



# Around the Ranch

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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, OCTOBER 19, 2022



**GRATITUDE AND GIVING** – Lakewood Ranch emerged from Hurricane Ian relatively unscathed, but very mindful of those in the community – and the state – who didn't fare as well. Pictured above is one of the many collection points for hurricane relief. See pages 12-13 for more pictures. Photo by Anne Provost

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# Kilwins – For Those Who Crave Sweets ... And More Sweets

By Ernie Soller  
Community Correspondent

My dad was not a big sweet eater. But my mom? She loved anything sweet. I took after my mom. I loved candy, ice cream, pies, and chocolate in just about any form – especially dark chocolate. And I got into the sweet-sales business as a teenager, working for a local confectionery chain in my hometown, dishing out sandwiches, sodas, and of course lots of ice cream, at their lunch counters. I even had a favorite sundae combination – chocolate ice cream with maraschino cherry topping. My friends thought I had really picked an odd combo, but then I'd point out to them that the taste of this combination was like eating one of those chocolate-covered cherry cordial candies, and they laughed a little less.

Americans LOVE ice cream. The average American consumes four gallons of ice cream per year. They love it even more when they can get ice cream while on vacation or at a resort area. So it may be no surprise to learn that the Kilwins chain was founded in the northwestern lower peninsula resort town of Petosky, Mich., back in 1947.

At first, the company was operated as “Kilwins Candies and Gifts,” a combination bakery and candy company, but the bakery portion was sold off back in the 1970s. The original owners, Katy and Don Kilwin, sold the company in 1978, and the new owners began to franchise the Kilwins brand. Franchising allowed the company to quickly multiply its presence in the marketplace, and Kilwins (The parent company is now owned by Don and Robin McCarty) now has over 150 locations, and one of the newest is right here in Lakewood Ranch, at 1561 Lakefront Drive, Unit #107, at Waterside Place.

The location is right around the corner from the Korê Korean Steak House, and across the street from Good Liquid Brewery, so folks can stop for a meal and then head over to Kilwins for dessert – or any number of fantastic sweets.

Or, if you're just in the mood for something sweet – even if you need a sweet pick-me-up after an afternoon of shopping or just enjoying the other amenities at Waterside Place (such as watching a spectacular sunset), you'll find the friendly Kilwins people ready to accommodate your needs.

You'll find the store to be brightly lit and clean, and full of goodies of all sorts. On my recent trip to Kilwins with my wife, we decided to splurge on ice cream and picked up a few choice pieces of candy to take home with us. Terri chose a single scoop of chocolate/toasted coconut ice cream, served in a dish, which she proclaimed to be “superb”!

As for guy with one of the biggest sweet teeth in town, I went big with a double scoop of rum raisin ice cream, on a cake cone. This may have been a slight mistake in judgement ... not because the ice cream wasn't totally great – it was – but because the double scoop kind of overwhelmed the small cone. Since I ventured outside to eat my treat, which happened on a warm Florida evening, I had to make a mad dash to finish my ice cream before either the cone broke or I spilled the contents on



PHOTOS BY ERNIE SOLLER

the pavement. Mission accomplished.

I should point out that Kilwins has a vast array of ice cream flavors. I checked out the number on their website and found at least 36 flavors.

As for other goodies, Kilwins has at least seven different varieties of caramel apples. Flavors such as dark chocolate/sea salt or milk chocolate /sea salt should provide a delightful experience. Or how about “apple pie”? These are BIG apples, so make sure you're hungry before starting one!

Then there are the ice cream cakes. These sure-fire winners come in small and large sizes, so you can plan for a big hit at your next party. They come in six flavors, ranging from “Grasshopper” (chocolate and mint) to “Turtle,” to something called “Five Chocolate.” Hmmm ... There's that word, “chocolate” again!

And now for those little treats that can melt in your mouth, or that you can bring as a hostess gift with no regrets, there's Kilwins candy.

Grab a mixed bag of candy, or bring home a whole box full. It's all good. Kilwins offers “chocolate covered” in many renditions, including raisins, almonds, cherries, blueberries, and even espresso beans. That means that a Kilwins customer can satisfy both a sweet tooth and a coffee craving in one swoop!

I bought a few pieces of chocolate turtles (dark chocolate, of course, for me, and milk chocolate for my wife), and a handful of my favorite dark chocolate cherry cordials to take home. After all, one can't make a trip to Kilwins every day ... or can one?



Did I miss something?

Yes, I did. You can go to the Waterside Place Kilwins and watch them make fudge. And then you can purchase some of that fudge to eat there, or to take home and share with your family or friends.

Please note that, at this time, you should be getting an irresistible urge to go to Kilwins and indulge yourself in ice cream, chocolate, or something you've never tried before. It will be all good.

Enjoy.

Hours are noon to 9 p.m. Monday through Thursday; noon to 10 p.m. Friday and Saturday; and 10 a.m. to 9 p.m. Sunday. For more information call (941)358-7444 or visit Kilwins.com/watersideplace.

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# The Yellow Strawberry Salon – Not Exactly the Ordinary

By Ernie Soller  
Community Correspondent

## “In-Service Training” Gets A New Meaning at This Salon!

These days, in order to put their business out there as something above and beyond the ordinary, some folks feel that they need to craft an image.

Some business owners do it by being outrageous in the design of their workspaces. They may make use of a crazy mix of color, or use industrial materials to immerse their clients in what can come off as a “trip to the rustbelt.”

Establishments based on faddish elements may fail to have staying power. They’re gone within a short period of time, since what they have to offer isn’t anything substantial, but only a loud, brash image that fades quickly – and then they’re history.

Other business owners attempt to be unique by going for something wild and crazy. They also have a less-than-stellar track record for staying power.

Then there are businesses like the Yellow Strawberry Salon, located in the San Marco Plaza in Lakewood Ranch. Although the Yellow Strawberry is a modern salon, you won’t find wild and crazy décor – no corrugated metal or pieces of machinery on the walls. Nor will you find their stylists dressed in what might be called “wild” attire.

What you will find is a modern salon that endeavors to give its clientele an up-to-date experience and look without stooping to the frivolous. The rule here is good service and good style – with class.

Desmond Behan, who with his wife, Caroline, owns Yellow Strawberry, grew up in Birmingham, England, a large industrial city much like Detroit.

For a young man looking to find a career, it was a choice of going to work in a factory or finding a trade that didn’t involve shift work in a grimy place.

Behan decided to become a master of the hairdresser’s art. He’s spent more than 40 years practicing his trade, first in England and then in South Africa, Los Angeles, San Francisco and, for the last 18 years, at Yellow Strawberry, here in Florida.

Behan knows that to succeed in a business in



Stephen Moody working on another client as her stylist looks on. PHOTOS BY ERNIE SOLLER



Yellow Strawberry owner Desmond Behan.

today’s market, you have to be better than your competition. As he puts it: “You have to be in the forefront – you need to be the iPhone 14, not the iPhone 4.”

Behan knows that the clientele in the Sarasota/Lakewood Ranch area is possessed of sophistication – and higher expectations.

As to how that translates to his approach with his staff, consider this: In order to become a hair stylist, a young person first needs to spend one to 1-1/2 years in beauty school. After that, a candidate can apply for a state license.

At Yellow Strawberry that license may only get your foot in the door, and once you’ve got-



Yellow Strawberry shop.

ten in the door, you don’t start working on Yellow Strawberry’s clients right away. At this salon, you first are required to serve a period of apprenticeship, during which you will work in various capacities, while learning more about the trade by working under more experienced stylists.

Behan also realizes that the wants of today’s young people with regard to the workplace are not necessarily those that their parents or grandparents espoused in years past. They want to work, and are willing to extend themselves to be successful, but they desire a bit more flexibility than their elders knew to expect. For

example, they might be willing to work some odd hours as long as they can plan for important happenings in their lives. As employers in today’s job market, business owners need to accommodate some of their employees’ needs.

By being willing to work with his staff, Behan and Yellow Strawberry have achieved a much higher employee retention rate than many competitors. One stylist has been at Yellow Strawberry for 16 years, with several others in the multi-year category. Lakewood Ranch’s Yellow Strawberry currently has 22 active stylists, with several other employees handling other details at the salon.

Yellow Strawberry recently closed for two straight days for what could be called a stylist in-service education session. They invited 17 clients to experience a hair transformation under the guidance of two prime stylists – Stephen Moody and Johannie Jacquitte. Note that this was quite a coup for Yellow Strawberry, as it took two years to set up these sessions.

Stephen Moody learned his hair cutting art over 40 years, working under the guidance of famed hair designer Vidal Sassoon, who created a sensation with the “Sassoon look” back in the 1960s.

Moody became Sassoon’s “dean of education” and carried the knowledge he accumulated into becoming a world-famous hair cutting expert.

Jacquitte, who works primarily in the Washington, D.C. area, is not only an expert at hair cutting, but has become a master colorist, producing some amazing results from the subtle to the unforgettable.

Because my wife was one of the clients chosen to get a hair makeover, I got to witness first-hand the work of the experts, as well as the desire of Yellow Strawberry’s stylists to increase their own expertise. Jacquitte and Moody worked patiently as they imparted new techniques to the Yellow Strawberry staff.

As for my wife’s new look ... I like it! And not only do I like it, but she’s gotten multiple compliments from her friends.

Yellow Strawberry Salon in the San Marco Plaza is one of the consistently good things to be found in Lakewood Ranch. Hours are 9 a.m. to 6 p.m. Monday, Friday and Saturday; and 9 a.m. to 7:30 p.m. Tuesday through Thursday (closed Sunday). For more information visit [yellowstrawberrysalon.com](http://yellowstrawberrysalon.com) or call (941)907-1130.

# Supervisors Talk Pay Scales, Security, and Little Free Libraries

By Ernie Soller  
Community Correspondent

During the Inter District Authority Board meeting in September, the IDA supervisors discussed the results of the employee compensation study that they had commissioned from Cody and Associates.

Among the conclusions of the study was the indication that Lakewood Ranch's pay scale for employees appeared to be about 4% below similar organizations, although executive director Steve Zielinski noted that the job descriptions of Lakewood Ranch employees may not exactly match those of other government agencies. Once fringe benefits are taken into account, the difference may be very little.

It was noted that, among younger employees, consideration of fringe benefits may be secondary to the level of income. (Younger workers tend to not be as concerned about benefits such as health insurance, retirement, etc.) A higher initial pay scale might help to attract and retain younger workers.

Additional discussion as to what direction the IDA will be taking on employee compensation will take place at the October IDA meeting.

Zielinski noted that some adjustment in compensation had already been built into the IDA's fiscal 2023 budget. An additional "floating holiday" has been added to next year's work calendar, as well.

## SECURITY

Lakewood Ranch Town Hall will ask its current security provider for a two-month extension of their contract, which was set to expire at the end of September, in order to give Town Hall staff time to get bids on services for the upcoming fiscal year. These services include security for Town Hall, gatehouse guards, and the roving patrol in District 4.

## CERT

During the IDA board meeting, supervisor Alan Silverglat commented that 96 residents attended the hurricane preparedness meeting in August at the Town Hall.

Approximately 45 residents signed up for

CERT training, but more CERT volunteers are needed in Lakewood Ranch, especially in Greenbrook. Get trained and get prepared to help your neighbors! Contact Lakewood Ranch CERT.

## ENGINEERING SERVICES

All districts approved new contracts for civil engineering services with Dewberry Engineers for the coming fiscal year. Many supervisors commented on the great job that Dewberry had done for their districts.

Engineer Richard Ellis reported that all the required pond inspections have been completed and, after review, reports will be submitted to the Southwest Florida Water Management District.

## DISTRICT 1

Operations Director Tom Merrill reported that new fencing has been installed at the tennis courts at Summerfield Park.

The District hired Florida Shoreline to mitigate the erosion issue in what is known as "Area F," and the work was scheduled to be completed by the end of September.

Attorney Chris Van Hise reported that no reply has been received from the property owners in "Area A," the other Bluffs neighborhood area that is subject to erosion from the Braden River. Van Hise again noted that erosion is a natural event, and that the District is not obligated to intervene to lessen the impact of erosion.

A discussion took place regarding the possibility of putting up "No Parking from 12 a.m. to 6 a.m." signs in District 1. Supervisor Preston Olinger noted that such a restriction had originally been in the HOA policies, but that this provision had been removed after a resident informed the HOA that they had no authority to restrict parking.

If residents want to restrict parking in this manner, they are required to submit a resident survey to Manatee County. The County requires a 67% approval from residents in order to allow such restrictions.

Executive Zielinski reported that Manatee

SEE SUPERVISORS, PAGE 18

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# LAKEWOOD RANCH COMMUNITY ACTIVITIES

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## THE LAKEWOOD RANCH MINDFUL TRIATHLON

The Lakewood Ranch Mindful Triathlon, presented by the Lakewood Ranch Medical Center, is coming to Waterside Place from 8 a.m. to 11 a.m. on Nov. 12 – we are only a few short weeks away!



Aliye Presley  
Events & Marketing  
Manager

This event is all about health and wellness. The Mindful Triathlon features our special twist on the traditional triathlon: a 5K (3.1 mile) run/walk, which will wind through the beautiful town center of Waterside Place, as well as the community of Shoreview. The run will be followed by a session of yoga, and then a mindful meditation, led by The Yoga Shack, one of the businesses at Waterside Place. Sponsorships and vendor spots are available and can be purchased at [LWRmindfultri.com](http://LWRmindfultri.com).

While we are all winning when we prioritize our personal wellness, those of you with a competitive side will have the opportunity at prizes that will be distributed in the following categories: top male and female overall finishers, top masters male and female finishers, top grand masters male and female finishers, and top U18 male and female finishers.

After the race, enjoy the post-triathlon celebration while socializing with attendees and enjoying healthy refreshments.



What should you bring with you to the Mindful Triathlon? Don't forget your walking or running shoes, water bottle (water will also be available at the event and throughout the race course), yoga mat, hat, sunglasses, and family or friends! Register while spots are still available today at [LWRmindfultri.com](http://LWRmindfultri.com). Email [info@lwrca.org](mailto:info@lwrca.org) with any questions, concerns, or general inquiries.

Interested in volunteering at our events? Email [info@lwrca.org](mailto:info@lwrca.org).

## BOOFEST ON LAKEWOOD MAIN STREET

BooFest is back on Lakewood Main Street from 6-9 p.m. Oct. 28! Join us for not-so-spooky, family-friendly Halloween fun including trick-or-treating, food and dessert trucks, entertainment, and even get your fortune told! This event is free to the public. Costumes are encouraged and children will have the opportunity to walk across stage to showcase their costume in our kids' costume parade. Interested in volunteering or have a general question/inquiry? Email us at [info@lwrca.org](mailto:info@lwrca.org).



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# AROUND THE RANCH



## Lakewood Ranch Weathers Hurricane Ian

By Ernie Soller  
Community Correspondent

**DID YOU SEE IT?  
WE MADE THE  
WEATHER CHANNEL!**

On Wednesday evening of Sept. 28, Chris Bruin, Weather Channel meteorologist, was broadcasting live from Lakewood Ranch Main Street. He was standing in the middle of the street, right in front of Paris Bistrot, and, when the camera panned, you could see the Lakewood Ranch Information Center, Ed's Tavern, and the Lakewood Ranch Cinemas in the background.

He was talking about the amount of rain coming down from Hurricane Ian, but he also made numerous comments that should make a lot of Lakewood Ranchers at least a little bit pleased. He noted that the Main Street area had power – and that part of the reason for that was the fact that power lines were underground. He lauded the master-planned aspects of the community.

So maybe we can think of ourselves as being “lucky” because in Lakewood Ranch, almost all power lines are underground. It also means that the chances of a power line being hit by a falling tree limb in Lakewood Ranch are pretty slim.

Having said that, I surveyed the Ranch right after the storm – there were more than a few fallen tree limbs in our community, courtesy of Hurricane Ian.

In the Lakewood Ranch Country Club, several large older trees along Masters Avenue, adjacent to the golf course, lost limbs. Being older trees, some of them may have had weak areas that contributed to their demise. The limbs that had been downed by Ian had been cut up and were removed from the

pavement, so that cars could move along the road.

As for Lakewood Ranch Main Street, the entire area was free of debris, and stores and restaurants were open!

Along Lakewood Ranch Boulevard there were generally a lot of small branches, small pieces of palm tree debris, and a whole lot of leaf litter in every area of gutter on every street. Also, our community has lots of speed limit, street identification, informational and other signs which are mounted on square white plastic posts; some were no match for Ian.

It would be appropriate to give a big “Thank you” to the people who came out to get our community cleaned up after the storm. Yes, there were piles of debris along the streets. But those piles proved that the cleanup had already begun, and that soon, they would be picked up, either by Manatee County, by Lakewood Ranch’s own operations staff, or by the commercial contractors who work for our districts.

As I drove along 44th Street East, I noticed two crews from the CEPRA landscaping company, cleaning up debris and downed vegetation. Thanks, guys!

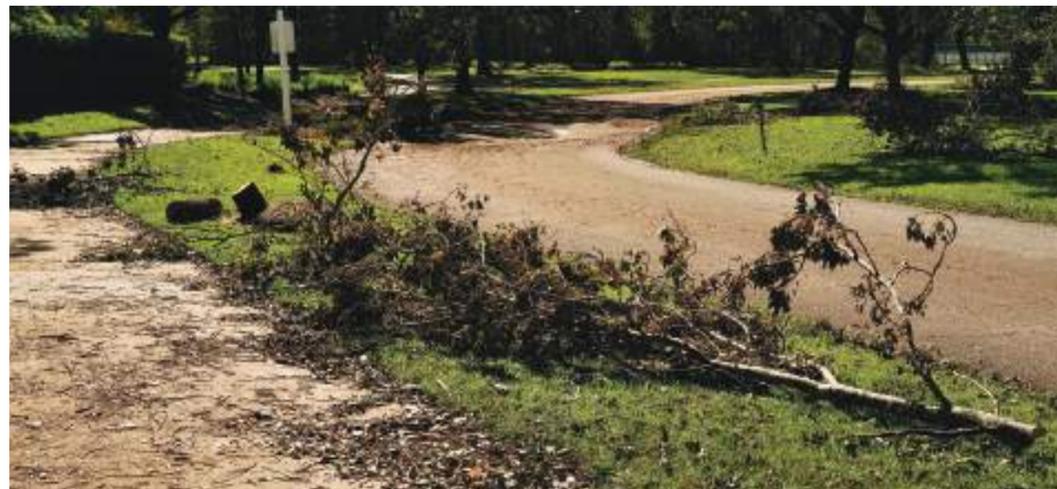
Ranchers helped friends and neighbors with cleanup, supplies, power, and camaraderie.

Residents of and visitors to The Ranch immediately rallied to also help those to the east and south who bore the brunt of the storm. Countless supply drives, monetary donations, and volunteer hours were, and continue to be, given to our neighbors in need.

So much to be thankful for ... so much to share.



PHOTOS BY ERNIE SOLLER



# Chronic Inflammation and Brain, Mind, Body Health

By Stephanie Peabody, PsyD, HSPP, Neuropsychologist

The BHI is following up on many questions received from the community about the June 2022 *Around the Ranch* article on inflammation and nutrition.

## Q. WHAT IS INFLAMMATION?

**A.** Inflammation is an essential part of our body's infection-fighting defense system, supporting our survival by fighting off hostile microbes and healing our injuries, including reducing risk of brain illness, inclusive of dementia.

But there is another, more gradual, subtle, and harmful type of inflammation that is important to know, prevent, and take action on.

Low-grade chronic inflammation, the kind that stealthily simmers for years without our knowledge, can affect almost anyone — and contribute to many chronic diseases, including brain illness. Surprisingly, three out of five people around the world die from a disease that has been linked to inflammation.

This is one of the reasons why the faculty and researchers of the Brain Health Initiative (BHI) eagerly encourage a brain healthy lifestyle to decrease incidence of chronic inflammation, a significant risk factor of brain, mind, and body illness and disease.

Highly effective, evidence-based strategies can be integrated into your lifestyle to reduce low-grade inflammation BEFORE it has a chance to compromise your brain, mind, and body health.

When you cut a finger, the resulting inflammation is rapid and obvious. Deep inside your brain, inflammation can be more gradual and much harder to detect. Yet the effects of long-term inflammation on the brain can be much more destructive than a visible finger injury.

Researchers have linked brain inflammation to the development of neurodegenerative conditions like Alzheimer's and Parkinson's, as well as to mental health conditions including depression, anxiety, and schizophrenia. Now they are trying to understand what mechanisms underlie the connection, and how combating inflammation might protect this vulnerable organ.

## Q. WHAT IS THE BRAIN'S DEFENSE SYSTEM AGAINST INJURY OR INFECTION?

**A.** For protective purposes, the brain has a different set of defenses than the rest of the body. Because an all-out assault by the immune system against bacteria or toxins could prove devastating to sensitive brain and nerve tissues, brain immunity takes a decidedly gentler approach. Yet when the injury is extreme, such as in the case of a stroke, the inflammatory response may be more severe and more closely resemble the response elsewhere in the body.

The brain's immune system is termed the neuroimmune system. Its first line of defense is the blood-brain barrier, which separates the blood coursing through blood vessels of the brain from the surrounding cells and tissues. In the brain, the barrier is porous. It allows in oxygen, glucose, and other nutrients the brain needs, but it bars entry to germs and toxins in the bloodstream that might damage brain cells.

There are other lines of defense in the brain, including microglia. Microglia are the central players in the inflammatory



response in the brain (neuroinflammation). As in the rest of the body, this process was intended to serve as a protective mechanism. But when the activation of microglia is significant (such as after a traumatic brain injury or stroke) or when it becomes chronic (as in the case of an illness like Alzheimer's disease or multiple sclerosis), the inflammatory substances that are released can have detrimental effects, and may ultimately lead to cognitive decline (dementia) and depression. Microglia have also been implicated in other neurodegenerative disorders, including Parkinson's disease.

The formation of beta-amyloid plaques appears to initiate an immune response within the brain tissue. Microglia cells amass around the plaques in an attempt to eradicate the unwanted protein and clear away damaged cells. But unlike a virus or bacteria, plaques are not easily vanquished. They persist and continue to tease the immune system into constant and unrelenting action. As the battle persists, cytokines and other inflammatory chemicals continue to be released, inflicting collateral damage on healthy brain cells.

Inflammation also boosts the activity of a substance called beta-amyloid cleaving enzyme, which in a vicious cycle ramps up beta-amyloid production. Inflammation also leads to the accumulation of another abnormal protein called tau. Tau is a structural component of cells that helps stabilize the microscopic tubes (called microtubules) that allow for the transport of molecules from one end of the cell to another. In Alzheimer's disease, however, tau collapses into threads that eventually form tangles. These tangles further interfere with the neurons' ability to communicate.

## Q. WHAT CAN YOU DO TO BOOST YOUR IMMUNE SYSTEM AND FIGHT INFLAMMATION TO PROTECT YOUR BRAIN HEALTH AND REDUCE RISK OF BRAIN ILLNESS, INCLUDING DEMENTIA?

**A.** Start taking these steps today:

### EAT A BRAIN HEALTHY ANTI-INFLAMMATORY DIET

As was discussed in the June 2022 *Around the Ranch* article and in her book (*This is Your Brain on Food*) Uma Naidoo, MD, BHI's chief health officer and director neuronutrition, shares that your diet plays an important role in igniting chronic inflam-

mation. One reason lies deep inside your gut. Digestive bacteria release chemicals that impact inflammation for better or worse. The types of bacteria that populate your gut and their chemical byproducts vary according to the foods you eat. Some foods encourage the growth of bacteria that stimulate inflammation, while others promote the growth of bacteria that suppress it. Dr. Naidoo suggests plant-based foods and healthy protein sources, as well as specific elements (e.g., fatty fish, fruits, vegetables, oils, spices, nuts, and seeds) that help to reduce inflammation. She also suggests minimizing highly processed foods, which can contribute to inflammation.

### BRAIN HEALTHY (ANTI-INFLAMMATORY) DIET

**Vegetables.** Most brightly colored vegetables naturally contain high levels of protective compounds. Green, leafy vegetables like spinach, kale, collard greens, and broccoli contain antioxidants that protect cells from the damaging effects of free radicals. Onions are a rich source of anti-inflammatory polyphenols. Lycopene, a nutrient in tomatoes, may help reduce the inflammation that contributes to cancer growth and spread.

**Fruits.** The same chemicals that give berries and other fruits their brilliant hues also imbue them with nutrients. When choosing fruits, the more color in your basket, the better. Berries, including strawberries, blueberries, and raspberries, are an especially rich source of antioxidants and anti-inflammatory chemicals.

**Nuts and seeds.** Nuts are nutritional powerhouses. They provide protein, fiber, and antioxidants. Some varieties of nuts and seeds are also high in alpha-linolenic acid, a type of omega-3 fatty acid.

**Fatty fish.** Fatty fish such as salmon, sardines, anchovies, and mackerel offer healthy doses of the omega-3 fatty acids eicosapentaenoic acid and docosahexaenoic acid, which have long been known to reduce inflammation. The power of omega-3s in combating inflammation lies in their ability to disrupt cytokine production, which is key to the body's inflammatory response. Because omega-3s can cross the blood-brain barrier, they may even help lower inflammation associated with Alzheimer's disease and reduce the risk of stroke.

**Healthy oils.** Oils are another abundant source of unsaturated fatty acids, provided you choose them wisely. The best anti-inflammatory oils are olive oil, walnut oil, and flaxseed oil, which may help lower cholesterol and heart disease risk.

**Beverages.** What you drink can also influence levels of inflammation in your body. Coffee contains polyphenols and other anti-inflammatory compounds. It's a healthy drink, provided you don't load it up with cream and sugar. Green tea is also rich in both polyphenols and antioxidants.

Not surprisingly, foods that contribute to inflammation are the same ones that are generally considered bad for other aspects of health. These include sodas and refined carbohydrates (like white bread, sugar-filled lattes, and cake), as well as red meat and processed meats (hot dogs, bologna). In addition, certain components or ingredients in processed foods, like the emulsifiers added to ice cream, may have effects on inflammation.

BRAIN FROM PAGE 14

## MOVE TO FIGHT INFLAMMATION

Increase active lifestyle and decrease sedentary lifestyle. The couch potato lifestyle has been linked to a number of chronic health risks, including brain illness. Several studies have also associated a sedentary way of life with increased inflammation. In much of the research, it's been hard to tease out whether inflammation is the direct result of sitting too much, or whether it comes from problems that are often part and parcel of a sedentary lifestyle, such as obesity, high blood sugar, or a poor diet. But a study in the journal PLOS One found elevated levels of the pro-inflammatory cytokine interleukin-6 (IL-6) in people who spent a lot of time sitting, even after the researchers adjusted for these related factors. This finding suggests that a sedentary lifestyle may have a direct effect on inflammation, underscoring the need to get up and move around throughout the day.

Surprisingly little aerobic exercise is needed to lower inflammation levels—and too much exercise may actually be an inflammatory response. One important factor that is often under-recognized about exercise is that it helps fight low-grade chronic inflammation. Before starting or ramping up an exercise program, you should speak with your doctor and fitness trainer, especially if you've undergone surgery recently, have musculoskeletal problems, or have a major disease like heart disease. If you work out on a regular basis and know your limits, however, the effects should be overwhelmingly beneficial.

Exercise of all types is good. The point is that you need to do it regularly and observe basic precautions to avoid injury.

**GET ENOUGH SLEEP.** Up to 70 million Americans are chronically sleep-deprived. The lack of sleep has reached epidemic proportions, according to the CDC. Sleep deprivation is a consequence of our faster-paced and technology-dependent lifestyles. The combination of work stress and the blue-lit technology (cellphones, computers, and tablets) we bring with us into the bedroom prevents us from getting enough restful slumber. For 50 million Americans, the primary sleep disrupter is a disorder like chronic insomnia, sleep apnea, or restless legs syndrome. Studies have shown that lost sleep produces changes to inflammatory cytokines and other markers of inflammation. When the circadian rhythm gets out of whack because we are not sleeping enough, immune function (along with the rest of the body) is affected too.

Anyone who has spent the overnight hours desperately trying to sleep knows the foggy and grumpy next day can bring. Yet the hazards of poor sleep go far beyond a cranky mood and reduced productivity and creativity. Getting fewer than the recommended hours of sleep nightly has also been linked to a higher risk for brain illness and other chronic conditions, including cardiovascular disease, high blood pressure, diabetes, weight gain, and memory issues. Inadequate sleep—less than seven hours per night—appears to be especially hazardous to brain and heart health. Part of the reason for these health risks is a rise in blood levels of inflammatory substances in poor sleepers. Even a single night of insufficient sleep is enough to disturb your system and spark inflammation, which underscores the need to get into a good sleep routine.

**STOP SMOKING.** Kicking the habit can result in a dramatic reduction in inflammation levels within just a few weeks, experts say. Beyond its contributions to cancer, lung disease, and a host of other health problems, smoking is a known accelerator of inflammation. The action of lighting the end of a cigarette generates a witches' brew made up of thousands of chemicals, many of which are toxic to human cells and tissues. The good

news is that a few years after a person stops smoking, blood levels of C-reactive protein (CRP) and other markers of inflammation drop.

**LIMIT ALCOHOL USE.** When it comes to inflammation, alcohol can be either your friend or enemy, depending on how you use it. You may have read that moderate alcohol use (one drink daily for women, and one to two drinks for men) reduces the risk of developing diseases linked to inflammation, like dementia, heart disease and arthritis. A daily glass of wine does appear to lower markers of inflammation, including CRP, IL-6, and TNF. Yet the key word is “moderation.” Drinking in excess can have the opposite effect, altering the immune system in a way that stimulates the production of pro-inflammatory cytokines. Heavy drinking has been linked to many of the same diseases inflammation promotes, including dementia, high blood pressure, stroke, and cancer.

**CONQUER CHRONIC STRESS.** Chronic stress can spark the development of inflammation and be a risk factor for brain illness and cause flare-ups of problems like rheumatoid arthritis, cardiovascular disease, depression and inflammatory bowel disease. Stress is similar to inflammation in that it can be helpful in small amounts, but detrimental when allowed to continue long-term. A certain amount of stress helps you succeed, pushing you to study hard for a test or meet a deadline at work. But too much of it can damage your health. The continuous rush of cortisol eventually makes your tissues and immune cells less sensitive to its effects. As a result, cortisol becomes less effective at regulating the inflammatory response, and inflammation can spiral out of control.

## IT IS NEVER TOO EARLY AND NEVER TOO LATE TO INITIATE A BRAIN HEALTHY LIFESTYLE

Whether you're aiming to prevent dementia, or other health conditions connected to chronic inflammation, the sooner you incorporate these steps into your life, the better! Alongside BHI's longitudinal research, the Brain Health Legacy Study Phase 2, launching in fall 2022, the action-oriented, community engagement focus of the Brain Health Initiative's effort to build Brain Healthy Communities, is on how to translate science into usable knowledge to increase access, availability, and adoption of healthy lifestyle behavior. This speaks to the BHI's effort to educate, empower, engage and elevate our community with how to get started on a brain healthy lifestyle, an anti-inflammatory routine.

## INITIATING A BRAIN HEALTHY LIFESTYLE

As with any habit or healthy routine, living a brain healthy lifestyle, and therefore combating inflammation, is best started early in life. The sooner you adopt a predominantly brain healthy diet, incorporate physical activity and exercise into your daily routine, decrease sedentary behavior, get a handle on your sleep, address your everyday stressors, engage meaningfully with others, and participate in brain training, the less time harmful substances will have to accumulate in your body and increase your risk for chronic inflammation and associated diseases. Incorporating the strategies discussed above into your daily life will gradually become so routine that in time, you will engage in them without



having to consciously think about what you eat or whether you are going to exercise—these activities will simply have become very good, brain, mind, and body healthy habits.

The BHI's Brain Health vital signs screener is one tool you can use to proactively gauge your current brain health. The screener asks questions about your current health condition, pre-existing conditions and key lifestyle factors (e.g., sleep, physical activity, nutrition, stress resilience) that can be addressed to improve your brain health. You will receive a separate score for each of 10 lifestyle factors that can impact your brain health and performance. These are considered protective factors because they can counteract risk factors, and you have control over them. These factors can be improved through sustained lifestyle changes.

If you've been following a pro-inflammatory lifestyle for decades and are struggling to break the cycle, a visit to your primary care provider for a check-up can be helpful. Go over your diet, exercise, sleep, and other lifestyle habits to identify areas for improvement. Assess your family history for potential brain illness risks like heart disease, diabetes, or autoimmune disease that could be in your future. And make sure you've had all of the routine tests that could highlight a potential problem, including tests for high blood pressure, cholesterol, and blood sugar.

Remember that brain healthy living, anti-inflammatory living, is a process. It can take time for you to adjust to a new and healthier routine, especially if you're fond of eating fast food, spending a lot of time on the couch, or smoking. Work incrementally, making small changes that you can manage. If you are new to exercise, walk 10 minutes a day for the first couple of weeks, then increase the time to 20 minutes, and then 30 minutes. Swap out one order of French fries for a salad each week, then replace one soda with a glass of sparkling water. As you make improvements to your lifestyle, check back in with your doctor. Once you see how these adjustments have affected your brain, mind, and body health, your vitality, and performance in the form of lowered blood pressure, better cholesterol levels, healthier weight, reduced markers of inflammation, and improvements in thinking, memory, energy, sleep and in conditions and diseases like depression, diabetes and arthritis, you will realize that the results were well worth the effort.

*For more information about the Brain Health Initiative or to learn more about how you can become involved in Schools for Brain Health, brain health programming, participate in the Brain Health Legacy Study, nominate a Brain Health Scholar, or live a brain healthy lifestyle, please visit [brainhealthinitiative.org](http://brainhealthinitiative.org).*

# Lakewood Ranch Garden Club's Yard Sale Returns

The annual Lakewood Ranch Yard Sale is returning on Saturday, Nov. 5! This community-wide event in the participating neighborhoods of Summerfield, Riverwalk and Greenbrook is sponsored by the Lakewood Ranch Garden Club. The Garden Club will purchase signs and pay for the advertisements as a community service. Your \$5 permit fee helps pay for advertisements in local papers, and for yard signs placed on State Road 70, University Parkway, Lakewood Ranch Boulevard, and side streets, for those who have registered ahead of time. Signs are posted at entrances to Summerfield, Riverwalk, and Greenbrook.

If you live in the participating neighborhoods, please visit [myLWR.com](http://myLWR.com) or email [info@lwrca.org](mailto:info@lwrca.org) to receive the required registration form. Make checks payable to LWR Garden Club.

Please return the registration form by 4 p.m. Wednesday, Nov. 2 to Town Hall, 8175 Lakewood Ranch Boulevard, to ensure your



neighborhood/street receives a sign. For more information, contact Penny Kress, (443)716-8189, concerning the Fall Lakewood Ranch Community Yard Sale.

## GARDEN CLUB NOVEMBER MEETING

Interested in gardening? Now is a great time to become a member of the Lakewood Ranch Garden Club! Join now and attend the special November meeting, where members will fill and decorate festive holiday mugs that are then delivered to Meals on Wheels PLUS of Manatee, where they are added to the client meals. Additionally, Garden Club will assemble about 100 gift bags with personal items such as toothbrushes, soaps, shampoo, etc., to be delivered to Stillpoint Mission to be added to the food bags distributed. Get into the holiday spirit while spreading joy to the community and socializing with the members of LWR Garden Club! To join the club, go to [myLWR.com](http://myLWR.com) and head to the "Groups and Clubs" section. You may also email [info@lwrca.org](mailto:info@lwrca.org).

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# Your LWR Story

By Maggie Milne

**M**eet Dr. Kinga Porter, vice president of the Manatee County Medical Society. Dr. Porter was born and raised in Poland. In 1992, she moved to the United States, settling in Tennessee. Over time, she lived in various cities and states throughout the country.

When it came time to pursue higher education, Porter chose to apply to the medical school at LECOM, located just off Lakewood Ranch Boulevard. Porter recalls looking out the front windows of the school and seeing acres of land, which back then was home to many cows. Porter moved away from the Lakewood Ranch area for her medical residency in Michigan, and in New York state. She soon realized that the northern climate was too cold for her, so she chose to pursue a career and home in a warmer area.

So, why did she choose Lakewood Ranch? Having received an offer from a medical practice located in The Ranch, she returned and established her career with her local employer. After much success as a member of a medical group, Dr. Porter opened her own medical practice in Lakewood Ranch. What she loves about her return to the area is a year-round warm climate, easy access to beaches, the multi-generational community, as well as how much Lakewood Ranch had grown and changed since she attended LECOM.

Dr. Porter now lives across from LECOM in Central Park. Since returning to Lakewood Ranch, she has been busy starting her family, raising her children, getting out for community events like Music on Main and the Farmers' Market, and biking along trails and through Lakewood Ranch. Of course, she and her family venture to local beaches as time permits.

Dr. Porter stays busy! Her family life is filled with the activities of two children in elementary school, and doing life around the house with their dog and indoor hobbies. She spends her free time at her children's swim practices and competitions, gymnastics classes, piano, and violin lessons. The commute to school is simple and short, riding their bikes to and from the elementary when the weather permits.

Dr. Porter is one of those people who cannot comprehend the concept of "idle time." When not doing everything she does with and for her family, she dives into DIY projects such as building her own fireplace and wallpapering her home.

Then there is her Lakewood Ranch professional life. Being owner of her own business, and primary physician within it, she works long hours weekly. When not meeting with her patients at her own of-

fice, she maintains her hospitalist role throughout the region.

Dr. Porter shared a few of the reasons she loves Central Park. She loves her neighbors, and children nearby who her kids have fun playing with. She and her family enjoy the village events, food truck nights, and live music. Dr. Porter describes

her patients. Although the homes and amenities of new villages are exciting. Dr. Porter says she loves her Central Park so much, she cannot imagine moving. She plans to stay put both in Lakewood Ranch and in Central Park.

Dr. Porter's medical practice recently moved to Lake Osprey Square. She and her staff are



Central Park as the perfect balance of multiple generations residing in one village. She considers Central Park to be the reflection of what the Lakewood Ranch multi-gen community concept intends to offer residents.

Health and wellness are the essence of Dr. Porter's personal and professional life. She and her family embrace living a happy, energetic, and top-quality lifestyle. Her "life lens" focuses on all that supports longevity, living to be at least one hundred years healthy. That's a goal for herself and her loved ones, and she wants that for her patients as well.

The ongoing growth excites Dr. Porter. In her opinion, the more growth, and the more new activities, restaurants, and shops, the greater the community appeal and convenience of life in Lakewood Ranch. Of course, with the new growth comes her chance to serve more people and assist with the health and wellness of

grateful to serve current and new patients. She thrives when educating the community about longevity and how to maximize quality of life, collaborating with local and regional professionals across the health and wellness spectrum.

For more information about Dr. Kinga Porter, check out her business website [wholehealthlwr.com](http://wholehealthlwr.com)

*We would like to share Your LWR Story!*

*Include who you are, why you chose Lakewood Ranch, your Lakewood Ranch life now, and what excites you about your Lakewood Ranch future.*

*Send Your LWR Story and photos to [yournlwrstory@lakewoodranch.com](mailto:yournlwrstory@lakewoodranch.com).*

## SUPERVISORS FROM PAGE 9

County has put the proposed traffic light at Clubhouse Drive and Lakewood Ranch Boulevard on hold for now. District 1 board chairman Alan Roth noted that this light needs to happen because residents really want it.

## LANDSCAPING SERVICES

The District 1 board voted to terminate the services of Down to Earth Landscaping due to lack of performance, along with many complaints from residents about the recent quality of Down to Earth's service.

## LITTLE FREE LIBRARY

What started as a Girl Scout project was picked up by Lakewood Ranch Community Activities; meet the Little Free Library.

The District 1 board voted to allow the placement of Little Free Library boxes in the district. These will be administered by Lakewood Ranch Community Activities.

Little Free Library boxes are small boxes that contain books, which are donated by residents. Pick up a book. Drop off a book. It's a fun thing for the neighborhood.

## DISTRICT 2

Executive director Zielinski reported that road work had been completed in the District.

A representative from Legacy Golf Club presented the District 2 board with plans for 48 3-bedroom/2-1/2 bath townhomes to be built on Legacy Golf Club property. Apparently the County has given initial approval for the project, but has not granted building/construction permits as yet. The developer's representative noted that wetlands will not be impacted by this project.

## GATES AND ROADS

Resident Les Prysock came to the District 2 board meeting and demanded immediate action to privatize the roads in the Country Club, commenting that the area should be a "gated community and not a community of gates." He requested a letter from Attorney Andrew Cohen regarding how this could be accomplished.

Cohen replied that at the present time, there is no way to accomplish this without changes

in federal tax rules and/or state laws.

Supervisor Tom Green asked for a current reading from Cohen on the matter.

Supervisor Mike Finney noted that there had been some pig damage in the Edgewater, mainly in a preserve area. Board chairman Pete Bokach commented that District 6 has been using some sort of electronic buzzer to deter deer from congregating on the golf course, and that such a device could be used to deter pigs.

## DISTRICT 4

The District 4 Board approved the setting up of Little Free Library boxes in the district.

## DISTRICT 5

Landscaping company CEPRA has expressed an interest in acquiring a local spot to place some of their equipment.

## DISTRICT 6

The District 6 Board held a long discussion regarding what could be done to mitigate increased traffic, lights, and noise resulting from the reconfiguration of the Balmoral gate house layout. The board received a complaint from a new resident who purchased his property prior to the reconfiguration, and now is dealing with issues resulting from that work. The board finally asked the operations staff to consult with West Coast Landscaping to see what changes could be made to the plantings along the resident's lot so as to mitigate the situation.

## SEWERS

Manatee County has finally approved the sewer turnover to the County in District 6.

Supervisor Henry Hofeler noted that the district should get a reading from Manatee County as to exactly what the County needs to approve turnover of the potable water system to the County, so as to avoid any miscues and get this done as soon as possible. Executive Director Zielinski stated that he would reach out to the County on this matter.

Supervisor Sandra Keenan offered the comment that the district probably doesn't need actual gate guards anymore, as this function could be accomplished via the kiosks, at a large savings in cost.

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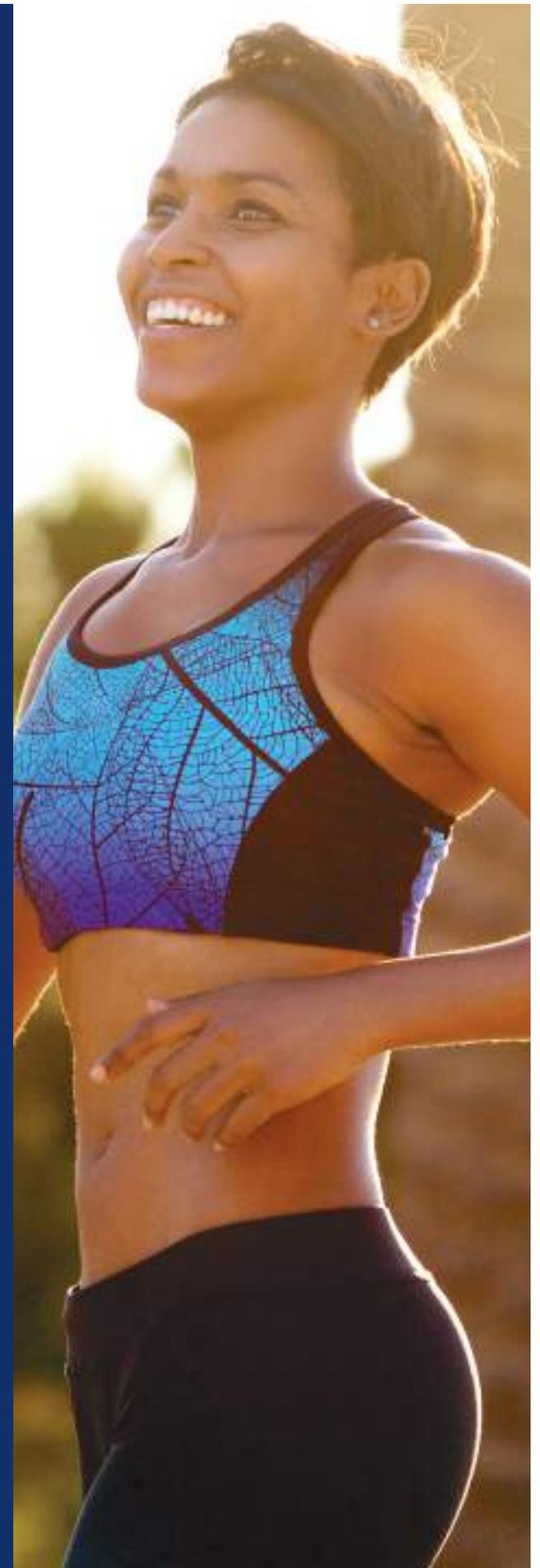
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LAKWOOD RANCH



## ASK THE DOCTOR

# Screening Mammograms Could Save Your Life

By Dr. Joel Hallam

October is Breast Cancer Awareness Month, and there's no better time to get screened with a mammogram. If COVID-19 stopped you from getting a mammogram in recent years, now's the time to do so.



According to the American Cancer Society, more than 230,000 women in the U.S. will be diagnosed with invasive breast cancer each year, with more than 39,500 American women dying from the disease. Breast cancer is the most common form of cancer among women in this country other than skin cancer, and is the second leading cause of cancer death in the nation, following lung cancer. As reported in 2019, in Florida alone, 18,836 breast cancer cases were reported.

"We recommend that women begin monthly self-exams and regular clinical breast exams at age 20, and annual mammograms starting at age 40," said Joel Hallam, DO, board-certified obstetrician/gynecologist with Lakewood Ranch Medical Group.

## MORE ACCURATE SCREENING: 3D MAMMOGRAPHY

In recent years, the death rate among women diagnosed with

breast cancer has been steadily declining, the result of earlier detection and better treatment methods. Regular screenings can help detect breast cancer in its earliest stages, when it is most treatable, and can help women increase their chance of surviving the disease.

The Breast Center at Lakewood Ranch Medical Center, a designated Breast Imaging Center of Excellence by the American College of Radiology, offers 3D mammography, which detects more cancers, and earlier, than 2D mammography.

"With 3D, the images are produced in seconds rather than minutes and we have the option to zoom in for a close-up view of specific areas," Dr. Hallam said.

The Breast Health Center is now located in Medical Office Building 1, 8340 Lakewood Ranch Boulevard, Suite 160, on the Lakewood Ranch Medical Center campus.

To schedule an appointment, call 941-782-2264. Appointments can usually be scheduled within 48 hours, Monday through Friday, 8:30 a.m. - 4:30 p.m.



*Physicians are on the medical staff of Lakewood Ranch Medical Center, but, with limited exceptions, are independent practitioners who are not employees or agents of Lakewood Ranch Medical Center. The hospital shall not be liable for actions or treatments provided by physicians.*

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## October Programs at Chabad of Bradenton & Lakewood Ranch

Please note that all events will take place at the Chabad House at 5712 Lorraine Road, or at the virtual Chabad House at [chabadofbradenton.com/zoom](https://chabadofbradenton.com/zoom), unless otherwise noted.

### Talmud Classes

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

*At the Chabad House and via Zoom*

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

### Torah Studies

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

*At the Chabad House*

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

### Weekly Shabbat Services

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

*At the Chabad House*

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

### Tanya Class

**Thursdays, 9-9:30 a.m.**

*At the Chabad House and on Zoom*

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

### CTeen Friday Night Dinner

**Friday, Oct. 28, 6:30 p.m.**

*Meet at the Chabad House*

Join CTeen LWR at the home of Rabbi Mendy and Chanie Bukiet for a Shabbat meal filled with delicious food, games, discussion, and song! Cost is \$18, or free for CTeen members. CTeen annual membership is \$200.

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



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## THE (PET) DOCTOR IS IN!

By Erin Siems, DVM

It's that time of year again. The license plates are changing colors as the snowbirds return. We are finally getting a break from the humidity and settling into the holiday season. As Halloween approaches, there are some things to keep in mind for our furry friends.



friends. The constant ringing of door bells, shadows seen out the front door or windows and spooky music around the neighborhood can be difficult for some pets to deal with. You may want to consider sitting outside (with some bug spray) if you are giving out candy. Bring friendly dogs with you if they will enjoy the scene. Let the shyer ones stay inside and not be bothered. Always keep kitties inside around Halloween time for their safety. With a few considerations, we can make sure everyone enjoys the holiday.

*Dr. Erin Siems graduated from Ross University School of Veterinary Medicine in 2010, and has enjoyed working in both general practice and emergency care. She has been practicing in the Lakewood Ranch/Bradenton area for the past seven years. She enjoys general practice because it gives her the ability to build relationships with her patients and their families. Dr. Siems opened her own practice, Big Paws Animal Hospital in Lakewood Ranch, in May 2020. Email pet questions to [reception@BigPawsAnimalHospital.com](mailto:reception@BigPawsAnimalHospital.com).*

Candy can cause anything from an upset tummy to toxicity in dogs and cats. Most people know that chocolate is bad for dogs but did you know that too much chocolate can be deadly? In general, the darker the chocolate, the more toxic it is for the pet. Chocolate is not the only problem though. There are other candy pitfalls that can be less known. These include raisins, some nuts and "sugar free" candies and mints that contain xylitol. Plastic/goodie bags also pose a potential choking or obstruction hazard.

Costumes for dogs and cats can be fun and adorable for some of us. While some pets enjoy getting dressed up, others can get very stressed. Always monitor your pet's reaction to the costume and try it out before the big day. Be cautious of costumes that are restrictive, avoid masks that will affect their vision or breathing and be aware of small pieces that can be eaten. Remember, sometimes the best costume is a birthday suit (four-legged family members only, please)!

In general Halloween can be a scary and stressful for our fur



### COOPER & SHELDON

Cooper is a 2-year-old neutered male. He is dominant, playful and loves to snuggle with a human whether it be on the couch or in bed. Sheldon and Cooper have been together forever and Sheldon is a 7 year-old male who only loves wet food and is also very affectionate. They are not so crazy about other cats but get along really well together. They are fully vaccinated and microchipped. No adoption fee for the right home.



[www.duetanimalrescue.org](http://www.duetanimalrescue.org)  
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**Meals on Wheels PLUS**  
OF MANATEE



# EMPTY BOWLS

## HELP FIGHT HUNGER IN MANATEE COUNTY!

Your support of Empty Bowls will help children, families, and seniors in need, right here in our community. All proceeds benefit The Food Bank of Manatee, a PLUS program of Meals on Wheels PLUS of Manatee. Now, more than ever, we need the support of the community. Guests who attend Empty Bowls select a beautiful, handcrafted bowl to keep and enjoy soup, bread, and dessert donated by local restaurants.

**TICKETS\***

**\$30**

General Admission

**\$50**

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\*Prices listed are prepurchase prices. General admission tickets will be \$35 on the day of the event. VIP tickets are limited and will be \$60 on the day of the event.

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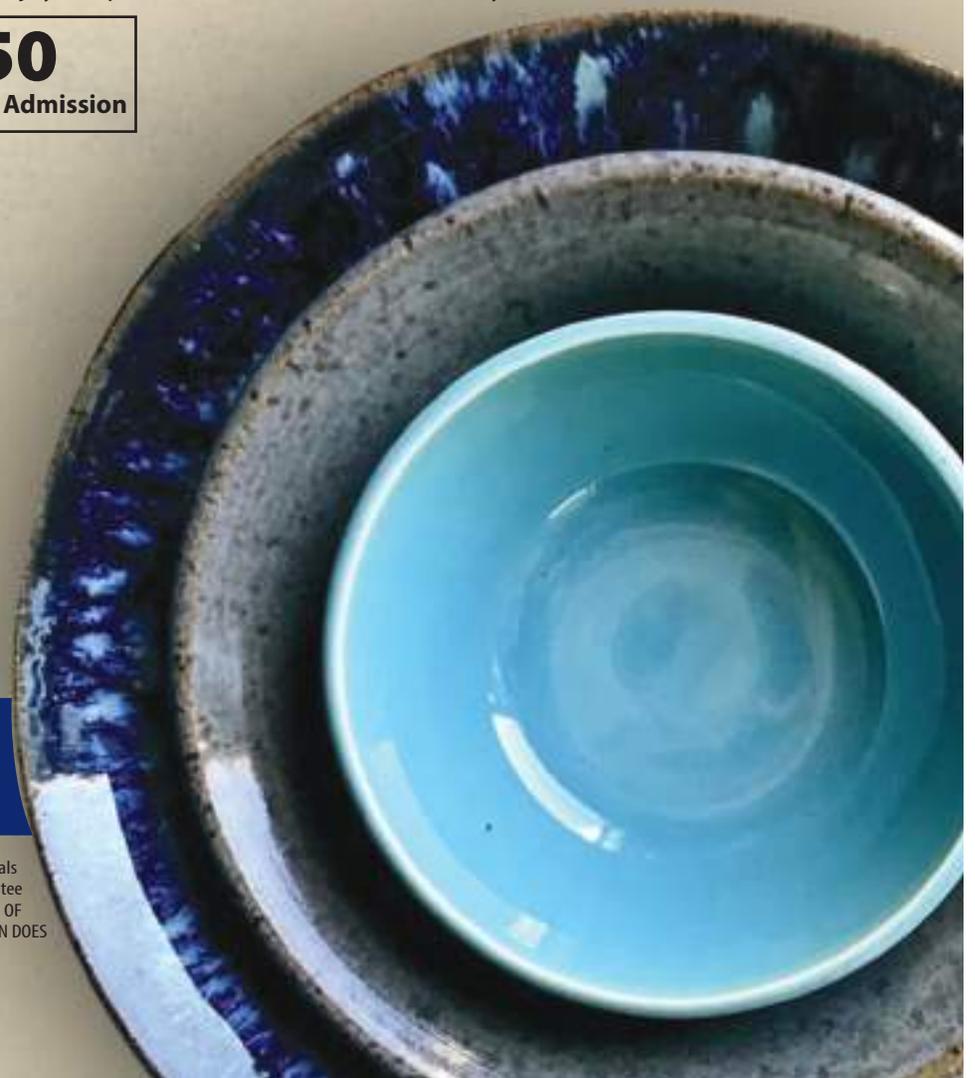
**Friday, November 4th • 11am-1pm**

**Lakewood Ranch Main Street**

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For Tickets, Visit  
**MealsOnWheelsPLUS.org/EmptyBowls**

Funds donated in excess of need will be used to provide nutrition and caring, supportive services throughout the year. Meals on Wheels PLUS of Manatee is a 501 (c)3 organization. The Florida Registration Number for Meals on Wheels PLUS of Manatee is #CH1420. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL FREE 800-435-7352 OR AT WWW.800HELPFLA.COM WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.



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