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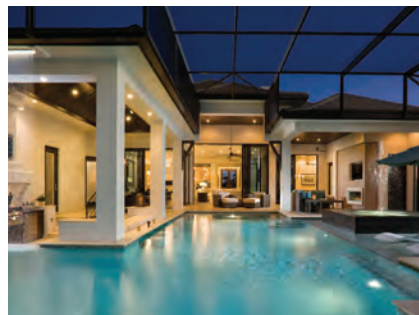
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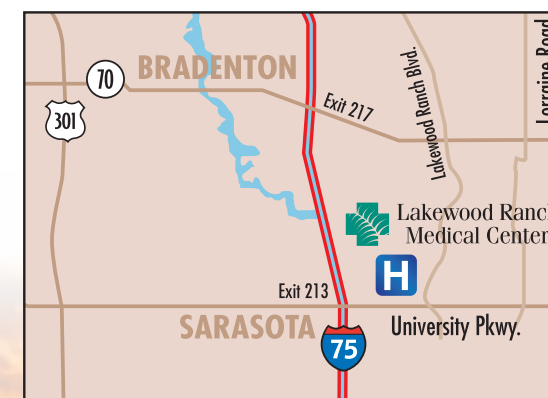


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Aleena was very personable and professional and did a great job giving me the Dysport shots and explaining all the other things I could do. Julie at the front desk was equally as delightful. I'll definitely be going back. – G.S. LAKEWOOD RANCH

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Aleena is a perfectionist. She can look at you and suggest what you need. I am very happy with my results, have had it done at other places where my results were not nearly as good. I have a very natural result which is what my goal and Aleena's was. The receptionist is very nice and makes you feel very comfortable. Very happy it is here in Lakewood Ranch which makes it very convenient. – Debbie N. LAKEWOOD RANCH

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I came here to get a consultation for Botox for the first time, ever! First off-- the office is SO chic, clean and aesthetically pleasing. Julie was wonderful at the front desk and welcomed me, which instantly made me feel very comfortable. Aleena was my injector and she did such an AMAZING job. Being my first time, I wasn't sure of the best options for my injections but Aleena did a great job explaining everything so well and giving me her suggestions while allowing me to make the decision! I would 100% recommend! – Lindsay T. LAKEWOOD RANCH

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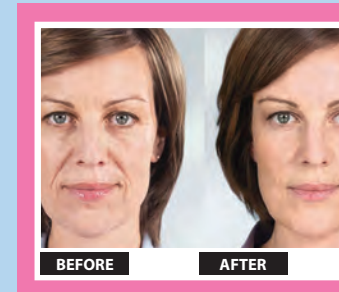
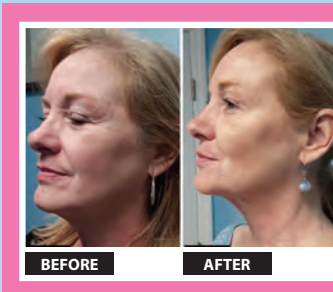
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LWR Life is a quarterly publication of the Observer Media Group published in May, August, November and February in partnership with Schroeder-Manatee Ranch.

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Left to right: Brunel Gomez de Tavarez, MD; Matthew Anderson, DO; Stephanie Cabello, MD



Pediatrics

Left to right: Lisa Wittmann, MD; Wendy Hurwitz, MD; Rene Sueiro, MD; Ilysa Howarth, PA-C

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Snapshots of authenticity



The overall winner in the Lens on LWR Photo Contest, taken by Stan Jernigan at The Market at Lakewood Ranch, shows families enjoying the day.

Every year, LWR Communities holds its Lens on LWR Photo Contest, for which it calls for people's favorite photos of life around the Ranch. It has categories focused on photos of landscape and nature, but my favorite is the lifestyle category.



The photos in every category are pretty or cute, but the lifestyle photos reveal just that: a little slice of life. Real life. Not reality-show life. Or marketing-brochure life, where people with perfect teeth laugh hysterically yet attractively over glasses of wine or sit in bathtubs watching the sunset.

No, these photos show the real deal. People gathering around picnic tables with mouths full of food and kids' sippy cups and sunscreen bottles strewn about the table. Folks chatting as they make a purchase at the farmers mar-

ket, or — my favorite — kids riding in the horse-drawn wagon at a polo match, not all of them looking thrilled.

As parents know, that's what life really looks like.

All of the photos show authenticity, sweat beads and all. It's refreshing in an era where so many of our images are managed and staged so carefully. Most of us are guilty of it — the taking of 10 photos to get one good one. The agonizing over choosing exactly the right one, with exactly the right clever caption, to post on social media. It's exhausting. It's the imperfections that reveal reality, and you'll see all that delightfully on display in this year's winners, starting on Page 62.

For a slice of life completely removed from the Ranch, check out contributor Grier Ferguson's story on antiquing in Arcadia on Page 68. Ferguson gives us a glimpse of one of the most notable

antique fairs in Florida, set in a place that itself harkens back to the past.

Little did we know that a mere 40 miles away lies a mecca of antiques, filled with treasures that are like time capsules, each a representation of its place in history.

As our resident antique-lover, Ferguson also scouted out suggestions to make the trip not just an outing but also an experience, from the best restaurants to get a glass of tea or a slice of pie to tips from pros on how to score the best finds throughout the shops.

As the weather cools down, the fair heats up, so be sure to scout out a Saturday to see it for yourself.

If nothing else, it's sure to be a charming helping of authenticity.

Kat Hughes
Executive Editor

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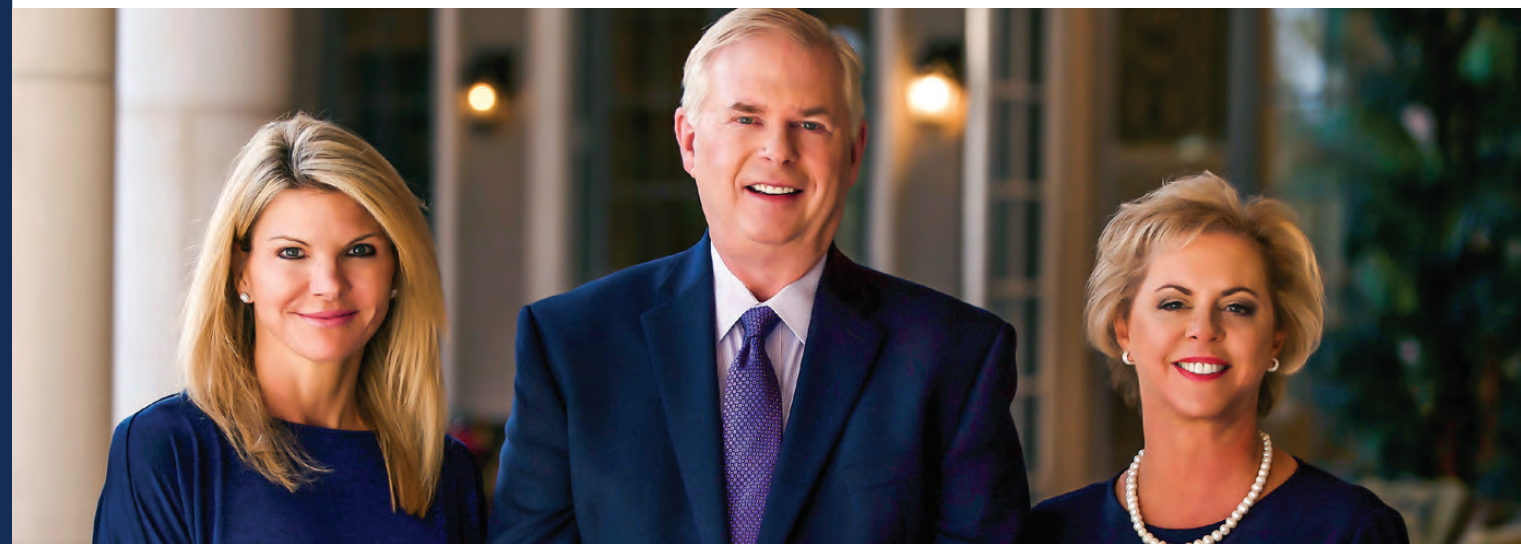


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Primrose School graduates to a second location. **PAGE 36**

Wave of Change

With deep roots in place at Lakewood Ranch High School, its new leaders are ready to take school spirit — and achievement — to new heights.

BY RYAN KOHN | CONTRIBUTOR

It was an off-the-cuff answer from a tired principal that kick-started the change.

Dustin Dahlquist had just watched Lakewood Ranch High's boys soccer team beat Winter Park High 2-0 on the road, in a Florida High School Athletic Association regional final. The Mustangs were headed back to the final four, but it was a Wednesday night — Feb. 13 — and Dahlquist was facing an hours-long drive home. Honestly, he just wanted to leave. So when boys soccer coach Vito Bavaro asked Dahlquist if the school could throw a pep rally for the team, Dahlquist answered impulsively. Yes, he said. There would be one Friday.

Dahlquist spent the next two days scrambling to throw one together, but by golly, there was a pep rally that Friday. Then another one during the spring. They were spur-of-the-moment creations, but they were things Dahlquist had been thinking about since he took over as principal in December. One of the first things the former Buffalo Creek Middle School principal did was meet with the school's student government association. It was during that meeting a senior told him she had not attended a pep rally at the school during her almost four years of attendance.

They weren't the most smoothly run pep rallies in the world, Dahlquist admits. But the students had fun, and they helped enhance the culture of support for Mustangs athletic programs, so the pep rallies are here to stay. As Dahlquist and Athletic Director Kent Ringquist, who was named to the position in February, settle into their new roles, that is their vision: Take what has been built, and use it as a base to build bigger and better things.

Continued on Page 30



Photo by Ryan Kohn

New Lakewood Ranch High Principal Dustin Dahlquist and Athletic Director Kent Ringquist want to build on the foundation set by the previous administration — and take it to new heights.

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File photo

Continued from Page 28

What was built by the previous regime — Principal Craig Little and Athletic Director Shawn Trent, both now at Parrish Community High — was a juggernaut. The Mustangs finished in the top 10 for the FHSAA All-Sports Award for its class seven consecutive times (2010-'11 through 2016-'17) and winning it in 2011-'12. The school also won the FHSAA Academic Team Champion award for its class every year over that time frame before finishing second in 2017-'18.

Dahlquist himself coached the Palmetto High boys soccer team for 12 years before stepping down in 2014. He knows a program with a strong foundation when he sees one, and he sees a lot of them at Lakewood Ranch. When he attended a late-season football game before his hiring, he says he noticed the crowd being nearly full despite the team's winless record. That support comes from deep community roots. It's something he believes will only deepen with time.

Speaking in his office, sparsely decorated with pictures of his family and school memorabilia, Ringquist emphasizes that he is looking to put a "fresh spin" on things to help Mustangs athletic teams any way he can. Ringquist believes that starts in the weight room.

Ringquist says the school is moving forward on renovations to the weight room, which will be completed by the end of the 2019-'20 school year, possibly sooner. Once that is completed, Ringquist says the school will look at hiring an overall strength and conditioning coach for its athletes, someone

in touch with modern techniques who can get the most out of people and do it with safety in mind.

Dahlquist says a field house is also in the administration's plans, one located next to the football field that would suit the football, lacrosse, soccer and track and field programs. That might be two to three years down the road.

"The school's success speaks for itself," Dahlquist says. "And I believe we have everything we need to continue that success."

Outside of these macro changes come micro ones. Ringquist wants all of the coaches to communicate with one another more than they currently do. He wants the coaches to feel like they are on a team, under one roof, instead of in individual programs.

"I want them to call on each other, so they can ask each other how they handled certain situations, whether that is parents or scheduling or anything," Ringquist says.

Most Mustangs coaches have been there for years, but the school is introducing five new ones this year. One notable hire is football's Rashad West, previously the coach at Southeast High. Ringquist wants not only to get great coaches in the fold but also to keep them there.

"We want our coaches to be able to grow and be happy — that's the main thing," Ringquist says.

So yes, there will be changes coming to Lakewood Ranch. But they're not about tearing down and starting anew. They are about staying on top, where Dahlquist and Ringquist know the Mustangs belong.

The Lakewood Ranch High softball team, raising outfielder Denali Schappacher high, celebrates after winning the district title in 2016.

COMEBACK TIME

The one blotch on the Mustangs' sparkling athletic resume is the football program, which has not won more than six games in a season since 2002. Last season, in the sole campaign under Christopher Culton, who left for Parrish Community High, the Mustangs went 0-10. There are numerous reasons for this — a lack of continuity and a failure to keep local athletes from transferring under Florida's school choice law among them — but the man now tasked with the job might have a better shot at fixing the program than anyone.

Rashad West, who most recently coached Southeast High, was an assistant on the Mustangs' aforementioned 2002 team. He knows that winning is possible here. A former quarterback, West's proclivities lie on offense, the main thing maligning the Mustangs in recent seasons, and his tutelage is already proving its prowess. The Mustangs beat Lecanto High 35-30 on the road May 16.



File photo

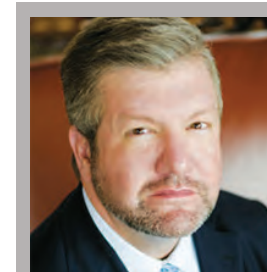
Rashad West

West stresses that the program has a long way to go, but the good news for Mustangs fans is West is willing to see out the rebuild. Athletic Director Kent Ringquist says West took it upon himself to repaint the school's locker rooms and sandblast the lockers. He also says West took the doors off individual lockers in the football locker room — while retaining a space for players to store valuables — to create a more open environment, one West believes is conducive to success.



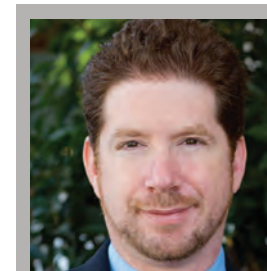
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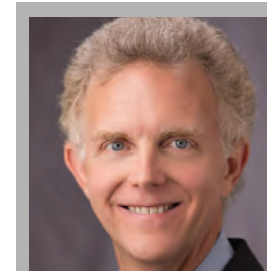
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Laura Cole oversees the Builder Program and marketing at Lakewood Ranch.

Photo by Lori Sax

Quarter Forward

Builders crave more space in Lakewood Ranch — for nearly 5,000 residences combined. Schroeder-Manatee Ranch has delivered on the demand.

BY MARK GORDON | CONTRIBUTOR

Laura Cole has been working with, studying and analyzing master-planned communities nationwide for some 15 years, which has culminated in her current role overseeing the residential division of Lakewood Ranch as senior vice president of LWR Communities.

She headed marketing for a 4,000-acre project in Virginia, nationally known for its farm-to-table lifestyle. With the Urban Land Institute and a research firm, Robert Charles Lesser & Co., she has also studied why some master-planned communities thrive while others struggle.

Her career has led her to a pair of must-dos for any master-planned community to succeed. One? Have patient owners with a long-term vision — not just investors who make decisions

based on short-term returns. That's how a community can weather economic cycles and help homeowners retain value in downturns. The second factor is to stay at least one step ahead of what residents — and by extension, homebuilders — want, by planning for growth and making sure infrastructure, such as roads, services and amenities, is in place support it.

That second must-do led Cole and Lakewood Ranch developer Schroeder-Manatee Ranch to take a big step earlier this year: start preparing for residential growth in the mostly vacant northeast section, east of Lorraine Road between state roads 70 and 64. "We thought we would open up that area much later," Cole says.

Continued on Page 34

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Continued from Page 32

But as several successful communities on the northwest side of Lakewood Ranch began selling out, builders came to SMR asking for more land. “We weren’t actively marketing that property,” Cole says, but with high housing demand, there was no replacement for those sold-out communities, and SMR accelerated its plans.

The first move to open that land to more homes was to get approval from Manatee County commissioners to modify entitlements for that quadrant. In an early June vote, commissioners approved a proposal to increase the residential land while decreasing retail, office and light industrial square footage. The number of single-family detached units in the new, approved plan is nearly double now, at 10,000.

Cole emphasizes that the follow-the-market move to sell more land for more homes isn’t done in a vacuum without considering the larger impact. “We don’t start by selling, we start by planning,” she says.

That includes figuring out everything from roadways, trails and shopping centers to serve residents to setting aside land for new schools — all while ensuring the new development will fit into the community when it’s completely built out.

That kind of advance planning is a big selling point for builders, both those new to and familiar with Lakewood Ranch.

One builder, West Palm Beach-based Kolter Group, will make its Lakewood Ranch debut in the northeast quadrant with Cresswind, a branded 55+ community. Kolter has seven other Cresswind neighborhoods in the Southeast, including Port St. Lucie; outside Atlanta; Charlotte, N.C.; and Charleston, S.C.

Cresswind Lakewood Ranch, like some of its sister communities, is a baby-chaser: selling to newish grandparents who have young grandchildren in Lakewood Ranch or nearby, Kolter Spokesman John Manrique says. The Cresswind model emphasizes lifestyle, including pickleball courts, yoga fields and art studios.

In Lakewood Ranch specifically, the Cresswind community is planned at some 650 homes, with prices likely from the low \$300s to the \$600s, Manrique says. Models should be ready by the fall.

AT A GLANCE: NORTHEAST QUADRANT

Builder	Community	Projected units	Price paid for land
DR Horton	Solera	675	\$9.85 million
Kolter Group	Cresswind	650	\$12.57 million
Lennar	N/A	1,700	N/A
Taylor Morrison	Azario	1,750	\$39.29 million

Note: Lennar deal hadn’t closed by mid-July

Source: Manatee County Clerk, Schroeder-Manatee Ranch



Taylor Morrison will bring a new community, Azario Lakewood Ranch, to Lakewood Ranch.

Another community in the northeast quadrant, planned at around 675 homes, comes from D.R. Horton, the largest homebuilder in the country. The community, Solera, includes a high-end amenity center, and some houses will back up to lakes or conservation areas. Models are expected to be open in early 2020.

Taylor Morrison, another top 10 national builder, has one of the largest stakes in the northeast quadrant with its Azario Lakewood Ranch community. It includes two neighborhoods: Esplanade at Azario Lakewood Ranch, a signature Esplanade resort lifestyle and golf neighborhood, and Park East at Azario, a single-family home neighborhood. Homes and models could be open by early 2020. “This is an exciting opportunity for us to capitalize on our well-received Esplanade brand,” says Cammie Longenecker, president of Taylor Morrison Southwest Florida Division. The builder’s original Lakewood Ranch Esplanade development is off Rangeland Parkway.

Cole, meanwhile, continues to push for Lakewood Ranch to remain ahead

of the growth. Although half of Lakewood Ranch’s new residents are from Florida, the other half is no longer from primarily New York, New Jersey and the Northeast. Lakewood Ranch transplants from California, Dallas and even Atlanta are all on the rise, Cole says, and “picking up steam” is Washington, D.C.

“We’re always looking at the bigger picture,” Cole says. “We’re always asking if what we’re doing now fits in the puzzle of what it’s going to be when we’re finished.”

“*We don’t start by selling, we start by planning.*”

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Owners Sharon and Brad Frank opened Primrose School at Lakewood Ranch Town Center in 2005 after visiting the franchise's Tampa location.

Photo by Heidi Kurpiela

Future Forward

With its first students having just graduated high school, the Primrose School is expanding to a second location. Owners Brad and Sharon Frank discuss what they've learned along the way.

BY SHELLIE TERRY | CONTRIBUTOR

In 2005, Shelley Lafoe was growing her career at Wells Fargo Advisors in quiet Lakewood Ranch. She and her husband, Charles, were also growing their family, with 4-year-old daughter Caroline.

Like many young, busy moms, Lafoe was juggling career and family and strategizing more convenient solutions. That's when she met another mom who was growing a new career of her own. Sharon Frank, along with her husband, Brad, had relocated from South Tampa to Lakewood Ranch to open a new preschool geared toward families just like the Lafoes.

The new preschool, Primrose School, was a mile from Shelley Lafoe's office, and she signed Caroline right up.

"I wanted to work," she says. "So I said: 'What is the best option I have? I want a career, but I also want my kids

in a warm, loving environment.'"

The Franks discovered Primrose Schools when Brad was working in real estate and helped the company find a location on Town Center Parkway. However, the new school didn't have a franchise owner yet.

The Franks decided it was the ideal opportunity for them to manage their careers while achieving more balance for their 4-year-old son, Alec.

"By the time Sharon was expecting our second child, we were at a point where the travel was getting extensive," Brad Frank says. "And the whole corporate grind was getting time-consuming as well."

Sharon toured a Primrose in Tampa and fell in love with the concept and its focus on character development. "We wanted our children to have the same early-childhood experience," she says. "And this gave us the opportunity to not only give our children that experience but also for us to be involved in their preschool experience and have some control over what they would experience."

Continued on Page 38

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Continued from Page 36

That year, Primrose School's Lakewood Ranch location opened to full capacity. "On day one, we had 75 kids — there was a lot of crying that day," Sharon says with a chuckle.

Those children included a handful who would become the first graduating kindergarten class at Primrose.

Fast-forward to summer 2019, and those kids, who include Caroline Lafoe and Alec Frank, graduated high school.

Although Caroline went to The Out-of-Door Academy and Alec went to Cardinal Mooney Catholic High School, they stayed connected over the years. "Alec Frank and I are really good friends," Caroline says. "We all went to prom together."

Since Caroline and Alec's days there, Primrose's Lakewood Ranch location has kept a steady pace and has filled to capacity year after year. This fall, the Franks will open a second location on Rangeland Parkway, just north of State Road 70.

The Franks attribute Primrose's success to the company's focus on

character development and purposeful play geared toward discovery and learning.

From the earliest ages, play and learning are centered on language, social studies, math, science, creative arts and physical and social development, which are all aligned by age. When the Franks opened their school, it was one of 150 schools in the country. Today, there are more than 400 Primrose locations.

Along with Primrose's guidance and their dedicated team of employees, the Franks also say their earlier careers helped them run a tight, focused ship.

"We both came from a corporate background," Sharon Frank says. "I was pretty groomed in following procedures, and we took our backgrounds and really emulated that with processes and procedures in place. Even to this day, we run a very process-oriented company."

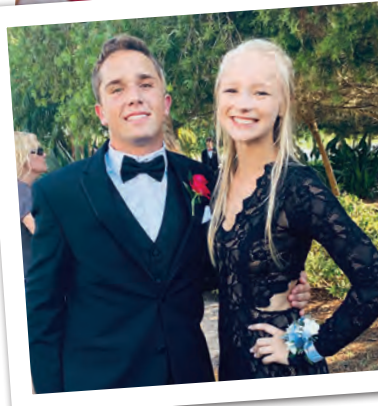
Nine years after Caroline Lafoe left Primrose, her brother, Dax, would attend and had the same teacher as his sister. In fact, that teacher and several other staff members still work at Primrose.

"It's impressive that they've had that type of consistency," Shelley Lafoe says. "For any business, really."

Brad Frank describes the staff as a vital part of the school. "It doesn't matter a hill of beans unless you have great teachers who are compassionate and motivated to make a difference," he says.

The second Lakewood Ranch Primrose School can accommodate 212 children from infancy to kindergarten. It will also provide after-school and summer programs, similar to the original location. It will be a larger facility with conference rooms and a teacher break room, as well as a mini water park in what Brad Frank calls "more of an urban design." Its strategic location is targeted to the growing residential area and a younger demographic.

"The new school is going to be much larger than the current school," he says. "We've gone through many rebrands and reinvesting in the school. We've always been big on change and keeping up with the times."



Courtesy photos Alec Frank and Caroline Lafoe have maintained a strong friendship from preschool at Primrose through high school graduation.



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Pam Eubanks
Six-year-old Teagan Zeitler finds her way through the hay maze at the Hunsader Farms Pumpkin Festival.

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Book Smart

From untold boxing bios to Revolutionary War spy stories, author Mark Allen Baker found his niche digging up obscure material.

BY HEIDI KURPIELA | CONTRIBUTOR

As a kid, Mark Allen Baker used all his allowance money to buy baseball cards and postage stamps. He collected the cards and blew through the stamps, which were cheap (5 cents) and allowed him to correspond with just about anyone: baseball players, famous historians, politicians, astronauts, religious leaders and literary figures, to name a few.

Baker wrote feverishly, punctuating his letters with myriad questions about topics ranging from World War II to the Kennedy assassination. To his delight, many of his messages were answered. Once, he received a reply from U.S. Army General Omar Bradley, the commander who famously led the D-Day invasion of Normandy. Baker's question for the war hero: How was your relationship with U.S. Army General George Patton?

"He said little about [Patton] but sent me a personalized autographed card on his stationary," Baker says. "I believe it was my first contact with a five-star general."

The author understood from an ear-

Continued on Page 44



Photos by Heidi Kurpiela

"I'm sure there are people who think I should be writing about Taylor Swift or Bon Jovi," Baker says. "Everyone already knows those stories. I want to write the stories that slip through the cracks, the stories behind the stories."

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ly age the significance of getting information from the horse's mouth, even if it isn't the intel you're looking for.

"It's worth every minute to go to the source," Baker says. "And if you can't go to the source, find the eyewitness accounts. Do the research."

At 62, Baker has accumulated enough source material to open a library. The author, who splits his time between Connecticut and Lakewood Ranch, has published more than 20 books, all of them tediously cited works of nonfiction. Writing fiction, he jokes, would give him, "too much freedom."

The son of a professional baseball player, Baker grew up in Central New York. He graduated from the State University of New York at Oswego and spent the first 10 years of his career working with early computer graphics at General Electric - Genographics (now Microsoft PowerPoint).

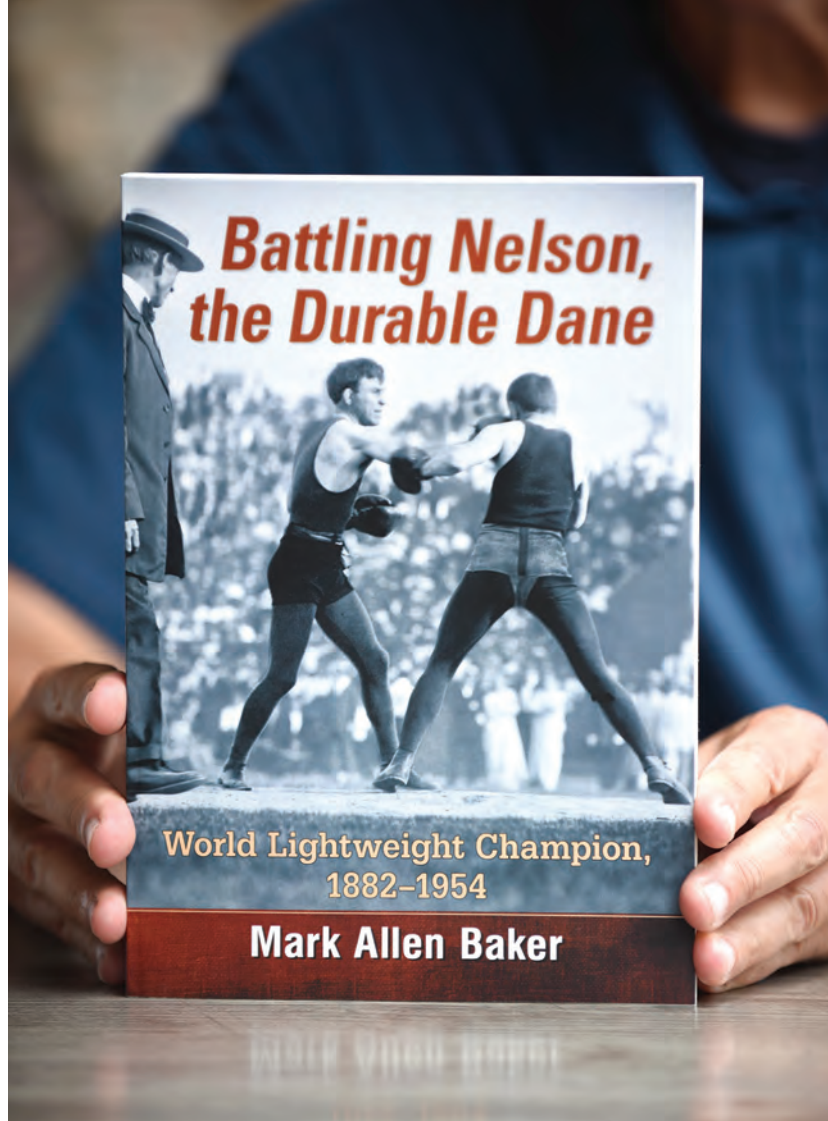
In 1990, he opened an 8,000-square-foot sports bar and restaurant outside of Syracuse, N.Y., which he outfitted with a full-size boxing ring and museum loaded with \$500,000 in sports artifacts. The hot spot, which functioned as a kind of Hard Rock Cafe for sports fanatics, hosted a bevy of visiting athletes in the early 1990s and served as the broadcast location for announcer Mike Tirico's pre-ESPN career.

He sold the business in 1993 to focus his efforts on writing after pumping out a series of collectibles price guides. His 800-page "Goldmine Price Guide to Rock 'n' Roll Memorabilia" landed him a co-hosting spot on VHI's short-lived "Rock Collectors," an "Antiques Roadshow"-style program for rock and roll collectors.

"My kids were freaking out," Baker says. "But no one watched the thing because it aired Saturdays at noon."

He spent the next two decades of his career writing regional history books ("Spies of Revolutionary Connecticut: From Benedict Arnold to Nathan Hale" and "Connecticut in World War II"), sports stories ("Basketball History in Syracuse, Hoops Roots") and boxing biographies ("Battling Nelson, the Durable Dane" and "The Fighting Times of Abe Attell"), among others.

In July, he published his 21st book, "Between the Ropes at Madison Square Garden: The History of an Iconic Boxing Ring, 1925-2007." The



Baker's 2016 biography of turn-of-the-century fighter Oscar "Battling" Matthew Nelson was so fascinating that it garnered the attention of a screenwriter.

book chronicles the history of New York's famous ring from its scrappy start to its final resting place at the International Boxing Hall of Fame in Canastota, N.Y. "That boxing ring was a petri dish of our society," Baker says.

From the outside, this mishmash of book topics and multiple career detours could be mistaken for the impulses of a restless eccentric — but that's not the case with Baker. The author is one of those rare left-brained creative-types, driven equally by curiosity and self-discipline.

"He's got quite a type-A personality," says Baker's wife, Alison Long, an executive at Travelers Insurance. "I've never seen him work to a deadline. If he's not done early, he's stressed out."

Baker's system has never failed him. Like his idol, Ernest Hemingway, he always knows where he has left off. He spends the first six months of any con-

tract researching his topic and sorting material into folders and bins that he keeps within arm's reach while writing. He goes to bed by 9 p.m. and gets up at 2 a.m., which can be a problem because the Library of Congress — his favorite online resource — often runs mainframe updates at 2:30. By 5 a.m., he's out riding his bike through Lakewood Ranch.

For his next book, Baker says he'll tackle the history of racism in professional sports, a subject that has proved difficult to research because many of the old newspapers printed biased or discriminatory accounts of events.

"As I'm putting my bins together, I'm having to double-check some of the commentary," he says. "A lot of these newspapers had an ax to grind. It's unfortunate, but our history is pretty deluded."

“It’s worth every minute to go to the source. And if you can’t go to the source, find the eyewitness accounts. Do the research.”

— MARK ALLEN BAKER

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Rising to the Challenge

An 11-year-old organization, founded in Sarasota, provides free services to people with Parkinson's disease in six counties, including Manatee.

BY ERIC SNIDER | CONTRIBUTOR

When Gary Syvertsen was diagnosed with Parkinson's disease in November 2013 at age 63, his wife, Theresa, figured she could handle his day-to-day care. In the early stages, Gary was high-functioning and had a positive outlook about an insidious disease whose symptoms tend to emerge gradually. He was still making a weekday commute from their home in Sparta Township, N.J., to his job in Newark. The doctors had him on the proper medications.

By the time Gary retired and the couple moved to Lakewood Ranch in April 2018, he was showing signs of decline. It's inevitable. Parkinson's disease — a progressive neurodegenerative disorder — never takes a turn for the better, and there is no cure. The average age of onset is 60, and although the disease itself is not fatal, related complications often reduce life expectancy. Still, people can live 20 to 30 years with Parkinson's.

"At first, I figured, 'I can handle anything,'" Theresa recalls. "But then the stresses of having a new house to deal with and to see the changes in him, my attitude was getting bad. My personal behavior was not good."

Then came what you might call a blessing. A few weeks after setting



Theresa and Gary Syvertsen with Neuro Challenge Foundation for Parkinson's CEO Robyn Faucy-Washington at the Syvertsen's Lakewood Ranch home.

Photos by Randi Donahue

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- Tennis and Pickleball
- Observation Deck and Kayak Launch
- Coastal-Inspired Clubhouse
- State-of-the-Art Fitness Center
- Community Room & Catering Kitchen



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up house in Lakewood Ranch, Theresa heard about the Parkinson's Expo presented by Neuro Challenge, a charitable organization that helps those with the disease "live well with Parkinson's," says its CEO, Robyn Faucy-Washington.

The annual event — a daylong seminar designed to educate, engage and empower the Parkinson's community — is the largest of its kind in the U.S. For the Syvertsens, it served as a lifeline.

"We got so much out of it," Theresa says of the April gathering that drew nearly 1,400 people. "We learned more about the disease, how to cope with it, new research, the latest medications. In one day, we got so much more than we ever did in Jersey, where's there's not a lot of help other than going to the doctors."

The Syvertsens joined a community of 2,700 people served annually by Neuro Challenge, which was formed in Sarasota in 2008 by Dr. Dean Sutherland and his wife, Doreen. The organization currently operates in Sarasota, Manatee, Pinellas, Marion, Pasco and Charlotte counties.

Neuro Challenge — with eight full-time staffers — offers a vast range of services to its clientele, all of them free (on an annual budget of close to \$1 million).

"We don't call them patients or sufferers," Faucy-Washington says. "We try to be as positive as possible. We call them people with Parkinson's, or PWPs."

She says Neuro Challenge's key first message to newcomers is: "It is possible to live well with Parkinson's. And the key component of that is education."

The organization runs dozens of ongoing programs, such as support groups for both PWPs and caregivers (together and separately); wellness club meetings that provide education and present speakers; Movers & Shakers discussion groups for PWPs only; Off-Key Chorale, a group sing that helps improve speech and voice quality; and exercise classes in partnership with YMCAs and community centers. "Exercise is the only thing that's been shown to slow progression," Faucy-Washington says.

There's more. Neuro Challenge's four care advisers meet directly with PWPs, caregivers and family members — face-to-face or by phone — to "give them everything they need to know to



As Gary's care advocate, Theresa takes comfort in the support she and Gary receive through Neuro Challenge Foundation for Parkinson's. Gary and Theresa have been married for 47 years.

manage their disease," Faucy-Washington says.

Although Parkinson's Disease is widely known, it is not well understood. The world at large tends to regard Parkinson's symptoms as tremor and speech difficulties, but in reality, there are myriad symptoms, among them balance issues, a shuffling gait, difficulty swallowing, deteriorating motor skills, digestive problems, cognitive issues that affect decision-making, memory disorders (which affect more than half of PWPs) and many more.

"I like to say, 'If you met one person with Parkinson's, you've met one person with Parkinson's,'" Faucy-Washington says, emphasizing the notion that PWPs experience the disease in their own ways.

After six years, Gary Syvertsen is still relatively high-functioning.

He has very little tremor, but Theresa has to rouse him out of bed and plan the day to coax him into action. He's gotten confused at times, speaks more slowly and softly, and has flexibility, balance and stability deficits. "Gary has to be guided — in a very

gentle way," says his wife of 47 years. "I wouldn't have known that if I wasn't involved with Neuro Challenge."

She consults with care advisers and attends several caregiver meetings a month. She persuaded Gary to attend a few with her. "I never thought he'd do it, but he went and enjoyed the interaction with other Parkinson's people," she says.

The Syvertsens "haven't stopped living," Theresa says with traces of a blunt Jersey accent. Gary has his own exercise program at a nearby gym. They take walks, albeit more carefully than before. They're planning trips. They get together with friends, go out to dinner, entertain at home.

There have been adjustments, of course. "I had to make the transition away from expecting certain behaviors from my husband that he is no longer capable of providing," Theresa explains. "The caregiver meetings were so important in that regard, to walk in someone else's shoes. You have to learn to accept the changes as they come. This is a very cliché thing to say, but I'm not alone with this disease."

SAVE THE DATE

Cause 4 Fashion

When: 11:30 a.m., Dec. 4

Where: The Van Wezel Performing Arts Hall, 777 N. Tamiami Trail

What: The Neuro Challenge Foundation for Parkinson's annual luncheon and fashion show, which features people with Parkinson's disease, caregivers and partners as the models.

Sponsorship opportunities are available. Call 941-926-6413, or visit neurochallenge.org.



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calendar fall 2019

SEPTEMBER

SEPT. 6

MUSIC ON MAIN

This monthly event takes place on Lakewood Ranch's Main Street from 6-9 p.m. Enjoy a free concert by GoodbyEddie. Proceeds will benefit the Lakewood Ranch YMCA.

■ Call 941-907-9243.

SEPT. 7

FASHION FUNDS THE CURE FASHION SHOW

Hosted by the National Pediatric Cancer Foundation and The Mall at University Town Center, this event brings together runway fashion with the dreams of pediatric cancer patients for an upbeat fashion show and silent auction. Enjoy a cocktail reception starting at 2 p.m. at the mall, 140 University Town Center Drive, Sarasota. Tickets cost \$50.

■ Call 813-269-0955.

SEPT. 14

BLUEGRASS FESTIVAL

Come tap your toes to bands including Highway 41 and Penny Creek Band during the Braden River Bluegrass Festival, held 11 a.m. to 7 p.m. along the riverbank behind Linger Lodge Restaurant and Bar, 7205 85th St. Court E., Bradenton.

■ Call 941-755-2757.

SEPT. 21

CENTERSTONE LIFE STORY RUN/WALK

Run or walk in Centerstone's 17th annual 5K/10K at Nathan Benderson Park, 5851 Nathan Benderson Circle, Sarasota, to raise awareness of depression, share that suicide is preventable and erase the stigma around seeking help for mental illness. On-site registration begins at 5:30 a.m. The 10K run starts at 7:30 a.m., and the 5K run and walk starts at 8 a.m.

■ Visit centerstone.org/about/lifestory.

REAL MEN WEAR PINK FASHION SHOW

The Mall at University Town Center will unveil its 2019 Real Mean Wear Pink of Sarasota and Manatee candidates during this high-energy fashion show benefiting the fight against breast cancer. The event is open to the public,



Photos by Pam Eubanks
Swinging Bridge gets the crowd's toes tapping at last year's Bluegrass Festival.

but reserved seating is available for \$25.

■ Visit mallatutc.com/events.

SEPT. 28

CRAFT FAIR

Visitors to Mixon Fruit Farms can peruse booths from more than 20 vendors offering jewelry, pottery and other handmade items from 10 a.m. to 3 p.m. at the farm, 2525 27th St. E., Bradenton.

■ Call 941-748-5829.

SEPT. 29

ST. JUDE'S WALK/RUN TO END CHILDHOOD CANCER

This 5K run or walk at Nathan Benderson Park will raise money for St. Jude's Research Hospital. Check-in for the event begins at 7:30 a.m., and the 5K starts at 8 a.m. Join as an individual or as a team. Registration is \$10, and children 5 and under are free.

■ Visit fundraising.stjude.org.

OCTOBER

OCT. 2

CLASSIC CAR SHOW

Come to Lakewood Ranch Main Street 5-8 p.m. to celebrate the best of classic cars, trucks and anything with wheels at this classic car show. The cost to enter a car is \$10.

Also takes place Nov. 6.

■ Call 941-371-1061.

OCT. 4

MUSIC ON MAIN

This monthly event takes place on Lakewood Ranch's Main Street from 6-9 p.m. Enjoy a free concert by The Head-Tones. Proceeds will benefit the Healthy Start Coalition of Sarasota County.

■ Call 941-907-9243.

Continued on Page 52

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**OCT. 5
OKTOBERFEST**

Come enjoy beer and food during this special Oktoberfest celebration from 11 a.m. to 4 p.m. at Linger Lodge Restaurant and Bar. There will be music from the band 4-4-1 and vendors from the Who Knew Pop Up Market. ■ Call 941-755-2757.

**OCT. 6
GRAN FONDO RACE**

Team Tony's former two-day race has been condensed into a one-day bike race around Nathan Benderson Park. Cyclists can choose from one of four courses, ranging from 8 to 100 miles. ■ Visit teamtony.org/gran-fondo-sarasota.

**OCT. 12-27
HUNSADER FARMS
PUMPKIN FESTIVAL**

Hunsader Farms hosts its yearly pumpkin festival from 9 a.m. to 5 p.m. Oct. 12 and 13, Oct. 19 and 20, and Oct. 26 and 27 at 5500 County Road 675, Bradenton. In addition to pumpkins, the festival features crafts, live music, hayrides, food and displays. Admission is \$10 for adults and free for children 10 and under. Parking costs \$5. ■ Call 941-322-2168.

**OCT. 18
LAKEWOOD RANCH BLOCK PARTY**

This kickoff event for the Tour of Homes features food, fun and ample information on the community. From 5-8 p.m. on Main Street, peruse clubs to join, talk to builders, see the new Lakewood Ranch Information Center, meet local business owners, and kick back with your neighbors over a bite to eat from a local food truck. ■ Visit lwrba.org or lakewoodranch.com.

TOUR OF HOMES

The Lakewood Ranch Tour of Homes runs from Oct. 18 to Nov. 17. With about 90 model homes to peruse this year, guests can start their tour at any Lakewood Ranch Information Center. ■ Starting in October, all event details and model home information will be available at lwrtourofhomes.com.



Eight-month-old Monroe Supple, of Mill Creek, spends time in the pumpkin patch at last year's Hunsader Farms Pumpkin Festival.



Paul Romonita, 5 months, hitches a ride on his mom, Maddy's, shoulder at last year's Boo Fest.



East County 2-year-old Layla Wormley at last year's Boo Fest.

**OCT. 19
COMMUNITY BIKE RIDE**

Join Lakewood Ranch Ambassador Greg Spring for a 10-mile, one-hour casual bike ride through Lakewood Ranch, starting at the fountains at Main Street. Bring your own bike and helmet. Also takes place Nov. 16. ■ Email greg.spring@lakewoodranch.com, or call 941-907-6000.

SLEEPY HOLLOW HARVEST FESTIVAL

Join The Players Centre for Performing Arts for a family-friendly harvest festival complete with live performances of Theatre in the Field: Legend of Sleepy Hollow. ■ Visit Players.org.

**OCT. 19
DESIGNER BAG BINGO**

The Sisterhood for Good is holding a night of fundraising bingo with designer bags as the prizes. Doors open at 5:30 p.m., and bingo begins at 6:15 p.m. at Gold Coast Eagle Distributing, 7051 Wireless Court, Sarasota. Tickets are \$55 in advance or \$65 at the door and include three bingo games, wine and beer and food. ■ Visit SisterhoodForGood.org/register

**OCT. 25
BOO FEST**

Boo Fest will take place from 6-9 p.m. on Lakewood Ranch Main Street. Come dressed in costume, and enjoy trick-or-treating, music and face painting. A variety of food and beverages will be available for purchase. ■ Call 941-757-1530.

**OCT. 26
BOO RUN**

The Lakewood Ranch Running Club hosts the 16th annual Boo Run at Lakewood Ranch Main Street. The family-friendly race, which starts at 8:30 a.m., features a costume contest with awards in four categories. The event benefits Another Day for Gray. ■ Visit lakewoodranchrunningclub.com/boo-run-5k.

NOVEMBER

**NOV. 1
MUSIC ON MAIN**

This monthly event takes place on Lakewood Ranch's Main Street from

6-9 p.m. Enjoy a free concert by The Eric Von Band. Proceeds will benefit the Lakewood Ranch Community Fund. ■ Call 941-907-9243.

**NOV. 3
GULF COAST CYCLEFEST**

The Sarasota Manatee Bicycle Club offers this family-friendly ride, not a race, and riders can choose fully supported routes of 16, 26.2, 34, 58, 73 or 100 miles. Registration opens at 7 a.m. on Main Street in Lakewood Ranch. Advance registration recommended. ■ Visit smbc.us.

**NOV. 9
SUNCOAST FOOD
AND WINE FESTIVAL**

The Rotary Club of Lakewood Ranch hosts the 18th annual edition of this event, from 1-4 p.m. at Premier Sports Campus. An \$85 ticket includes a sampling of wine and food from dozens of the area's finest restaurants, as well as live music, cooking demonstrations and vendor booths. Proceeds to benefit charity through a grant process. ■ Visit suncoastfoodandwinefest.com.

TASTE OF MIXON

As guests enter the store at Mixon Fruit Farms, they get a passport to take around and get stamped at different tasting stations around the store. Samples could include kettle corn, orange salsa, cream and butter fudge. Completed passports get entered into a drawing for prizes. ■ Visit mixon.com.

**NOV. 9
NATURE WALK**

Join your Lakewood Ranch ambassador, Greg Spring, for a 2-mile, one-hour nature walk on some of the trails in Lakewood Ranch. Participants will meet at the pavilion at the Greenbrook Adventure Park, 13010 Adventure Place Bradenton. ■ Email greg.spring@lakewoodranch.com, or call 941-907-6000.

**NOV. 15-16
GIVING HUNGER THE
BLUES & JAZZ FESTIVAL**

This 23rd annual charity event, which benefits the Mayors Feed the Hungry program, is coming to Lakewood Ranch for the first time. The outdoor music

Continued on Page 54



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festival, held both days at the Sarasota Polo Club, 8201 Polo Trail, features food from local restaurants, plus national, regional and local performers.

■ Visit givinghungertheblues.org.

**NOV. 22
EMPTY BOWLS**

Come to Lakewood Ranch Main Street to enjoy delicious soup from area restaurants while raising money for the Food Bank of Manatee. Attendees of the event, which runs from 11 a.m. to 1 p.m., will get to enjoy a selection of soups, fresh-baked bread and desserts and take home a hand-painted ceramic bowl. Tickets are \$30.

■ Visit foodbankofmanatee.org.

**NOV. 23
TURKEY TROT**

Hosted by Tidewell Hospice, the 2019 Turkey Trot 5K starts at 7 a.m. from Health Parkway in Lakewood Ranch and follows a route along Town Center Parkway. There will be plenty of turkey and Thanksgiving-themed activities.



Amelia Hanks

Attendees of Empty Bowls get to pick out a handcrafted bowl to take home with them.

■ To register, visit raceroster.com/events/2019/22691/tidewell-turkey-trot.

**NOV. 24
PONIES UNDER THE PALMS
MUSTANG AND FORD SHOW**

The Mustang Club of West Central Florida presents this 28th annual car show that benefits Take Stock in Children and Southeastern Guide Dogs. The show takes place 8 a.m. to 3 p.m. at Main Street at Lakewood Ranch. This show is open to all models of Fords. Preregistration is \$25; registration is \$30.

■ Call 921-944-8137.

**NOV. 28
FLORIDA TURKEY TROT**

Spend your Thanksgiving Day morning burning prefeast calories while raising funds for Suncoast Aquatic Nature Center Associates, the nonprofit that operates Nathan Benderson Park. This 5K run/walk will be held at Nathan Benderson Park starting at 8 a.m. and include kids dashes prior to the main event.

■ Visit nathanbendersonpark.org.

**THE MARKET
AT LAKEWOOD
RANCH**

In its third year, The Market is back with even more vendors this year — and a new time and location. The weekly farmers market will run 10 a.m. to 2 p.m. every Sunday, from November through April, at the Lakewood Ranch Medical Center, 8330 Lakewood Ranch Blvd. The Market offers a variety of local goods, from fresh fruits and organic vegetables to artisanal soaps, honey and more. Aside from the shopping, the event features activities such as cooking demonstrations, yoga and live music.

■ For information, visit LakewoodRanch.com/TheMarket.

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BY HARRY SAYER | CONTRIBUTOR

There are quite a few factors that go into looking and feeling your best. There are your clothes, your haircut and your overall sense of style, sure, but sometimes people forget a critical part of making an impression: smell. A good perfume or cologne can really bring together the presence you're trying to establish.

Don't forget lotions, home fragrances and oils, either. These side accessories can have you and your living space feeling refreshed and renewed in no time.

We talked to Lakewood Ranch shops to see which fragrances are popular this season. The experts at Crowder's Gifts & Gadgets, Wish on Main, JD Barbary Shoppe and Naples Soap Co. have tips on the best fragrances, lotions and other scented gifts around.



Skinny cologne spray, \$20

Cologne spray, \$35

Revitalizing body lotion, \$20

CROWDER'S GIFTS & GADGETS

2401 Lakewood Ranch Blvd.

Crowder's Gifts & Gadgets is currently selling two brands that staff say have been hard to keep on the shelves.

Inis, a unisex fragrance inspired by the western coast of Ireland — "inis" is Irish for island — is a beach-outlet favorite. Its cologne spray and revitalizing body lotion both feature the company's signature Energy of the Sea scent.

Thymes also has a number of different scents, fragrances and lotions for guests to check out. As the name would suggest, the Aqua Coralline cologne has a breezy, ocean-inspired scent that evokes warm feelings of the water. The eucalyptus hand cream, on the other hand, has a fragrance inspired by botanical gardens. The Goldleaf Gardenia body cream uses a magnolia flower extract to soothe the skin.



Goldleaf home fragrance mist, \$17.99

Aqua Coralline cologne, \$40

Eucalyptus body creme, \$18

Goldleaf Gardenia perfumed body creme, \$29

WISH ON MAIN

8141 Lakewood Main St.

Wish on Main's selection of natural oils and creams are all from the Ambre Blends company and are imported from Indianapolis by Wish on Main owner Jan Nicholson. Nicholson, who says she has always preferred natural products over perfumes with synthetic content, chose the brand because of its ability to mix in with the body and produce unique yet great smells. The oils have resulted in something of a cult following; Nicholson says she's had numerous customers who have been searching for the product.



Invoke essence, \$48

Ahnu essence, \$50

Ambre essence, \$50

Unmasque essence, \$48



Unmasque body cream, \$62



Royall BayRhum eau de toilette, \$52

Royall Vetiver Noir eau de toilette, \$55

Royall Yacht eau de toilette, \$55

JD BARBARY SHOPPE

8111 Lakewood Main St., Suite 104

Although many Lakewood Ranch staples have unisex fragrances or scents for women, JD Barbary Shoppe has fragrance and cologne lines specifically for men. The company's big seller is the Blue Mark eau du parfum, a Jack Black product with bergamot, water mint and cilantro top notes with juniper and ginger middle notes and woody-smelling base notes. It also carries Truefitt & Hill cologne and aftershave, which is recognized as the oldest barber-shop in the world by the Guinness Book of World Records.



Truefitt & Hill 1805 cologne, \$75

Blue Mark eau de parfum, \$75

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NAPLES SOAP CO.
8130 Lakewood Main St., Suite 101

Naples Soap Co. has a few products to help you feel relaxed and refreshed each morning. Its Florida Fresh sea salt scrub has a tropical grapefruit and orange scent, and its ever-popular Florida Fresh body butter is made with cocoa and shea butters to further hydrate the skin.



Essential oils, \$12



Florida Fresh body butter, \$32

Florida Fresh sea salt scrub, \$32



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FIELD OF FOCUS

The 2019 Lens on Lakewood Ranch winners prove you don't have to be a professional photographer to create award-winning photos. The annual contest features the best from amateur shutterbugs, who always capture the essence of the community. This year is no exception, with even more categories to present diverse snapshots of life on the Ranch.



OVERALL WINNER

Starting with film and moving with the industry to digital, the overall contest winner Stan Jernigan has been snapping shots with his Nikon for more than 45 years. But don't call him a career photographer, and don't box him into one genre.

"I look at photography like an artist and try to produce an image that speaks to me," says Jernigan, who took home the prize for best landscape photo. "I truly love being outdoors and look at it

as my cathedral and workshop."

Early in his hobby Jernigan says he even processed his own photos a dark-room. But you won't find a website for Jernigan's pictorial works of art.

"I do photography for the pure pleasure and serenity that it provides me."

Jernigan is a member of the LWR Digital Photography Club, which he says offers support to experienced and beginner photographers. lwr-dpc.wildapricot.org.

"While my wife, daughter and grandkids were shopping [at The Market], I happened to see a variety of families eating at the tables, along with kids on the playground equipment playing in the background. The scene spoke to me as family, community, kids and fun."

—Stan Jernigan

LIFESTYLE

FIRST PLACE Susan DiVictor

"[The Classic Car Show] is a wonderful chance for people to mingle and chitchat with neighbors and friends. I took this shot of a handsome classic car from my outdoor dining table at a Main Street restaurant while eating with my family."



RUNNER UP (TOP)

John Vilasi

"My wife, Heather, and our daughter, Grace, enjoyed a late morning bike ride. Here, they are just starting out from the Country Club in Lakewood Ranch and going to Starbucks on Lakewood Ranch Main Street. After all, the mocha Frappuccino is calling."

RUNNER UP (BOTTOM)

Ainsley Hunihan

"This moment was captured during the half-time of a sunny-day polo match at the Polo Club. The kids lined up, excited to see the large draft horses as they proudly trotted around the field. The bright-red wagon was pulled closely behind — full of smiling faces."

MARKET

Gordon Silver

"One Wednesday afternoon, I visited the market and noticed the beautiful colors of the giant sunflowers for sale by a vendor. I took aim with my camera and waited for shoppers to arrive at that tent. That moment arrived soon after. Two smiling shoppers were purchasing a half-dozen sunflowers. This was such a colorful happy moment to capture people enjoying life in Lakewood Ranch."

Continued on Page 64

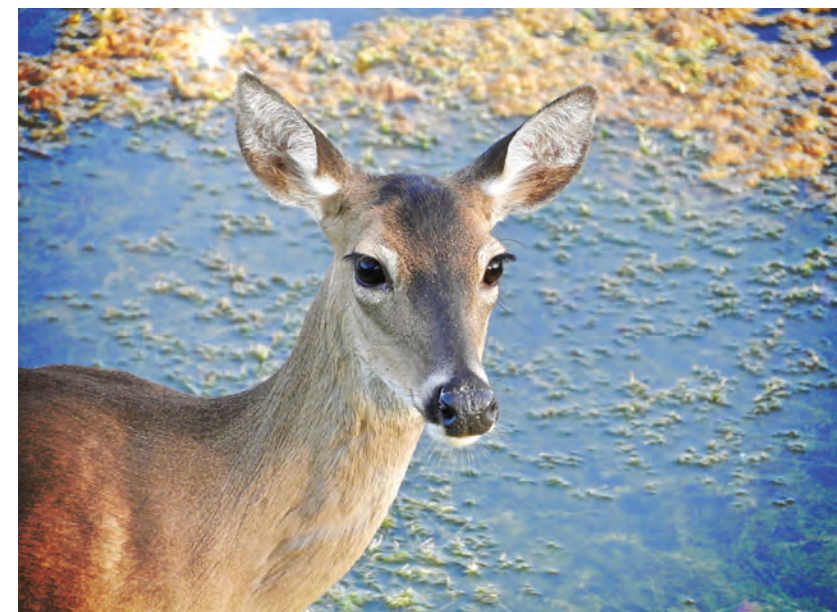


NATURE

1ST PLACE (BELOW)

Gordon Silver

“One morning I was out in the area around Del Webb and Country Club East, camera at my side, searching for some wildlife to capture on film. I noticed what appeared to be a nest of some sort up in a palm tree. After closer observation, I noticed two baby owlets in a nest and just a few palm trees away a great horned owl was keeping a watchful eye on them.”



RUNNER UP (BOTTOM)

Mark Allen Baker

“Those of us living within Arnold Palmer Green in Country Club, have become familiar with the deer population. Appearing most often at sunrise and sunset, I managed to capture the beauty of one of the young animals that was drinking from the pond behind our home on Palmers Creek Terrace. The half-grown fawn caught me stealing a glimpse, lifted its head and hurried off to its mother.”



KIDS

1ST PLACE (TOP)

Robin Rose

“Ruby Hall on her first day of third grade at Gullett Elementary. Ruby and her parents absolutely adore the teachers and staff, and she is looking forward to starting fourth grade.”

RUNNER UP (BOTTOM)

John Vilasi

“My daughter, Grace, invited friends Amanda and Allie over. It was a beautiful weekend day, and the three of them went outside after a swim in the pool. Great friends enjoying a walk in the neighborhood is what Lakewood Ranch living is all about.”



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FIRST PLACE

Stan Jernigan

"[It] was taken in late afternoon while riding my bike in Country Club Village along Legacy Boulevard. All the elements of the photo just spoke to me. The lake, the clouds, the water reflection, the soft sunlight and the tree all came together to make a great scene. I think it reflects the beauty of LWR living."



RUNNER UP

Tatiana Chaput

"James L. Patton Park is a perfect place to walk around the lakes and watch a beautiful sunset as it slowly unfolds in the night."



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'Get a good glass of sweet tea, relax, and enjoy the shopping'

A day trip to go antiques in Arcadia is the perfect way to step into the past — and score some exciting finds.

BY GRIER FERGUSON | CONTRIBUTOR



Photos by
Grier Ferguson

The Tree of Knowledge Park at the center of town plays host to several vendors during Arcadia antique fairs.

All it takes is a 40-mile drive east from Lakewood Ranch to go back in time.

The city of Arcadia, in DeSoto County, is known for rodeos, agriculture and the winding Peace River. It's also known for antiques.

On Oak Street in downtown Arcadia, store after store is filled with old things, from furniture and glassware to paintings and jewelry. An antique fair on the fourth Saturday of each month brings in dealers from around the state and beyond and attracts shoppers from nearby and far away.

A day trip to Arcadia on a fair day provides the perfect opportunity to scour outdoor tables filled with treasures, browse shops overflowing with antiques and grab a bite to eat at one of the town's local restaurants.

In Arcadia, the thrill of the hunt and the thrill of the past can't be separated. It's a trip back in time, and it's right around the corner.

PAST ON PARADE

For 10 years, Lee Russell has traveled to Arcadia every month to display his wares at the fair. He's an antique dealer from Fort Myers and says the trip is worth it because it's one of the best shows in the state.

He sells a range of items, from old bells and games to pencil sharpeners and cocktail stir sticks. People from across the country come to the fair, Russell says, so he tries to sell small objects they can take home with them.

The fair runs year-round, but Russell says the best months are October through May, when more dealers come to town. Those months also usually spell cooler temperatures for fairgoers, who browse booths set up outside in parking lots and under the massive oak tree in the Tree of Knowledge Park on Oak Street.

Husband-and-wife dealers Mike and Beth Daras have been coming to Arcadia every month from Indian Rocks Beach for four to five years to bring antiques to sell at the fair. Mike says sales are good during the fair, plus there are other, less material, benefits. "You get to interact with interesting people," he says.

Two of those interesting people include fellow dealers Sam and Ray "Turtle" Dold. They call themselves transplants from everywhere, and they've found their way to Arcadia, too.

They set up an outdoor booth at the antique fair with items from their 10,000-square-foot barn

Continued on Page 72



The Vintage Garden shop offers everything from pastel-hued gowns to metal decorative pieces.



Lee Russell brings his wares to the Arcadia antique fair from Fort Myers.



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Continued from Page 70

and their now-closed Palace Roller Rink in Fort Myers. Selling at the fair was Turtle's idea, Sam says, partly because of a bout of carpal tunnel syndrome brought by listing too many items on eBay. "Turtle has been a collector his entire life," she says. "He is a straight-up, all-around hoarder."

At a recent Arcadia antique fair, Sam brought her scrub board, and Turtle brought his accordion to play tunes and sing as shoppers browsed their booth. He even wrote a song about the fair:

*"If you wanna have fun and wonder where,
visit the Arcadia antique fair."*

*The fourth Saturday of each month,
people have fun picking vintage stuff.*

*Catch all the action, adventure and flair
at the Arcadia antique fair.*

*If you wanna have fun, I'll tell you where,
visit the Arcadia antique fair."*

SHOP TALK

A third-generation antique dealer, Flo Rife, of Maddy's Antiques on Oak Street, started the antique fair in 1995. She says the fair has turned into something great that brings business to the town.

That includes more business for the permanent shop owners in town whose stores line Oak Street and other streets at the center of town.

One of the not-to-miss stores in Arcadia is The Bizarre Bazaar, owned by James Crosby for seven years. The building itself, constructed in 1906, is an antique. It once served as the town's opera house. At 9,000 square feet, it's the biggest antique shop in town and takes up an entire block.

Crosby rents out a couple rooms to other dealers, but the remainder of the shop is filled with the items he has for sale — a wide variety that includes plates, vases, clothing and decor. He also has museum items on display that tell the story of the building's history. The price of admission is simple, he says: the 27 steps up from the street level.

Pat Blackburn owns Arcadia's Abigail's Antiques & Collectibles with her mother, Betty Cook. "We try to have a little bit of everything," she says. "We try to carry a good variety."

She says she likes kitchenware in particular and sells Waterford crystal and Fiesta ware in her store. "We really like when we can get busloads of people," like a group of glass collectors that recently traveled from Palm Beach to Arcadia, she says. People from Miami connected to the movie industry also come to Arcadia looking for items to buy, she adds.

"This is a good, Southern old town feel," Black-

Continued on Page 74



Dealers Ray "Turtle" and Sam Dold enjoyed the fair so much Turtle wrote a song about it.



Al Cooke, Helen Cooke and Maureen Cooke say Helen's restaurant, Mary Margaret's Tea and Biscuit, gets busy on antique fair days.



James Crosby owns the biggest shop in town, The Bizarre Bazaar, in the 1906 opera house building.

EAT IT UP

"There are lots of good restaurants — lots of good fun," says Pat Blackburn, who owns Abigail's Antiques & Collectibles with her mother, Betty Cook.

There are several restaurants to choose from downtown, including:

Mary Margaret's Tea and Biscuit:

Browsing through old buildings filled to the brim with antiques isn't the only way to step back in time in Arcadia. Mary Margaret's is an inviting Victorian tearoom serving sandwiches, soups, salads and, of course, freshly steeped pots of tea.

Wheeler's Cafe:

Pie fanatics would be wise to stop at Wheeler's, where a selection of homemade pies is a menu highlight. The restaurant — operating since 1929 — also offers breakfast, lunch and dinner fare.

Magnolia Street Seafood and Grill:

There's seafood aplenty at Magnolia, a block away from the main antique avenue in Arcadia. Try the hush puppies, coconut shrimp and catch-of-the-day sandwich.

Batter Up Bakery:

For extra sustenance before antiquing or a sweet treat for the road, Batter Up is the place to go. Peruse the gleaming display case filled with cupcakes, cookies and other treats and pick out a few favorites.

Oak Street Deli

— From BLTs to potato salad, Oak Street Deli is a great place to get a quick bite to eat in a friendly, casual environment before getting back to antiquing.

The Yellow Deli:

Enjoy a selection of hot sandwiches (chipotle chicken, Reuben, garden turkey and more) along with fresh whole grain breads.

Rattlers Old West Saloon:

This saloon-style bar and music venue is right on Oak Street in a beautiful old pink and white building. Stop in for a drink to close out a productive day of deal hunting.



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Continued from Page 72

burn says. "Get a good glass of sweet tea, relax, and enjoy the shopping."

BUYERS' MARKET

For three years, Susan Brandenburg has been looking for an autoharp. She finally found the perfect one in Arcadia.

Brandenburg came to Arcadia on a recent antique fair day from Englewood. She tries to make it once or twice a year to browse what outside dealers have brought and to look through items in the shops. At the end of a day of hunting, she usually makes time to stop at Rattlers Old West Saloon, have a drink and relax with her husband, Reid.

Many people who come to Arcadia drive home at the end of a day of antiquing, but some choose to stay the night or come the night before to get an early start on shopping.

There's a Holiday Inn Express & Suites about 2 miles away from the antique district. But for those who want to stay in the heart of the antique action, there is Oak Park Inn. The downtown bed and breakfast reopened for guests in June after

being damaged when Hurricane Irma passed through. The 12-room inn has a new owner, Sanjay Patel, who has been in the hotel business for about 20 years.

The antique fair seems to mostly draw folks from out of town, like Paula Zagarra, who drove from Miami to look for antiques for a house she's remodeling. She bought two tables at Maddy's Antiques and loaded them into a van for the return journey.

The fair also attracts some locals. Leo and Teri Santucci live in Arcadia and check out the fair almost every month. They moved to the area because they both grew up in small towns, and they liked Arcadia's small-town feel. Teri Santucci says, "We call Arcadia the town where people still open doors for you."

Visiting Arcadia offers a chance to soak up some of that small-town feel. It also means taking a step back into the past.

With any luck, those who spend a day in Arcadia will find something to take home with them and make their own — China plates or an old bookcase or a tin train set. Some of those things might take their new owners back in time a hundred years. Others might take them back to Arcadia.

ARCADIA ANTIQUING ADVICE

To make the most of an antiquing trip to Arcadia, keep a few key tips in mind.

Mark your calendar for the fourth Saturday of the month. Wear good walking shoes. If you go on a weekday, remember some stores are closed on Monday or Tuesday. — *Pat Blackburn, owner, Abigail's Antiques & Collectibles*

Bring cash. Some dealers don't take credit cards. — *James Crosby, owner, The Bizarre Bazaar*

The key for buyers shopping at the fair has something to do with stamina, so **come early, and stay late.** There can be some good deals at the end. — *Mike Darras, Arcadia antique fair dealer*

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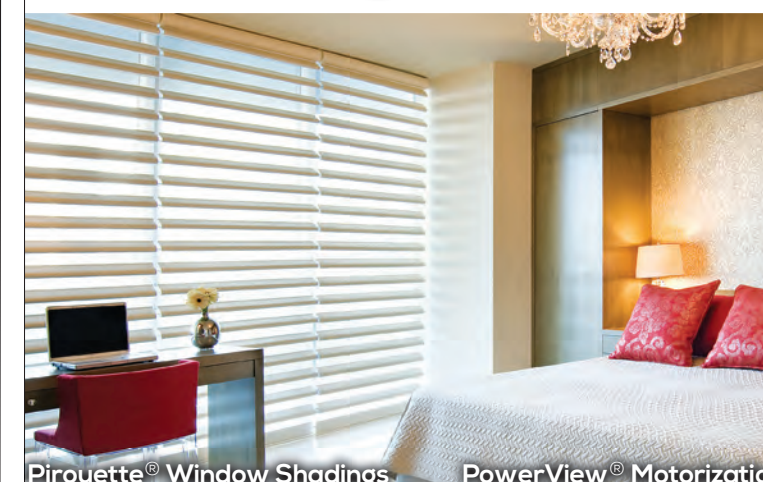
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WASTE NOT

Glean (verb): to gather grain or other produce left in the fields by reapers after a seasonal harvest.

BY RANDI DONAHUE | MANAGING EDITOR

Photos by Randi Donahue
Transition Sarasota volunteer
Adam McIntosh gleans tomatoes
at Enza Zaden Research Facility
located in Myakka City.





Transition Sarasota volunteers and a few members of the Enza Zaden Research Facility staff take a break from a hot morning of gleaning. Transition Sarasota has donated more than 298,000 pounds of produce to local food banks since 2012.

It's a steamy June morning with little escape from the Florida sun. Still, a small gathering of sunscreen-clad, sunhat-wielding volunteers pow-wow in the parking lot of the Enza Zaden Research USA Facility in Myakka City.

After the day's organizer, Rebecca Brey, explains the guidelines, the group sets out toward fields visually ripe with produce bordered by tall sunflower fields and inhabited only by what seem to be some pretty happy birds. The group is there on behalf of sustainable-living nonprofit Transition Sarasota. The intention is to harvest as many pounds of tomatoes, peppers and eggplants as possible before it gets tilled back into the soil the next week.

The team continuously loads bins and crates with harvested produce onto the bed of a truck. The work can be physically grueling at times, especially in the heat, but ask anyone, and they'll say it's worth it. Not because they'll leave with a bag of fresh veggies for their efforts but because the crux of the day's mission is the truck's final destination: The Food Bank of Manatee.

"We partner with area farms to pick excess produce and donate to local area food banks," says Brey, who became Transition Sarasota's executive director in April. Today's volunteer efforts and those of all who have gleaned on behalf of the community-oriented nonprofit breathe continuous life into what is known as the Suncoast Gleaning Project. Since its inception in 2012, Transition Sarasota has donated more than 298,000 pounds of produce to local food banks.

"Gleaning breaks down the walls between what is work and what is volunteering," says Don Hall, founder of Transition Sarasota who now holds

a leadership position with Transition United States. "We can do work that benefits ourselves and the community, and we need more of it."

Hall was working at Jessica's Organic Farm in North Sarasota when he observed the amount of surplus produce in the fields. Because of his experience in the Transition movement and his efforts at the time to implement a resilient local food system in his own community, Hall chose not to see rotting food. Instead he saw opportunity.

"Some of the most impactful changes we can make is taking what is being wasted and turning into a valuable resource," he says.

In 2012, thanks to a partnership with Jessica's Organic Farm, the Suncoast Gleaning Project became a reality as Transition Sarasota's first community initiative.

COMMUNITY FORWARD

Jessica's presented a unique weekly gleaning opportunity. With the farm stand located on-site, any unsold produce stays in the field as opposed to being harvested all at once at the end of the season. Due to recent climate events, the farm has not had excess to offer. Brey is hopeful they can pick back up with Jessica's in future seasons, but in the meantime, she turns to Transition Sarasota's network of additional gleaning oppor-

Continued on Page 80

TAKE INITIATIVE

Transition Sarasota was recognized as a Transition initiative by Transition US in 2010. "There are a wide range of manifestations of what it means to do transition," says Don Hall, co-director of Transition US and founder of Transition Sarasota. "Some, like Sarasota, are focused on local food systems, others on strengthening the local economies with investment circles and local currencies," Hall says. "Still, others are addressing their dependence on fossil fuels."

In addition to the Suncoast Gleaning Project, Transition Sarasota hosts a second community initiative known as Eat Local Week, which offers a lineup of educational opportunities, farm-to-table experiences, garden tours and community dialogue.

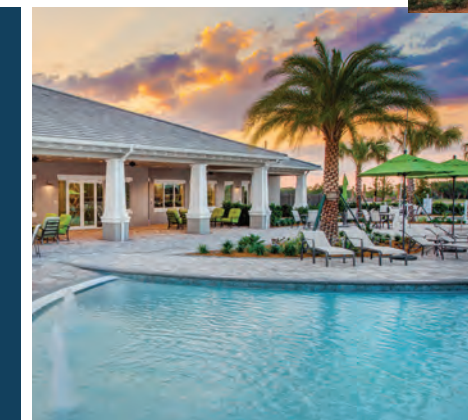
"We are working to bring together businesses and organizations to share in two weeks of education of local food options," says Rebecca Brey, executive director of Transition Sarasota.

This year's theme is food waste.

Eat Local Week takes place Oct. 17 through Nov. 1. Check transitionsrq.org for the official schedule.



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Continued from Page 78

tunities through partnerships, such as the one with Enza Zaden, which started in 2016.

Enza Zaden, a Holland-based vegetable breeding company, is not permitted to sell the produce it grows at its Myakka research facility. Before the gleaning efforts started, at the end of each season, all crops would be tilled back into the soil in preparation for the next growing season.

That was until Rebecca Hirshberg, Enza Zaden breeding coordinator and a member of the board of corporate social responsibility and community outreach, saw a way to mitigate the facility's edible waste cycle.

"Before gleaning with Transition Sarasota, we weren't working with the community at all," Hirshberg says. "The board came together and said, 'We want to give back.' I said, 'I don't understand why we can't give some of what we grow back to the community.'"

To implement Hirshberg's idea, she needed field labor and a way to transport the produce. The Food Bank of Manatee suggested Hirshberg contact Transition Sarasota. Traditionally, food banks were set up to receive and store only nonperishable processed and canned good items, but with the addition of refrigerator storage to places like The Food Bank of Manatee, accepting whole foods and fresh produce has



Rebecca Hirshberg, Enza Zaden breeding coordinator, alongside Rebecca Brey, executive director of Transition Sarasota, during gleaning efforts in early June. Produce from the gleaning was donated to The Food Bank of Manatee.

become a desired commodity.

"We know that people in poverty aren't eating as healthy, ... which obviously creates health issues," says Cindy Sloan, vice president and director of the Food Bank of Manatee. Offering fresh produce tilts the scales for those in need.

So far, the Food Bank of Manatee has received 6,472 pounds of fresh produce gleaned from Enza Zaden's Myakka facility. In June, the food bank distributed 1,600 pounds of that gleaned produce to attendees at a pop-up laundromat event hosted by the Patterson Foundation's Suncoast Campaign for Grade-Level Reading.

"For the most part, we are here at the facility,

but every once in a while, we get to go to an event like that, [so] you get to see what it is really doing," says Sloan. "If we can help on the front end, it's important."

ENVIRONMENTAL PRONG

Gleaning helps build a stronger community by feeding the food-starved, but it also has the collateral benefit of mitigating the environmental damage that results from millions of pounds of produce rotting in fields or sitting in landfills.

According to Project Drawdown — a book

Continued on Page 82



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"Food is an investment both in the money that we spend and the environmental impact it takes to grow it," Brey says. "It takes water, fertilizer, time and energy, and all that is invested on the food that we eat. Yet over a third of that produce is wasting in landfills."

Brey and her team are not ready to stop at gleaning vegetables alone. Transition Sarasota recently expanded its initiative to include a neighborhood fruit gleaning effort called Bountiful Sarasota.

"We live in a subtropical climate, so during the summer when not as many vegetables are growing, it's prime season for mangoes, starfruit and other fruit." Brey says, noting the added benefit of fruit gleaning when it comes to keeping pests away from rotting fruit.

According to the Transition Sarasota website, "Bountiful Sarasota is a means to donate excess or unharvested, local fruit from backyard and neighborhood trees to area food banks, charitable groups and farmers markets."

Brey is encouraging residents to register plentiful fruit trees into the online database. The site



If not for the Transition gleaning, these eggplant would be left to rot in the field or tilled back into the soil.

lets residents choose whether to put the surplus fruit in Transition bins for pick-up or to allow Brey to coordinate a gleaning using volunteers, of which they are always looking for more. Brey herself began as a gleaning volunteer.

"It started out as a way to ease the food burden and cost of living as a young professional just having moved to the area," she says. "It was also a way for me to build more community and help with a local, sustainable food economy."

To learn more about Transition Sarasota opportunities, visit transitionsrq.org.

DIG IN

It all started in 1938, when Enza Zaden founder Jacob Mazereeuw became a purveyor of vegetable seeds, seed potatoes and legumes in the Dutch town of Enkhuizen. Still headquartered in Enkhuizen three generations later, Enza Zaden is a family-owned company considered a leader in vegetable breeding and seed sales worldwide.

To garner local expertise and create seeds for varying climates, Enza Zaden uses satellite research stations. The American branch of the company currently has two state-side stations — one in San Juan Bautista, Calif., and one in Myakka City.

Coming up on its fifth anniversary, the 60-acre Myakka facility was started with a focus on developing pepper and tomato varieties for the East Coast. It now has trial plots for several other types of fruits and vegetables.

Even though it uses a high level of technology and innovation, Enza Zaden says it only uses classic breeding processes, and does not use genetic modification in its seed development.

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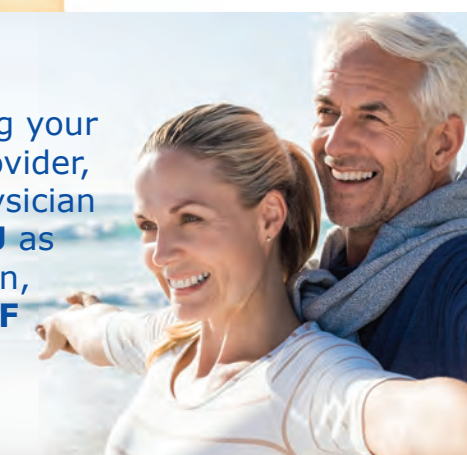
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Welcome to WaterCrest,
which offers upscale living
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Luxury ON THE Lake

Space and style come to life in a WaterCrest Condo.

BY BOB PLUNKET | CONTRIBUTOR



Photos by Gian Franco Spagnolo
The fourth hole of the
Legacy Golf Course
provides a front lawn for the
luxury development. Lake
Uihlein is to the left.



Condo living has been a part of Lakewood Ranch from the beginning. Most of the community's condos are of the townhouse or villa variety: complete houses, some small, some not so small, but all attached to similar units. Major stand-alone, mid-rise buildings are few, with WaterCrest, many people agree, being the cherry on top.

WaterCrest is the kind of building that would be right at home on Longboat Key. In truth, there are 18 similar buildings, set on an expansive piece of land. There's a certain formality to the way things are run. Everything seems perfect and effortless and totally secure. The units themselves are large and full of luxury features. And the location might be the best in the Ranch — most units have full water views of Lake Uihlein.

The view from the home of Bob and Mary Bennett typifies WaterCrest's unique appeal. The fourth fairway of the Legacy Golf Course runs in front of the building, with the 160-acre lake right behind it. Water birds can be seen swooping and

skimming over the water. In the far distance, the Main Street shopping area can be glimpsed, along with the Lakeshore, the still-building mid-rise that might give WaterCrest a run for its money.

The Bennetts moved to WaterCrest from University Park about four years ago. They wanted to downsize from a big house but retain the gracious lifestyle that a big house offers, and WaterCrest was the perfect solution. Their residence, known as the sanctuary model, is the largest and most deluxe the complex offers, with 2,482 square feet of upscale living.

Continued on Page 90

The screened balcony provides the perfect outdoor living area for morning coffee or cocktails at sunset, with an expansive view over Lake Uihlein toward Main Street. The Bennetts often stroll over for dinner and a movie along the path that hugs the shore.

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Continued from Page 88

“It feels like home,” Mary Bennett says. “We have all the features that we were looking for.” Those features are similar to those offered by the top strata of luxury buildings downtown and on the keys, and they include private elevators, real garages in the lower level parking area and a host of luxury detailing.

The Bennetts’ guests arrive directly into the apartment from the elevator. They walk into the private hall with the double doors into the great room, wide open and beckoning. The doors and the elevator can be locked, of course, when no one is expected.

Mary is the decorator in the family, and her task was made easier when she discovered that her furniture from University Park would work beautifully in the new WaterCrest home. The effect is high-style Florida tropical with a slightly formal edge. Most of the art came from the former home as well, including the abstract painting over the sofa — hung in a period frame — by Nancy’s friend, artist Pamela Kelker.

The great room itself is a dramatic space, more than 30 feet long. Oversized windows — the home has three orientations — add plenty of light, and at the far end there is a screened outdoor living area with the famous view. The Bennetts often walk over to Main Street along the path that hugs

the lake. They lunch at MacAllisters or catch a movie at Lakewood Ranch Cinema. And it’s a plus that the hospital is less than a mile away. “After all,” Bob says, “that’s where I left my gallbladder.”

The only major renovation the Bennetts made when they moved in four years ago was to the kitchen. Changes were made to the counter layout, and the perfect honed granite was found for the countertops and backsplash. White, paneled cabinetry was added, along with decorative display shelves and stainless steel appliances.

The master bedroom faces the view, with sliding glass doors out to the screened lanai. It also features one of the unit’s many trayed ceilings. The master bath has the requisite soaking tub and separate walk-in shower, plus individual his-and-hers vanities.

Toward the other end of the unit are two more bedrooms, each with its own bath and each opening onto a private balcony. This time, the view is to the nature preserve, where deer and bobcats are still occasionally sighted. The Bennetts use one of the bedrooms as an office, but there is still plenty of room for visiting grandchildren. The Bennetts, who have been married 47 years, have nine. The WaterCrest complex is ideal for entertaining visitors of all ages, in fact. There is a large resort-style pool, with a spa and adjacent gym and clubhouse,

Continued on Page 92

The owners renovated the kitchen when they moved in several years ago. Cabinets painted a creamy white were installed, along with stainless steel appliances. Honed granite countertops with matching backsplash complete the look.

“*It feels like home. We have all the features that we were looking for.*”

MARY BENNETT



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Continued from Page 90

generous outdoor space for walks and exercise, and nearby shopping among the best in the area.

The Bennetts say their fellow owners are an eclectic group, with retired couples, working professionals and Canadian snowbirds in the mix. There are no age restrictions as to ownership, but if you see a resident out pushing a baby stroller, the Bennetts report that it most likely contains a very spoiled Shih Tzu.

As a retired engineer, Bob Bennett appreciates the way WaterCrest was constructed. "It's all concrete with steel beams," he says. "We were here during the hurricane, and we did just fine."

Although they live in the Ranch, the Bennetts have been able to continue the active social life they developed in University Park. Bob plays golf there three times a week, and Mary is president of the Ladies Golf Association and active in charity work. Her favorite project has been teaching manners and etiquette to young girls as a way to build their self-confidence and self-empowerment.

"Giving up those girls will be tough," Mary admits. She and Bob are leaving the area to relocate to Fort Worth to be closer to family. The WaterCrest unit is currently on the market and awaits a new owner to sit on the terrace, sip coffee or a margarita and take in the spectacular sunrises and sunsets.



An elegant trayed ceiling adds drama to the master bedroom. Sliders open to the screened balcony overlooking the water view. A master bath with a soaking tub and separate walk-in shower top off the master suite.

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art and about Action Shots

When it comes to events, our area has a lot to offer. Here are the places to see and be seen in the coming months.



SU BYRON
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Something to sing about

Since 1984, the Sarasota Youth Opera has introduced countless budding singers to the magic of opera through the chorus's own performances, its collaborations with other area ensembles and Sarasota Opera's main stage productions. The Taste of Downtown benefit in September will help them raise their voices even higher. The sixth annual food and wine festival will tempt with gourmet delights, sensational wines and craft beers at the Sarasota Opera House in downtown Sarasota. According to Carlos Vicente, Sarasota Opera's director of marketing, this year's feast will be something to sing about. But he stresses the purpose behind it. "Talented young people have been empowered by their experiences at Sarasota Youth Opera for years after graduation," he says. "The Taste of Downtown is a great opportunity to gather at our historic opera house and sample bites from the best restaurants in town while supporting this great cause." *1 to 4 p.m., Saturday, Sept. 21, at the Sarasota Opera House, 61 N. Pineapple Ave., Sarasota. Tickets are \$75. Visit sarasotaopera.org, or call 941-328-1300.*

Giants and dragons and unicorns ... oh my!

Fantastic beasts abound in the tales of myth and legend. The roll call includes Scotland's Loch Ness monster, the kraken of Greek mythology and the elusive sasquatch of the Pacific Northwest. Want to see them with your own eyes? You won't have long to wait. "Giants, Dragons & Unicorns: The World of Mythic Creatures" will unleash these entities at the Bishop Museum of Science and Nature next month. Created by the American Museum of Natural History, this traveling, multimedia exhibit grabs your imagination with a mesmerizing array of cultural artifacts and interactive games and displays. In the blink of an eye, the dreams of ancient history don't seem so ancient anymore. The sea monsters, mermaids, unicorns, giants and dragons of the eldritch tales come to life. So to speak. You have been warned. *Sept. 25 through Jan. 5, 201 10th St. W., Bradenton; Visit bishopsience.org, or call 941-746-4131.*

The Market at Lakewood Ranch is moving! (But not far.)

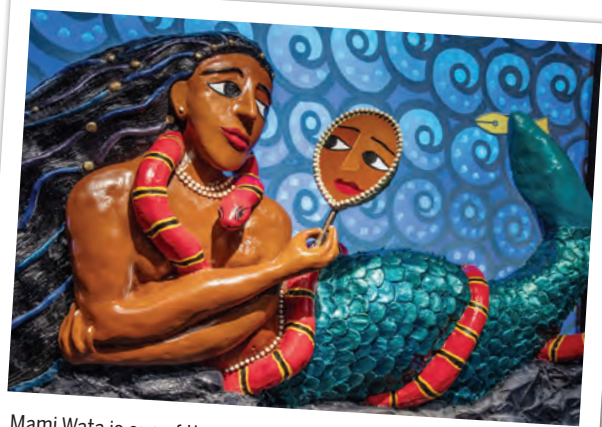
The Market at Lakewood Ranch was an instant crowd-pleaser when it opened in 2017. It's been growing ever since — from 20 original vendors to more than 50 today, with a seasonal attendance of 20,000. Monaca Onstad, the director of community relations for Schroeder-Manatee Ranch, credits the power of human connections. "Our neighborhood market experience allows our shoppers to connect with each other, their food and with farmers," she says. "You can't find that in a big-box store — and that's what keeps

people coming back." That explains the market's explosive growth in two short years. So how to accommodate all the new patrons? According to Onstad, it's as simple as a move nearby. "We'll be relocating to the Lakewood Ranch Medical Center before our final move Waterside Place, once construction is completed," she says. "In the meantime, we're thrilled about the creative partnership with the medical center. It opens the door to more wellness events." So what's in store this season? Foodies can feast on the market's veggies, meat, poultry, fresh pasta, eggs, bread, specialty spices and rubs, baked goods, honey, ready-to-eat meals, juices and more. Shoppers can also find a host of nonfood items, such as clothing, soap, and candles. Events include weekly yoga presentations, live music, Dog Day and Kid's STEM Day. The market opens with a celebration at 10 a.m. Sunday, Nov. 3 and will be open each Sunday, rain or shine, from 10 a.m. to 2 p.m. through April. *For more info, visit lakewoodranch.com/life-on-the-ranch/themarket.*

'The Fence' returns to Nathan Benderson Park

Photographer and Sarasota resident Ann McGough first encountered "The Fence" in Brooklyn Bridge Park in 2014. When she saw this large-scale, traveling outdoor photo exhibition, she was inspired to investigate the possibility of bringing it to our region. McGough reached out to local promoter Barbara Strauss and in 2018, Sarasota

Continued on Page 96



Mami Wata is one of the most popular — and powerful — African water spirits. She is most often portrayed as a mermaid, though she has other forms. Mami Wata heals the sick and brings good luck to her followers, but she also has a temper and will drown people who don't obey her.







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Continued from Page 94

became the exhibit's eighth host city. The 2019 exhibit features a series of works by 40 photographers from New England, western Canada and the Gulf Coast of Florida. Five photographs from McGough's "Home Sweet Mobile Home" series were chosen for the exhibit, which is Nov. 8 through Feb. 8 at Nathan Benderson Park. For more information about the exhibit, visit fence.photoville.com. For more information about Ann McGough, visit annmcgough.com.

Below, we learn more about McGough's art from the source.

What inspired you to want to see this exhibit in our region?
I love public art, and it's the largest public photo exhibit in North America. It's open air, engages residents and visitors and is free to all. What's not to love? I thought it would be a great fit for our area, and I'm thrilled that it's come to be.

Tell us about your "Home Sweet Mobile Home" series (right).
Florida plays an important role in the history of trailer parks. Sarasota's Payne Park and Bradenton's Trailer Estates Park were two of our nation's first. Known as "tin-can tourists," the mobile parks were convenient and inexpensive for permanent residents and snowbirds. I'm attracted to the variety in the individual decor and the pride many take in their homes. I like to imagine the people who live there.

Who are your photographic role models?
The long list includes Sebastiao Salgado, Lisette Model, Sally Mann, Arnold Newman, Weegee and Diane Arbus.

What are you interested in photographing currently?
Animals, mostly dogs. Hopefully, you will be seeing them in "The Fence" next year.



Ann McGough with her dog, Oliver.
Photo by Billy Elkins





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back at the ranch

Back-to-School Blues

Being back in school doesn't have to be a drag. Ranch Mom offers some insight into how to make it a rather painless season for all — despite the continued ovenlike temperatures.



JESS MCINTYRE GREENBROOK RESIDENT AND WORKING MOM TO SONS GAVIN, 5, AND JACKSON, 4

I think it is universally accepted that 93% of the tiny human population vehemently dislike the phrase “back to school.” The other 7% also dislike the phrase; they just weren’t listening and thought you said “back to the pool.”

And honestly, most parents have a mixed bag of emotions. On the one hand, it means structure, consistent scheduling and wide-swept relief that you’re off the hook for 88 snacks before noon. But on the other, you now have to embrace daily rage as you repeat-

edly remind the humans that you are going to be late if they don’t get their shoes on NOW.

But back to school in Florida is different than most other places in the continental U.S. It’s a confusing concept in the Sunshine State. Other states launch a new school year while ushering in the first signs and sounds of a new and cooler season. Not us! Florida remains in a full-blown state of hell on Earth.

When everyone else is happily shopping for back-to-school jeans and sweaters, we are over here digging

around the seasonal displays at The Children’s Place and trying to figure out if it is acceptable to throw in the towel and just send our kids to school in swim trunks. (See what I did there?)

All daily struggles aside, let’s chat about what can be done to embrace the never-ending summer weather while incentivizing and motivating our minion armies to want to go back to school. And moreover, tactics to keep them going back.

Continued on Page 100

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Continued from Page 98

New you! A fresh start for a new year means a new look. Encourage the kids to pick out a new outfit or two. Something that helps them feel ready to take on the new year. For the teens, shop local, and head to Malibu Fox Boutique or Wish on Main. Unlike big-box stores, these Florida-based boutiques won't be stocking their shelves with turtlenecks in August, so your selections will be endless.

Uniforms required? No problem! Let them pick their pencils, pens and notebooks. Crowder's (attached to Ace Hardware in Lakewood Ranch) has an impressive selection of trendy office supplies that are sure to impress your fashion-forward humans.

School supplies ordered ahead of time? Send them skipping down the aisles of the newly redesigned Target on University, and let them choose this year's backpack. Then take it to Running With Scissors for personalized monogramming.

Material coercion aside, there are also plenty of options from the per-

spective of the family unit. I'm sure it comes as no surprise that back-to-school time leads to less downtime and less guaranteed time together. So be intentional: Embrace the heat in September, and tie it all together.

Take the family out for **ice cream** for a successful first month in the new school year. Both in Lakewood Ranch, try Big Olaf if you're looking traditional ice cream parlor fare, or head to D'Lites Shoppe for ice cream varieties guaranteed to satisfy even your gluten-free, peanut-free, dairy-free family members.

If you aren't into sweet treats, how about a **sunset beach trip** to wrap-up the quarter? As Floridians, we might lament the lack of boots weather, but we are lucky to have the beach at our fingertips and temperatures to warrant swimming almost year-round. And if you're a super active family, take a literal hike over in Rye Preserve to explore nature, play on the playground or (if you REALLY like the outdoors) camp.

With that, I send you off. May the school odds be ever in your favor!



Violet Cadavid, 7, enjoys Big Olaf's Birthday Cake ice cream with sprinkles, a treat sure to incentivize the most reluctant student. File photo



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WOMEN'S GIVING CIRCLE



Lakewood Ranch Moms Group members Elaine Christie and Jayme Heinemann check out the raffles and other festivities. The Moms Group made the event its monthly get-together.



Photos by Pam Eubanks

Above: Lakewood Ranch's Dave Fischer and Janet Reyes challenge each other to a game of Jenga. Both donated items for the raffle fundraiser.

Left: Cheers for Charity members Stephanie Kotlarczyk, Erika Chapman and Erin Crowell



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Keke's Breakfast Cafe is a full-service restaurant dedicated to providing an outstanding breakfast and lunch experience; a meal where everything is handmade, using the best ingredients available, with fresh fruit, vegetables, bread and dairy products. Some favorite Keke's dishes are the Florida Pancakes, topped with fresh strawberries, banana, blueberries and powdered sugar; the Banana, Nut & Caramel Waffle, which features banana and pecans baked in the waffle, topped with more banana, pecans, caramel and powdered sugar; an extensive amount of omelet options such as Greek, Three Meat, and Hawaiian omelets, as well as a complete lunch menu. Additionally, a must-have at every Keke's visit is a serving of our fresh, hand cut, redskin potato home-fries.

5405 University Pkwy #104, University Park
941.388.8953 | kekes.com



Nestled along the lazy Braden River

LINGER LODGE RESTAURANT

Established in 1945 as a fishing camp, the Lodge has evolved into a great place to dine, listen to live music & enjoy the great views. Folks naturally gravitate to the extensive taxidermy that adorn the inside walls & ceiling. Our 2 outside covered & screened decks provide picturesque water views & are perfect for parties and other large events - outdoor seating up to 100 guests. A full liquor bar & an inside air-conditioned dining room complete the setting - indoor seating up to 100 guests. Nestled along the lazy Braden River, it is quintessentially Old Florida at its best. Daily Specials. Happy Hour M-F 4-6. Karaoke every Friday. Live Music every Saturday & Sunday. Open Sun-Thu 11:30am-9pm, Fri & Sat 11am-10pm. Closed Mondays May-October.

7205 85th St Ct E, Bradenton | lingerlodge.com
941.755.2757 | facebook.com/LingerLodge



MACALLISTERS

Enjoy our tavern atmosphere along with some traditional Scottish favorites: fish & chips and shepherd's pie. Of course, our bar includes a large selection of scotch and local craft brews on draft with daily happy hour! We are conveniently located on Lakewood Main Street with outdoor patio dining! Kids welcome! Open for lunch & dinner seven days a week. Sun - Thurs 11:30am - 10pm. Fri - Sat 11:30am - 11pm.

8110 Lakewood Main St, Lakewood Ranch
941.359.2424 | macallisters.com



MAIN STREET TRATTORIA

Opened in 2010 by owner Gary Fennessy, Main Street Trattoria in Lakewood Ranch features fresh Italian cuisine, including their signature bruschetta focaccia, chicken milanese and hand-tossed thin crust pizza. Make sure you save room for homemade tiramisu and cappuccino for dessert. Mr. Fennessy has created a one-of-a-kind experience for friends and family to gather and dine together. Enjoy our inside/outside bar, including our outdoor dining area. You will find live music every Wednesday-Saturday 6-10pm and Sunday 4-8pm. Happy Hour Daily 2-7pm. Takeout and Kids menu also available.

8131 Lakewood Main St #101, Lakewood Ranch
941.907.1518 | mstrattoria.com



PINCHERS

Since 1997, Pinchers has local fishermen and crabbers leave our shores and guide their boats out into the Gulf of Mexico each morning. They return each night with the best that the Gulf has to offer and bring this precious catch to our local seafood facility - The Island Crab Company located on Pine Island. From there it is delivered to our Lakewood Ranch restaurant. We deliver the best seafood in town to your table each and every visit. "You Can't Fake Fresh!®" Hours: 11am-10pm 7 days a week. Happy Hour: 2 for 1 All Day, All Night KIDS EAT FREE!

10707 Rodeo Drive, Lakewood Ranch
941.922.1515 | pinchersusa.com



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SPEAKS CLAM BAR

Fresh seafood and house-made pasta makes this seafood restaurant with an Italian flair stand out. Unique prohibition era theme. Full bar serving Craft Cocktails. Casual and family friendly. Open daily for lunch and dinner. Sunday's 12pm to 10pm, Monday thru Thursday 11am to 10pm, Friday and Saturday 11am to 11pm. For Take Out: Order Online At SpeaksClamBar.com

LAKWOOD RANCH
8764 E State Rd 70, Bradenton
941.232.7646

ST ARMANDS CIRCLE
29 N Blvd Of Presidents, Sarasota
941.232.7633



PARTING GLANCE

Phil Pape captured this shot of a tiger at the Big Cat Habitat Gulf Coast Sanctuary.



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Left on Lakewood Ranch Blvd.
Right on 44th Avenue.

WHERE YOU LIVE MATTERS

THE HOMES AT INDIGO

Lakewood Ranch is one of Southwest Florida's most thoughtful and connected communities—and Indigo is one of its most sought-after villages! With gated entry, a community pool, an array of activities and amenities, and a variety of stunning Neal homes, you'll find everything that matters to you at Indigo. And that matters a lot.

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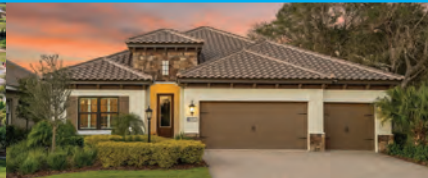


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941.212.0138 | NealCommunities.com



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