flags, in a special flag retirement ceremony that is held on the weekend closest to Flag Day.

This year, for a number of weeks, the Knights asked neighbors to bring their old and damaged American flags to Our Lady of the Angels Church, where a bin was set up to receive the flags. Altogether, about 300 old flags were brought to be retired.

In June, a flag retirement ceremony was held behind the church after the 5 p.m. Mass.

A large fire had been prepared by the Knights prior to the start of the event, as the traditional method of retirement is to burn the old flags. John Finnegan of Fogg Sound set up his DJ equipment, in order to play patriotic songs for the gathering.



PHOTOS BY ERNIE SOLLER

Following the presentation of colors by the Fourth Degree Color Guard (the Patriotic Degree of the Knights), the assembled crowd recited the Pledge of Allegiance, followed by the singing of The Star Spangled Banner and God Bless America, the latter accompanied by an original Kate Smith recording!

Knights Tom Rokosz and Jerry Graceffo then ceremonially folded Old Glory into its traditional triangle shape, while Knight Larry Simons explained that there are meanings attached to each of the 13 folds, including: fold 1 – a symbol of life, fold 3 – honoring our veterans, fold 5 – a tribute to our country, fold 8 – honoring our military dead, and fold 13 – In God We Trust.

Since there is an alternate method of retiring Old Glory, several of the Knights participated in cutting a flag into several pieces, being careful to maintain the integrity of the blue field with its stars, as a symbol of the unity of the country.

Then to the accompaniment of some "all-American" music, including "Coming to America" and "God Bless the U.S.A.," the



members of the audience were given the opportunity to take flags and cast them into the fire that had been prepared.

The Knights dedicated this year's flag retirement ceremony to the memory of their late Fourth Degree Faithful Navigator Frank Shea, who was not only involved with the Knights of Columbus, but who was also very active in the Lakewood Ranch community, especially in the annual Memorial Day Tribute to Heroes event.

Waterside Place PREVIEW

The Lakewood Ranch Business Alliance's monthly networking social was held in June at Waterside Place at Lakewood Ranch. Hundreds gathered to see The Ranch's newest retail and entertainment center at the "sneak peek" street party. Alliance members got an early look at Waterside Place, before its anticipated opening later this year – while enjoying complimentary appetizers, and drinks from future Waterside tenant Good Liquid Brewing Company.



PHOTOS BY JULIO AGUILAR



Watch the Weather, Wait to Water

The Southwest Florida Water Management District is encouraging residents who irrigate their lawns to take advantage of the upcoming summer rainy season and “watch the weather, wait to water.”

During the summer months of June through September, yards need no more than ½” to ¾” of water every two to three days. If your lawn has received enough water from rainfall, turn off the irrigation system and turn it back on when needed.

The simplest way to determine if your yard needs water is to look for these visual clues:

- Grass blades are folded in half lengthwise on at least one-third of your yard.
 - Grass blades appear blue-gray.
 - Grass blades do not spring back, leaving footprints on the lawn for several minutes after walking on it.
- Follow these tips when you “watch the weather, wait to water”:
- If your yard is showing signs that it needs water, check your local forecast to see if rain is on the way.
 - Use a rain gauge to determine how much rain your yard has received.



- If you have a rain sensor, make sure that it is working properly.
- Take full advantage of the rain. Make sure gutter downspouts are directed into landscaped areas or lawn.
- Install a rain barrel to capture excess rainwater.

For additional information, visit WaterMatters.org/WatchTheWeather.

FROM PAGE 10



We didn't forget about the young volleyball players! Our third new volleyball program is for children ages 7-12. This will be a pickup volleyball game at which all experience and skill levels are welcomed. Before playing a game, we will go over the basics of volleyball with all attendees.

If you have an idea for a new parks program, we want to hear from you! Send us a note at info@lwrca.org and we'll be glad to help. We love working with our LWR-based businesses! We are open to applications for the upcoming session of our Parks and Recreation program. If interested, submit our Park Partner Application. For a link to the application, send us a note at info@lwrca.org.

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



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Traveling this Summer? Be Brain Safe and Be Brain Smart

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

If you have driven I-75 lately or tried to park at Sarasota-Bradenton International Airport, you know that people are traveling again. COVID-19 made stay-cations a household word in the summer of 2020, but in 2021 everyone is ready to get back out there and see the world. Before you hit the road (or skies) this summer, it is important to do your homework in order to protect your physical and brain health.



The number one recommendation from the Centers for Disease Control and Prevention (CDC) is to get vaccinated against COVID-19 before you travel. As of June 10, the CDC guidelines for domestic and international travel begin with: “Do not travel until you are fully vaccinated.”

You are considered to be fully vaccinated two weeks after the second dose of a two-dose vaccine such as Pfizer or Moderna, or two weeks after a single-dose vaccine, such as the Johnson & Johnson Janssen vaccine.

While many of you are planning to reunite with family and friends, return to a favorite getaway spot, or book that once-in-a-lifetime trip, it's important to remember that travel still looks very different than it did pre-pandemic. Many parts of the world are still experiencing high infection rates and a rise in COVID-19 variants are limiting travelers from entering some countries.

Even as things are re-opening throughout the U.S. there is still a great deal of uncertainty around when and where masks are required, reopening timelines, and access to restaurants and tourist destinations.

If you are taking to the skies this summer, remember that masks are required in all U.S. airports and on all flights. Social distancing on planes has been discontinued so you can expect your flight to be full and a lack of space in the overhead bins. Airports are crowded, and check-in lines are long, meaning you'll need to allow extra time when arriving at the airport. After a year of social distancing, the experience of being in a busy airport and crowded together on a plane may be overwhelming for some travelers.

Researchers at Harvard's T.H. Chan School of Public Health point out that your personal commitment to traveling safely can provide an added measure of protection during air travel. That starts with staying home if you feel ill, wearing a mask wherever it is required, and stepping back from crowds at places like boarding gates and baggage claim.

Hotels are getting busier, too. Most hotels are providing extra safety measures like indoor mask requirements and extra sanitization. The good news is that after a year of low occupancy, many hotels are offering special deals and flexible reward programs to bring people back.

If cruising is your idea of a great vacation, you are in luck.

Domestic Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated	Fully Vaccinated
	Get tested 1-3 days before travel	✓
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CS323515-A 04/02/2021

Many cruise lines based in Florida, including Carnival, Celebrity and Royal Caribbean, are expecting to sail this summer. Most, if not all cruise lines will require testing and proof of vaccination, among other precautions, for all passengers.

If you have not been vaccinated, please keep in mind that the long-term effects of COVID-19 on your brain health are still not fully known. In addition to the respiratory symptoms, data suggest that the virus may affect the brain with more than one-third of infected patients developing neurologic symptoms including loss of smell and taste, short-term memory loss, confusion, inability to concentrate, and just feeling “different.” Researchers have also found that nearly one in five people di-

agnosed with COVID-19 is diagnosed with a brain illness, such as anxiety, depression, or insomnia within three months of contracting the virus.

When it comes to protecting your brain health and traveling safely, your best source of information may be the CDC website. If you are fully vaccinated, the CDC recommends:

- Wear a mask. Masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Masks are not required in outdoor areas.

SEE TRAVELING, PAGE 19

International Travel RECOMMENDATIONS AND REQUIREMENTS	Not Vaccinated	Fully Vaccinated
	Get tested 1-3 days before traveling out of the US	✓
Mandatory test required before flying to US	✓	✓
Get tested 3-5 days after travel	✓	✓
Self-quarantine after travel for 7 days with a negative test or 10 days without test	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CS323515-A 04/02/2021

TRAVELING FROM PAGE 18

Follow all state and local recommendations and requirements regarding mask wearing and social distancing.

If you are not fully vaccinated, the CDC recommends:

- Get tested for COVID-19 one to three days before your trip.

Wear a mask. Masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and while indoors at U.S. transportation hubs such as airports and stations. Masks are not required in outdoor areas.

- Avoid crowds and stay at least six feet from anyone who is not traveling with you.

- Wash your hands often or use hand sanitizer.

- Get tested three to five days after travel AND stay home and self-quarantine for a full seven days after travel, even if you test negative. If you don't get tested, stay home and self-quarantine for 10 days after travel.

- If your test is positive, isolate yourself to protect others from getting infected.

- Avoid being around people who are at increased risk for severe illness for 14

days, whether you get tested or not.

- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

If you are planning to travel internationally, all air passengers coming to the United States, including U.S. citizens and fully vaccinated people, are required to have a negative COVID-19 test result no more than three days before travel or documentation of recovery from COVID-19 in the past three months before they board a flight to the United States.

For more information about the Brain Health Initiative or to learn more about how you can become involved in brain health programming, or live a brain healthy lifestyle, please visit brainhealth-initiative.org.

The Brain Health Initiative (BHI), a 501(c)(3) nonprofit organization, is a cutting-edge approach to protecting brain health, promoting brain performance, and fighting brain illness across the lifespan. The BHI is creating brain healthy communities, cultures that foster brain health protective factors and address risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida Suncoast region and beyond. Join the BE BRAIN HEALTHY movement, because brain health matters, and lifestyle makes a difference.

July Programs at Chabad of Bradenton & Lakewood Ranch

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

Torah Studies

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

At the virtual Chabad House

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

Torah Studies

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

At the Chabad House

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

Weekly Shabbat Services

Friday nights, 7 p.m.; Saturday mornings at 9:30 a.m., Shabbat Kiddush at 11:30 a.m.

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 virtual Chabad House

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

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

DISTRICT FROM PAGE 9

DISTRICT 6 GATE GUARD ISSUES

The supervisors of District 6 have initiated a search for a security guard contractor to replace the current "Code Black" service. Alleged issues with discourteous behavior toward residents and guests, and gates being left open when they should remain closed, represent some of the complaints.

DEPARTURE OF ANNE ROSS

Lakewood Ranch Executive Director Ross will be

leaving her position at the Town Hall in mid-July. Ross will be the new executive director of the Stewardship District, which includes pretty much all Lakewood Ranch neighborhoods not included in the "original" CDDs.

The original districts include districts 1,2,3,4,5, and later, District 6. Several years ago, District 3, which took in the commercial area near University Parkway and Market Street, was dissolved.



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HEALTH OF WEALTH

Get to Know Your Neighbor

In light of the huge number of new neighbors, I thought I would reintroduce myself!

What brought you to LWR?

My husband and I were recently married and looking for an area that had potential for our future family and our careers. We were living in Tampa at the time and took a chance when my husband's company had an opportunity to open an office in Lakewood Ranch. Our current neighborhood did not even exist at that time and over the last 12 years we have been amazed to watch this community develop into what it is today. We look back and laugh on our early days here remembering that our first neighbor even asked if we were here to visit our parents. We couldn't have even fully appreciated it at the time, but we know now that moving here was such a gift.

Are you more of a "work to live" or a "live to work" type of person?

"Work to live" for sure, and I think my clients are actually better for it. Most of my clients share that answer and balance as well. That said, I really love what I do and couldn't imagine doing anything else professionally. It is a high privilege to



enter peoples' lives in this way and I take that responsibility very seriously.

What is your favorite way to spend time with your family?

As busy and structured as our weeks are, our favorite weekends tend to be those without a schedule where we can just enjoy some local favorites and time outside. Some of our Saturday favorites are going out to breakfast and then spending the morning at the beach or one of our neighborhood parks. We love to cook and have friends over too. We are just entering the stage of team sports for our oldest, and we all really enjoyed our Saturday mornings at the soccer fields this spring!

What energizes you most about your career as an advisor?

I really enjoy bringing clarity and direction to something that is intimidating to most people. With so many options and opinions in the investment and retirement planning world, even the most educated individuals can feel lost at times. Putting complex concepts into terms that make sense brings confidence for people. It is rewarding to see the anxiety visibly fall away as clients feel equipped to understand and own the financial choices and decisions that are before them.

If you could give advice to each life stage what would it be?

For those starting out, take advantage of what your employer

is offering, knowing the smallest steps will add up to the biggest returns. For those approaching retirement, define what the ideal retirement looks like for you and how you will spend your new-found time. For the individuals that have made it to retirement and are thinking "now what?", reflect on what you want your legacy to be to your family, your community or your life's work.

What is something work related that you are proud to have accomplished in 2020?

I know it was disorienting for us all when everything shut down so quickly last year. It was important to me to still use the time well and I'm proud of how we quickly adapted to redefine a "successful" week. My team and I took the time to improve processes and think through things that could offer clients an even better experience. I also took the time to add two industry designations to deepen expertise that I think our clients deserve. More than anything, I'm proud to have just continued doing what we have always committed to our clients – to be a voice of calm and stability through the greatest and toughest seasons of their lives.

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.

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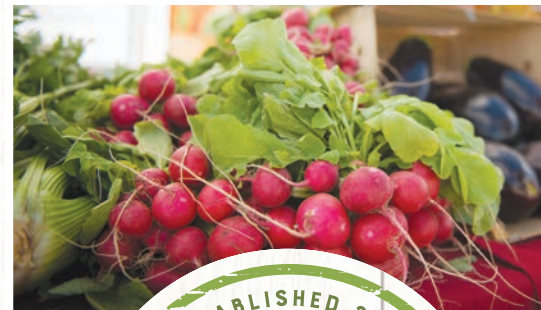
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THE PET DOC IS IN!

I often get asked the question “Why are you giving my Chihuahua the same amount of vaccine that you give a Lab or Great Dane?” Some people are proud of their question. Others look sheepishly away and say “I know I’m not supposed to, but I was reading on the internet ...”



We’ll get to vaccines in a minute. First, and most important, do not be embarrassed by trying to educate yourself. Gone are the days of the Encyclopedia Britannica and the Dewy Decimal System, so we all use the internet (yes, even us vets!). Also gone are the days of fact checking and information verification, so read up, try to stick to verified medical sites versus blogs, and come with an open mind ready for a discussion, not a fight. I promise we are all trying to do what we feel is best for your pet. (Whew! Let me step down from this soap box.)

As for vaccines, they do not work in the same way as medications. Vaccines work on this cool concept of antigenic or immune stimulation. The vaccine is formulated to be the minimum amount that will stimulate the immune system to create memory cells in case the body comes in contact with the bacteria or virus being vaccinated against. A Chihuahua’s immune system is not stronger or weaker than a Great Dane’s, which is why they get the same dose.

If a Chihuahua’s immune system was weaker because of its size, it would actually need a higher vaccine dose to protect it.

There are a lot of vaccines out there. While the rabies vaccine is required by law, other vaccines may or may not be appropriate based on your pet’s particular lifestyle and age. I encourage you to have a conversation with your vet about which vaccines and frequency of vaccinating are appropriate for your pet.

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.



LAKWOOD RANCH CHARGERS



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2021 FALL SCHEDULE & SEASON DETAILS

- Open to Boys & Girls - Ages: 4 - 14
- Practices Begin: End of August
- Games Begin: After Labor Day Weekend
- Saturday Morning Games
- Games are played from Sept - Nov
- Training once a week
- Cost includes complete uniforms (shirts, shorts & socks)

Program Cost: \$145
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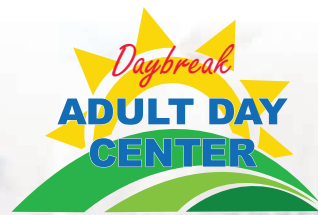


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