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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, MAY 19, 2021



SPRING HAS SPRUNG! The season was ushered in by children who were excited to scoop up eggs at the Lakewood Ranch Golf and Country Club. Sure, it's baking hot, but summer doesn't start until June 20! Until then, enjoy the green grass, blooming flowers, and baby birds and animals all around The Ranch. For more photos see pages 12- 13. Photo by Eric Nalpas.

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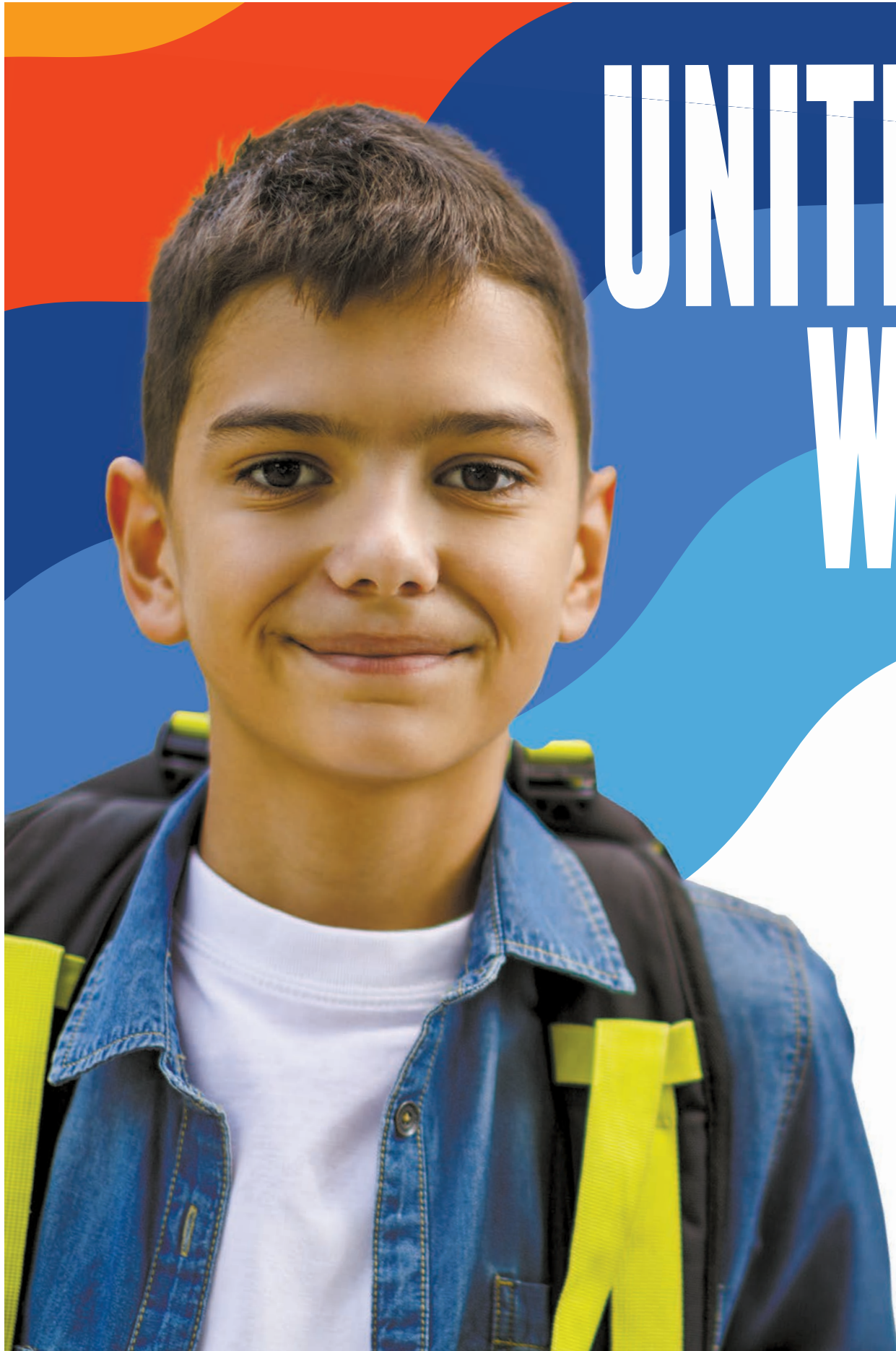
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Ranch to Expand Experiential Lifestyle Offerings With Three New Waterside Place Tenants

Lakewood Ranch recently announced three additional tenants in the community's new, 36-acre Waterside Place development, which is on track to become the region's premier experiential lifestyle destination.

Set to open in late summer of 2021, Waterside Place will embody the essence of Lakewood Ranch, serving as a retail, dining, wellness, and entertainment hub with waterfront charm. Whether guests are looking to enjoy a morning coffee and jog along the nature trails or opt for an evening lakeside concert followed by dinner and craft beers with friends, Waterside Place will appeal to a variety of lifestyles and interests.

Upon opening, Waterside Place will serve as the heart of Waterside – Lakewood Ranch's first Sarasota village – and offer an elevated community experience that extends beyond that of a traditional town center. Situated on a 36-acre peninsula overlooking the mile-long Kingfisher Lake, the development will blend arts and entertainment destinations with 115,000 square feet of unique in-line and freestanding commercial, retail and office space; diverse dining options; an eight-acre park; miles of nature trails; communal “pop-out” spaces; a water splash park and more.

The town center will further activate the dynamic area by hosting festivals and becoming the future home for the Farmers' Market at LWR, connecting local farmers and artisans with area residents and their guests. Additionally, Lakewood Ranch will work with Waterside Place tenants to create custom programming tailored to their consumers.

Good Liquid Brewing Co., 3 Form Fitness, and ManCave for Men are set to join previously announced tenants: O&A Cof-

fee Supply, CROPjuice, Duck Donuts, Korê, Derek The Salon, PAINT Nail Bar, SmithLaw, The Yoga Shack and Kilwins.

Good Liquid Brewing Co. is a Bradenton-based brewery offering an array of unique beers. Known for its out-of-the-box flavors such as Fruity Pebble Beer, Jalapeno Mango Sour with Ginger, Blackberry Raspberry Marshmallow Sour and Blonde Milk Stout, Good Liquid Brewing Co. specializes in IPAs, lagers, sours and more, offering “a beer for everyone.” Set to open at Waterside Place this fall, the brewery – founded in 2017 by Mike and Sandra Krail – will also feature classic pub fare, from starters, hand-tossed pizzas and elevated burgers to lighter dishes and condiments made with its signature beers. The waterfront location at Waterside Place will feature a modern industrial look and include an outdoor space with fire pits and games. There will also be a separate, glass-enclosed brewing room, inviting guests to enjoy a glimpse into the brewing process. This will be the first location for Good Liquid Brewing Co. within Lakewood Ranch.

3Form Fitness reinvents the traditional idea of fitness via three forms of exercise – strength, endurance and cardiovascular – to achieve three forms of results: looking, moving, and feeling better. 3Form Fitness was founded in 2021 by Michael Demarski, a 15-year fitness industry expert, who aims to change the philosophy of the gym experience by providing a unique environment that makes clients feel comfortable, empowered, and supported throughout their fitness journey. The studio will feature a modern, first-floor space that differs from both typical and boutique gyms. Through a mix of staple exercises and funky trends, Demarski hopes to help clients “become happier overall,”

adding, “improving their health is my goal as well as theirs.” This will be the first location for 3Form Fitness.

ManCave for Men is a luxury, modern barber shop featuring highly experienced barbers specializing in cuts and finishes, hot shaves, beard facials and more. Clients will also enjoy an array of services, including manicures and pedicures, massages, waxes and facials. This will be the first location for ManCave for Men within Lakewood Ranch.

“Waterside Place is taking shape beautifully and I have no doubt that it will quickly become a lifestyle destination where residents and people throughout the region can enjoy unique, high-quality shopping, waterfront dining and entertainment,” said Kirk Boylston, president of LWR Commercial. “We look forward to opening and sharing Waterside Place with our neighbors this year, and we believe it will exceed all expectations!”

Other future amenities include the beloved Players Centre for Performing Arts, which is relocating from Sarasota to an expanded, 70,000 square foot performing arts center at Waterside Place.

Waterside will feature more than 5,000 for-sale and rental homes in up to 12 neighborhoods, ranging from \$250K to over \$2M. All neighborhoods are connected to Waterside Place via trails and many homes will benefit from water taxis to the town center. To date, more than 500 homes have been sold in Waterside, and occupancy is ahead of schedule at The Botanic and The Adley, apartment communities within close proximity to Waterside Place.

For more information about Waterside and Waterside Place, visit www.WatersidePlace.com.

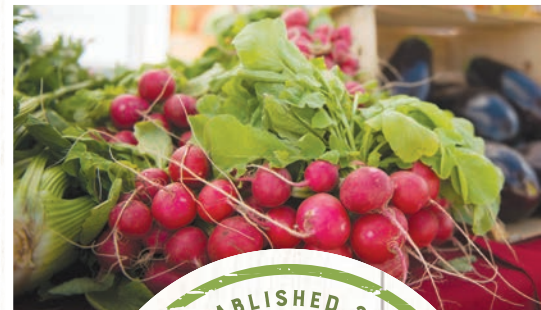
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SHRED DAY 2021: The Return of a Favorite Event on The Ranch

By Ernie Soller
Community Correspondent

OTHER OPPORTUNITIES FOR GIVING TAKE PLACE ON THE SAME DAY IN LWR

What's one of the most onerous tasks that Ranch residents face every year? Well, along with dealing with that exciting and ever-popular job of filing one's income taxes, there's the accompanying duty of getting rid of all that obsolete paperwork you've been hanging on to for, in some cases, years and years.

Not only have our residents accumulated boxes full of tax-preparation paperwork, including sales tax receipts, local property tax records, and records of business expenses, but think of all the other piles of paperwork that are still clogging closets and shelves in our homes and the homes of our neighbors.

What about the box full of your old college papers and notes which you laboriously took during all those enlightening lectures by your favorite professor? You kept them because ... well, someday when you got that job in your chosen field, they might be a good reference. And then you changed careers, and all of that special stuff became, well, useless. Not only that but think of all the time you wasted finding places to store the stuff ... not to mention the money you spent paying movers to haul those once-valuable papers from one location to another!

And, what about all that paperwork from your elderly aunt's funeral? She was a widow for what, 30 years? She died what, seven or eight years ago? You even kept a couple of years' worth of her income tax forms all that time, along with all the supporting paperwork. Serves you right for being her favorite nephew. All that stuff is still sitting in your file cabinet. Isn't it time to pare it down to a single envelope of documents, instead of a full drawer? And you were about to buy another four-drawer file cabinet ... why?!?

The Lakewood Ranch solution to this dilemma? Shred Day!

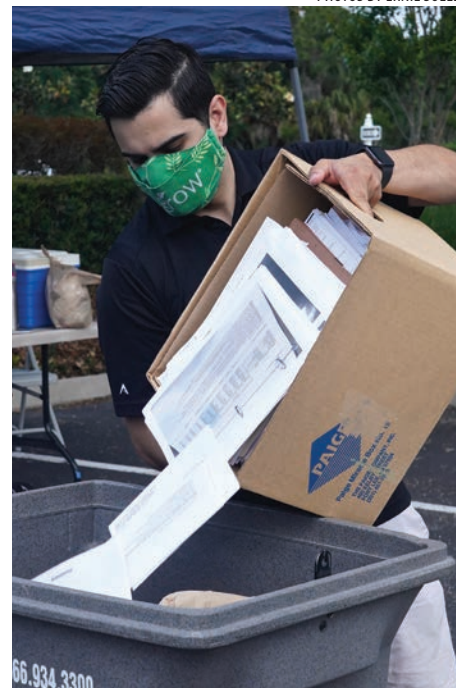
Each year, for the last few years, Lakewood Ranch Town Hall employees, joined by the friendly folks at Grow Financial Credit Union, along with the Food Bank of Manatee, have held a community-wide Shred Day (last year's Shred Day event was cancelled – due to Covid, of course). The idea was to help Lakewood Ranch residents to get rid of all that leftover paperwork in a safe, secure



PHOTOS BY ERNIE SOLLER



way, with as little fuss as possible. Shred Day became an instant success, and each April, after "Tax Day," residents would look forward to participating in Shred Day. Not only that, but residents were encouraged to bring with them – along with their boxes of paperwork to be shredded – some non-perishable food items, to be donated to the Food Bank



of Manatee. This year's Shred Day event was held April 17.

From the get-go, the Shred Day event was well-planned. A resident would drive over to one of two Lakewood Ranch locations; the Town Hall or the Grow Financial branch off Lakewood Ranch Boulevard south of State Road 64.

Each resident was allowed two large boxes of records, etc. to be destroyed by shredding at no charge. A volunteer would take the boxes from the back of the resident's vehicle, place the contents in a large bin, and, that bin, when full, would be wheeled over to a large shredding truck, provided by Shred Quick (certified by the National Association for Information Destruction), where it would be taken by conveyor belt to the top of the truck's shredding machine, and dumped into the hopper leading to the multiple knives of the shredder, to be instantly turned into confetti.

The resident would then drive his or her vehicle further down the lane to where a Food Bank of Manatee volunteer would accept their food donations, placing them into a number of large bins for transport to the food bank. The Food Bank of Manatee is part of Meals On Wheels PLUS of Manatee, which has provided over 30 million meals to those who need food since 1985. Note: The Lakewood Ranch Town Hall is also a drop-off point for food donations ALL YEAR, not just on Shred Day. You can drop off nonperishable food at the Town Hall any day by coming in and placing the food in the specially marked bins.

Shred Day ran from 9 a.m. until noon on a Saturday, so that most residents would be able to come on down and get their old, obsolete documents destroyed quickly.

Lakewood Ranch residents have been very happy about being able to get rid of their old documents so easily, and without charge. This year, without a whole lot of pre-event publicity, by around 10:45 a.m. at the Town Hall location alone, over 175 residents had already divested themselves of their shred-worthy documents.

It should be noted that Ranch residents were active in other charitable work on the same day. Near the Town Hall shred location, there was a blood drive going on, and over at Our Lady of the Angels Church on State Road 70, volunteers were loading donations of household items into a truck destined for the Society of St. Vincent de Paul. My wife and I dropped off a few items there and found that volunteers were loading lots of items in their own personal cars for transport to the society's warehouse, as the large St. Vincent box truck had already been filled to capacity!

Another great day of giving in Lakewood Ranch.

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LAKEWOOD RANCH COMMUNITY ACTIVITIES

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Happy spring, Lakewood Ranch! It has been quite a happy spring here at Lakewood Ranch Community Activities following the launch of all our second quarter programming. Residents have been enjoying a wide range of activities from various sports, to dance fitness, to simply interacting with those around them in safe, outdoor environments.



Keith Pandeloglou
Director of LWRCAC

During times of social distancing and extra precautions being taken in every avenue of life, we are so grateful to have the ability to tailor our events to meet the current times. In lieu of our annual Tribute to Heroes Parade, we will be remembering and paying tribute to those who have given the ultimate sacrifice for our great nation by holding a special Tribute to Heroes concert. Join us at Greenbrook Adventure Park on May 22. Check in with our LWRCA Facebook page for more event details!

Moms of Lakewood Ranch have been enjoying classes designed just for them! Our "Mommy and Me Playdate" program facilitates an environment where moms get to



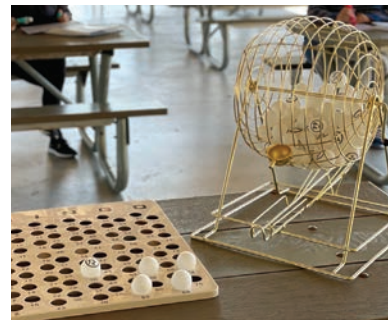
meet new mom-friends while their toddlers get to play. "Stroller Fitness" has helped moms get in a full-body workout while they connect with their sweet little babies!

We had two rounds of Fit4Kids this quarter, with the second one kicking off April 20. This class meets twice a week and provides a full workout, complete with fun fitness challenges that keep children active and healthy! Kids also enjoyed our first ever pick-up sand volleyball game that took place in the beautiful Adventure Park. If you're looking for programming that your child can participate in, registration is still available for Kids' Cornhole, taking place June 5, as well as yoga on June 5, and Fishing Saturdays on June 19.

We introduced some brand-new programs this quarter

as well, including BollyX. This dance fitness class is inspired by Indian film, music, and dancing. Residents ranging in age as well as experience levels have all been raving about how much they've enjoyed this unique class!

Through diverse programming, we are so happy to offer something for everyone. We've talked about lots of our physically-focused programming today, but we also have programs for those looking for something a little more relaxed, to play a friendly game, or simply to meet new friends. Our popular program Community Bingo meets weekly, on Wednesdays, and is a great way to get out and have some fun – and maybe even win a prize!



All programs require pre-registration at myLWR.com, or through the new Lakewood Ranch app, and attendance is limited to comply with social distancing and to keep our community safe.

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.

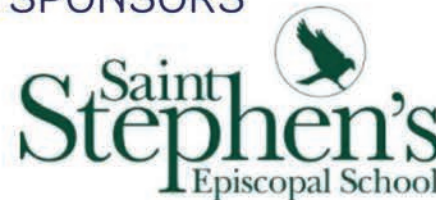
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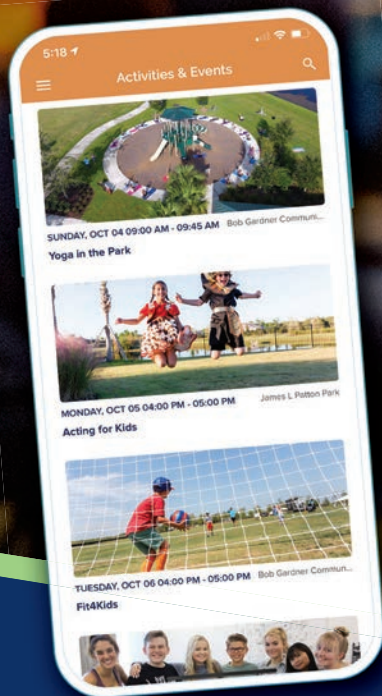
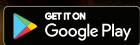
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AROUND THE RANCH



PHOTOS BY ERIC NALPAS

SPRING HAS SPRUNG in Lakewood Ranch

The spring season – albeit brief – was ushered in at the Lakewood Ranch Golf and Country Club's Main Clubhouse with an Easter egg hunt and breakfast with the bunny. The celebration was one of many in and around Lake-

wood Ranch, including events at the Kiddie Academy of LWR, and services and events at various churches, including the Knights of Columbus' annual Easter egg hunt at Our Lady of the Angels Catholic Church.



Think F-A-S-T When It Comes to Stroke

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



Strokes are fear-inducing medical emergencies. They are one of the leading causes of death and disability in this country, where someone has a stroke every 40 seconds. May is Stroke Awareness Month and a good time to remember that strokes require F-A-S-T thinking.

Sometimes called a brain attack, a stroke occurs when the blood supply to the brain is interrupted or reduced, depriving our brain cells of oxygen and nutrients. It may present with a wide range of symptoms that can affect the ability to speak, see, move, or feel. Prompt treatment can prevent a potentially devastating disability or death.

There are two major types of stroke: ischemic and hemorrhagic. Ischemic strokes, which account for more than 80 percent of the strokes that occur, are the result of a blood clot blocking the blood supply to the brain. Transient ischemic attacks — often referred to as TIAs or ministrokes — are a type of ischemic stroke, although the obstruction is temporary. Hemorrhagic strokes are caused by a bursting blood vessel in the brain.

RECOGNIZING AND TREATING STROKE

While the outcomes from stroke recovery continue to improve, the number of people having a stroke seems to be rising. That's why it is so important to recognize the early warning signs. Luckily, the easiest way to recognize the signs of a stroke is to think F-A-S-T.

Weakness on one side of the body, numbness and tingling, unusual and severe headache, vision loss and unsteady walk are all signs that someone may be having a stroke. Yet even when we know the symptoms, acknowledging and acting on them can be a challenge. These symptoms are often misinterpreted as some other condition or people decide to take a "wait-and-see" approach before seeking treatment.

But getting treatment quickly can mean the difference between recovery and permanent disability, or even death. The longer the blood flow to the brain is restricted, the more damage that is happening in the brain. It's really pretty simple: Quick treatment means a better chance of recovery.

Treatment for a stroke begins in the ambulance or when the stroke patient arrives at the hospital. The first responder or the emergency department team begins treatment with a clot-busting drug to re-establish blood flow to the brain, followed by blood thinners to prevent new clots from forming. Once the person's condition has been stabilized, the focus of the treatment shifts to recovery and actions to prevent another stroke from happening.

STROKE REHAB AND RECOVERY

We tend to think of stroke rehabilitation and recovery as what comes after medical treatment, but these steps really happen side-by-side. As we mentioned above, aggressive intervention — started as soon as possible — can mean the difference between recovering those skills essential to daily living and being severely impaired and dependent on others.

Acting F.A.S.T. is key to stroke survival.



Face: Does one side of the face droop when smiling?



Arms: Does one arm drift downward when both arms are raised?



Speech: Is speech slurred or strange when repeating a simple phrase?



Time: If you see any of these signs, call 9-1-1 right away.



cdc.gov/stroke



STROKE TREATMENT ON THE SUNCOAST

We are lucky here on the Suncoast when it comes to quick treatment for a stroke. Suncoast region residents have many options to choose from with stroke treatment and rehabilitation programs.

Lakewood Ranch Medical Center's Stroke and Cerebrovascular Centers offer a rapid response Stroke Alert Team to evaluate and treat all stroke emergencies 24 hours a day, seven days a week.

Sarasota Memorial Hospital has the only nationally recognized, state-certified Comprehensive Stroke Center in Sarasota County with a wide range of specialists and the latest treatment options for people who suffer complex strokes, severe deficits or multiple organ challenges and one-of-a-kind stroke rehabilitation.

Blake Medical Center has the first and only certified Comprehensive Stroke Center in Manatee County, with the ability to diagnose and treat stroke patients who require intensive medical and surgical care, specialized tests, or interventional therapies.

Doctor's Hospital of Sarasota maintains a Primary Stroke Center designation with The Joint Commission and follows the highest national standards for safety and care in the rapid response and treatment of stroke patients.

Manatee Memorial Hospital's Stroke and Cerebrovascular Center also has a rapid-response Stroke Alert Team and stroke patients receive specially designed services and treatments which focus on prevention and intervention, as well as rehabilitation and education.

The effects of a stroke depend on the area of the brain involved and may include:

- Paralysis or weakness on one side of the body, involuntary muscle tightening, trouble swallowing, and or difficulty coordinating movement.
- Numbness, aches, and ongoing pain.
- Trouble speaking or understanding speech.
- Impaired thinking or memory, shortened attention span, disorientation.
- Changes in mood, including depression which can hamper rehabilitation.
- Changes in personality, impulsivity or inappropriate behavior, and bursts of anger.

Soon after the blockage is treated, work begins on assessing the effects of the stroke. The rehab team evaluates strength, memory and comprehension, speech, and swallowing before identifying the rehab strategies — such as physical therapy, speech and cognitive therapy and occupational therapy — that may be started.

In addition to these traditional rehab strategies, new approaches and technologies are gaining ground in the treatment of stroke. Robotics are being used to assist in rebuilding muscle strength and movement as well as reform the pathways in the brain that move muscles. Researchers are also combining repetitive motion with electric and magnetic stimulation to create new pathways for these brain signals.

What's more, we are learning that improvement is still possible many months, even years, after a stroke. People recovering from a stroke make their greatest gains in the first three to six months, but new research suggests that improvements may occur months and even years beyond this window.

PREVENTING STROKE

While advances continue to be made in stroke recovery and rehabilitation, the best option is to take steps to prevent a stroke

Lakewood Ranch Honors Heroes

Lakewood Ranch Community Activities is calling on our Ranch residents to remember and honor those heroes who made the ultimate sacrifice for our great nation and the freedoms we hold dear. Residents are being asked to join together for a Tribute to Heroes concert this year, organized in a socially distanced way at Greenbrook Adventure Park, 13010 Adventure Place, in Lakewood Ranch. The baseball field will be home to the event stage and there will be spaced out seating for our veterans, and their families and friends, and lawn seating for our residents to congregate in a safe way together.

The concert will be held from 5-7 p.m. on May 22, 2021. Tickets are required and FREE when registering in advance for Lakewood Ranch residents, \$10 per ticket for non-residents. Parking is free for veterans, \$5 donation for all other cars with proceeds from parking going to local veterans' groups.

"Our Tribute to Heroes parade launched over 10 years ago and has been a way for us

to celebrate our local heroes," said Keith Pandeloglou, executive director of Lakewood Ranch Community Activities. "Unfortunately, the parade wasn't feasible this year, due to the pandemic. Our goal, however, is to remember those we have lost, while enjoying a day of remembrance and music at beautiful Greenbrook Adventure Park."

Graham S. Ellis, United States Navy (Retired), said that those honored served with pride, not only in themselves, but in their Services and their Nation. "As Commander of Veterans of Foreign Wars Post 12055, and on behalf of our members, it is our privilege to participate in this year's remembrance of those service members whom we have lost in the fight for our nation's causes," Ellis said. "As we follow in their footsteps, we look forward to assisting local veterans in need and supporting the schools and students in the Lakewood Ranch area."

For more information contact Keith Pandeloglou at (941)757-1530 or keith@lwrca.org.

HURRICANE PREP: KEEP YOUR HOME AND FAMILY SAFE

The first of this year's public hurricane preparedness educational sessions is set for 7 p.m. May 26.

This is a free, virtual event open to the public. Registration is required to receive log-in information: register at lwrca.org/events. Sharing the registration website information with family, friends and neighbors is encouraged.

This year's hurricane pep session has been updated to include information about 2020 hurricanes and the pandemic's continuing impact on preparations.

The event is being held courtesy of Lakewood Ranch's Community Emergency Response Team, or CERT.



STROKE FROM PAGE 14

from happening in the first place. While some factors, like age or genetics, are outside your control, there are risk factors for stroke that rest completely in your hands.

- Manage blood pressure
- Stop smoking
- Manage diabetes
- Eat a brain healthy diet
- Get moving
- Manage cholesterol
- Stop drinking or drink only in moderation
- Treat atrial fibrillation

If you are at a higher risk of stroke, taking these steps can reduce your risk of stroke. Even if you have already had a stroke, these lifestyle

changes may help prevent another stroke from happening.

Remember, when it comes to stroke, knowledge is power. Know how to reduce your risk, know the symptoms of stroke, and act F-A-S-T if you suspect you or someone you love is having a stroke.

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.

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THE PET DOC IS IN

Here we go again! As another spring draws to a close and we start to hibernate indoors to avoid that rising humidity, the weather outside becomes more unpredictable. Hurricane season officially starts June 1, which means our hurricane prepping should be done BEFORE June 1. Our furry friends need hurricane preps too.



Here are a few essentials to consider when making your hurricane preparedness plans for your four-legged family members.

MICROCHIP AND REGISTER: This is probably the single most effective 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, are both 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 it.

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.

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.



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Country Club Districts Nix Amazon's Gate Control Proposal

By Ernie Soller
Community Correspondent

You see them all the time, all over Lakewood Ranch. Amazon trucks are out there delivering all sorts of goods to our residents.

Recently, Amazon proposed that the Lakewood Ranch Country Club Community Development Districts (CDDs) 2, 5, and 6 allow Amazon to place an Amazon device – “Amazon Key” – on the entrance gates of the Country Club, which would allow Amazon drivers to use a proprietary remote control to open the gates to Amazon's trucks, essentially bypassing the gate entry procedures currently in place.

After some discussion during the April CDD board meetings for those districts, the consensus among board members was that they were not in favor of giving control of their gates to ANY outside entity – even Amazon – citing the possibility of abuse, along with the security concerns of Country Club residents.

Another issue with the placement of any such device was that of possible equipment issues that might arise from such installation. What happens if the gate begins to malfunction? Who would be responsible for subsequent repairs: the districts, or the company or companies whose equipment was installed on a district's gates? And then there is the possible “slippery slope” issue of “If one company can install their own gate controls, would the districts have to then allow the same access to their competitors?”

It should be noted that “contractor” transponders are and have been available for purchase by commercial entities that use the gates on a regular basis, but Amazon wanted to be able to install their own equipment.

So, at least for now, Amazon will need to abide by the gate procedures currently in place.

Alan Roth, the chairman of the District 1 CDD board, arrived a minute or two late for the April board meeting ... carrying a vase of flowers, a giant cookie decorated with a picture of an irrigation sprinkler head, and a piece of a sprinkler head. He presented these items to Lisa Boutote, customer support coordinator for the Operations Department of Lakewood Ranch's IDA.

The reason for the presentation, Roth explained, was that Manatee County recently sent a crew in to remove a number of large trees that were interfering with sidewalks, etc. The County allegedly did not give residents whose properties were affected by this move



PHOTO BY ERNIE SOLLER

prior information as to what might happen to their property. A large number of angry residents began calling the Operations Department, and specifically Boutote, to register their complaints. They were concerned that one result of this work was the ripping up of irrigation equipment in residents' yards. So, the flowers and gifts were presented to her as a thank-you for her going “above and beyond” in handling all of the resulting complaints.

During the District 2 CDD board meeting, a discussion was held regarding the continuing erosion of the western bank of Lake Uihlein – erosion that has been worsening for some time, and that threatens to undercut the sidewalk running from the back of the Lakewood Ranch Town Hall to the Watercrest residences.

Engineer Richard Ellis informed the board that he had walked that sidewalk recently and had found an area of the concrete that would be undercut by erosion very soon if nothing was done to mitigate the situation. In this area, the eroded and undercut lake bank is within only a few inches of the walkway – a walkway which, if damaged, could prove to be a hazard to those pedestrians and cyclists who use it.

The sidewalk is located in District 2, however the lake itself is owned by SMR. So, the District 2 board is hoping that SMR will agree to take action to eliminate or lessen the erosion before it results in damaging or destroying the walkway and the adjacent lake bank.

At the District 4 board meeting, it was announced that, with the departure of supervisor John Freeman, who moved out of District 4 – but not out of Lakewood Ranch – a new supervisor will be selected, with candidates for Freeman's seat being interviewed by current board members at the May District 4 board meeting.

It was also reported at the District 4 meeting that the sidewalk improvement project at Greenbrook Boulevard and Lorraine Road has

been completed. Prior to this work, students walking to the schools near that intersection often had to walk through several inches of water (or walk in the street) if they used the sidewalk, as the concrete was well below the level of the adjacent grass.

At the District 6 board meeting, the supervisors were given a detailed explanation from Manatee County as to how the traffic light will be installed at the corner of Balmoral Woods and Lakewood Ranch Boulevard.

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THE UNASSUMING WINE BROS.



Paso Robles Red Blends

Legend has it that outlaw Jesse James took refuge in the rolling hills of Paso Robles, Calif., including using its complex system of tunnels to elude the authorities. Ever the adventurous rebel that Jesse James was, a century and a half later – this month – the UWBs also explore the complexities of the rolling hills of Paso Robles – by taking a deep dive into some of its finest affordable red blends.

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.

This month's exploration of Paso Robles is not just about wine; it is also a chance for Vigo, who had spent some time in Paso, to re-live his wine glory days once again. With this dual purpose in mind, here are our thoughts:

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

2017 CHRONIC CELLARS SOFA KING BUENO, RED BLEND, PASO ROBLES (CALIFORNIA)

\$26 U.S., 14% alcohol by volume (ABV).

Vigo: As Patrick is a fan of wine ratings, I'm a super fan of wine label artwork. Just the Sofa King Bueno Red Blend label itself made me sit up on the edge of my seat and take notice of this wine. However, this isn't an art column; the UWB is about the wine, so with my glass at standard UWB tasting level (3/4 full), I swirled, smelled, and sampled. The Sofa King Bueno aroma is of dark black cherry and plum. Its taste didn't disappoint with cherry, plum, a hint of chocolate, and leather with some tartness and acidity on its finish. This wine is a who's who of grape varieties containing 55% syrah, 21% grenache, 12% petite syrah, 8% tannat, and 7% mourvedre. Bottom line: this wine has something for everyone, literally.

Vigo's Rating:

Patrick: The 2017 Chronic Cellars Sofa King Bueno red blend was outstanding wine that I enjoyed so much that I drank it again a few days after we first tasted it for this article. This medium-bodied blend showed juicy fruit with cherry and blackberry, tannins, and excellent acidity that gave it balance and carried it to its pronounced finish. This was a close second as this month's favorite.

Patrick's Rating:

2018 HOPE FAMILY WINES, QUEST RED BLEND, PASO ROBLES (CALIFORNIA)

\$22 U.S., 14.5% ABV.

Vigo: When Patrick presented the Quest for tasting, I was initially excited. Austin Hope (Hope Family Wines) is one of my favorite cabernet sauvignons, so expectations were high. My excitement turned to confusion after the first swirl and breathing in the Quest's aroma. The aroma of Quest is of cinnamon and licorice, but there is earthiness that I've never experienced before. The confusion may stem from the blending of cabernet sauvignon and cabernet franc varietals. Though I'm a massive fan of cabernet sauvignon, I'm not a big fan of cabernet franc, which might be the licorice and cinnamon aromas. After working through my cabernet franc issues, I enjoyed the taste of dark fruit, chocolate, licorice, tobacco, and tropical flowers from this wine. Though the Quest isn't anything like



Sofa King Bueno



Quest Red Blend



Pessimist Red Blend

its big brother Austin Hope Cabernet Sauvignon, it has a lot going on regarding flavor profiles and is well worth taking for a whirl on your palate.

Vigo's Rating:

Patrick: I also love the Austin Hope Cabernet Sauvignon so much that we considered two different Austin Hope red blends to sample this month. The 2018 Austin Hope Quest red blend is full-bodied, complex in flavor, smooth, velvety, and easy to drink, with notes of cherry, plum, red licorice, vanilla, chocolate, tobacco, and spice. This is a fascinating, complex, decadent wine worth a try if you like rich wines. I don't typically put much stock in a wine's aromas, but this wine smells excellent on the nose. Although it was not officially part of our tasting, I recommend the more affordable Austin Hope red blend – the Austin Hope Troublemaker (\$14 U.S.). Comprised of syrah, grenache, mourvedre, zinfandel, and petit syrah, this blend was similar to the 2018 Austin Hope Quest red blend but smoother with more chocolate and espresso notes. Both are delicious – which one to try is a matter of personal preference.

Patrick's Rating:

2018 DAOU VINEYARDS, PESSIMIST RED BLEND, PASO ROBLES, (CALIFORNIA)

\$25 U.S., 15.5% ABV.

Vigo: This red blend packs a punch both in flavor and alcohol content. Though named Pessimist, there is nothing to be pessimistic about in this full-bodied red blend. With the aroma of vanilla, blueberry, and plum, the Pessimist is a joy on the nose. Tasting the Pessimist is an experience much like a prizefight. The Pessimist contains big flavors with dark cherry, chocolate, and plum and alcohol content that will hit you like an uppercut. The Pessimist is a wine to sip and enjoy slowly.

Vigo's Rating:

Patrick: The 2018 Daou Vineyards Pessimist red blend was my favorite of this month's selections. This full-bodied, flavorful wine is equal parts complex and fruity – with blueberry, plum, red cherries, coffee and chocolate notes with tannins and acid on the finish. This wine is an explosion of different and conflicting characteristics. The more you drink it, the more things you taste, making for a gratifying drinking experience.

Patrick's Rating:

Vigo's overall impressions: Red blends are a fantastic place to start if you're new to wine and unsure of your palate profile. When it comes to wines that bring big flavor and variety, Paso Robles brings it and more. Though the Quest still perplexes me regarding its aroma and flavor, the Pessimist and the Sofa King Bueno brought variety and complexity that I thoroughly enjoyed. Paso Robles, you still got it, even after all these years later.

Patrick's overall impressions: I thought all of the wines we sampled this month were great. These are all flavorful, complex blends with lots of fruit. Paso Robles – you impress me. I recommend all of them. Try them and let us know which of these selections was your favorite.

ATTENTION FANS AND READERS:

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

summer camps

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AUGUST: 2-6

FOR MORE INFORMATION:

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Pacific Counter –A Walk on The Hawai‘ian Side?

By Ernie Soller
Community Correspondent

As Lakewood Ranch grows – and the growth has been what might be called spectacular – the number of businesses that cater to the increasing population has also grown. With The Ranch being a “multi-generational” community, the tastes of younger residents are playing a part in dictating what sort of restaurants are moving in to accommodate the demand for restaurant dining.

Their tastes are not necessarily those of their parents or grandparents. Where in previous years a community like Lakewood Ranch might be found to have more than one dark-wood paneled steak-and-chop-house eatery, the tastes of younger residents are more inclined toward a healthier lifestyle – trips to the gym, followed by a quick bite of low-calorie/low-fat food, and then off to work or home. The “three martini lunch” is gone.

In this vein, a number of what might be called “newer age” restaurants have made a home in Lakewood Ranch. One of the very newest of these is Pacific Counter.

On one recent evening, as I headed toward my home with food on my mind, I found myself nearing The Green shopping center, on the northeast corner of State Road 70 and Lakewood Ranch Boulevard. I was hungry – and I really didn’t want another burger or pasta/pizza meal. Way too heavy. So, having heard about this new Pacific Counter place, I pulled into The Green, and found Pacific Counter, right in the middle of the shopping center.

The time was early evening, and the bright light coming from the windows of Pacific Counter seemed to draw me in. The place looked inviting, and in my “you really don’t want to eat heavy” mood, I was ready for a taste of a healthier fare.

As I walked into the door, I picked up a copy of Pacific Counter’s menu, which, at first glance seemed a bit daunting. Some of the selections, I must admit, I had never heard of, or had very little experience eating them ... kimchi? Seaweed salad? Spam musubi? OK, these terms weren’t Greek, but they did give me a small pause.

Fortunately the smiling counterman, who greeted me with a hearty “Aloha” as I strode in out of the dark, came to my rescue and quickly explained just how the Pacific Counter system works. First of all, I needed to make a choice between food in a bowl or food in a wrap. In Pacific Counter lingo, it’s “bowl it or roll it.” Either way, the price is \$11.99 without extras. Note that a number of extras are included in the bowl price. A bowl it was!

Then, after making the “base” choice – the choice being sushi rice, brown rice, noodles or mixed greens – I picked the noodles. It was on to the choice of protein. I chose a combination of salmon and spicy tuna (You get two choices). Other selections include chicken, shrimp, calamari, tofu, and so on.

Then it was on to the mix of the other possible ingredients: you get a choice of five, or I suppose that if you wanted to really concentrate on one flavor adder, you could specify, say, five



PHOTOS BY ERNIE SOLLER



helpings of mango. I chose seaweed salad, avocado, Hawai‘ian salsa, mango, and pineapple, as I wanted to taste every one of these items, even if maybe they didn’t go all that well with each other. There was no worry, though, as they all tasted fine, and didn’t compete with each other for flavor.

The next step was to select a sauce and out of the eight different options, I chose avocado lime aioli, which proved to be a good choice. Other sauces include citrus ponzu, sesame waina, and something called “fire water,” which I decided to avoid – at least for this trip. After all, I had chosen SPICY tuna.

The last choice was the beverage, and I picked sparkling pineapple ginger lemonade.

Anyway, my bowl was actually quite tasty, and I was happy with my choices of adders. The seaweed salad was surprisingly good – I’m not sure just what I had expected, but I enjoyed it. It made for a nice change from iceberg lettuce or the half-cooked veggies that dominate the menus of a lot of restaurants ... yes, I like my carrots cooked! There was just enough sweetness in the sauce to enhance the rest

of the bowl and if there was any disappointment, I thought that the lemonade tasted a little watered-down.

Pacific Counter appears to try to bridge the gap between what might be called “veg-a-matic” restaurants, which seem to concentrate on a totally vegan menu (have some more kale!) or something close to that, and a more traditional menu. There are lots of choices, and it might be a good idea to try some of their rather unique flavors. The Pacific Counter counterman offered to give me some taste samples of items with which I was not familiar – which I count as a great way to help the customer decide as to what items might be a little overly spicy, or too bland, or too sweet.

Pacific Counter offers other choices, too, which may appeal to those who might want a somewhat more traditional fast food meal, like a hot dog. Pacific Counter’s hot dogs are all beef, and are topped with things like Hawai‘ian salsa, avocado, kimchi, and sesame seeds. Again, lots of choices, and something to target a few different taste buds. Food for another day.

Pacific Counter is a bright, airy place, with white subway tiles behind the counter area, bright paintings of food along the walls, bright yellow chairs both inside and out-yes, they have outdoor seating.

Some of the staff wore T-shirts what read: “East Coast Roots, West Coast Vibes.” If you were ever daydreaming about what might happen when a hot dog met a pineapple, Pacific Counter might be that result. Enjoy the vibe.

Pacific Counter is open from 11 a.m. to 9 p.m. seven days a week; for more information call (941)739-8039, email aloha@pacificcounter.com, or visit pacificcounter.com.



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HEALTH OF WEALTH

Alternatives to Assisted Living

By Huldah Mathis
Northwestern Mutual

While 2020 brought up many new considerations, family dynamics with aging parents was one resounding theme amongst many of my own clients and friends.

The daily realities of COVID shutdown made a number of us reconsider the best setting for loved ones in need of assisted care. Facilities shut down and prevented families from seeing each other in ways that few could have anticipated. If this were to happen again, what would the emotional/relational strain be like? What other physical or mental complications could this bring for the elderly parent having to live in a more isolated way? What is the best way to stay in close contact without adding confusion or anxiety to someone who might already be in fragile health state?

In cases where health allows for some flexibility, some people are now considering alternative options, like making space to have parents and grandparents move in with them. Questions to consider – are there plans



in place for in home health care/daily living supervision if needed? Who would fund this? Who would actually provide the care? Might need to discuss with siblings (get ready!).

Apart from health considerations, some other families have considered these kinds of shared housing arrangements more from financial reasons or even just concerns over being so far away amidst prolonged travel limitations. Even in these cases, there can be some big adjustments! Your kitchen has been totally rearranged, there are disagreements over how strong the coffee is and someone new might be folding your laundry! How do spouses maintain the space for private conversations without making someone feel unwelcome? How do we all learn where to speak up and where that advice may not be welcomed (no matter how well intentioned)?

These are all dynamics that will be unique to each family but hopefully this provides some “food for thought” if you have unexpectedly found yourself in one of these situations!

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.

May 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.

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At the Chabad tent

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

Enjoy warm, family friendly services at The Chabad House. Saturday morning services are followed by a delicious buffet Kiddush.

Torah & Tea

At the virtual Chabad House and at the Chabad tent

May 25, 11 a.m.

Join Chanie Bukiet through for a weekly dose of delicious tea and refreshments spiced with lessons on the weekly Torah portion and round the table discussions. Admission is free. Sponsor a class in someone's memory or honor for \$25.

JLI - This Can Happen

At the virtual Chabad House

May 19 and 26, 7:30-9 p.m.

At the Chabad House and on Zoom. For thousands of years, the prophecies of a “Messianic age” stretched the imaginations of even the most fervent believers. Join us for this six-week course taught by Rabbi Mendy Bukiet to demystify the Jewish idea of a perfect world and to discover a practical path for reaching it in our lifetime. Fee: \$75 (textbook included).

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



Humane Society
of Manatee County

VETERINARY CLINIC

Compassion. Commitment. Community.

protect your pet with us!

We are open to the public.

Monday - Friday 8:00am - 5:00pm | Saturday 8:00am - 4:30pm
2415 14th St. W., Bradenton (941) 747-8808 Option #1



DENTAL X-RAY SERVICES
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Pet Dentals

We offer high-quality, low to moderate cost dentals. Price includes exam, pre-op blood work, polishing, cleaning and minor extractions. Pricing may vary for severe dental disease and/or fractured teeth.



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AVAILABLE UPON REQUEST



Pet Wellness

Cat Wellness Exams include:
Basic exam, Rabies vaccines and FVRCP.

Dog Wellness Exams include:
Basic exam, Rabies vaccines and DA2PPV and heartworm test.



Meals on Wheels PLUS
OF MANATEE

Volunteers needed.

2 Hours Can Make A Difference!

2 + 2 = 4 Our Community
Hours Hands



Phone Calls

Food Sorting

Food Packing

Socially-Distanced Food Distributions



PLUS programs of Meals on Wheels PLUS



Join the network of **CHAMPION** volunteers!
Register online: MealsOnWheelsPLUS.org/volunteer
Call for more information: (941) 747-4655

ALEX KARRAS



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\$5,550 due at signing.

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Payments are based on 36 month Lincoln AFS lease. Leases are based on 7500 miles per year. \$3500 due at signing on the 2021 LINCOLN CORSAIR. \$5000 due at signing on the 2021 LINCOLN NAUTILUS. \$5,550 due at signing for the 2021 LINCOLN AVIATOR RESERVE. Price's and payments include either owner loyalty or competitive make customer cash. Security deposit waived. Payments exclude taxes, tags and state / lease fees. Price's exclude taxes, tags and \$495 delivery fee. Photos are for illustration purposes only. Offer expires 05/31/2021.