

Around the Ranch

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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, JANUARY 18, 2023



THE WONDER OF THE SEASON – Lakewood Ranch celebrated the holiday season in many ways, and on many days. For more photos see pages 12-13. Photo by Ryan Angell

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TO GET RAISES**

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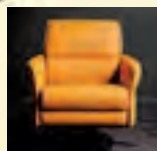
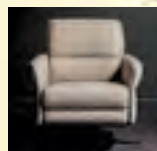
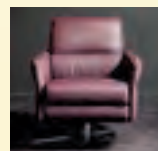
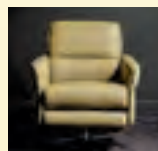
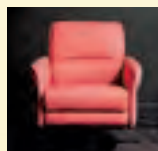


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CONTACT INFORMATION

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:
myLWR.com

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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LWR Women's Club's Holiday Market Raises \$7,500 for Charity

In December, the Lakewood Ranch Women's Club (LWRWC) held its annual holiday market charity fundraiser at Grove. With 225 women in attendance, the holiday market epitomized the fun, friendship, and community service that signifies the Lakewood Ranch Women's Club, organizers said. Attendees enjoyed a holiday bazaar and a buffet lunch, enhanced by the camaraderie of friends, and a raffle with 14 winners.

The holiday market raised \$7,500 that will benefit LWRWC's four 501(c)(3) local adopted charities: HOPE Family Services, providing critical lifesaving services to victims of domestic violence; Sarasota Manatee Association of Riding Therapy (SMART), dedicated to enhancing the physical, emotional, and cognitive growth of children and adults with special needs; SOLVE Maternity Homes, helping pregnant women in need for over 45 years; and Children's Guardian Fund, dedicated to providing funding for immediate and ongoing needs of children removed from abusive or neglectful homes in Florida's 12th Judicial Circuit.

Vendors and local artisans filled 40 tables with artwork, crafts, jewelry, clothing, accessories, wallets, purses, and a host of unique products, which was also an opportunity to find gifts for the holidays.

To learn more about Lakewood Ranch Women's Club, visit www.lwrwc.org.



January 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, 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, 6:30 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.

Ladies Torah & Tea Tuesday, Jan. 24, 11 a.m.

At the home of Chanie Bukiet and via Zoom
Join Chanie Bukiet for a dose of delicious tea and refreshments and discussion on the 12 principles of energized living, which has empowered thousands of women to activate transformational goodness in their lives. Admission is free. Sponsor a class in someone's memory or honor for \$36.

Chabad Hebrew School of the Arts Sundays, Jan. 22 and 29, 9:30 a.m. to noon

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.

JLI - Book Smart Wednesdays, beginning Jan. 25, at 7:30 p.m.

At the Chabad House and on Zoom
A panoramic overview of 3000 years of Jewish learning, this seven-week course introduces you to the works that earned us the title "The People of The Book." You will experience the different genres that shape Jewish life including Tanach, Midrash, Talmud, Halachah, philosophy, Kabbalah, Musar, Chasidism, and meet the influential personalities who drove 30 centuries of Jewish scholarship. Whether you're meeting these texts for the first time or as a seasoned scholar, this course will inform and enrich all your Jewish learning. Fee: \$90 (textbook included), couples discount \$162.

Men's Club Steak & Scotch Tuesday, Jan. 24, 7:30 p.m.

At the home of Steven Weinschel
Enjoy delicious grilled steak (fish options available), cigars, whiskey, bourbon, and scotch, for the ultimate grilling and chilling experience. Cost: \$30 per person.

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

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“Man Cave”

– Yes, Waterside Place Boasts a Barber Shop!

By Ernie Soller
Community Correspondent

Getting a haircut used to be a pretty simple thing. A guy stopped at his local barber shop after work, or maybe took his sons there on a Saturday when the kids weren't in school. Or, if Dad worked in a large office building, he might go to the barber shop located at his work place, and leave the kids' haircuts to their mom to deal with.

The barber shop was a kind of men-only island back then. The barbers didn't do women's hair. They didn't do coloring, manicures or the like ... that stuff was reserved for women-only “beauty parlors.” The barbers took turns in sweeping up all the hair that fell on the floor, or as was the case in some shops, the sweeping was done by the shoeshine guy, when he wasn't busy shining someone's shoes.

Things are just a little bit different now. As far as the men-only aspect of the old-style barber shop, that's gone, as there are a lot of female barbers in the business now.

The big trend these days are niche “experience” barber shops. There are shops that offer, for instance, a sports-themed atmosphere, or with décor that suggests that the walls were scrounged from old industrial buildings.

Then there are the higher-end shops. Some have opted for the classic men's club look, with dark woodwork, somewhat subdued lighting, and maybe an offering of cigars and various products meant to make a guy smell good or look better groomed once he left the shop.

Another trend of late is the barber shop/bar concept. Here, a guy can get a haircut, but he can also get something alcoholic to drink while he waits for his appointment with his barber.

Note the term “appointment.” In most, if not all of the higher-end barber shops around the Greater Lakewood Ranch area, appointments are the expected standard. Again, good luck if you thought that you'd just walk in and get yourself a haircut in other than a small local shop or “low-price” chain.

But let's return to the latest of the higher-end barber shops, specifically ManCave for Men, which opened in September at Waterside Place. The ManCave concept took root in Boca Raton in 2011, quickly becoming rated the best barber shop in Boca by the Sun Sentinel newspaper.

ManCave opened at University Town Center in 2020. ManCave, as a franchise operation, has expanded to multiple Florida cities.

Waterside Place's ManCave offers services that move it into the “men's day spa” category. Yes, they offer haircuts, from their “cut and finish” service, which includes a clipper cut, a straight razor shave of the neck and sideburns, and a shampoo. (Note: the shampooing gets rid of all those little hair clippings which can get under your shirt and turn it into an irritating “hair shirt.”)

Next on the menu would be the “master cut,” featuring a scissor cut, along with a blow dry and style.

If you have some young guys in your house, ManCave also offers kids' haircuts. They even have an old-fashioned padded



Photos by Ernie Soller

board to put across the barber chair for those little guys who might be swallowed up by the arms of that fancy big chrome and leather chair.

However, that's not all you can get at ManCave for Men. When you arrive for your appointment, they'll ask what you'd like to drink, and your drink – be it beer, a Coke, wine or water – is included as part of the service. ManCave tells potential clients that the best way to get a haircut or hot shave is with a beer in your hand. (Not to mention watching your favorite football team playing on the TV above your chair!)

Ibrahim Saad and Denver Inopiquez, owners of the Waterside Place ManCave, have made a point of hiring expert barbers. The manager at Waterside Place, Ron Gordon, a Miami native, began learning barbering from his mom as a young teenager, so he had experience years before most barbers even sign up at barber school! The number of years of experience varies, with at least one barber at ManCave having 30 years of plying his trade.

In addition, the owners of the Waterside Place ManCave have introduced services not generally available at a barber shop. In addition to offering coloring, facial peels, manicures, pedicures and other spa services, the Waterside Place ManCave now offers Wellness IV Therapy. A ManCave client can get vitamin therapy, energy boosting injections, anti-aging therapy, and a host of others, including nutrients to boost the immune system.

Per Ron Gordon, the Waterside Place ManCave has already attracted clients from the immediate local area – both residents of the nearby homes and guys who work in offices at Waterside Place.

The ManCave for Men prestige barber shop is located at 1561 Lakefront Drive, Unit C103, in the Waterside Place shopping and dining area. They are open from 10 a.m. to 7 p.m. Monday through Saturday, and from 11 a.m. to 3 p.m. on Sunday. For an appointment call (941)263-5155. For more information visit



mancaveformen.com.

Also, at ManCave, you won't find piles of hair on the floor – there are strategically placed automatic vacuum units that suck it all up.

As their promotional notes say: “When you walk into ManCave, it's about you ... so sit back, relax and enjoy.”

LWR Town Hall Staff to Get Raises

Move Was Necessary to Retain and Hire Workers

By Ernie Soller
Community Correspondent

The Lakewood Ranch Inter-District Authority Board (IDA) knew it had a problem. Staff members were retiring – or just plain leaving – the employ of the Town Hall. It was obvious that hiring qualified workers had become far more difficult than in past years.

Earlier in 2022, the IDA board commissioned a compensation study from a consulting firm which, in mid-summer, came up with a suggestion to give employees a 4.4% cost-of-living pay increase. By the time the IDA board held a special meeting to discuss the subject and held a vote as to how to proceed, the final figure had become 5.5%. The final figure was higher because in the interim since the consultant's recommendation was received, it had become obvious that if Lakewood Ranch came up with only a 4.4% increase, it would find itself among the lower-paying governmental entities in the area, and would continue to face difficulties in hiring and retaining staff.

So 5.5% is the number, which will be paid to all Town Hall staffers as of Dec. 12, 2022. Staffers will still be eligible for merit raises.

In addition, the IDA board authorized "buy back" payments to employees who, due to the lack of personnel, gave up some of their vacation time to work.

Executive Director Steve Zielinski cautioned Lakewood Ranch's Community Development District (CDD) supervisors at their December board meetings that they should expect to need to revise district budget numbers for fiscal year 2023.

This is not only because of the increases in employee pay, but also because of the costs associated with the cleanup from Hurricane Ian. Zielinski noted that Lakewood Ranch's payments to outside vendors for assistance in the cleanup, not including additional hours spent by its own staff members, came to over \$725,000. When the additional hours spent by staff are included, the figure hits right around the million-dollar mark.

An application has been submitted to FEMA for compensation, but, as Zielinski pointed out, FEMA pays only for cleanup costs, not replacement; so for example, replacement of any downed trees and the like in common areas will come out of district funds. Not only that, but repayment from FEMA for cleanup costs is



Arthur Taber, the new District 2 supervisor
Photo by Ernie Soller

likely to not be made before 2024.

ANNUAL FINANCIAL AUDITS

District financial audits have begun, with the results scheduled to be reported by the auditors during the first week of February, 2023.

DOWNED SIGN REPLACEMENT

Operations Director Tom Merrill reported to the boards that the replacements for the many signs that were damaged and/or destroyed by Hurricane Ian are expected to arrive before the end of the year (2022), and will subsequently be installed.

TOWN HALL USAGE DEPOSITS

Executive Director Zielinski reported that the Town Hall staff is looking into the idea of charging deposit fees for the use of Town Hall meeting rooms by clubs and other organizations. Over time, the Town Hall facility has experienced staining of flooring and other damage to the building. The deposits are seen as a way to pay for the repair or replacement of damaged areas.

TOWN HALL LENDING LIBRARY

The Town Hall lending library is being moved to the Town Hall North building, located on Lakewood Ranch Boulevard, just south

SEE TOWN HALL, PAGE 20

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Brain Health Matters and Home, Nature, and the Environment Makes a Difference

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

Happy New Year! The Brain Health Initiative (BHI) is working to develop brain-healthy communities, creating a culture that promotes brain health protective factors and decreases risk factors, thereby improving brain health, optimizing brain performance, and fighting brain illness across the lifespan for the Florida Suncoast region and beyond. This month, we are looking at 3 topics related to one BHI protective factor of brain health: home, nature, and the environment. 1. Home: A healthy home and brain health; 2. Nature: Living in a restorative community to promote brain health. 3. Environment: Sunlight and affective disorder (SAD).



HOME

A healthy home environment makes a difference and brain health matters. For many of us, home is our safe place. It's where we escape the pressures of life, work, and school. But is our home as safe as we think? Are we doing all we can to protect our home environment while promoting brain health, optimizing brain performance, and preventing brain illness?

Researchers at the T.H. Chan School of Public Health at Harvard have been looking at ways to make our homes healthier places to live. The resulting Homes for Health Report examined everything we do in our homes: our cleaning practices, cooking, use of personal care products, lawn care, and even what we bring into our homes on the bottoms of our shoes.

In the *Harvard Gazette*, the director of the School's Healthy Buildings program and one of the report's lead authors, Joe Allen, said: "The home influences heart health, brain health, hormone health, mental health; all these factors. We know what a healthy meal looks like. We know that exercise is good for you and that pollution is bad for you. But we know a lot less about the places where we spend all of our time."

We spend up to 65 percent of our time in our homes, so the health of our house is important. The report provides 36 room-by-room tips for making our home environment a healthy one. Luckily, most of the tips are easy to implement and offer immediate improvement for our physical and brain health — and our home's — well-being. They include things like limiting the use of air fresheners, using the exhaust fan while cooking, and leaving shoes at the door. The report also recommends having our homes

checked for radon, a naturally occurring radioactive gas that can cause lung cancer. In Florida, one in five homes has elevated radon levels.

It makes sense to protect our indoor environment in the same way that we protect our outdoor environment.

Brain Healthy Tips For Improving Your Home Environment

In addition to the 36 room-by-room suggestions for improving the health of your home, the Homes for Health Report and the BHI recommend these expert tips for improving the environment of your entire home:

- **LEAVE YOUR SHOES AT THE DOOR.** Anything you step on — or in — comes into your home on your shoes. Having family members and friends remove their shoes at the door not only reduces the dirt and dust that gets tracked into your house, it also prevents the spread of oils, pesticides and other chemicals that may be harmful to you and your pets.

- **LET THE FRESH AIR IN.** Here in Florida your air conditioner runs all year, so you don't open the windows. But the report shows the concentrations of air pollutants are often as much as five times higher indoors than outside. Ventilating your home as much as possible, especially when the outdoor air is clean and cool, can help clear indoor pollutants and even relieve headaches and eye irritation.

- **INSTALL SMOKE DETECTORS AND CARBON MONOXIDE (CO) DETECTORS** and be sure they are working. Test your detectors regularly to be sure they're working and change the batteries when you change your clocks for daylight saving time.

- **LET THERE BE LIGHT.** Exposure to natural sunlight, and darkness, is important to your natural circadian rhythm. Natural light promotes healthy sleep and improves your overall sense of well-being, so open the blinds and let the sun shine in!

- **GET THE LEAD OUT.** If your home was built before 1980 there is a good chance lead paint may have been used in its construction. Lead is one of the most potent neurological toxins known and exposure to it can have a lifelong brain performance impact on IQ, learning, and behavior. Removing it is especially important in homes with young children and moms-to-be. Inexpensive tests are available to determine the presence of lead.

NATURE

Spending time in nature promotes brain health and performance. Consider the benefits of spending time in nature for brain, mind, and physical health, and overall well-being. Be honest: How much time do you spend staring at a screen each day? According to numerous re-

ports, for most Americans, that number clocks in at more than seven hours, youth and adults alike. Society's increasing reliance on technology, combined with a global trend toward urban living, means many of us are spending ever less time outdoors — even as scientists compile evidence of the value of getting out into the natural world. Including regular movement in your daily schedule is good for your brain. And movement outdoors, with a companion, while in nature, is even better.

As neuroscientists Eva Selhub and Alan Logan mention in their book *Your Brain on Nature*, "Green exercise is like exercise squared." From a stroll through a city park to a day spent mountain biking or hiking in the wilderness, exposure to nature has been linked to a host of brain health and performance benefits, including improved attention, lower stress, better mood, and upticks in creativity, empathy, and cooperation. Science also demonstrates that increased time in nature reduces the risk of brain illness, including depression, anxiety, and cognitive decline. Most research so far has focused on green spaces such as parks and forests, and researchers are now also beginning to study the benefits of blue spaces, places with river and ocean views.

Nature comes in all shapes and sizes, and psychological research is still fine-tuning our understanding of its potential benefits. In the process, scientists are charting a course for policymakers and the public to better tap into the healing powers of Mother Nature. "There is mounting evidence, from dozens and dozens of researchers, that nature has benefits for both physical and psychological human well-being," says Lisa Nisbet, PhD, a psychologist at Trent University in Ontario, Canada, who studies connectedness to nature. "You can boost your mood just by walking in nature, even in urban nature. And your connection with the natural world seems to contribute to happiness even when you're not physically immersed in nature."

Spending time in nature can act as a soothing balm for our busy brains. Both correlational and experimental research has shown that interacting with nature has cognitive benefits. In a 2019 review, University of Chicago psychologist, Marc Berman, PhD, reported that green spaces near schools promote optimal brain development in children and green views near children's homes promote enhanced brain performance, including self-control behaviors.

Adults assigned to public housing units in neighborhoods with more green space showed better executive functioning than those assigned to units with less access to natural environments. And experiments have found that

being exposed to natural environments enhances many aspects of brain performance including improved working memory, cognitive flexibility, and attentional control.

With so many brain health and performance benefits linked to nature, how much time outside is enough? One report by UK researcher Mathew White and colleagues found people who had spent at least two recreational hours in nature during the previous week reported significantly greater health and well-being. That pattern held true across subgroups including older adults and people with chronic health problems, and the effects were the same whether they got their dose of nature in a single 120-minute session or spread out over the course of the week.

Brain Healthy Tips For Spending More Time Outdoors

Even knowing all these brain health benefits of spending time in nature, many people still find it hard to do. Here are some tips to improve your brain health and enhance brain performance while reducing risk of brain illness by spending more of your time outdoors:

- **GO OUTSIDE IN SMALL DOSES:** Spending time outdoors doesn't have to take up your entire day. Take a short walk on your lunch break or spend some time in your backyard or on your patio before, during, or after a meal.

- **SAVE TIME BY THINKING AHEAD:** Pack a small bag with outdoor essentials and keep it near the front door for easy access when you're inspired to go outside. Include a picnic blanket, brain-healthy sunscreen, and a few bottles that you can fill with water, so you can grab it on the go knowing you're fully equipped.

- **COMBINE CHORES, EXERCISE, AND OUTDOOR TIME** by running your errands on foot or bike instead of driving.

- **TAKE A BOOK OUTSIDE:** Reading can be done anywhere, so why not take your book (or e-reader) outside and sit on the grass?

- **VISIT A PARK OR BEACH:** There are parks, walking and biking trails, and preserves virtually everywhere in our community, so find one you like and go for a stroll. Visit the coast, and head to a beach.

- **START A NATURE JOURNAL:** A nature journal can be a great motivator for you to want to be outside and explore new and different places. It's basically just a notebook where you write about the different places you go to and the animals, birds, flowers, views, and plants you saw there.

- **EXERCISE OUTSIDE:** If you already make time to exercise, moving your workout from indoors to outdoors can make a huge difference

BRAIN HEALTH FROM PAGE 8

to your health and wellness. Instead of jogging, biking, or rowing on indoor fitness equipment go for a run, bike, or rowing experience at a nearby park, trail, or rowing facility. Or take your yoga mat to a pretty outdoor space like the beach at sunset. You can go swimming or rock climbing. Any number of exercises we usually do indoors will be more fun when done outside.

• **WORK OUTSIDE:** If you have the freedom or flexibility in your job, take your work outdoors. Bring your laptop and use nearby free Wi-Fi or bring your own. Conducting walking meetings or conference calls outdoors can be beneficial. A change of scenery keeps things fresh, engaging and interesting and can boost your co-workers' creativity, too!

ENVIRONMENT

Winter, and the desire to avoid it, is one of the reasons many choose to live in, or visit, Florida. And while we can typically avoid the bone-chilling cold and hazardous ice and snow living here on the Suncoast, we still have to deal with the shorter days.

Most of us just grumble about a 5:30 p.m. sunset, but for others, the longer hours of darkness can signal the onset of seasonal affective disorder, or SAD. A form of depression, SAD seems to be triggered by reduced exposure to sunlight. The disorder typically appears during the fall or winter months and subsides in the spring.

The symptoms of SAD are similar to those of depression — including low energy, sluggishness, irritability, changes in appetite, and changes in sleep patterns. An article from Harvard Health Publishing says that while the causes of SAD aren't fully understood, many theories suggest an out-of-sync body clock may be the culprit. Light therapy seems to help those people who suffer from this disorder, but the light needs to enter through the eyes in order to be effective.

For those in the northern states, a light box can increase their

exposure to light and help offset their symptoms. Luckily for us in the Sunshine State, we have an abundance of natural sunlight. Even with the shorter days, experiencing just 30 minutes of sunlight a day can help offset the symptoms of SAD.

Brain Healthy Tips To Reduce Symptoms Of S.A.D.

Here are some suggestions from the BHI for bringing light into your life and avoiding or reducing symptoms of SAD:

• **GET OUT AND INTO THE LIGHT.** Sunlight exposure is the easiest way to ward off the winter blues. Take a walk while the sun's out, even if it's cloudy. Aim for 30 minutes a day, but just 10 or 15 minutes can improve your mood.

• **WATCH WHAT YOU EAT.** You may be craving sweets or pasta and mashed potatoes but eating a diet high in sugar and starch can lead to fatigue and weight gain. Boost your energy with a brain-healthy diet rich in vitamins and minerals, including colorful fruit and veggies, whole grains, lean protein, and low-fat dairy.

• **TAKE YOUR VITAMINS.** Multivitamins or supplements can help you get the nutrients you need. Researchers think that a lack of vitamin D may play a role in SAD and other brain illnesses so include it in your list of supplements or add fatty fish, eggs, liver, and fortified foods to your diet.

• **GET MOVING.** Exercise protects brain health in part by producing endorphins, the feel-good hormones that increase your energy levels. If you need a boost try exercise instead of caffeine. Get outside for a 30-minute walk or run and you get a boost of sunlight with your exercise.

• **ENGAGE WITH FRIENDS.** We need social connections to flourish. Enjoying close ties to family and friends, as well as engaging in enjoyable social activities, may boost your brain health and help keep your mind sharp. Even virtual conversation can boost your brain performance and improve your outlook. Call, text, or video conference with someone you haven't seen lately

and watch your mood improve.

GET HELP IF YOU NEED IT. If nothing seems to help your symptoms, talk to a healthcare professional. There are therapies available to help with your seasonal depression and a professional can recommend the best course of treatment for you.

• **ADOPT A BRAIN HEALTHY LIFESTYLE,** including thoughts, behaviors, emotions, responses, and language that promote:

- Stress resilience
- Nutrition
- Physical activity
- Sleep
- Social connection
- Emotional well-being
- Meaning and Purpose
- Cognitive stimulation and creativity
- Engaging with nature
- General health
- Positive impacts

About the Brain Health Initiative (www.brainhealthinitiative.org)

The Brain Health Initiative, Inc. (BHI), a 501(c)(3) global non-profit, uses a cutting-edge approach to protecting brain health, promoting brain performance, and preventing and fighting brain illness across the lifespan. The BHI is building brain healthy communities, cultures that promote brain healthy lifestyles, foster protective factors, and address risk factors, thereby improving brain health and optimizing brain performance outcomes, while addressing disparities at the individual, family, and community level. BHI is activating the next generation of brain health advocates and is a leader in brain health engagement, research, innovation, and education. Brain Health Matters and Lifestyle Makes a Difference.



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LAKEWOOD RANCH COMMUNITY ACTIVITIES

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Have you seen the 2023 Parks & Recreation programming schedule yet? We've brought back all the fan favorites as well as some exciting new activities to try! We kicked off some of our classic park programs such as Strength + Mobility + Balance, cornhole, and bingo! Strength + Mobility + Balance is a wonderful opportunity for adults over the age of 55 to focus on these three core areas of health and fitness. This class is a progressive six-week program taught by a local personal trainer.



Aliye Presley
Events & Marketing
Manager

At cornhole, anyone over the age of 18 is welcome to join, even if they've never played! Though considered a sport, cornhole can be played in a leisurely setting and does not require strenuous activity.

Last, bingo! Open to all ages, bingo is a fun way for families to play an interactive game under the park pavilion with other Lakewood Ranch residents ... you might even win a prize!

We're also bringing you brand new classes in partnership with local businesses. Join us at Waterside Park monthly for Jazzercise! Jazzercise is a full-body, dance-cardio workout blending dance, kickboxing, pilates and strength training for all fitness abilities and ages, set to current music. This class is so much fun you forget you're working out! To increase your



strength-building, bring your own hand weights to class. Though it is a dance-based class, no dance experience is needed; we keep the moves fun and easy to follow!

To view the entire Parks & Recreation schedule and register for any of our programming, visit mylwr.com.



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AROUND THE RANCH



PHOTOS BY NICOLE HACKEL AND RYAN ANGELL



A JOYFUL SEASON IN LAKEWOOD RANCH

Throughout the month of December, people came together to celebrate the season with almost countless events. Main Street hosted Chanukah on Main Street by Chabad of Bradenton and Lakewood Ranch, the Elf on the Shelf contest, the holiday tree lighting and music; the Jingle Run 5K, Christmas on Main, and breakfast, brunch and lunch with Santa.

Waterside Place was home to Hands on Hanukkah by Temple Sanai, the Holiday Movie in the Park, Sarasota Contemporary Dance's "Christmas Spirit" production, lunch with Santa, and the New Year's Eve celebration.

Here's to a healthy and happy new year for all.





Photos by Ernie Soller

Knights Car Show Brings Nostalgia to The Ranch

By Ernie Soller
Community Correspondent

Imagine ... It's 1953, and you're standing on the corner of Hollywood and Vine in Hollywood, Calif. when before your eyes, a car comes down the street, one like you've never seen before. It's gorgeous – and huge. It would make most contemporary luxury cars look, well, small.

The red paint glistens in the sun, and all that chrome reflects the sun like a thousand spotlights, almost hurting your eyes. Even the wheels were chromed. No, not hubcaps, like most cars had back then – these were real chrome-plated wire wheels.

The look of that car will be fixed in your memory forever, as you stand there on the street corner, having just realized that you have glimpsed the latest and most sumptuous offering from General Motors' Cadillac division: the



luxo-max 1953 Cadillac Eldorado convertible.

There were only 532 examples of this magnificent car built, and one of them, owned by Randy Scianna, was holding court at the Knights of Columbus car show/cookout, held at Our Lady of the Angels Church in the fall.

Back in 1953, this car had a base price of \$7,750. In today's auto market, that would be considered a bargain, but in 1953, that number was equivalent to 10,333 hours of work at the then minimum wage of 75 cents/hour. In 1953 it was the highest priced American car, and it was cars like this that allowed Cadillac to proclaim itself as "The Standard of the World."

No wonder it was ranked "Best in Show" by those who cast a ballot for that title. But, my attraction for the '53 "El D" notwithstanding, it wasn't the only star to appear at the Knights' car show.

There were cars from several decades to be

SEE KNIGHTS, PAGE 15

KNIGHTS FROM PAGE 14

seen. One, an old Citroen with a two-cylinder engine, had several show-goers speculating as to whether it had been used by "Inspector Clouseau," of the Pink Panther movies. There were Mustangs, Camaros, GTOs, classic 30s hot rods, and a couple of Alfa Romeos – in Italian Racing Red, of course. The marque with the most entries at the show just happened to be the Chevrolet Corvette, as members of the Skyway Corvette Club showed up en masse. Out of the over 150 cars at the show, about a third were Corvettes, from the '50s to the present, including the sought-after "split window" Stingray from 1963.

There were a couple of shining examples of Porsche design, including a Speedster, and a 914 which somehow managed to get itself stuffed with a V-8! Not to be outdone, Mercedes Benz of Sarasota came with a nice selection of high-performance Benzes – just the sort of thing to put in your garage if you are a fan of German – as opposed to Detroit – iron. And, speaking of '60s Detroit iron, there was a red '65 Mercury Park Lane convertible with an immense trunk that could actually hold ALL your luggage. A Firebird, decked out as a "Kitt" car had the obligatory red light display in the front of the hood, but inside was a WILD dashboard which looked like it came from a space ship. Then there was that orange McLaren, even



Photos by Ernie Soller



looking fast while parked.

Second place went to Dennis Murphy's '59 customized Edsel. The Edsel was a marketing flop for Ford, but this one was pretty cool. The third-place winner was Sandy and Dick James' green 1931 Ford Model "A" two-door. The car voted as "fan favorite" was also a Model "A" – a tan and black roadster owned by George Schwab.

In keeping with the decision by the Knights



to donate all the proceeds from the car show/cookout to St. Jude Children's Research Hospital, there was a purple Lamborghini at the show, with a special St. Jude logo on the hood, as well as numerous St. Jude shirts, hats, etc. for sale.

The Knights also conducted a 50/50 drawing, and the winner walked away with \$750. Not bad for an inexpensive ticket.

Car shows always bring with them stories told by the guys who owned a particular car

"back when." I met a guy who told me of buying a VERY used Fiat 1000 when he was in the Navy stationed in Italy in the '60s. He bought the car for \$100 from another sailor who was headed home, and sold it for the same amount when he left Italy. He and his buddies would siphon aviation gas from wrecked airplanes, dilute it with regular gas, and fuel the car, all the while doing lots of repairs to the Fiat along the way.





Photos by Ernie Soller

Toys For Tots: The Gifting Goes On

By Ernie Soller
Community Correspondent

If you didn't see a big Toys For Tots donation box in December you might be a hermit, because those boxes were everywhere.

Toys For Tots is 75 years old this year and my, how it has grown. It was founded in Los Angeles by Marine Corps Reserve Major Bill Hendricks and his wife, Diane, in 1947, right after the end of World War II. Diane had some dolls that she asked her husband to deliver to needy kids. The thing was, there was no organization that he could turn to to complete the donation. So Diane asked Bill to start such a group. That year, Bill Hendricks and his fellow Marine reservists collected and delivered some 5,000 toys for war orphans and other needy kids in the Los Angeles area.

When the Commandant of the Marine Corps learned about the initiative, he ordered that ALL Marine Corps Reserve Units form their own Toys For Tots programs, making it a nationwide program, starting in 1948.

Since Bill Hendricks was employed in the motion picture industry and was a friend of Walt Disney, he got some expert help from his friends in the business, and Walt Disney designed the very first Toys For Tots poster, which

showed the three-car train logo that is still in use today.

From the 5,000 toys distributed in 1947, Toys For Tots has grown so much that this year it is estimated that they will give out over 22 million toys.

Wayne Piazza, general manager of the Lakewood Ranch Golf and Country Club, has been a Toys For Tots fan for years. Every year he reaches out to folks who live in Greater Lakewood Ranch to make sure they know about Toys For Tots, including the place that the Lakewood Ranch Golf and Country Club has had in making it such a success here in Manatee County. He noted that since 2014, the staff of the Club has been eager to participate in Toys For Tots, so much so that one of the maintenance guys, Salem, is known at the Club as their "Chief Elf."

Involvement at the Club started out with 12 bikes in 2014. In 2022, the lobby of the clubhouse was FILLED with bikes – there was absolutely no more room for them.

The Club is now annually contributing between 200 and 250 bikes to Toys For Tots. Piazza said that the membership of the Lakewood



Ranch Golf and Country Club collectively "has a huge heart." He noted that members start to get in the spirit early in the year. They know when the holiday season is approaching; some sign up early to purchase bikes. Some call and ask to be put on the list to help. Forms are handed out at the Club's reception desk. Members can fill out the form, which enables volunteers to buy a bike for a child and charge the cost to their Club account.

How does this all happen? Folks can go out, buy new toys, and place them in the familiar Toys For Tots boxes.

Volunteers (about 38,000 across the country)

fan out to retail establishments and purchase large numbers of more expensive toys, such as bikes. Other volunteers remove the newly purchased small toys from the donation boxes and take them to a central warehouse area, where they are separated into categories by age, and toy type.

Families who are in need can apply online to receive toy packages from Toys For Tots. If they are approved, a delivery schedule will be given them so that they are ready to receive their child's toys on the appointed date. Each child

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gets a book, “stocking stuffers,” and a small toy. There is a lottery to determine who wins the bikes.

Monetary donations help to cover the expenses of buying toys as needed, and paying for more expensive items that might not be paid for by contributors. Corporate sponsors, such as Disney, Delta Airlines, Frito Lay, Barnes & Noble, UPS, Hess and Target also make a big difference. Toys For Tots has a record of putting 97% of donations into the gifting program.

I met Tim Kelly, a retired engineer, who is now in his second year of volunteering for Toys For Tots. He is happy as all get out that he’s able to participate in the program, and showed me the back of his SUV, which was totally filled with toys which he was going to drop off at the Manatee County collection center on Cortez Road. There are 31 such pickup locations around Manatee County.

He noted that the most difficult age group for Toys For Tots to accommodate is the 10- to 14-year-old group. Hence, a large portion of the bikes collected at the Lakewood Ranch Golf and Country Club are “bikes for bigger kids.” A little pink two-wheeler with training wheels may be great for a young child, but it won’t help a big kid all that much!

Piazza observed that last year, there were more needy families in Manatee County for the simple reason that many folks in the area south of us were hit hard by Hurricane Ian, and many of those families have, at least temporarily, moved to Manatee County to find a place to live. These folks needed Toys For Tots.

If volunteering for Toys For Tots looks like a good fit for you, call Cecilia Lewandowski, Toys For Tots coordinator for Manatee County at (941)567-7077. Toys for Tots can use your help next year.

The campaign runs annually from the first of October until Christmas Day.



Photos by Ernie Soller

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LAKEWOOD RANCH



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Your LWR Story

By Maggie Milne

Meet Tim and Jacqui McGovern, residents of Lakewood Ranch. Prior to creating a life in Lakewood Ranch, Tim and Jacqui lived in the northeastern part of the United States. Their life was on a trajectory that included kids, careers, friends, and family. However, Tim and Jacqui became acquainted with southwest Florida in 1989 when Jacqui's family bought a condominium on the beach on Marco Island. The following years included frequent trips from their northeast home to southwest Florida for visits and vacations. Tim and Jacqui fell in love with the Florida lifestyle.

Tim started to think about their future and about southwest Florida as a perfect place to retire. Together Tim and Jacqui began to research options in and around Marco Island, where Jacqui's family had eventually moved. Tim has a degree in finance and started to do the math. Together, Tim and Jacqui compared the cost of living in the northeast with the cost of living in the southwest Florida area. For Tim, the calculations, as well as enjoying a year-round outdoor lifestyle, motivated his choice to make a permanent move to Florida.

First, Tim had to request a job transfer. Jacqui researched the southwest Florida school districts and options, as their children were in elementary and secondary schools. While considering their move, Tim and Jacqui continued to visit family and vacation in the southwest Florida area, and eventually heard about the Lakewood Ranch community. During one of their visits, they made their way to Lakewood Ranch, where their first stop was the Lakewood Ranch Information Center. Tim and Jacqui fell head over heels for The Ranch, decided to move forward with their relocation to southwest Florida.

Tim got an offer from his employer to transfer to the Tampa area. They took a quick three-day trip to Lakewood Ranch, as the commute to Tampa would only be one hour or less. They found a house to rent and put their northeast home on the market. And just like that, Tim and Jacqui moved their family to Lakewood Ranch in July of 2009.

Tim and Jacqui said Lakewood Ranch was the hidden treasure they had been hunting for. Not only did the overview with the Information Center Community Specialist sell them on the community, but the "quaint feeling" of Main Street, the top-rated schools, and the friendly people they met sealed the deal. Tim



and Jacqui looked forward to outdoor living, activities every day, sunshine, and beaches. Tim's passions include bicycling, motorcycle rides, and serving his community. Jacqui embraces the outdoor living, Main Street events, shopping the outdoor mall, and enjoying all the available activities.

With help from their realtor, Tim and Jacqui began looking for their forever home. Although enjoying their rental home in Edgewater, where their neighbors were so welcoming, they moved to Lakewood Ranch to buy and settle in their own home. Tim and Jacqui considered buying a new construction home, how-

ever they chose a turn-key resale home. For them it was a matter of timing. And just like that, they found the home of their dreams in The Country Club. The home listed for sale, and that same day Tim and Jacqui made an offer, which the seller accepted, and they moved into their forever home in November of 2009.

Since their arrival in Lakewood Ranch, Tim has continued with his same employer, serving the southwest Florida area, and he recently celebrated his 37th anniversary with the company. Jacqui returned to the work world after their kids graduated high school. Their daughter attended a local trade school and earned her

estheticians license and began her career as a professional makeup artist. Their son attended Florida Gulf Coast University and earned his Bachelor of Science degree in business administration. Tim and Jacqui said that Florida's Bright Futures scholarship program was an incredible blessing to their family and helped offset their son's college education expense.

Tim and Jacqui champion the benefits of life in Lakewood Ranch, such as having the Lakewood Ranch Medical Center nearby, convenient access to grocery stores, farmers' markets, and retail outlets, and the incredible selection of casual and fine dining The Ranch provides. When they choose to enjoy activities outside Lakewood Ranch, they go to Lido Key Beach – their favorite!

Tim and Jacqui's children chose to settle down locally. They have welcomed their first grandchild and are grateful their growing family is geographically close. Both Tim and Jacqui enjoy their day jobs, and each has a "side hustle" they hope to pursue further when they retire. Tim is a financial coach (trustedfinancialcoaching@gmail.com) who loves to help people get control of their financial lives and offers consultations by appointment. Jacqui co-hosts a fictional comedy podcast.

Tim and Jacqui plan to stay in Lakewood Ranch forever. They imagine retiring and jumping into more of what Lakewood Ranch has to offer, including social clubs and groups, bicycling, classes, trips to the beach, visiting the Ringling Museum and continuing to sample the local and regional dining options. Of course, more time with their family and continuing their travels through Europe are goals. Although they love their current home, Tim and Jacqui have considered a move to a new construction home in one of the new villages within Lakewood Ranch. Tim and Jacqui agree they made the best decision for their family, their future, and cannot imagine their lives anywhere other than Lakewood Ranch.

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.

THE UNASSUMING WINE BROS.



Healthier Organic Wines for the New Year

If you're like me, you overindulge over the holiday season. Yes, that 2000 Opus One was delicious, and dang it, three bottles of Veuve Clicquot didn't seem like enough at the time, but it's the new year, and it's time to clean up our act because beach season (for stay-here Floridians) is in just a couple of months. So, with your New Year's resolutions still hanging in the air, let's feel better about ourselves with some organic wine selections and in some cases, healthier alternatives.

I'm Vigo, your Unassuming Wine Bro (UWB). I'm a regular guy who loves everything about wine, including writing about it. I aim to explore the nuances of wine, share my adventures with you, and have a little fun along the way.

A few years back, I wrote about organic wines, and I wasn't really impressed. My initial impression was that organic and healthier wines give in as a cleaner alternative; they lack taste and texture. For me, organic wines were like what Stevia is to natural sugar. It tastes like sugar in the beginning, but it gives you a weird aftertaste at the end. Keeping this in mind, I ventured again into the jungle of organic produce wines to find some real winners that won't leave the palate feeling weird at its finish.

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

2021 MRS. SYLTBAR SPARKING ROSÉ – SYLTBAR WINES

Friuli, Italy, \$23 U.S., 11.5% ABV

Vigo: Okay, when I researched this sparkling wine, the “Mrs.” in the Mrs. Syltbar sparkling rosé was a bit off-putting. I’ve marched through muddy fields in Korea, dodged minefields in Bosnia, and heck, I’ve been shot at and mortared for 15 months in Baghdad, Iraq, so who’s going to judge me if I drink something that has “Mrs.” on it? Thankfully, when I picked up this beautiful sparkling rosé, “Mrs.” was missing from the bottle, but taste and delight were not. The Syltbar sparkling rosé was a surprising delight. It presented an inviting fruit-filled aroma; on the palate, it was fruity with a finish of pomegranate and rose petals. Even more surprising is its 63 calories and .45 grams of sugar a glass, compared to other sparkling wines that contain 50 to 75% more calories and sugar per glass. So, if you like a sparkling rosé with fewer calories and sugar, this is the one for you.

Vigo's rating:

2021 BONTERRA CHARDONNAY, BONTERRA ORGANIC ESTATES

Hopland, USA, \$9 U.S., 13.5% ABV

Vigo: If you've read this article once or twice, you'll know I'm a chablis fan more than a California chardonnay fan. Though California chardonnays are known for their buttery taste, the 2021 Bonterra chardonnay is light on the butter but big on flavor. With the aroma of citrus, almonds, and honey, this Mendocino County jewel delivers the taste that most organic and even nonorganic chardonnays can't. The Bonterra chardonnay is refreshing on the palate; it's like almost drinking a key lime



2021 Mrs. Syltbar Sparking Rosé

pie, being tart in the beginning and creamy at the end. This was again an excellent find, and being organic and for nine bucks, a huge bargain.

Vigo's rating:

2019 GRAND RESERVA ORGANIC RED BLEND, VINA TARAPACA WINERY

Maipo Valley, Chile, \$18 U.S., 13.5% ABV

Vigo: I love red blends when blended well. Vina Tarapaca Winery, nestled next to the Andes Mountains in Chile, has blended up a gem that is also organically produced. The 2019 Grand Reserva is a French bordeaux blend (cabernet franc, malbec, and petit verdot), bringing all the classic tastes that bordeaux is known for. On the nose, the Grand Reserva organic red blend has the aroma of ripe black fruit, tobacco, and leather; on the palate, the Grand Reserva organic red blend has a full body of dark fruit, with some tartness of tannins with a slightly acidic finish. This is a great choice when you're wanting something red, but also something that's also going to support the environment.

Vigo's rating:

Vigo's overall impression: Since our last foray into organic wines two years ago, organic winemakers have come a long way. Taste has improved, along with the availability of organic product selections. The selection that stands out most was the Syltbar Sparkling Rosé (okay, I skipped the Mrs. part). The Syltbar was a real surprise with its taste and its low calories and sugar content. I will keep a few bottles in my wine fridge for those quick get-togethers when I want something fun but great for my waistline.



2021 Bonterra Chardonnay,



2019 Grand Reserva Organic Red Blend

Fans and readers:

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

TOWN HALL FROM PAGE 7

of State Road 70. Please be aware that hours at this facility may vary.

ENGINEER

Engineer Richard Ellis of the Dewberry Engineering firm, who has been handling Lakewood Ranch's civil engineering issues for the last several years, is retiring this month. Supervisors from all districts wished Ellis well in his retirement. Ray Malave, who is familiar with the requirements of the community, will fill in on a temporary basis.

NEW PLAYGROUND EQUIPMENT

The District 1 board approved the purchase of new playground equipment for Summerfield Park.

SUPERVISORY CHANGE IN DISTRICT 2

Jerry Twiggs, who has served District 2 as a supervisor for the last eight years, and who decided to leave his position prior to last month's election, was presented with a custom box of golf balls in recognition of his service to the district. Arthur Taber is replacing Twiggs on the District 2 board and was sworn in at the December District 2 board meeting.

TRAFFIC SIGNALS

Engineer Ellis notified the boards that although the poles are up for the traffic light installation at the corner of Lakewood Ranch Boulevard and Balmoral Woods, the County is apparently having a hard time sourcing the actual signal



Jerry Twiggs, left, with Steve Zielinski
Photo by Ernie Soller

"head" assemblies, so it may be a while yet before the signals are operational. Getting operational traffic signals at this intersection has been a long-term goal of District 6.

CURB HOUSE NUMBER PAINTING

The painting of house numbers on curbs in District 1 is not quite finished, but residents appear to be quite happy with the results. District 4 will be next. The painting of house numbers on curbs has been an aim of Lakewood Ranch Community Emergency Response Team (CERT), as it makes it much easier for emergency responders to find a particular residence.

Over time, the house numbers that are attached to the home may be obscured by vegetation. So far, the Country Club districts have not elected to participate in this effort.

SHERIFF'S OFFICE FEES INCREASED

District 2 supervisor Don Avolio commented that the fees charged by the Manatee County Sheriff's Office for providing off-duty deputies to patrol the roadways in the Country Club are going up. Currently, the charge is \$40/hour for a four-hour shift. The rate is going up to \$65/hour for a three-hour shift.

LEGAL INFORMATION SESSION FOR SUPERVISORS AND HOA BOARD MEMBERS

The attorneys who represent the various CDD boards and the IDA board will put on an informational meeting regarding the Florida Sunshine Law, public records, and ethics for those individuals on the various boards at 9 a.m. Jan. 31 at the Town Hall.

CORRECTION

In the report on the October CDD board meetings, the areas of concern in the Bluffs neighborhood in District 1 relating to potential damage from the waters of the Braden River were misidentified. The area that was identified as "Section F" and which was repaired recently, should have been noted as "Section A." The area reported in that article as "Section A" should have been reported as "Section F." To date, the owner(s) of the properties designated as "Section F" have not replied to inquiries from the District 1 board.

THE (PET) DOCTOR IS IN!

By Erin Siems, DVM

February is almost here already! In January, we tend to focus on overall health – eating better, exercising more – keeping those New Year's resolutions.

In the veterinary world, February focuses specifically on dental health. February is known nationally as Pet Dental Health Month. While it might seem crazy to focus a whole month on our pets' teeth, it is a very important part of their overall health and can lead to other diseases if ignored.

I know I have some die hard dental fans who brush their pet's teeth every day (kudos to you!) but I also accept that most "normal" people don't even look in their dog's mouth; it just seems rude. If you did look in there, you might not like what you see! While we often talk about brushing as the mainstay of proactive dental health, most of us have more pressing things to do than brush our pet's teeth every day.

Even the most astute pet owner who diligently brushes away will eventually need their companion to have a professional cleaning. While there are anesthesia-free dental procedures out



there to get rid of the large plaques of tartar, they are often unable to take care of the disease at the gum line where bacteria like to hang out. Eventually, our buddies need a full dental cleaning with anesthesia under the supervision of their veterinarian. How often? It depends. Everyone is an individual with different needs. That is why it is important to discuss your individual situation with your veterinarian to come up with a plan together to keep your four-legged friend as healthy as possible.

This February, keep up the new year health trend. Talk to your veterinarian about your pet's health overall, and dental as well, to see if there is anything more that needs to be done to achieve optimal health and happiness.

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.

Bring Her Home, Adopt Bailey




Description:

- About 5 years old
- Female
- Grey and White
- Green Eyes
- Adorably Calm

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ASK THE DOCTOR

Diabetes Facts: What you need to know

By Dr. Michael Austen, M.D.
Adult family medicine

Diabetes is a big problem in Florida. How big? Consider these numbers: Approximately 2.3 million people in Florida, 13% of the adult population, have diabetes.

Of these, about 1 in 4 have diabetes but don't know it, greatly increasing their health risk.

Almost 40% of adults in the state have prediabetes, with blood glucose levels higher than normal but not yet high enough to be diagnosed as diabetes, according to the Florida Diabetes Alliance.

WHAT IS DIABETES?

Diabetes, also known as hyperglycemia, occurs when the level of glucose (sugar) in your blood is too high. Without regulation, your blood sugar can fluctuate rapidly, causing serious problems.

WHAT'S THE DIFFERENCE BETWEEN TYPE 1 AND TYPE 2 DIABETES?

Typically, type 1 diabetes occurs in early childhood. This happens when your body attacks the cells that produce insulin, the hormone our bodies produce to regulate our blood sugar. If we



don't make enough (or any at all), diabetes develops.

More commonly found in adults, type 2 may appear later in life. Type 2 occurs when the body can't use insulin effectively (what's called insulin resistance). Individuals with type 2 diabetes either cannot produce enough insulin or cannot use the insulin they do produce.

WHAT ARE THE SYMPTOMS OF DIABETES?

Diabetes symptoms can be difficult to pin down. It's important to speak to your physician if you notice any of the symptoms listed below, as they may warrant further testing.

With either type of diabetes, you may experience any of the following:

- Frequent urination
- Excessive thirst
- Excessive hunger
- Dry, itchy skin
- Pins and needles
- Slow-healing wounds
- Weakness/fatigue
- Blurred vision
- Headaches

WHAT IF IT GOES UNTREATED?

If diabetes is left untreated, high blood sugar levels can affect various cells and organs. Common complications include kidney damage (which can lead to dialysis), eye damage (blindness) and increased risks of heart disease and stroke. In some severe cases, it can lead to a diabetic coma.

BESIDES TREATMENT, WHAT CAN I DO TO HELP MANAGE IT?

While you should always consult your physician before starting any exercise plan, it's almost always a good idea to move more. There are endless benefits to an active lifestyle, especially when paired with a balanced diet. For healthy blood glucose levels, eat fruits, vegetables, whole grains and protein. In most cases, bettering your overall health increases disease manageability. You should also schedule regular check-ups with your physician to ensure your treatment plan is effective.

It's never too late to focus on your health. The family medicine physicians at Lakewood Ranch Medical Group are ready to guide you – no matter where you are in your journey. To book an appointment, call 866-515-9777 or visit lakewoodranchmedicalgroup.com/appt.

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2023 SPRING SCHEDULE & SEASON DETAILS

- Open to Boys & Girls - Ages: 4 - 14
- Practices Begin: Beginning of February
- Games Begin: End-February
- Saturday Morning Games
- Games are played from February - April
- Training days: Mondays or Wednesdays
- Cost includes complete uniforms (shirts, shorts & socks)

Program Cost:
U5-U7: \$145
U8-U13: \$155
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TROPICAL NIGHTS ONLINE SILENT AUCTION

Start Date: Friday, March 17, 2023

Start Time: 12:00pm

Website: MealsonWheelsPLUS.org/TropicalNights

TROPICAL NIGHTS LIVE AUCTION, DINNER, & DANCING

Date: Saturday, March 25, 2023

Time: 6:00pm

Location: The Grove Ballroom
10670 Boardwalk Loop
Lakewood Ranch, FL 34202

Can't attend? Make a donation in support of the event and bid online.

For more information, visit
www.MealsOnWheelsPLUS.org

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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