

# Around the Ranch

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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, AUGUST 17, 2022



**BEAT THE HEAT WITH NEW OFFERINGS AT THE MARKET** – Sundays continue to start fresh with The Market at Lakewood Ranch's Waterside Place. New vendors have joined the mix, so bring the family and come out for a day of shopping and fun in the sun! For more information see pages 12-13. Photo by Ryan Angell

## INSIDE:

**NEW ALDI STORE  
IS FIRST IN LWR**

Page 6

**COMMUNITY  
ACTIVITIES**

Page 10

**RETHINKING ITALIAN  
PINOT GRIGIO**

Page 18



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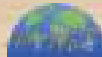
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## CONTACT INFORMATION

### Editor:

Lisa M. Barnott  
lisa.barnott@lakewoodranch.com

### Contributing Writer:

Ernie Soller  
efsoller@hotmail.com

### Proofreaders:

Sue Chaney  
Chris Westlake

### Community Programs:

Keith Pandeloglou  
keith@lwrcac.com

### Graphic Designer:

Kim Collister  
kcollister@localiq.com

### Editorial Board

Lisa M. Barnott, Rex Jensen, Sue Chaney

### Phone Numbers

**Community Services Town Hall:**  
941-907-0202

**LWR Common Area:**  
Maintenance Requests, 941-727-0899

**Lakewood Ranch Medical Center:**  
941-782-2100

**Manatee County Government:**  
941-748-4501

**Sarasota County Government:**  
941-861-5000

**Lakewood Ranch Post Office:**  
941-758-3537

**Community Website:**  
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Around the Ranch offices are at 14400 Covenant Way, Lakewood Ranch, FL, 34202. The editorial phone number is 941-757-1542. The e-mail address is aroundtheranch@lakewoodranch.com.

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# New Aldi Store is the First in Lakewood Ranch

## Germany-Based Chain Is Known for Low Prices and Less Frills

By Ernie Soller,  
Community Correspondent

Are you ready for a different grocery shopping experience? Are you ready for a store that won't ask "paper or plastic?" because they don't provide either form of bagging?

Well, get ready for a twist on the "average" American grocery store, because that's what you'll get when you shop at the new Lakewood Ranch Aldi store, located on the southeast corner of University Parkway and Lorraine Road, right between Starbucks and Chase Bank.

If you are used to lots of personal service, having your purchases bagged up for you and perhaps getting assistance in hauling your week's worth of items out to your car, you may find that Aldi is not your cup of tea.

However, if you don't mind paying a quarter for the use of a grocery cart (you get your quarter back when you return the cart to its corral), and you don't mind bringing your own receptacles from home to bag up your purchases, then you may be a good candidate for becoming an Aldi customer. Don't worry if you forgot to bring your own bag, Aldi has large bags for sale at the store – both regular and insulated.

You might be a good candidate for becoming an Aldi shopper if you like good deals. And you might really like some of the more tasty European treats that you can find at the new Aldi, such as lots of German and Austrian-made chocolate, including flavored chocolate and various grades of dark chocolate. Ahhhh ... yesss!

The Aldi brand started out as a family-owned grocery store in the western German city of Essen prior to the start of World War I. The store was owned by the mother of the two men who would expand on their family's business, Karl and Theo Albrecht. After the end of World War II, the brothers took over the business, giving it the name Aldi, derived from the name "Albrecht Diskont." In 1966, the company was split into two sections that operate as Aldi Nord and Aldi Sud.

Aldi Nord operates in northern Germany, Belgium, the Netherlands, Luxembourg, France, Poland, Spain, Denmark, and Portugal, and also owns the Trader Joe's chain in the United States.

Aldi Sud operates in the United States,



PHOTO BY ERNIE SOLLER

Austria, Italy, Slovenia, Great Britain, Hungary, Ireland, Australia, China and Switzerland. The first Aldi store in the United States was opened in 1976.

The combined revenue of the Aldi companies (in 2021) was over \$120 billion U.S. dollars!

So, let's say that you are venturing into the new Lakewood Ranch Aldi for the first time. What might you expect to find?

For starters, pick up a flyer as you come in the door. This will give you a look at specials. (When you leave, you can pick up a "sneak peek" flyer that will give you an idea what items will be on special next week.)

You might need a short primer on some Aldi catchwords. "Aldi Savers" are items that are available at very attractive prices, as in "the lowest of the low." On the day I visited, Aldi was selling whole pineapples for \$1.69, as an Aldi Saver item! That's \$1.69 per pineapple, not per pound. Green grapes were \$.99/pound, on another Savers deal.

Another Aldi catchphrase is "Aldi Finds."

These are items that may be in limited supply and can be referred to as a special purchase item, meaning that they are not necessarily part of Aldi's normal inventory.

I found it kind of fun to walk down the aisles of Aldi Finds, just to check out what items were on the shelves. One item that caught my eye: a pizza oven for your outdoor grill. They even had a blow-up two-person boat in the Finds aisle!

Aldi has meat and fish, and even carries ground bison. For the uninformed, ground bison makes for great burgers, and has less fat than the average beef burger patty. The new Lakewood Ranch Aldi store also has a good selection of cheeses, including various items of goat cheese and "double smoked" cheddar. Sounds good!

If you're into Hispanic, Italian or other ethnic food, you'll probably find what you're looking for at Aldi. I found beans, rice, tortillas, taco shells, as well as lots of pasta offerings, along with various sauces, spices, etc.

My wife was impressed by the number of

prepared salad offerings, as well as the number of pre-made entrees available for a last-minute meal or a quick lunch.

Here's an item which made me think that this Aldi store was trying to out-do Trader Joe's: Aldi had 750 ml bottles of "Winking Owl" wine, in various varieties, for the extra-low price of ... \$2.95/bottle. Are they trying to undercut "Two Buck Chuck"? (Note: "Two Buck Chuck" hasn't been two bucks for a LONG time.)

If you're looking for "zero sugar" items, and you like wine, you might want to try Aldi's "Don't Mind If I Do" gluten- and sugar-free wine. And speaking of drinks, Aldi has a good selection of coffees, including flavored coffees.

Aldi has a "Twice as Nice" guarantee, which involves replacing the item you return and giving you your money back. There are restrictions, and you'll need your receipt, so check with the store if you have questions.

So, adventurous shopper ... are you ready for ALDI?

Store hours are 9 a.m. to 8 p.m., seven days a week.



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# Balance Omega Oils and Blood Sugar for Optimal Brain Health and Performance

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

The faculty of the Brain Health Initiative receives numerous questions related to brain health each week. This month's article addresses two frequent questions. The first is related to balanced omega-3 and omega-6 fats. The second is related to balanced blood sugar and the implications of both on brain health, performance and reducing risk of brain illness.



**1 BALANCE YOUR OILS FOR BRAIN HEALTH: OMEGA-3 AND OMEGA-6 FATS**  
The BHI has written a lot about omega-3 and omega-6 fats related to brain health. Both omega-6 and omega-3 fats are called essential fats because your brain can't be healthy or perform without them. Yet, too much of a good nutrient, like omega-6s, can be bad for brain health and increase risk of brain illness. It is important to keep these two essential fats in balance.

Tissues, especially brain cell membranes, need both omega-6 and omega-3 fats. At healthy ratios (around a 1:1 or 2:1 ratio of 6s to 3s) we build healthy brain tissues and therefore build protective factors to the health of our brain. But when we eat too many 6s and not enough 3s as in the SAD (Standard American Diet) diet, which for many adult Americans can be out of balance as much as 10:1 or even 20:1, the excess 6s use up all of the enzymes left over for the 3s. The result is an omega-6/omega-3 imbalance and that can lead to neuroinflammation.

Excess omega-6s overpower the omega-3s. The body is left with an omega-6 excess and an omega-3 deficiency that prompts your otherwise smart immune system to pump out excess biochemicals – called inflammatory markers – and infect your blood vessels and your brain. Neuroinflammation, a biochemical imbalance, is a primary cause of many brain illnesses.

What can you do? Eat real food, balance your omega oils, add spices to your food, and hydrate. When good oils were changed by food factories, the good oils went bad and we as a society began getting too many omega-6 fats and not enough omega-3s. Eat nutrient dense foods with NO processing that changes the nutrient genetics or molecular structure of the food. NO chemicals added. NO nutrients removed.

Healthy Fats	Avoid	Never
Avocado and avocado oil Hemp seed and oil Flax seed and oil Olives and olive oil Algae oil Fatty fish and Fish oil (supplement) Walnuts and walnut oil	Safflower oil Sunflower oil Soy oil Corn oil	Hydrogenated oil Cottonseed oil Canola oil

For more information, pick up “This is Your Brain on Food,” by BHI’s chief health officer and director of neuronutrition, Uma Naidos, M.D.

## 2 WHAT DOES BLOOD SUGAR HAVE TO DO WITH BRAIN HEALTH, PERFORMANCE, AND WHY IS IT A RISK FACTOR FOR BRAIN ILLNESS?

Over 50 million adults over 45 years of age in the U.S. may struggle with blood sugar issues. In other words, over 60% of American adults 45 and up are metabolically unfit ... and many don't know it.

This means that on a daily basis, they struggle with the ability to properly metabolize carbohydrates, which is how the body breaks down carbs to produce the right amount of sugar it needs, and this impacts your body and brain health and performance.

This poor glycemic control can have very noticeable and detrimental effects on your brain health and performance – how you look, feel, think and act – including your energy, brain clarity, and irritability. No matter your age, it is vital that you maintain healthy blood sugar levels.

- Do you or someone you know or care about, sometimes struggle with any or all of the following:
- You feel like your brain is foggy.
  - You feel low on energy and stamina and you feel like you are dragging.
  - You feel you are easily irritable, agitated, or more moody than you want to be.

If YES, it is important to consider if you are maintaining balanced blood-sugar levels. Your blood sugar levels are basically the amount of the sugar called “glucose” in your blood. This glucose is your body and brain's primary source of energy, a key source of fuel for your brain and your central nervous system!

Glucose is absorbed by cells throughout your body and combined with oxygen inside your mitochondria – the power plant inside your cells – to create ATP. ATP is what powers your cells and promotes your body's cell growth.

When you consume carbs, glucose enters your blood and the hormone called insulin is released to help your cells absorb the glucose they need.

However, here's the problem. When too many carbs and sugars are consumed – which is, unfortunately, quite commonplace with today's SAD, Standard American Diet – your body can become less sensitive to the hormone insulin.

Even more so, if you also don't practice a brain healthy lifestyle, including leading a sedentary couch-potato-type of life and not getting enough healthy exercise, have excess levels of stress, and/or you have less-than-stellar sleep quality and quantity.

This means not enough of the blood sugar, glucose, is absorbed and it instead remains in your bloodstream. In other words, your blood sugar may be too high. This can lead to a wide variety of issues and, again, among the most common are feeling low on energy, brain fog, feeling out of control hunger, and feeling irritable or too moody.

That's why it's so important to take smart steps to maintain healthy blood sugar levels, such as reducing processed foods and sweetened foods, getting plenty of exercise and proper sleep, and consuming high-quality and effective forms of the right nutrients. It is important to have your blood sugar levels tested and to live a brain healthy lifestyle to promote optimal performance and decrease risk of brain illness.

There are many reasons your brain and body can sometimes feel slow, foggy, sluggish, and irritable. If these symptoms persist, consider making an appointment with a medical professional. However, the most common reasons can be summed up in three words: our modern lifestyle. Practice a lifestyle to promote brain health protective factors including:

### NUTRITION

Eating more healthy whole foods, especially “brain healthy foods” such as leafy greens, cruciferous vegetables, avocados, “fatty fish” such as salmon, and nuts and seeds. A diet too high in processed foods, sugary foods, salty foods, and foods loaded with artificial ingredients can contribute to high blood sugar and other risk factors of brain illness and need to be avoided.

### SLEEP

Make sleep a priority. Get enough quality sleep – it is only when you get sufficient REM and non-REM sleep that the brain properly detoxifies, repairs, and recharges itself. Not getting enough sleep – routinely getting less than 7 to 9 hours nightly – is detrimental to your brain health and performance and can impact your blood sugar levels as well as many other risk factors of brain illness. Being in bed for 7 hours is not enough.

### PHYSICAL ACTIVITY

Sit less and stand more. Exercise is like brain fertilizer and you need at least 150 minutes of moderate aerobic activity weekly for enhanced brain health and optimal brain performance. Not enough



## August 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 virtual Chabad House*

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

### Torah Studies

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

*At the Chabad House*

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

### Weekly Shabbat Services

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

*At the Chabad House*

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

### Tanya Class

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

*At the virtual Chabad House*

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

### Chabad Hebrew School of the Arts

**Sunday, Aug. 28, 9:30 a.m. to 12 p.m.**

*At the Chabad House*

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

### Grand Open House and Family Fun Day

**Sunday, Aug. 28, noon to 2 p.m.**

*At the Chabad House (outdoors)*

Join Chabad of Bradenton & Lakewood Ranch for a fun-filled day with family and friends featuring a moon bounce, Kona Ice, petting zoo, kids' crafts and delicious BBQ. Open to the entire community. Suggested donation \$5 per person, or \$18 per family. Sponsor for \$180. For more information on any of the ongoing events or to reserve, call Rabbi Mendy Bukiet at (941) 752-3030, email [rabbi@chabadofbradenton.com](mailto:rabbi@chabadofbradenton.com), or visit the Chabad website at [chabadofbradenton.com](https://chabadofbradenton.com).

### BRAIN HEALTH FROM PAGE 8

exercise and sitting too much impact the health and performance of your brain and body today, and create risk for brain illness, including issues of managing blood sugar, in the future.

### STRESS RESILIENCE

Some stress is normal and necessary but too much chronic stress can contribute to a less-than- optimally performing brain and chronic disease including brain illness. Practice skills of resilience that build the neurochemistry of calmness and resilience to stress including breathing exercises, meditation, and mindful living.

### SOCIAL CONNECTION

People need people. Find ways to be more meaningfully engaged with others. Hug and embrace others. Make new friends and keep the old ones.

### COGNITIVE STIMULATION

Your brain gets bored. Challenge your brain. Engage in novel activities. Learn something new. Do something routine, a new way. Be creative. Paint, dance, cook, sing, participate in brain training, read.

### EMOTIONAL WELL-BEING

Produce neurohormones. Protect your serotonin, dopamine, endorphins, and oxytocin. Focus on the positive in your life. Look people in the eye, smile, laugh, and say please and thank you. Live meaningfully with an attitude of gratitude. Do pleasurable things. Be kind. Champion yourself and others.

### MEANING AND PURPOSE

Live life with intention and effect. Pay life forward, make a positive impact every time you get a chance (as simple as holding a door open for others). Help our people, planet and animals to flourish along life's journey.

### HOME, NATURE AND ENVIRONMENT

Toxins impact brain health and performance and increase risk of brain illness for all ages. Pay attention to what you put in and on your body (e.g., skincare, sunscreen, mosquito repellent, etc.) and the products you expose your body to (e.g., insecticides, cleaning products, herbicides, air quality, etc.). Pay attention to your built environments and greenspaces. (e.g., lighting, views, workspace, air flow and filtration, building and maintenance materials). Wear a helmet when biking, skating, boarding, blading, etc.

Get outside into nature, breathe and use your senses to mindfully smell, see, and feel the environment around you. Even better, get outdoors, move your body and move with others.

Protecting brain health, optimizing daily performance, and reducing risk factors of brain illness, including balancing your oils and blood sugar, across the lifespan is in your control. Choose brain health! *Brain Health Matters and Lifestyle Makes a Difference!*

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](https://brainhealthinitiative.org).

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# LAKEWOOD RANCH COMMUNITY ACTIVITIES

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



The Lakewood Ranch Community Activities' groups and clubs roster offers Lakewood Ranch residents a way to connect with like-minded people who share similar interests, passions, and, in some instances, a desire to learn something new. This list is ever-changing and expanding and spans a variety of categories including civic organizations, games, social groups and much more!



Aliye Presley  
Events & Marketing  
Manager

Browse the "Language & Culture" section of the Lakewood Ranch Community Activities Groups and Clubs to find people who gather over shared cultural backgrounds and heritage. One of the culturally-centered groups you'll come across is the Lakewood Ranch Jewish Club. Since their formation in 2009, the Jewish Club has experienced tremendous growth and continues to abide by its core values – offering social, cultural and educational opportunities that enhance the quality of life for Jewish residents of Lakewood Ranch. Along with regular monthly meetings at Town Hall, members of the Jewish Club attend a broad range of special events such as picnics in the park, concerts, cooking classes and more.

In 2011, two years after the Jewish Club was founded, the American Asian Women's Association (AAWA) was formed.

The AAWA fosters diversity, enhances awareness of Asian customs, culture, food, music, art and traditions, and supports the American Asian community through different outreach programs. Meetings are held monthly at Lakewood Ranch Town Hall and group events include shows such as the Asian ethnic dances show & luncheon, Asian bridal fashion shows, social gatherings and fundraisers.

In addition to long-standing organizations like the Jewish Club and AAWA that have deep roots in our community and with our residents, Lakewood Ranch is also home to newly formed cultural clubs.

The brand-new Latin Club aims to connect Latin residents and families with one another. This group started with only a few members and already has been joined by dozens of Latin residents! This group meets at different local locations, such as restaurants and shops, for social gatherings. As well as in-person meetings, Latin Club members are invited to join the dedicated Facebook group where members can interact with one another virtually.

Looking to improve your Spanish-speaking skills in a relaxed and welcoming environment while getting to know other locals? The newly-formed Conversational Spanish Club will begin meeting regularly at Lakewood Ranch Town Hall, starting

this September. Improve your knowledge and understanding of the beautiful Spanish language while making new friends and connections. Meetings will also involve discussions and planning around many group-led special events and outings.

To view the entire list of Lakewood Ranch Community Activities approved clubs and groups hosted within Lakewood Ranch, head to [mylwr.com](http://mylwr.com). Group listings are located under the "Plan Your Day" section.



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# AROUND THE RANCH



PHOTOS BY ERNIE SOLLER



## THE MARKET: It's What's Happening At Waterside Place on Sundays

By Ernie Soller  
Community Correspondent

What to do? Sunday morning, and you slept in just a bit, but not too late. It isn't a work day, but you feel maybe just a little bit restless. You want to do something – maybe get a little bodily sustenance. So ... where to go? You remember that there's a special place that is only open on Sundays. People got used to calling it a farmers' market, but that's not really an accurate name anymore, since it has so much more than just produce.

The Market – that's it! It used to be held in the parking lot of the Lakewood Ranch Medical Center but moved to Waterside Place at the end of last year. You can go there and make it from one end of Lakefront Drive to the other, filling your face with goodies while you stroll!

So that's where you're going. And don't forget to bring a friend to experience all the new vendors The Market has added!

When you arrive, you'll find that this event is more than may meet the eye. I recently took an out-of-town friend there for a visit, and he was kind of amazed that such a place existed. After we parked, he took notice of some of the numerous food trucks in evidence, noting the variety of choices.

Then, we went around the corner, and he found himself checking out what could be called a well-stocked cigar store – El Guajiro – run by folks from Cuba. Lots of choices in cigars, even flavored cigars, in addition to cigar accessories such as cutters and oversized ash trays.

A few feet up the street, across from the giant paella pan, was Chef Franco Gatto's Zaza Italian Comfort Food booth, serving up an Italian delight: LASAGNA! He's from Argentina, via New York. Zaza specializes in small take-home portions, enough for a couple of lasagna lovers to enjoy.

Further down the street, we came upon what has to be one of Lakewood Ranch's most weight-enhancing businesses, and are we glad that they're at The Market. I'm talking about Suncoast Cookies. I met Amanda and Corey, and their selection of cookies is not only quite unique, but practically irresistible! Think "flavor of the Suncoast." How about a key lime pie cookie with cream cheese, cookie dough, key lime juice and lime zest. Can you resist? Probably not! Next, you could opt for the "put the lime in the coconut" cookie – white chocolate chips, coconut cashews, real coconut, lime zest ... you get the idea.

Remember those Biscoff cookies that you get sometimes on flights if you're lucky enough to avoid the teeny package of nuts or pretzels? Well, Suncoast Cookies has a Biscoff cookie and yes, there are Biscoff cookies in it ... but that's only the start. Add lots of chocolate, and go from there.

There's a booth at The Market called Kosher Challah, run by Betty Jo Baca and Ron Katz. The first time I went to The Market,

Ron asked me if I knew what challah was. I answered that I grew up on it. In my old neighborhood there was a great Jewish bakery that made excellent challah bread. Kosher Challah's bread is great, too, and it comes in a bunch of varieties. Treat yourself, already!

And, speaking of treating yourself to something new and perhaps different, there's a booth at The Market called Brooklyn Knish, which advertises itself as "A Bit of Heaven Wrapped in Pastry." Knishes are a type of snack food featuring various fillings wrapped in dough, that is then baked or fried.

Brooklyn Knish has lots of different knish treats. How about trying some of Brian's jalapeno/cheddar/potato knishes? Or maybe your taste runs more toward a corned beef Reuben knish. If that doesn't fit the bill, how about a breakfast bacon knish? No? Keep trying. There are around 20 varieties to choose from!

If, by the time you've made it around at least one side of the street, you feel yourself getting thirsty, amble on over to the Surfing Coconut, Anna Maria Island's answer to your thirst and nutrition needs, especially on a hot Sunday at Waterside Place. The Surfing Coconut sells fresh coconut milk drinks, full of flavor and nutrition, and served in a real coconut. So relax and keep cool with a drink from the Surfing Coconut. You might want to take your drink over to the pavilion in the center of Waterside Place's commercial area, grab a chair in the shade, and sip your drink while listening to the live entertainment.

Before long, you'll be back on the street, checking out some of the other booths.

Happy hunting! The Market at Waterside Place is held from 10 a.m. to 2 p.m. Sundays.





# Korê Steakhouse: Something New and Very Different in Waterside Place

By Ernie Soller,  
Community Correspondent

I don't usually take friends who come to visit me here in Lakewood Ranch to a restaurant that I've never tried before.

However, my friend Ed came for a visit and, after a morning spent at Myakka River State Park looking to see some big alligators, we were getting hungry, and Waterside Place was on our way back to my home.

So we decided to try a new place in Waterside Place – the Korê Steakhouse. I dutifully warned Ed that I'd not tried it prior to our visit, so he was aware that this trip involved a totally new restaurant experience.

Korê Steakhouse is located at Lakefront Drive in the Waterside Place town center, right across the street from the brewery. It is pretty much right in the center of all things Waterside since on Sundays, the farmers' market operates right in front of the Korê Steakhouse, making it a very convenient place to relax and eat after shopping all those great booths.

Ed and I, being just a little bit hot and tired from traipsing around the state park for most of the morning, were definitely ready for lunch but first, something cold to drink. We each ordered Arnold Palmers, which were delivered in quick time by our friendly and attentive waitress, Annasophia.

While we delved into the extensive Korê Steakhouse menu, and prior to having our food order taken, we had a chance to gaze at the décor of Korê. It bears absolutely no resemblance to the old "dark woodwork, dark carpet, and dim lighting" style of steakhouses from the 1950s.

Instead, the décor at Korê is a combination of light and dark – the tabletops are a dark gray that comes close to being black, the walls are approximately the same color, broken by designs in gold. There are large gold-toned lighting fixtures hanging from the ceiling. The booths have light-colored wooden backs, with seating covered in a material that almost looks like heavy burlap, although it is classy-looking and quite comfortable. The eating utensils, plates, and water cups are also made of a gold-toned metal.

The bar area in the front, just inside the front door of Korê, has bar stools that here again, are made of a light-colored wood, which set off the dark color of the bar itself.

There is also an outdoor eating area in the



PHOTOS BY ERNIE SOLLER

front of the restaurant, so patrons can sit outside on warm summer nights and enjoy the breeze off the nearby lake.

Perhaps the most interesting thing about this steakhouse is that the dining tables are equipped with small grills built right into the center of the tables! What this means is that you can grill your choice of food right at your own table. Cool!

Since we'd both eaten breakfast, and with the knowledge that my wife was making a big dinner for us to consume later that evening, Ed and I elected to go the "bowl" route in selecting our meal. Ed chose a chicken bulgogi bowl, and I picked out the shrimp tempura bowl.

For those unfamiliar with Korean food, bulgogi is a type of Korean barbecue dish, made from thinly sliced marinated meat, which is grilled or seared until well-cooked or caramelized. It is seasoned



with black pepper, garlic, onion, ginger, sesame oil, sesame seeds, soy sauce, sugar, and perhaps rice wine. In the bowl, it was served over a good amount of rice.

In any case, Ed loved his chicken bulgogi bowl!

Now, as to my shrimp tempura bowl, this too was very tasty. Although there were only three shrimp in the bowl, they were quite large, and nicely cooked. Then there was a bit of egg salad, and a serving of kimchi, again served over a bed of rice.

Kimchi is a traditional Korean side dish, essentially made of salted and fermented veggies, with red pepper, onions, garlic, etc. It is to Korean food what pickles and sauerkraut are to German food.

As to the kimchi in my shrimp tempura bowl, it was absolutely delicious. I could have eaten a lot more of it, but I didn't want to gorge myself. The egg salad that accompanied the shrimp and kimchi added a different flavor to the combination.

Looking at the serving amounts, Ed and I were rather hungry when we got to Korê Steakhouse, and our bowls did a good job of slicing down the hunger pangs, meaning that having eaten our fill, we still had a little left in our bowls.

I plan on returning to Korê Steakhouse soon, to try some of the other offerings on their menu!

Korê Steakhouse is an inviting new restaurant in Waterside Place, and is located at 1561 Lakefront Drive, Suite#111. Their phone number is (941)928-5673. Hours are 11:30 a.m. to 2:15 p.m. for lunch, Monday through Friday; 5 to 9:15 p.m. for dinner Monday through Thursday; 5 to 9:45 p.m. for dinner Friday; noon to 9:45 p.m. for lunch and dinner Saturday; and noon to 8:45 p.m. for lunch and dinner on Sunday.

Enjoy!





# Lakewood Ranch Districts Deal with Personnel Issues, COVID, Etc.

By Ernie Soller,  
Community Correspondent

Like many other organizations, the Lakewood Ranch Community Development Districts (CDDs) are dealing with numerous issues that didn't exist a few years ago.

Executive Director Steve Zielinski informed the various CDD boards at their monthly meetings in July that there are six Town Hall staff vacancies that need to be filled. Two are in the finance department, including the position of director of finance. Two are in operations, including a utilities tech and an irrigation tech. Two are in the community associations management area.

Per Zielinski, the most difficult position to fill right now is that of the irrigation tech, because all of the commercial landscaping companies are also trying to hire people with that skill set, and they may be paying more than Lakewood Ranch.

Regarding Lakewood Ranch's pay scale, a study commissioned by the Lakewood Ranch Inter-District Authority (IDA) recommended a 4.4% pay increase for Town Hall personnel. However, this may be insufficient to attract enough qualified candidates, as it was mentioned during the District 5 CDD board meeting that other government entities are offering almost double that amount in pay increases. So it is not only that Lakewood Ranch needs to up its pay scale, but if a competing organization – public or private – is paying more, they may very well hire away some of our people.

Not only is our Town Hall administration dealing with a shortage of personnel, but there were five Town Hall staff members not working at the time of the meetings, due to contracting COVID.

And to make matters worse, the company currently doing most of the landscaping work for Lakewood Ranch has asked for a 4.6 percent increase in their fees due to cost increases, especially for items such as fuel and fertilizer.

## TRAFFIC SIGNAL

Work on the traffic signal at the corner of

Balmoral Woods and Lakewood Ranch boulevards is moving ahead. Supports for the signals were installed on July 11, and two streetlights are being removed and re-installed in order to make room for the traffic signals.

## COUNTRY CLUB ROAD PAVING

Executive Director Zielinski reported that the paving work is almost complete, with the exception of a number of punch list items.

## STORMWATER ASSESSMENT REPORTS

Engineer Richard Ellis reported that the new 20-year stormwater assessment reports that are now required by the State of Florida have been submitted to Manatee County. These reports were mandated by the legislature in order to require CDDs to maintain their stormwater systems which, apparently, some were not doing.

## DISTRICT 1

Having received bids from three companies for work to restore the shoreline in "Area A" in Summerfield, an area which is subject to erosion from the Braden River, the District 1 board agreed to a contract with Florida Shoreline and Foundation to remedy the situation, at a cost of \$19,930.

Also in District 1, there have been numerous complaints about the quality of the services being provided by Down to Earth Landscaping. Supervisor Preston Olinger told the board that he had gotten lots of grief from residents at the most recent HOA meeting.

Operations Director Tom Merrill mentioned that there were areas where trees had been removed in order to promote better visibility at the intersection of Summerfield Parkway and Lakewood Ranch Boulevard, and that sod was put down, but the sod is now in very poor condition.

Lakewood Ranch Landscape Manager Steve Lakey showed pictures of areas where attention to the landscaping was needed but has apparently not been provided. One picture showed an area with uncut grass which looked to be about two feet high.

One supervisor said that Down To Earth

SEE DISTRICTS, PAGE 20



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# Everything but the Kitchen Sink

## Holistic for Pets Helps You Take Good Care of Your Pet!

By Ernie Soller,  
Community Correspondent

Things happen when your pet gets older. For one thing, their eating habits may change dramatically. One day, they're chomping down on the same food they've been eating since puppyhood, and the next thing you know, they appear to be boycotting that particular diet.

Having a pet who's decided to avoid the food bowl is not a comforting thing. One thinks thoughts of "What's wrong with my pet?"

My dog didn't appear to be ill, but maybe it was just a feeling of boredom – the same food every day can do that, I guess.

I asked some questions of my neighbors, and they came up with some thoughts on the subject, and one in particular seemed to be worth following: the suggestion was to have a talk with the owner of Holistic For Pets.

Armed with this advice from a friend who told me about this rather unique pet food store, I took a trip to Holistic For Pets, located at 5770 Ranch Lake Boulevard, in the same shopping center as the Wal-Mart, right off State Road 70, just east of I-75. I met Jennifer Guevin, who grew up in Sarasota and who, with her mom, started Holistic for Pets several years ago. They also have a store in Sarasota on Fruitville Road.

Jennifer took me around the store, pointing out all the various pet foods and pet products Holistic For Pets carries.

The term "holistic" refers to an effort to treat the complete animal. Not only does Holistic For Pets carry all sorts of food items, they actually have a certified nutritional consultant and a certified vet tech on staff and available to answer questions about your pet's condition and nutritional needs.

Now as for my dog, Jennifer provided me with several samples of alternative foods to that which I'd been feeding my "Westie" – A.K.A. West Highland White Terrier. She gave me a sample of frozen food, and several of dry food, suggesting that I might spread the dry food on top of his food bowl, and step back to see what happened.

I was quite surprised when my dog went to his bowl, and ate ONLY the sample food, after picking out the remnants of his regular food, and dropping the "old" kibble on the floor. I guess he'll be getting a change in his diet. He went for the new food aggressively, eating with



PHOTOS BY ERNIE SOLLER



a gusto I haven't seen in months!

Holistic for Pets carries so many varieties that it is hard to keep up with the choices. For example, let's say that you have a "finicky eater" cat, and you've been serving him the same big-name-brand highly advertised food for a long time, but he has apparently grown tired of it.

Well, how about a change from a generic "chicken or fish" cat food to something a little more exotic. Rabbit, anyone? Or, how about duck or quail? Turkey? Lamb? Would you be-



lieve kangaroo? Holistic for pets carries dry food, canned food, freeze-dried food, even raw food.

Not only does Holistic For Pets carry lots of food varieties, from puppy and kitten food to adult and senior food, they also carry specialty foods made to deal with the health issues your pet may have, such as joint issues, skin issues, or urinary problems. That special food contains ingredients to take care of the source of the problem, and not just the obvious symptoms.

Of course, no fully operational pet food store would be caught without toys, and some of the biggest toys in the store are designed for cats.

Do you know what a cat tree is? It is a structure made to enable your long-tailed friend to climb – think of a leopard lounging in the crook of a tree after a meal in the setting African sun. Cat trees are kind of ubiquitous; they're all over and are carried by just about all pet stores, but the cat trees at Holistic for Pets are different. First of all, they are not made overseas. They are "Molly and Friends" cat trees and are made right here in Florida ... in Gainesville, to be precise.

They're big, heavily weighted to be stable, and solid. Come on in and check them out. I'd guess that unless they are attacked by a giant, oversized, "King Kong" cat, these cat trees will support a lot of climbing and, for that matter, sleeping.

Not only are the cat trees at Holistic for Pets not made in places like China, the folks at Holistic for Pets make a determined effort to source toys, leashes and harnesses (They sell Lupine leashes and harnesses, which are guaranteed for life!) and especially food from USA sources and European sources. Jennifer informed me that the European Union has higher quality standards for animal food than we have in America, so don't be surprised to find food made in places like Italy! (My buddy, Don, serves an Italian -made special food to his dog, which has a history of skin problems, and the change in food has been beneficial.)

Holistic for Pets has a "Food of the Month" program, which gives customers a 20% discount on that particular food brand, as well as a buyer loyalty plan.

Whatever your pet's needs be: a "calming" CBD oil, pill pockets to help you deliver their medication, or a giant tunnel for your dog to run through, Holistic For Pets has it all. Visit this different sort of pet-needs store and see for yourself. I'm glad I did.

OK, so they don't have the kitchen sink – but wait until next year!

Holistic For Pets can be reached at: [holistic-forpets.com](http://holistic-forpets.com) or (941)753-7297. Hours are 10 a.m. to 6:30 p.m. Monday through Friday, and 10 a.m. to 6 p.m. Saturday (closed Sunday).



# Your LWR Story

By Maggie Milne

Meet Jimmy and Karisa Rhode, Lakewood Ranch residents and business owners. Jimmy and Karisa met in 2009 when they lived in Wisconsin, while working at the local Portage, Wisc. Culver's restaurant. Originally starting at different Culver's locations, it was a first job for both; Jimmy at 16 and Karisa at age 14. After years of Jimmy being a general manager, they married in 2012 and started to pursue bigger dreams with Culver's, as a family. It was the Wisconsin blizzard of 2013 that inspired Jimmy and Karisa to consider a future in a warm climate. While exploring the central and west coasts of Florida for their future home, they also explored their options for owning and opening a Culver's restaurant.

After a Lakewood Ranch Information Center bus tour (offered at the time) and with the help of a community specialist, Jimmy and Karisa found that the Lakewood Ranch community was a perfect fit for them. Jimmy's impression of Lakewood Ranch was that "it felt like home" during their visit. Soon after, Jimmy and Karisa bought a property in the Greenbrook Village. Within eight months of moving in and making a home in Lakewood Ranch, their first Culver's restaurant opened, despite the fact that the typical timeline for a Culver's to open is two years, at least, Jimmy said.

Both Jimmy and Karisa agree that the seamless transition for them from Wisconsin living and work, to living and opening their first Culver's restaurant, was confirmation that Lakewood Ranch was "meant to be." Karisa's parents fell in love with Lakewood Ranch and made their move to Summerfield Village to be near Karisa, Jimmy, and the grandkids.

Why Lakewood Ranch? Jimmy and Karisa chose The Ranch for the feeling of home that the community provided. Having lived in small Wisconsin towns, Lakewood Ranch was the perfect size. Karisa and Jimmy remember University Parkway before it was home to University Town Center Mall and other offerings along the east-west route.

In short order, the Rhodes were opening their second Culver's in 2017, their third in 2019, a fourth in 2020, and their fifth was a collaborative acquisition with business partner Chris Jennings (the State Road 70 Culver's). Coming soon will be their next endeavor at the White Eagle Plaza off State Road 64, their sixth.

Jimmy and Karisa emphasized the importance of community to them and their daughters (ages 9 and 15 months). As their family grew, they sold their Greenbrook home and purchased new construction in Sapphire Point. Both Karisa and Jim-

my have made friends through their village lifestyle and Lakewood Ranch social clubs. They joke about how Karisa knows so many moms it is like her personal mom's group. Jimmy said the same: he knows so many dads, he too has his own personal dad's group. As a family, they enjoy trips to Holmes Beach, attending Lakewood Ranch signature

about this opportunity, any community member can contact them at jimmyrhode@bleedblue.net.

Both Karisa and Jimmy look forward to the future Lakewood Ranch development, residential and commercial. Karisa specifically mentioned the Lakewood Ranch public library, aquatics center, and the new friends they will meet.



events, Main Street's mini golf, the The Market at Waterside Place, and Tampa Bay Lightning hockey games. Soon the Rhode family will "staycation" at Anna Maria Island, a destination less than one hour drive from home.

The Rhodes look forward to the grand opening of their White Eagle Plaza Culver's restaurant. What they enjoy most about being business owners is community partnerships with local schools, non-profits, and community groups through what they call "share nights." For more information

*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 [yourlwrstory@lakewoodranch.com](mailto:yourlwrstory@lakewoodranch.com).*



## THE UNASSUMING WINE BROS.



## Rethinking Italian Pinot Grigio

This month's article was inspired by Vigo's recent family stay at the Epicurean Hotel, in Atlanta, Ga. Upon entering this hotel's lobby, Vigo was greeted with a glass of chilled Italian pinot grigio – which after a long trip with a newborn baby was quite delicious and calming. In fact, it was so refreshing and perfect in that moment that we decided to do a deep dive this month on Italian pinot grigios for you, our readers!

We are The Unassuming Wine Bros (UWB) – Patrick and Vigo – two regular guys who love everything about wine, including writing about it. Our goal is to explore the nuances of wine, share our adventures with you, and have a little fun along the way.

All of this month's selected pinot grigios came from the northern regions of Italy. As with all wines, terroir and climate play an important role. Since these particular wines come from a mountainous area of Italy, their sweetness was lower than normal but the complexity of their flavor was enhanced by the coolness of the weather and the ruggedness of the mountains' terroir. This made for crisp, flavorful, and refreshing wines. We gladly sampled them as a change of pace during the intense Florida summer. Here are our thoughts:

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

## 2021 JERMANN PINOT GRIGIO

Friuli-Venezia Giulia, Italy; \$22 U.S.; 13% ABV:

**Vigo:** When Patrick plunked this bottle down at this month's tasting session, I was perplexed (which is almost a monthly occurrence with Patrick's selections). At first glance, the bottle appears German. I then asked, "Ahhhh, thought I told you Italian pinot grigios, not German?" Patrick quickly corrected me that this was an Italian pinot grigio, but the region was as far north and east as you could go in Italy. I fact-checked the region and discovered that Patrick was correct (lawyers must always be right).

The region that the 2021 Jermann pinot grigio comes from is Friuli-Venezia Giulia. For centuries, this area is where Germanic, Slavic, and Italian cultures have converged. I must say that it's one heck of a convergence because this was one heck of an excellent pinot grigio. The aroma of the 2021 Jermann is green apples and tropical fruit, and its color is pale straw. On the palate it's as smooth as a Sunday morning, with an incredible balance of flavors with green apples, pears, and citrus notes coating your palate. This pinot grigio has a long finish that you will savor.

**Vigo's rating:**

**Patrick:** I have a confession to make. I always pour a lot of research into this article to come up with the best three bottles of whatever we are drinking each month that are available in our area, so that we can bring at least one great recommendation each month. However, this month life got in the way, and I was not able to do so with the same level of detail and thoroughness. Luckily Craig at Fine Wine & Tast-

ings on Main in downtown Lakewood Ranch came to the rescue. Purely upon Craig's recommendation, I went with this bottle. After drinking it, I have to tip my hat to Craig, who had proven to have one of the most refined palates of anyone in this area!

This medium to full-bodied white wine had all three things I love in a white wine: great fruit flavor, balance, and finish. Tangy with citrus but more green apple, zesty minerality equal to the fruit, and a pronounced stony finish. This was my favorite selection this month and a dynamite bottle at this price point. Since our tasting I have sampled this bottle again and liked it just as much the second time as the first time.

**Patrick's rating:**

## 2021 TESORO DELLA REGINA PINOT GRIGIO

Trentino-Alto Adige/Valdadige, Italy; \$17 U.S.; 12.5% ABV:

**Vigo:** The 2021 Tesoro Della Regina Pinot Grigio comes from the Alto Adige region, the northernmost point in Italy butting up against the Alps, where Italy meets Austria. Despite this harsh terroir, the 2021 Tesoro drinks as a softy. This wine features a soft amber straw appearance and light apple and citrus aroma. Green apples, pears, citrus, lemons, and minerality are on the palate. It reminds me of a party acquaintance that becomes a good friend after a while – which initially takes some time to win over, as Patrick and I discovered during our tasting, but ultimately delivers a great time. At \$17 per bottle, it's not a bad deal for a pretty good pinot grigio.

**Vigo's rating:**

**Patrick:** Fruit is the predominate feature with this medium-bodied wine with a nice balance of apple and citrus features, which when combined with minerality, provided a lot of flavor and drinkability. I was a little underwhelmed with how this wine finished, but its pronounced fruit forward characteristics more than made up for it. I was not blown away but would definitely drink it again without reservation.

**Patrick's rating:**



2021 Jermann Pinot Grigio



2021 Tesoro Della Regina Pinot Grigio



2020 Albino Armani "1607"

## 2020 ALBINO ARMANI "1607" PINOT GRIGIO

Trentino - Alto Adige/Valdadige, Italy; \$15 U.S.; 12.5% ABV:

**Vigo:** Well, we're still in the Italian Alps, in the Alto Adige region. The 2020 Albino Armani Pinot Grigio has the same soft amber straw appearance and the light apple and citrus aroma as the Tesoro Della Regina Pinot Grigio. The difference between these two Alpine pinot grigios is that the 2020 Albino Armani does not have a sleeping start and instead has a beautiful taste momentum all the way through to its finish. On the palate, green apples, pears, lemons, and a hint of grapefruit and minerality. This is a solid pinot grigio at a great price. So, don't feel guilty if you load up your wine rack with this pinot grigio at your next pool party.

**Vigo's rating:**

**Patrick:** This wine was the lightest bodied of this month's three selections. Crisp and refreshing with citrus and pear notes, minerality, and an almost champagne-esque bready finish to it ... minus the bubbles. Enjoyable at this price point with a nice flavor.

**Patrick's rating:**

**Vigo's overall impression:** Nicely chilled pinot grigio is delicious and fun to drink. If you're not into buttery chardonnays (ugh!) and sauvignon blanc is too tart for your palate, then pinot grigio may be the white wine you're looking for. Also, you can't beat the price for this generally affordable varietal, including two of this month's selections being under \$20.

**Patrick's overall impression:** These three wines were the perfect way to beat the summer heat. All were crisp, refreshing and flavorful. I would drink all these again without thinking twice and would highly recommend the Jermann pinot grigio from Fine Wine & Tastings on Main.

## FANS AND READERS:

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



## ASK THE DOCTOR

# Headed Back:

## Tips for Keeping the Kids Healthy as They Go Back to School

By Kelly Duggin, MD

As August and September approach, parents of young children think about sending their children back to the classroom. It means buying school supplies, new clothes and preparing lunches. But back-to-school also means keeping the kids healthy, so they can enjoy the year ahead.

Kelly Duggin, MD, a primary care physician at Lakewood Ranch Medical Group and mom of three, provides some helpful information on keeping students well this school year:

### COVID-19 AND VACCINATIONS

Over the last two years, COVID-19 has been at the top of the list for health concerns for schools, especially with deciding to wear or not wear a mask in the classroom. Unfortunately, the virus is still present. Vaccinations are recommended and available for school age children, so discuss with your doctor.

Talk to your children about these vaccinations to alleviate



anxiety and so they understand why they are important, as this can make them less anxious about receiving them.

### ANNUAL PHYSICAL AND MEDICATION NEEDS

Children need annual physicals to ensure school requirements for certain vaccinations and school forms are up to date.

Address medications needed during the school day and food or insect allergies that need addressing prior to the start of school.

Dental exams are recommended at least every six months.

Discuss any important healthcare needs with both the teacher and school nurse.

### GOOD NUTRITION

Children need three well-balanced meals per day. Fruits and vegetables should be part of the diet, and juice and soda intake should be limited.

Eating meals with family and promoting good nutrition together sets a great model for your children.

Adequate hydration is an important part of overall health, so send your children with a water bottle.

### AVOID SPREADING GERMS

Colds, flu and other viruses spread from respiratory droplets and enter the body through the eyes, mouth or nose. Hand washing and covering the nose and mouth when sneezing or coughing is important. Remember to keep your child home if he or she has a fever >100 degrees, and should remain home until free of symptoms and fever for 24 hours.

### PHYSICAL ACTIVITY AND SOCIALIZATION

Physical activity and social opportunities outside of school are important for overall health. Encouraging social time with friends and less screen time outside of school can help your child stay engaged and focus their attention on schoolwork when in the classroom.

Children need 30 minutes of physical activity per day. Going for walks in the evening, riding bikes, and playing outdoor games together promotes a healthy lifestyle.

### ROUTINE

Prepare for the new school year two to three weeks prior to help alleviate the stress and sudden changes in schedule.

Promoting good sleep by getting eight to 10 hours of sleep per night. It starts with earlier bedtimes and less screen time.

### VACCINATIONS NEEDED

#### School age: Vaccinations for ages 4-6 years old include:

DTap (tetanus and pertussis [whooping cough] booster)

Polio vaccine

Second doses of MMRV or measles, mumps, rubella and varicella (chickenpox)

#### Prior to entering 7th grade or for ages 11-12:

Tdap (tetanus booster and pertussis)

First dose of meningitis vaccination (MenACWY)

#### Ages 11-16:

HPV vaccination (Gardasil)

Annual flu vaccinations are also important and typically available September of each year.

### ANXIETY WITH START OF SCHOOL

Talk about what they are excited about and looking forward to in the next year to help reduce stress.

Take a trip to the school in advance to see the classroom and meet the teacher.

Discuss topics of COVID-19, racism, hybrid and remote learning and preparing for to alleviate anxiety. Limiting social media and screen time outside of school is another important aspect in improving mental health.

To schedule an appointment with one of the primary care physicians at the Lakewood Ranch Medical Group, call the free physician referral service at 800-454-8215.





## DISTRICTS FROM PAGE 15

may want to get out of their contract with District 1, and that poor service may be their way of letting the district know their intentions.

Executive Director Zielinski noted that there are penalties for failure to perform their work properly, and that Down To Earth should be aware of this.

It was also noted that Down To Earth had been a family-owned company, but that this was no longer the case, a fact which might be partially responsible for the apparent lack of supervision of Down To Earth's personnel.

## DISTRICT 2

During the period set aside for audience comments, an Augusta/Oakmont resident said that the roads in the Country Club needed to be changed over to private status, and that the process should begin immediately. He stated that the Country Club was "not really a gated community."

Attorney Andrew Cohen noted that changing the roads to private status was "an insurmountable task," and that there was no statutory way to make them private at this time.

Executive Director Zielinski commented that he has made presentations to realtors, informing them of the situation (that roads in the Country Club are public), but that there is a large turnover in realtors. This can mean that some buyers may not be given fully accurate information.

## GATE ISSUES

Supervisor Mike Finney noted issues with the gates, such as a guard not at his post, and a kiosk not operating properly.

Miramar resident John Mullin said that lightning had struck a gate, destroying a motherboard, and that the gate was then open for three weeks.

Executive Director Zielinski said that he had gone through multiple gates, on a random basis, and found no problems.

Regarding the staffing issues, supervisor Tom Green asked if Lakewood Ranch could hybridize their pay system, offering a higher salary with fewer benefits, or vice versa. Green indicated that it was his belief that workers are currently more interested in a higher pay scale than benefits.

Mullin, citing his experience in the public sector, commented that most new employees are not particularly interested in a "9 to 5" time schedule. He added that apprenticeship programs and tuition reimbursements might help to get and retain employees.

## DISTRICT 4

A discussion took place at the District 4 board meeting regarding the administration and execution of the Greenbrook Community Garden program. Keith Pandeloglou, president and CEO of Lakewood Ranch Community Activities, noted that a 2021 resolution called for Community Activities to take over the administration of the garden, and added that the University of Florida has a Community Garden specialist assigned specifically to work in Manatee County.

He went on to note that few residents of Lakewood Ranch even know about the garden, other than some Greenbrook residents, and that Community Activities would be happy to promote the garden.

The District 4 board voted to authorize staff to work with Lakewood Ranch Community

Activities to manage the community garden.

## DISTRICT 5

A discussion took place at the District 5 board meeting regarding the move on the part of Manatee County to install either a traffic signal or a roundabout at the intersection of Players Drive and Lorraine Road.

Regarding the possibility of a roundabout, board chairman Marty Cohn related a horror story of it taking 20 minutes recently for him to get through the roundabout at the intersection of U.S. 41 and Fruitville Road.

Executive Director Zielinski will be having a conversation with Manatee County commissioner Vanessa Baugh about the County's plans for the Players Drive/Lorraine Road intersection.

Supervisor Steve Peters said that he felt that the IDA needed to review the contracts with the people responsible for the operation of the gates, since he's been getting lots of complaints, and feels that residents are not getting their money's worth from the gate operators.

## DISTRICT 6

The July District 6 board meeting was cancelled.



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# Ranch Celebrates 5th Year As Best-Selling All-Ages Community In U.S.

Lakewood Ranch is once again the top-selling multi-generational community in the nation with 1,026 sales so far this year, according to RCLCO's semiannual Top 50 Master-Planned Communities report.

Lakewood Ranch has been a perennial top performer because it embodies the principals of a strong community. "With each new phase we continue to integrate our hallmark features including parks, trails, schools, shopping, dining, job centers, healthcare, and day-to-day conveniences," said Laura Cole, senior vice president of Lakewood Ranch. "Our multigenerational appeal and lifestyle offerings continue to be a strong draw and we anticipate that buyers who have been sidelined in the inventory crunch will reemerge as conditions stabilize a bit and as supply-chain pres-

sures on builders ease," she added.

The Ranch's location and regional attractions are also a major driver of sales. The Sarasota-Bradenton area has continued to rank at the top of "where to live" lists due to the extremely high quality of life, a dynamic downtown, vast arts offerings, excellent beaches, winning sports teams, top-rated schools, and top-notch health care offerings.

"Southwest Florida is one of the most desirable relocation markets in the country," Cole said, "and Lakewood Ranch offers newcomers an incredible lifestyle and strong sense of community within it."

RCLCO has been ranking master-planned communities since 1994; for more information, visit [www.rclco.com](http://www.rclco.com)



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## THE (PET) DOCTOR IS IN!

By Erin Siems, DVM



Wow! It's hot out there, and our four-legged friends are still wearing their fur coats, which can put them at risk for overheating and heat stroke. While dogs and cats have a naturally higher body temperature than humans (around 100F-102F), it only takes a few degrees for them to start overheating (104F-105F).

Just like us, pets need to remain healthy and active during the summer, but we need to make sure we all do it in a safe way.

Tweaking normal exercise routines so that pets are outside earlier in the morning and later in the evening will avoid the brunt of heat and humidity. Consider decreasing the intensity of the exercise to make it easier for our athletic pups to still have fun but not overdo it. Try to find a shady spot to take a break when needed. Always take water for yourself and your companions if you are going on a longer outing. And don't forget to protect those pads – sensitive paw pads can get ripped or burnt on hot pavement. Alternatively, consider indoor or water activities to keep cool during the day.

Signs of heat stroke include heavy panting, red gums, vomiting, diarrhea and exhaustion to the point of not being able to get up. Heat stroke is more than just overdoing it. Heat stroke can be a medical emergency, lead to blood abnormalities, and even be fatal. If you think your pet has overdone it, the best thing to do is



PHOTO BY ERNIE SOLLER

take its temperature rectally (it's not glorious but it's a part of life) and call your vet for advice.

The goal is always to prevent heat stroke by being aware of the environment and our pet's (and our own) limitations. However, if they do overdo it, act quickly and to seek medical advice. It could save a life!

*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@BigPaws-AnimalHospital.com](mailto:reception@BigPaws-AnimalHospital.com).*



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