



Around the Ranch

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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, SEPTEMBER 15, 2021



THREE NEW TENANTS ANNOUNCED FOR WATERSIDE PLACE – Lakewood Ranch recently announced three additional tenants that will open in Waterside Place, which is set to open this fall. Waterside Place is located in Waterside, the Ranch's first Sarasota village, and will serve as a retail, dining, wellness and entertainment hub. For more information see pages 12-13. Photo by Mark Odell

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FOR PLAY**

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DOWN UNDER**

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Be Strong, Work Hard, Family First!

– The Breakfast Company

By Ernie Soller
Community Correspondent

This motto is emblazoned on the wall of yet another “breakfast-and-lunch” restaurant in Greater Lakewood Ranch.

It is the motto of George Syros, patriarch of the family which operates “The Breakfast Company,” located in the Publix shopping center south of state Road 70, east of Tara Boulevard, and west of I-75.

There have been a succession of eateries in this same spot over several years. The prior restaurant closed due to the death of the owner and the need for his son to attend to the needs of his aging mother.

Family is a big deal at The Breakfast Company. A large picture of George Syros and his family has a special place on the wall of The Breakfast Company, right next to his motto.

Terri Syros, owner of The Breakfast Company, notes that not only is there a great family restaurant tradition in the Syros family, but several family members actively work at The Breakfast Company, including her sister, Patti.

My bride and I ventured forth to The Breakfast Company on a Wednesday morning at around 10 a.m. The Breakfast Company was pretty much PACKED with customers!

A large group of guys were holding a meeting and eating at a large table in the rear of The Breakfast Company, and every booth was full of diners. In addition, all of the outside tables were occupied. We lucked out and managed to find a table for two inside.

Now, as far as the diner is concerned, there are two factors to consider when deciding whether a restaurant is good, bad, or indifferent.

The first, of course, is the food. Is it good? Does it taste like the ingredients are fresh and of good quality? Is the food tasty, and properly cooked? (There’s nothing worse at breakfast than an undercooked egg, a piece of burned toast, or a waffle whose inside is more mushy than crisp!) Are the portions sufficient to forestall the need for a “second meal” right after eating the first? And ... does the food make you want to come back again?

The second factor, of course, is the service. Is your waitperson attentive without being annoying? Did he or she present you with a menu, and ask whether you wanted coffee, tea, or something else to drink? Did your waiter offer to refill your coffee cup without having to be asked? Was the food delivered at a proper temperature, and not left on a cold counter to cool before being brought to your table? Was the bill provided in a timely manner so as not to delay the rest of your day?

Well, at The Breakfast Company, the Syros family seems to have both the food and the service well organized.

When we sat down, our waitress, Anne, brought a menu



PHOTOS BY ERNIE SOLLER



right away, and asked if we wanted anything to drink. She came back in an appropriate time frame to take our order and made sure that we had refills of our drinks.

The food was very good. My wife loves potatoes with her breakfast, and ordered the “American Skillet,” which contained potatoes, peppers, mushrooms, onions, ham, and cheese. It was delivered with two large slices of marble rye toast, with jelly and ketchup on the side. My wife loved it. Note: If you go to The Breakfast Company and order toast, be aware that your toast will not be buttered unless you request it. Terri Syros told me that a large majority of their customers prefer non-buttered toast, so that’s the way The Breakfast Company serves it.

I ordered a breakfast favorite of mine – a Denver omelet,

and it was prepared perfectly – not undercooked, but not overcooked either. It was served with an English muffin and a side of fruit, and I ate it all, along with three cups of coffee.

Neither one of us needed a “backup” meal.

Now, the meals and the service are top-notch, but there’s something else I should also address about The Breakfast Company, and that something is their collection of desserts!

I dare you to go to The Breakfast Company, have a meal, and not be tempted by their array of scrumptious desserts. Their dessert cases represent a smorgasbord of sweets, from traditional Greek favorites like baklava and melomakarona (walnut-honey cookies), to huge muffins, and perhaps the biggest sellers ... cinnamon rolls. You can find “plain” cinnamon rolls, but why stop there, when The Breakfast Company has apple cinnamon rolls – large cinnamon rolls topped with a very healthy amount of apples – or maple-bacon cinnamon rolls. Teri told us that The Breakfast Company goes through 300-400 cinnamon rolls a day on weekends.

And then there are the cookies. We finally broke down and came away with, among other things, two large oatmeal/raisin cookies, each about the size of a half-pound burger.

All in all, The Breakfast Company has become, in my opinion, one of the top breakfast-and-lunch places in Greater Lakewood Ranch. So, come on down, and get set to have a great meal. You could even come for lunch, and I haven’t even gotten around to talking about that. Resistance is futile!

The Breakfast Company is located at 7246 55th Ave. E., Bradenton. The hours are 7 a.m. to 2 p.m. Tuesday through Sunday. For more information call (941)201-6002 or visit the-breakfastcompanyfl.com.

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Making Time for Play is Important for Brain Health

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

No matter what your age, play is important for your brain health. Playing provides children the opportunity to foster crucial social-emotional and cognitive skills and cultivates creativity and imagination. As you get older, play time allows you to re-charge, have fun with family and friends, and get out into the world.



Brain Health Initiative colleagues at the Center on the Developing Child at Harvard University (developingchild.harvard.edu) suggest three core principles for helping children and families thrive and promote and protect brain health, development, maturation, and aging:

- Supporting responsive relationships.
- Strengthening core life skills.
- Reducing sources of stress.

Play supports all three of these principles.

Play comes in many forms: Social play involves playing together by tossing a ball, playing make-believe, or playing tag; independent play is when children play by themselves, creating stories with dolls or action figures, or doing puzzles; guided play includes activities that are guided by adults, such as a school project or a talent show at summer camp.

Playing functions as the major means by which children develop their intrinsic interests and competencies — as well as their executive function skills, including learning how to make decisions, solving problems, exerting self-control, and following rules. Through play they learn to regulate their emotions, make friends, and learn to get along with others as equals. And they experience joy. A recent study in the *Journal of Play*, reported that the amount of time for free interaction among children — play time — has decreased dramatically over the past 50 years. The study links this decreasing amount of play time to an increase in brain illnesses, such as depression and anxiety in children, adolescents, and young adults.

Luckily, there are things you can do to provide your children with the play time they need to develop these important skills and protect their future brain health. The process starts when they are very young. Serve-and-return interactions help developing brains and build resilience while shaping brain architecture. When your child babbles, gestures, or cries, and you respond appropriately, neural connections are built and strengthened in the brain that support the development of communication and social skills.

Just like any two-player game – think ping-pong or tennis – serve-and-return interactions between parents/caregivers and children are back and forth exchanges that include being sensitive and responsive to your child's signals and needs. The Center on the Developing Child recommends these five steps when en-



gaging in serve-and-return with your child.

• **Watch for the serve from your child, then share their focus of attention.** Is your child looking at something? Making sounds? That is a serve. Look for opportunities throughout the day and pay attention to what your child is focusing on. These interactions encourage them to explore and strengthen the bond between you.

• **Be supportive and encouraging when returning the serve.** Make sure your child knows you are noticing the same thing with a hug, a smile, or gentle words of encouragement. An unreturned serve can be stressful for your child, so your response lets them know their thoughts and feelings are heard and understood.

• **Make the important language connections in your child's brain by giving the focus of their attention a name.** When you return a serve by naming what your child is seeing, doing, or feeling, you make important language connections in their brain, even before the child can talk or understand your words. This helps your child understand the world around them and gives children words to use and lets them know you care.

• **Keep the interaction going by giving your child the opportunity to respond.** Children need time to form their responses, especially when they're learning so many things at once. Taking turns helps your child learn self-control and how to get along with others. Waiting for a response also provides your child with time to develop their own ideas and build their confidence and independence.

• **Practice endings and beginning with your interactions.** Your child will let you know when they're done or ready to move on to a new activity by moving on to another toy, walking away, starting to fuss, or even saying, "All done!" By sharing their focus, you'll notice when they're ready to end the activity and begin something new. Letting your child take the lead supports them while exploring their world ... and makes more serve-and-return interactions possible.

Play time is beneficial for everyone. If your kids are older, encourage turning any activity into play and join in on the fun! Go to the beach, take a walk, plan a family game night, cook together, have a dance party, have a "clean your room" party, or go for a family bike ride — you can make just about any activity fun.

Some kids may want to retreat into their technology or complain about boredom when you suggest time for play. Useable Knowledge from the Harvard Graduate School of Education (www.gse.harvard.edu), offers these tips for encouraging your older kids to play more and stress less:

• **Plan for play.** If your kids have been spending too much time in front of screens, suggest inviting their friends over later or plan a fun activity for the next day.

• **Find fun in what you have.** Instead of buying something new, look for things around the house to trigger their imagination. Use some packing boxes to build a race car or a fort.

• **Be open to risk.** Playing may mean getting hurt — and that's okay. If you let children know that you trust them to take small risks, they are more likely to enjoy creating and exploring.

• **Be a role model.** If your kids see you enjoying a hobby or being creative, they are more likely to turn off their devices and participate in activities.

• **Get past the "I'm bored."** Once kids get past their initial discomfort, they'll likely emerge curious and engaged in the activity.

• **Play together.** They may not act like it, but your kids really do want to play with you. Think about when you were a kid. Some of your best memories involve something simple and fun that you did as a family. Find something you all enjoy and really get into being together. Your kids will thank you!

The Brain Health Initiative (BHI) is a cutting-edge approach to protecting brain health, promoting brain performance, and preventing 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.

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

Budgets Passed, CDD Boards Look To Landscape Contracts

By Ernie Soller
Community Correspondent

During their August board meetings, the various Community Development District (CDD) boards of Lakewood Ranch Phase I passed the fiscal 2022 budgets.

For the most part, any increases in assessments to residents were pretty minor. However, during the District 2 board meeting, Matt Cangemi, a resident of the Weston neighborhood, questioned the 8.3% increase in his assessment under the new budget (higher than in some other District 2 neighborhoods), noting that there had been a fairly substantial increase for his neighborhood in the previous fiscal year's assessments.

Finance Director Steve Zielinski noted that the assessments were made using methodology that had been previously approved by the District 2 Board.

Cangemi also raised the question as to whether the homes in the Weston neighborhood were somehow being assessed as large single-family homes instead of the two-residence attached "villa" structures which exist in that neighborhood.

Attorney Andrew Cohen noted that the district had decided on the methodology after hiring an expert methodology consultant.

IDA

The Lakewood Ranch Inter-District Authority (IDA) board was scheduled to meet with firms on Aug. 31 in order to select a company to recruit a replacement for departed Executive Director Anne Ross.

DISTRICT 1 – THE BLUFFS NEIGHBORHOOD

The District 1 board of supervisors is waiting for an engineering report regarding the erosion problem that exists in the Bluffs neighborhood.

During the September meeting, per chairman Alan Roth, the board will be able to examine just what the engineers propose for the Bluffs situation, and they will discuss the recommendations as to who should be responsible for paying for any needed work.

Supervisor Bob Swiatek noted that it was important to determine who would be responsible for paying for any repairs, and further com-

mented that it might be dangerous to establish a precedent if the district should elect to fund the project.

District 1 elected to grant Down to Earth Landscaping a contract for continued landscaping services in the district's common areas.

DISTRICT 2

The District 2 board of supervisors elected to go with Cepra Landscaping, after a review of bids and the capability of contractors to fulfill the work requirements.

District 2's budget for fiscal 2022 will go up by 25%, although reserves will limit the assessment increases for residents. The larger budget involves major funding for road paving.

Resident Brian Faunce aired his opinion on the alleged poor service his neighborhood, Gleneagles, was receiving from their landscape contractor, commenting that their method of service seemed to him to be "mow, blow, and go." The board pointed out that this contractor was not under the jurisdiction of the District 2 board, but was responsible to the HOA instead, as this is a "maintenance-free" neighborhood, and that he should go to the HOA board to discuss these issues.

An aeration device will be installed in Lake Uihlein to upgrade water quality.

DISTRICT 4

Per Mike Griffin, chairman of the District 4 CDD board, the district has, for years, been attuned to making sure that the landscaping in the district's common areas be attended to in a manner fitting for an upscale community. He noted that when people buy into Lakewood Ranch, they are buying into a certain standard of appearance, and that the district has worked with Operations Director Paul Chetlain and his team on an ongoing basis to achieve that standard. With all that in mind, District 4 is looking at establishing a contract with Cepra Landscaping.

Good news! The state has installed a traffic signal at the intersection of State Road 70 and Post Road/Greenbrook Boulevard East.

DISTRICT 5

Chairman Marty Cohn reported that the work on the Presidio/Riviera berm is

SEE CDD, PAGE 19



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LAKEWOOD RANCH COMMUNITY ACTIVITIES

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



We're so excited to be bringing our Parks and Rec programming to our newest town center at Waterside Place! Come out and see all that Waterside has to offer! We are proud to bring many of our current favorite programs, as well as some new and exciting ones, this fall.

For those of you who are unaware, the business buildouts are underway at Waterside Place, and we opened Waterside Park with our All-in Youth Play program, Youth Yoga, on Sept. 4. Waterside Place will include an array of beauty and wellness providers, food and drink options, play and entertainment venues, along with office spaces, shops, boutiques and more to come!

Waterside Park will be home to many of our programs, including our All-in Youth Play program. We're putting the "fun" back into sports with this program. Sports are fun and they should be kept that way! They keep kids physically active and help build strong social, teamwork and leadership skills. But the reality is, kids are quitting sports because the increased pressure of competition can make them less enjoyable.

All-in Youth Play is an inclusive youth program that encourages a love for movement, play, skill-building and teamwork,



Keith Pandeloglou
Director of LWRCA



with fun being the main goal regardless of skill level. According to a Forbes study, age 11 is when kids begin to really quit sports. They do so because it's no longer fun.

Less than a third of U.S. youth reach an active to healthy level of fitness. This can lead to weight problems, obesity, and related health issues from childhood to adulthood, and may lead to loneliness and isolation.

Our approach will help kids reach a healthy level of fitness, promote teamwork and social interaction, and build a stronger and more active network for both youths and parents. We will teach the basics of sports while having fun, and create active opportunities for kids.

This initial program will include Peewee Soccer, Kids' Cornhole, Kids' Kickball, Kids' Volleyball, Fit4Kids, Fit4Tweens, and Youth/Teen Yoga. Be sure to check out the Lakewood Ranch mobile app or myLWR.com for all programs, as pre-registration is required.

We are already in the process of planning for 2022! 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!

Are you new to the Lakewood Ranch community? Or, perhaps you're not new to The Ranch, but are looking to get more involved? If so, mark your calendars for our Virtual Resident Orientation, taking place at the Lakewood Ranch Facebook Community Activities page, at 6 p.m. Oct. 14. Get informed and learn about LWR history, your community districts, local businesses, and charitable giving. Get engaged with more than 60 clubs, local events, parks and trails, and the seasonal farmers' market. Get involved and connect with your community, meet your LWR team, and find volunteer opportunities.

All residents of Lakewood Ranch are welcome to attend this free event. All registered attendees will receive a PDF after the event with special offers from our Main Street merchants and Community Activities sponsors.

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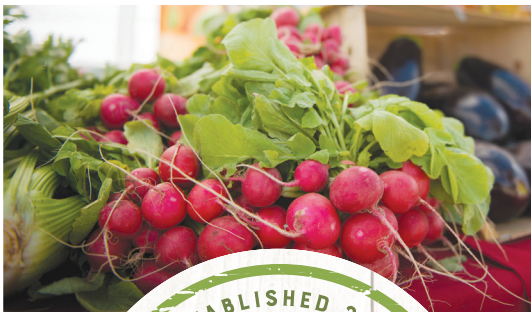
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AROUND THE RANCH

Three New Waterside Place Tenants Added



PHOTOS BY MARK ODELL



Lakewood Ranch recently announced three additional tenants that will open in Waterside Place, which is on track to become the region's premier experiential lifestyle destination.

Set to open this fall, Waterside Place embodies 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-up" spaces, a water splash park, and more.

The town center will be further activated with festivals, music, and sporting activities, and will be the future home for the Farmers' Market at LWR, further 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.

Osteria 500, Bay Area Aesthetics and the new Lakewood Ranch Medical Group primary care facility are set to join previously announced tenants: Good Liquid Brewing Co., 3 Form Fitness, ManCave for Men, O&A Coffee Supply, CROP Juice, Duck Donuts, Korê, PAINT Nail Bar, SmithLaw, The Yoga Shack and Kilwins.

Osteria 500 will be an authentic Italian restaurant created by restaurateur and Italian native Giuseppe "Peppe" del Sol of Napule restaurant in Sarasota. This new "cucina napolitana" will offer Lakewood Ranch residents and visitors delicious Italian cuisine in a welcoming environment inspired by Peppe's hometown island of Ischia in the Gulf of Naples, Italy.

Bay Area Aesthetics is a locally-owned medical spa led by Amy M. Lauvray Hurlbaas, a nationally board-certified advanced registered nurse practitioner (ARNP). With over 25 years of experience, Amy aims to help patients look and feel their best at every life stage. Her services include skincare and rejuvenation, BOTOX ® and injectables, signature treatments with medical-grade skincare products and more. This will be Bay Area Aesthetics' first location in Lakewood Ranch.

Additionally, **Lakewood Ranch Medical Group** will open a primary care facility at Waterside Place this fall, following the trend of neighborhood-based healthcare. The new, 7,000



square-foot clinic will offer Lakewood Ranch residents a spacious, convenient and centralized location for primary care visits.

Andy Guz, CEO of Lakewood Ranch Medical Center, anticipates the facility will initially staff two physicians who can accommodate up to 60 patients per day. Guz expects to add additional doctors as the new clinic begins to attract more Lakewood Ranch residents with its health and wellness activations and pop-ups – a strong pillar of the community's lifestyle.

"Our mantra, when it comes to leasing at Waterside Place,

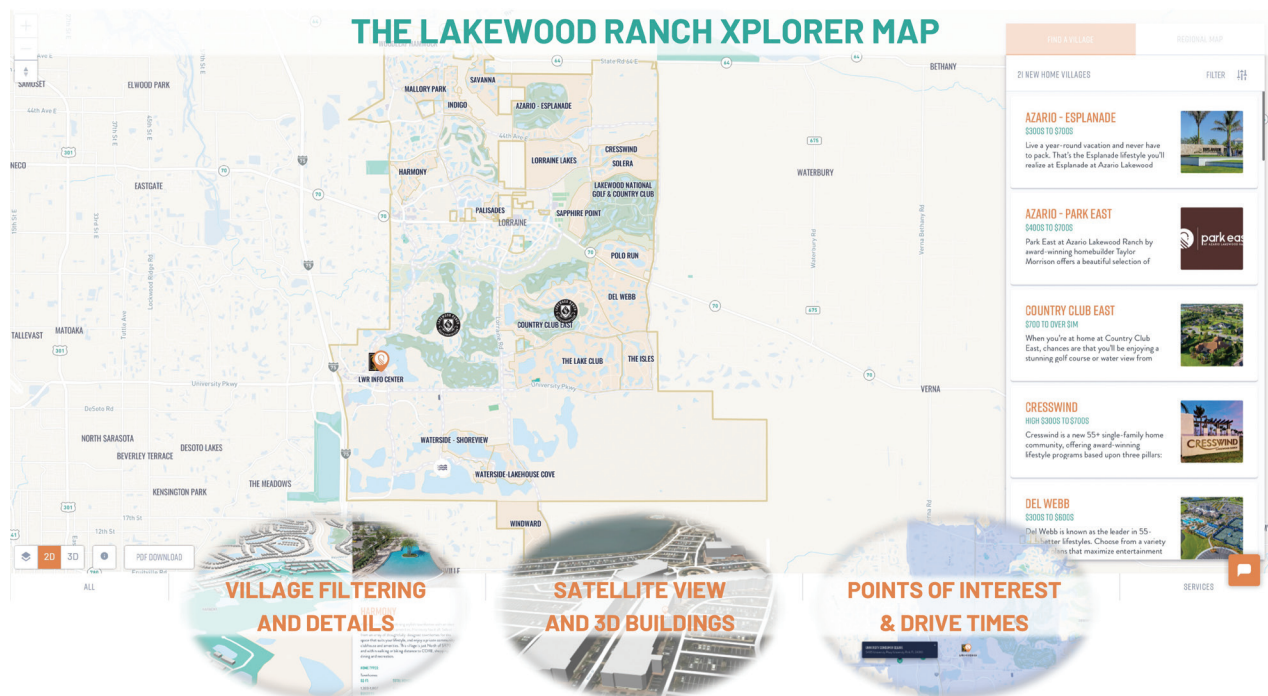
is to look for only best-in-class restauranteurs, retailers and shops, which has been a successful focus as shown by the quality of our current tenant list," said Kirk Boylston, president of Lakewood Ranch Commercial. "Without exception, these tenants are among the best in the region and will provide an unmatched user experience at Waterside Place. We clearly have narrowed the pool of candidate tenants, but the level of quality in the design, construction and programming at Waterside Place has allowed us to be successful as we continue to lease up the project."

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 a variety of neighborhoods ranging from \$280k 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, over 1,300 homes have been sold or leased in Waterside's Shoreview, Lakehouse Cove, The Adley, Botanic, and Grande Living neighborhoods.

Founded in 1994, Lakewood Ranch spans over 20 villages and in July of 2021, was named the best-selling, master-planned community in the country according to RCLCO's mid-year rankings.

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



Lakewood Ranch's 3-D Digital Map Wins Gold Award

Lakewood Ranch's 3-D "community Xplorer map" was awarded gold for best innovative use of technology at the Southeast Building Conference's 42nd annual Aurora Awards. The map is a centerpiece of the community's website, lakewoodranch.com. Winners were determined after evaluation by a panel of judges, including designers, planners, and builders.

The map was developed by LWR Communities, in partnership with Cecilian Partners, a company that specializes in the customer service experience for community developers, home builders, and home buyers.

"We're really setting the standard for how customers will explore communities like Lakewood Ranch in the future," said Phil Worland, chief strategy officer at Cecilian Partners.

The map is completely interactive and searchable. There are built-in filters to assist the user with a list of villages that might be a good

fit for them. In addition, in one view, a user can see all of the villages, product types and price ranges in relation to their location near shopping, schools, parks, and other community amenities. There is also a regional map that highlights the beaches, arts, shopping districts and other conveniences and attractions outside of The Ranch, allowing for a full perspective of the area.

"Lakewood Ranch was looking for a way to show prospects everything the community has to offer, without them having to be at The Ranch in person," said Rachel Gray, marketing manager for LWR Communities. "This was something we were searching for pre-pandemic, but the pandemic changed consumer behavior and it became an even more important tool than we could've imagined."

Feedback has been notably positive. "Users appreciate that they can see everything in the same place; they no longer need to bounce from the village page on the Lakewood

Ranch website to a Google map page to get their bearings," Gray said. "Many people want to be close to a specific area – for instance, near the interstate for an easy commute to work – and this has given them the ability to find what they want or need. Other users appreciate that they are able to plan their visit to The Ranch in advance by using the map; they know what is here before arriving, so they can be sure to see everything that interests them."

In July, Lakewood Ranch was recognized as the best-selling community in the U.S., according to national real estate consulting firm RCLCO's 2021 mid-year survey.

"Our insistence on innovation to make the home-buying journey as productive and enjoyable as possible has paid dividends in generating home sales," said Laura Cole, senior vice president of LWR Communities. "This was very rewarding in that our efforts to build a first-class community and to share its benefits

through our marketing platform is being recognized and is resonating with a broad audience."

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Yoga Barre: A Fusion of Exercise and Healing

By Ernie Soller
Community Correspondent

Most folks in Lakewood Ranch have at least a minimal understanding of yoga. They know that yoga comes from India, and has aspects of exercise, meditation, and healing.

Our residents, being well educated and leaning toward the benefits of physical fitness, are also familiar with various other exercise methods, one of them being related to the ballet “barre” – the waist-high support used by ballet dancers in practicing their exercises.

Well, now there is a studio here in Lakewood Ranch that has combined both yoga and barre exercises: The Yoga Barre.

The Yoga Barre is the creation of Janette Brown, originally from New York’s Long Island, prior to her move to Florida as a child. She’s now been in the Sunshine State for over 30 years.

Brown is a Lakewood Ranch Central Park resident whose career path evolved from its beginnings in theater, which she studied at the State College of Florida while working at Saks Fifth Avenue, to a period of working in the fashion industry in management for stores such as Victoria’s Secret and Express, to eventually becoming a fitness instructor, working at fitness centers such as Crunch!, Around the Clock Fitness, and Burn Boot Camp.

Somewhere during that period, while raising two kids and going through a divorce, she discovered the power of yoga, and made a point of becoming a certified yoga instructor, taking classes at the Heartland Yoga Institute and Retreat Center, a registered yoga school of the Yoga Alliance.

With her work at several local fitness centers, teaching yoga, Pilates, spin, etc., she realized that she was spending a lot of her time just driving between all the locations in order to lead classes, and this, too was wearing on her and cutting into the time she had to spend with her children.

What really put her over the top in her urge to open her own exercise studio was the COVID-19 pandemic.

The fitness centers closed their doors because of the COVID shutdown, and Brown found herself out of work. She continued to work out with people who still wanted to participate in their exercising, but found it quite difficult to do so on any kind of a regular schedule. As she put it, people were working out at home, but being at home, “other stuff” kept getting in the way of their fitness goals. Brown found herself teaching in a garage, or near her pool ... and it wasn’t working out very well. So ... what to do?

She was inspired to get her own space, and having found a space near her home – a storefront space right on Lakewood Ranch Boulevard – she made the decision to go for it and establish The Yoga Barre.

The Yoga Barre has become her dream space: a comfortable space for people to get back into things, and achieve their fitness goals. She fell in love with the way the sunlight shines into the windows of The Yoga Barre early in the day, and appointed her new studio with touches of Indian-print large floor pillows, lanterns, and even a “meditation room,” one wall of which is



PHOTOS BY ERNIE SOLLER

covered in Himalayan salt panels lit from behind to give off a pinkish glow.

I attended one of Brown’s classes at The Yoga Barre, watching as her students went through their exercise routines, using yoga mats as well as the portable barre stands that they used to

support themselves during certain exercises. They looked, well, ... happy!

I commented to one of Brown’s students that she looked like she was having fun, and the woman replied that “She (Janette) makes it fun!”

I also noticed that there were heavy-duty straps hanging from the ceiling, and Brown informed me that those straps were used for hanging exercises, and showed me pictures of her students using them. Interesting!

Brown has enlisted several other qualified instructors to assist her in providing classes for her students. Some of these classes include workshops in sound healing (various sounds affect specific chakras in the body) and meditation.

Things are going well at the studio. Repeat customers are making multiple trips to The Yoga Barre for classes, and beginning Sept. 4, The Yoga Barre will hold outdoor classes at Bob Gardner park every first Saturday of each month.

If you’d like to get into better shape and lose the “COVID 10,” check out The Yoga Barre. If you don’t already have a yoga mat, don’t worry – they carry an inventory of needed items.

The Yoga Barre is located at 4124 Lakewood Ranch Blvd., just north of 44th Avenue East, right next to Wicked Awesome Ice Cream.

For more information contact Janette Brown at Janette@lwryogabarre.com, or call (941)867-0812, and sign up for a class.

Working out by yourself is ok. Working out with others is powerful.

Check out The Yoga Barre.



And the First “Random Act of Kindness” Award Goes To ...

By Ernie Soller
Community Correspondent

Laurie Fox is a very busy woman. She's a well-known realtor-about-town, as well as being a member of the Lakewood Ranch Community Development District 1 board of supervisors, so she has a lot of things going on all the time, and doesn't have all sorts of free time. But she also likes to get involved in activities that enhance the quality of life in Lakewood Ranch.

Two years ago, she put together an all-day event for kids and their parents on Lakewood Ranch Main Street called “Safety Town.” The idea behind Safety Town was to teach kids about some of the dangers they face in their daily lives, ranging from crime to illness. Fox gathered forces from all over Manatee County, from the Health Department to the Sheriff's Office, from the Forestry Service to Manatee County Search and Rescue, the health care folks (like the staff at the Center for Urgent Care), and even some of her fellow district supervisors, along with Lakewood Ranch Town Hall's then-executive director, Anne Ross. They all came to lend a hand in this unique project.

Safety Town was intended to be an annual event for the kids, but something happened between October of 2019 and early 2020. Something called COVID-19.

After COVID hit, lots of events, including the 2020 installment of Safety Town, got cancelled. The whole country seemed to have a dark cloud hanging over it.

To make matters worse, until effective vaccines were developed and released for distribution, which happened only very late in 2020, there wasn't a whole lot anyone could do about it, other than staying home, washing hands frequently, wearing a mask, and being very careful about going out in public.

As a realtor and public official, not going out in public was not exactly a viable option for Fox. And in early April of 2020, soon after COVID became a household name in America, Fox came down with it.

She was living alone, had begun having a very hard time breathing, and it kept getting worse. Fox describes it as being similar to attempting to breathe after someone has tied a plastic bag over your head.

She went to the Center for Urgent Care, on State Road 70 near Lakewood Ranch Boulevard, where the staff tested her, and subsequently diagnosed her with COVID-19.

She was given a nebulizer treatment in or-



PHOTO BY ERNIE SOLLER

der to assist her breathing and for the next few days, they called her every single day to check up on her. Finally, after five days, her symptoms began to dissipate.

Fox has since gotten her vaccinations and has had no further COVID-related issues. Because of her experience with the Center, she took her dad there for treatment when he became ill, which also ended up on a positive note.

But her positive experience at the Center for Urgent Care stuck with her, and she began to think of a way to honor those people who were so instrumental in helping her get over the COVID symptoms. So, what to do?

After much diligent cogitation, Fox came up with the idea of a “Random Act of Kindness” award. This would be a fun award for people in our community who do something nice for no expected reward. Based on her experiences at the Center for Urgent Care, she chose Dr. J. Albert Avila and his staff to receive the first Random Act of Kindness award.

She had lunch catered for the entire staff of the Center for Urgent Care and brought a big bouquet of colorful balloons to brighten up the celebration. A fun time was had by all!

So, what sort of a place is the Center for Urgent Care? Dr. Avila and his staff have set up a treatment center that is about as close to a hospital emergency room as you can get without actually going to a hospital.

The Center for Urgent Care, which opened in 2016, is open seven days/week, from 8 a.m. to 8 p.m., and with a staff of 30 people, all with many years of experience to assist in the diagnosis and treatment of their patients. For example, Kelly Barrett, nurse manager, has over 27 years of experience as an emergency room nurse. There are always at least two nurses, two

practitioners, and two medical assistants on duty at all times.

The Center's staff members have been extremely busy over the last year-and-a-half with COVID alone. At one point last year, they were out in front of the building giving COVID tests to patients who drove up in their cars – as many as 133 in one day – and giving rapid re-

sults. And that doesn't take into consideration the other patients who walked in their doors with non-COVID-related problems.

How did they equip themselves to handle all of this? The Center for Urgent Care has an in-house lab to run tests for things such as cardiac enzymes, blood counts, and blood chemistry, as well as their own pharmacy. The lab at the Center for Urgent Care received a Gold Star rating from the accrediting body COLA (Commission on Office Laboratory Accreditation). They also have their own CT-scan machine, which saves the patient the time spent in scheduling a scan at another location, and having to wait for the results.

Fox's experience at the Center for Urgent Care resulted in the organization being honored with her first Random Act of Kindness award. She wants to see Lakewood Ranch become the “kindest community in America,” and this award looks like a good first step to achieve that.

The Center for Urgent Care is located at 10940 S.R.70, Ste. 103, in Lakewood Ranch. They can be reached at (941)243-3088 or online at www.thecenterforurgentcare.com.

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DOH-Manatee Urges Public to Get Vaccinated Against COVID-19

The Florida Department of Health in Manatee County (DOH-Manatee) continues to give no-cost COVID-19 vaccinations at its clinic at 410 Sixth Ave. E. in Bradenton.

DOH-Manatee offers first, second and third doses of the Pfizer and Moderna brands of the vaccine, as well as the one-dose Johnson & Johnson brand of the vaccine, to anyone ages 12 and up.

All vaccinations are by appointment only. Appointments are available between 8 a.m. and 4 p.m. on weekdays. Call (941) 242-6646 to book an appointment.

Anyone who books an appointment for a vaccination is asked to download and complete a vaccination consent form. The form can be accessed at <https://manatee.floridahealth.gov>. Click on "Events" in the toolbar and the system will take you to the page with the form.

Anyone under age 18 who would like to be vaccinated must be accompanied by a parent or guardian.

FIRST AND SECOND DOSES & FDA APPROVAL OF PFIZER

Anyone who qualifies for a COVID-19 vaccination who has yet to get vaccinated -- whether they've already had COVID-19 or not -- is strongly encouraged to get vaccinated.

COVID-19 vaccines are safe and have proven effective in preventing illness and death due to the virus.

"We're especially glad to hear that the FDA recently approved Pfizer's brand of COVID-19 vaccine," said DOH-Manatee



Health Officer Dr. Jennifer Bencie. "Anything that can help alleviate the concerns of those who are still hesitant to get vaccinated against COVID-19 for any reason is welcome."

If you are seeking a second dose, please be sure to bring your vaccination card and the completed consent form to the site.

THIRD DOSES

The CDC recommends a third dose of COVID-19 vaccine for people whose immune systems are compromised.

The CDC explains: "This additional dose, intended to improve immunocompromised people's response to their initial vaccine series, is not the same as a booster dose, given to people

when the immune response to a primary vaccine series is likely to have waned over time."

For more information on who qualifies for a third dose of COVID-19 vaccine at this time, visit <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/immunocompromised-patients.html>.

At vaccination time, the individual will be asked to present the completed consent form and his/her vaccination card once appointment time has been confirmed with a DOH-Manatee attendant.

TESTING

COVID-19 testing continues to be offered outdoors at the Bradenton Area Convention Center from 7 a.m. to 7 p.m. every day (weather permitting). The site offers both PCR and rapid testing.

Additional vaccination and testing sites in Manatee County can be found at www.FloridaHealthCOVID19.gov.

For additional information on COVID-19 vaccinations, visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>.

The Florida Department of Health in Manatee County remains dedicated to the Florida Department of Health's mission of protecting, promoting and improving the health of all people in Florida through integrated state, county and community efforts, as well as its vision of Florida being the healthiest state in the nation.



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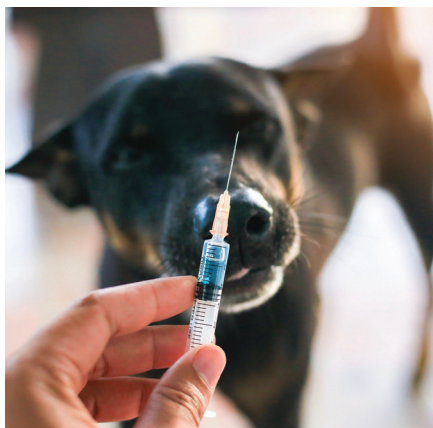
THE (PET) DOCTOR IS IN!

Rabies

By Erin Siems, DVM

Hello again, friends! World Rabies Day is just around the corner, on Sept. 28th. In the U.S., we are fortunate to rarely think of rabies outside of getting that reminder from the vet or the county that vaccination or registration is due. Most people wonder why it is even necessary. After all, most of our pets stay inside and go out on leash or in a confined area only. I agree that it would be extremely rare for our pets to get rabies, much less transmit it to people.

However, rabies vaccination is controlled by human law because, although rare, if a human contracts rabies it is almost always fatal. In our country there are typically only 1 to 3 human cases reported per year compared with thousands of



infected humans worldwide. In Florida, dogs, cats and ferrets are required to be vaccinated for rabies by 4 months of age. After this initial vaccination, they are required to have a booster in one year then another booster every 1 to 3 years depending on the vaccine licensing.

To keep you and your four-legged friend safe, avoid any wild animals exhibiting

abnormal behaviors, especially if they are not showing typical fear behaviors of people and animals. Rabies is most commonly seen in raccoons, bats and foxes but can be transmitted by any mammal. If your pet gets into a disagreement with other animals, contact your veterinarian to see if you should be concerned. Rabies vaccines are highly effective, typically well-tolerated and prevent long quarantines and potential illness.

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@Big-PawsAnimalHospital.com.

CDD, FROM PAGE 9

continuing, and that work is expected to be complete by the end of September.

Road paving work is continuing, with Sandhills and Portmarnock expected to be completed by the beginning of September.

District 5 will be contracting with Cepra for landscaping services.

DISTRICT 6

District 6 already has replaced their landscaping contractor as of several weeks ago, and is quite happy with West Coast Landscaping. Having said that, the district has gotten bids from West Coast as well as other contractors and after getting new bids, will most probably stay with West Coast, assuming that they are competitive. Currently, West Coast, under the authority of the HOA, does all residential landscaping in District 6.

Manatee County has asked for a small transfer of district land to the county to enable the proper construction of a sidewalk section adjacent to the new turn lane for the Balmoral Gate. The District agreed to the transfer.

TOWN HALL

Per Marie Thompson, executive clerk at Town Hall, there have been a number of Town Hall employees who have been out of work due to COVID-19. Work is progressing, as other employees are picking up the slack.

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U. S. Youth Soccer National Championships Come To LWR

Premier Sports Campus Again Marks Ranch as a Soccer Hotbed

By Ernie Soller
Community Correspondent

The announcement came out on March 29th: “U.S. Youth Soccer is proud to announce that Bradenton-Sarasota, on Florida’s West Coast, has been selected to host the 2021 U.S. Youth Soccer National Championships, July 20-25, 2021. Given the challenges faced due to COVID, USYS has worked collaboratively with the Bradenton-Sarasota area representatives to move the elite-level competition to the Premier Sports Campus in Lakewood Ranch.”

The press release went on to mention the Chargers Soccer Club, and some of the advantages of the Premier Sports Campus (PSC), such as the 23 regulation fields at Premier (including one “stadium” field), along with the easy access to Sarasota/Bradenton International Airport (SRQ), and the beaches, restaurants, and other attractions that make the area so unique.

And to Lakewood Ranch they came!

A few days prior to the competition, I was driving along one of our major roads when I spied a very unusual-to-our area state license plate ... at least in the summer months. It was from Utah, and the vehicle itself – complete with a soccer team emblem on the back window, along with the woman driving it – made a particular impression on me: “Soccer Mom”!

The competition didn’t start for another couple of days, but the participants and their families, coaches, and friends, were already arriving, and contributing to the economy of Greater Lakewood Ranch. As for the competitions themselves, teams from all over the U.S. came to play – and these were the top teams in their respective states.

Not only were these kids vying for national team championships, but this event also drew college coaches, who came to PSC to evaluate individual players for scholarship consideration.

As for the size of the crowds, I arrived at the PSC around mid-morning on one day of the competition, and calculated that there were more cars from more states than I’d ever seen since the venue was built. It was like a sea of cars and SUVs.

During the time I spent at PSC, I heard lots of comments from some of the folks who came to the championships. Almost all were very complimentary, although one dad from Las Vegas noted that he was having a hard time dealing with our intense Florida humidity! He was used to desert heat, but the humidity – that was another matter!

All during the days of competition, while some teams were playing,



PHOTO BY ERNIE SOLLER

other teams were going through practice drills, honing their skills. Although there was a lot of intense competition on the fields at Premier, there were plenty of opportunities for the players, and their fans and family members to purchase all sorts of soccer-related merchandise, from balls and shoes to all types of accessories. The vendors appeared to be making lots of sales.

One of the main sponsors of the event was Dick’s Sporting Goods, and Dick’s had a rather unique “test your skill” setup going at the event, called the “accuracy range.”

On an area near the stadium field, Dick’s had a truck set up, with a kind of “grab bag” of prizes, from equipment to gift cards. Players were encouraged to come up to a cordoned-off area, where they were faced with a soccer goal that was covered with a large tarp. The tarp had ball-sized holes in it at various places, and the idea was that if a player

could kick a ball through one of the holes in the tarp, they could then go to the truck and, by pulling on a handle, claim their prize.

Of course, parents could not resist the opportunity to photograph their kids taking their shot at this “test your skill” game. One inspired dad decided to go behind the net and hold his cell phone up to the net, his idea being to get a shot of his daughter kicking the ball through one of the holes. Well, his daughter was not only a very good shot, she also had a lot of power in her kick. She got the ball straight through the net and in the process, the ball struck her dad’s cell phone, knocking it out of his hand, and back about 10 feet into the grass. Nice phone, wasn’t it, Dad?!

On Sunday, the boys and girls champions for each age group were presented with their trophies – and the trophies were massive, befitting the National Champion status of the winners. The kids got medals for their achievements, and had their pictures taken with their trophies. One unique trophy, given to the best goalies, was the “Golden Glove” trophy: a large plaque with a big gold glove on it! There was no shortage of high-fives and kids jumping into the air while holding on to these large pieces of hardware and, of course, there were also a number of coaches who got a “Gatorade bath.”

Then the crowds left for home, the tents and sales booths were taken down, the media crews picked up their equipment, and the PSC settled in for a little peace and quiet – until the next big event.

September 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.

Talmud Classes
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 noon

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

Tanya Class
Thursdays, 9-9:30 a.m.
At the virtual Chabad House

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

Chabad Hebrew School of the Arts
Sunday, Sept. 19, 9:30 a.m.-noon
At the virtual Chabad House and at the Chabad tent

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

Break-the-Fast
Thursday, Sept. 16, 8:07 p.m.

At The Grove Ballroom, 10670 Boardwalk Loop Lane, Lakewood Ranch
Join Chabad of Bradenton for a delicious kosher Break-the-Fast feast of bagels, lox, cream cheese, cakes, and more. All are welcome. There is no charge. Donations appreciated. Sponsor for \$1,000. Reservations are suggested.

CTeen Pizza in the Hut
Thursday, Sept. 23, 6:30-9:30 p.m.

Meet at DEFY indoor trampoline park, 7385 52nd Place E., Bradenton
Join CTeen and jump your heart out with a trip to DEFY accompanied by the Sukkah mobile! Then enjoy games and activities and create your own pizza in the Sukkah of Rabbi Mendy & Chanie Bukiet! \$20 or CTeen members free! CTeen annual membership is \$180.

Shakshuka in the Sukkah
Sunday, Sept. 26, 5 p.m.

The Chabad House
Celebrate Sukkot with Chabad’s “Shakshuka in the Sukkah” party! Enjoy delicious shakshuka and salads, lively music, laser tag, game truck, giant games, and more! Shake the lulav and etrog! Attendance is free. Donations appreciated. Sponsor for \$250.

Dancing with the Torah
Tuesday, Sept. 28, 7:45 p.m.

The Chabad House
Come celebrate and dance away with lively hakafot dances, l’chayim and drinks, lavish Kiddush buffet, flags and treats for the children, and holy Torahs! Bring your family and friends to the celebration that unites Jews of all walks of life. Admission is free. Donations appreciated. Sponsor for \$500.

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.



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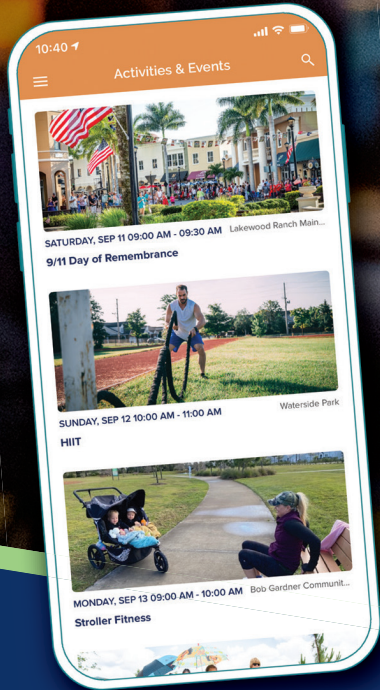


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