

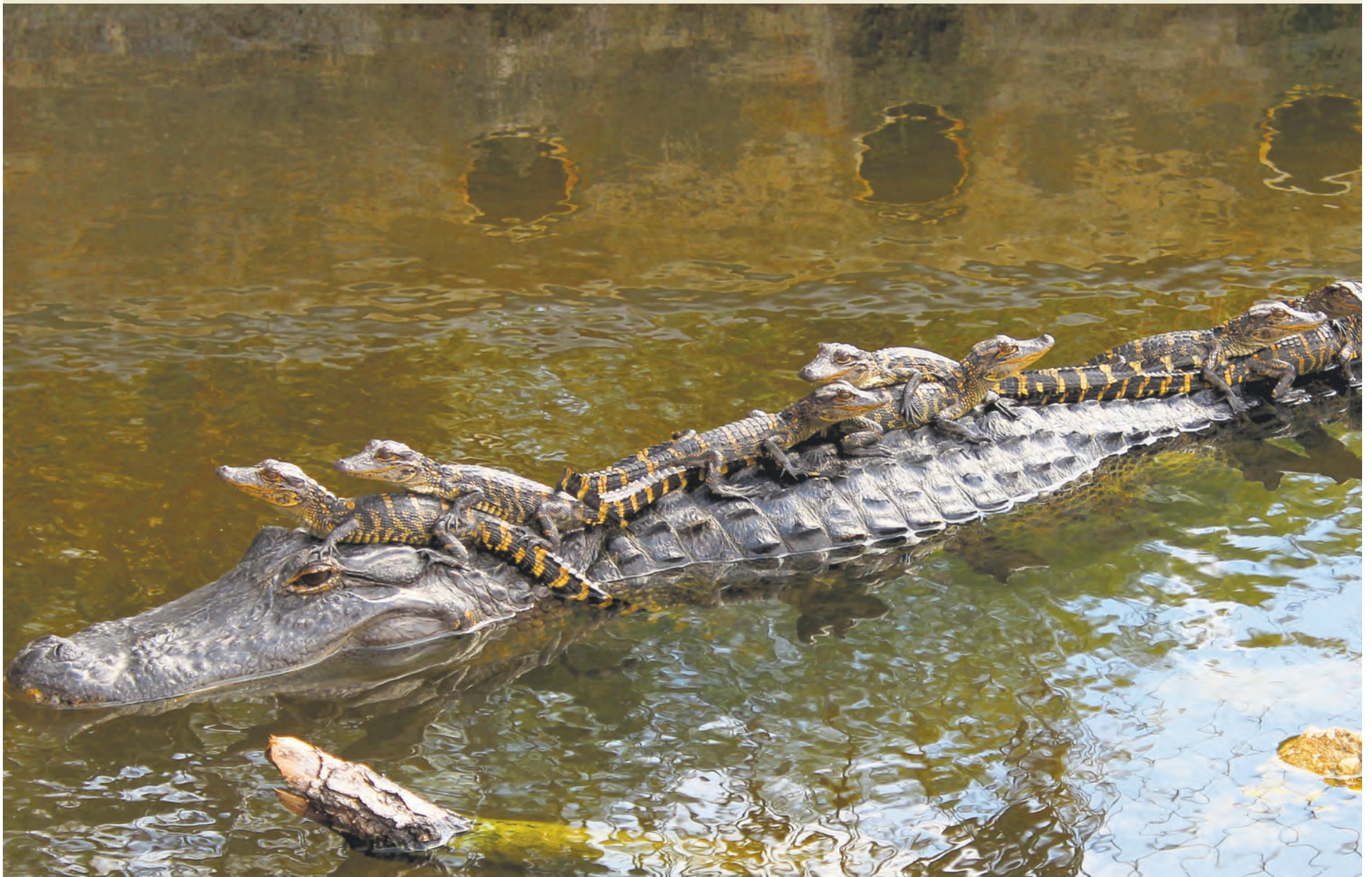


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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, JULY 19, 2023



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Advertising Sales/Circulation: Around the Ranch is published by Lakewood Ranch Media which is solely responsible for its content. The Herald-Tribune is responsible for the printing, distribution and sales production of this newspaper. The articles and editorial viewpoints contained in this publication are written solely by Lakewood Ranch Media with the assistance of the Community Services Office and other offices in Lakewood Ranch, none of which are associated with the Herald-Tribune.

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- Brian Higgins, Owner, with son Kyle

Are You Ready for a Hurricane?

Planning Can Make the Difference!

By Ernie Soller
Community Correspondent

Right at the end of May I was channel-surfing when I landed on The Weather Channel. There was something on my screen that I'd never seen before. They had a red box in the lower right-hand corner of the screen, showing a minute-by-minute countdown to midnight on June 1 – the beginning of the Atlantic hurricane season.

Now obviously, hurricane season represents big business to The Weather Channel. Their viewership goes up by leaps and bounds when there is a major storm brewing somewhere. Perhaps you've heard someone saying: "If Jim Cantore is broadcasting from your neighborhood, you've got problems!"

Also, I watched a broadcast from ABC7 that featured their chief meteorologist, Bob Harrigan, who was passing on hints to his viewers, including "hide from the wind, but run from the water."

Why is that important? Because historically, more people are killed by flood waters during a hurricane than by the wind. Of the people killed during Ian, the largest portion consisted of those killed by flood waters, not on the coast, but in central Florida.

During the Lakewood Ranch CERT hurricane preparedness informational meeting held at the Lakewood Ranch Town Hall in June, one of the exhibits was a set of photographs of a highway near the water at Fort Myers Beach during Ian. The first shot showed what might be referred to as "some street flooding" ... no big deal, right? It looked like some of the streets here in Manatee County when a thunderstorm dumps water on the roads and, for a handful of minutes, the street drains temporarily get a little overloaded. That shot was taken on the morning of Ian's arrival. By mid-afternoon, there were huge waves breaking at that same spot! That same stretch of road was well below a portion of the waters of the Gulf of Mexico. You might remember that there was a 15' flood surge there during Ian.

CERT stands for Community Emergency Response Team, and is made up of your neighbors who have volunteered to serve their community during an emergency, be it from floods, tornadoes, terrorism or hurricanes. They are trained to respond to these emergencies under the guidance of the Federal Emergency Management Agency (FEMA), Manatee County Emergency Management, and East Manatee Fire/Rescue.

CERT is neighbors helping neighbors, and Lakewood Ranch CERT has been around since the 1990s, serving what is known as "Phase I" – the original portion of Lakewood Ranch. (There are other CERT organizations in other portions of Greater Lakewood Ranch.)

Why CERT? The first presenter, Jill Perlin, asked the large audience if they could tell her how many calls came into Manatee County's 911 number on an average day. The answer – about 1,000. During a disaster situation, that volume of calls could be as much as 20,000. At that point, calling 911 will probably not get you an immediate response. That's when CERT swings into action, working to safely support the efforts of our first responders in helping their neighbors.

The next presenter, Mark Holmes, began by listing various threats posed by a hurricane: wind, of course, high water and rip currents along our beaches, together with the possibility that the

Lakewood Ranch CERT Holds a Hurricane Prep Session for Area Residents



PHOTO BY ERNIE SOLLER

hurricane might produce tornadoes.

He noted that the hurricane activity tends to peak around the 10th of September, per the National Oceanic and Atmospheric Administration (NOAA). He also noted the wind speed listings for tropical cyclones:

- Tropical depression – less than 39 MPH winds
 - Tropical storm – 39-73 MPH winds
 - Hurricane – 74-110 MPH winds
 - Major hurricane – over 110 MPH winds
- Hurricane wind categories are listed as:
- Category 1: 74-95 MPH
 - Category 2: 96-110 MPH
 - Category 3: 111-129 MPH
 - Category 4: 130-156 MPH
 - Category 5: 156 MPH and over

The predictions from NOAA for 2023 estimate that there will be 12-17 named storms, of which 5-9 will be hurricanes, and of those, 1-4 will be major hurricanes.

Holmes then noted other expectations for this year's hurricane season, explaining that the last couple of years were "La Nina" years, with Pacific winds moving primarily from east to west, away from North America. This increases the possibility of Atlantic hurricanes to form and strengthen as they move west from the eastern Atlantic.

This year, 2023, is expected to be an "El Nino" year, with Pacific winds moving from west to east. This movement helps to push hurricanes away from our area. And then there is the impact of dust blowing west from the Sahara Desert in Africa, which tends to put a damper on hurricane formation.

Jim Emanuelson, president of Lakewood Ranch CERT then took up the subject of preparedness.

The idea is that you need to be prepared for a possible major storm. Make sure that your insurance policies are up to date, and know that most homeowner policies DO NOT include flood coverage. Consider buying flood insurance, even if you don't live

in an evacuation zone. You need to stock up on needed items, such as non-perishable food, battery-operated or "hand-crank operated" radios, so that you can know what is happening if your power goes out. Load up your freezer with bags of ice, which you can then put into coolers to keep your food from spoiling if the power goes out. It would be a really good idea to have a portable power bank for your cell phone – again, no power means no charging. If you use lithium-ion batteries, be extra careful to keep them dry, as these batteries can become a big-time fire hazard if they get wet.

Emanuelson noted that Manatee County's building codes have been updated over the years. The latest update took place in 2012, and calls for structures built to withstand 150 MPH winds. Take time to make sure that your windows and doors are protected, as once one window is broken and the wind can come into your home, things can get very bad very fast. Doors that open into your home should be braced so that they don't blow open during a major storm. As part of your planning, if you have storm shutters, make sure that you have the proper hardware to install them when they're needed. Going to your local hardware store to get wing nuts when the "big one" is approaching will probably result in a big disappointment, and possible damage to your home.

Also, trim trees near your home. Remove dead branches, which can break off in a big wind and hit your home, causing damage. Secure outdoor items, such as lanai furniture, potted plants, outdoor grills, etc., so that they can't be tossed around by the wind. Make sure that your garage door is closed, and if your home doesn't have storm bracing for your garage door (and many, especially older ones, don't), think about backing up your vehicle in the garage so as to brace the door from the inside.

You also need to come up with a written plan which everyone in your household can follow.

One major decision – stay in place in your home, or evacuate. If you choose to stay, you need to make sure that you have at least seven days' worth of food, water, and medication for each family member – including your pets. As for water, figure on one gallon of fresh water for each family member per day. Remember to rotate your water and food items so that you won't find yourself stuck with stale or outdated supplies.

Check the weather reports. If the big storm is five days out, fill up your car with gas – you might find gas hard to get after the storm hits. Remember, if the power is out, gas stations might not be able to pump gas even if they have gas. If you have storm shutters, put them up. Don't wait. Go to your bank and get cash, especially smaller bills – here again, if a store has no power, they might not be able to process your credit card.

If you find that you need to go to a shelter, know that the shelters in Manatee County can only accommodate a very small portion (only about 10%) of the county's over 400,000 residents. Not only that, but if you have pets, there are only three shelters on Manatee County's shelter list that are listed as accepting pets.

If you choose to leave the area, make sure that you have plenty of cash in small bills, and take with you documents such as marriage certificates, insurance policies and other important papers. You'll need these papers if you return to find that your home has

CERT FROM PAGE 6

been damaged. Call ahead to reserve a hotel room out of the area, and do it as soon as you learn that a big storm is headed our way, otherwise you may be out of luck. Notify family members as to what you are doing and keep them informed about any changes of plans. If you leave, try to drive with your gas tank at least half-full. That way, if you do need to get gas, you won't be in an emergency situation if it takes a while to find fuel.

And, if your home does sustain damage, make sure that any repairs are done by licensed contractors. Florida is a hot bed of "fly-by-night" contractors who come in after a storm and offer to, say, fix your roof. They may do a bad job – or take your money and just take off. These are the guys whose activities are responsible for some of the high home insurance rates we've seen lately here in Florida.

Jordan Perlin finished up the hurricane prep session by going over some additional items to know.

A major storm can result in the collapse of the response system. Perlin noted that there are only 28 ambulances in Manatee County, and they will be doing their best to take care of people, but may have a hard time getting to those who need help if

trees or power poles are down and blocking roads. He also suggested that residents who leave and return do a good job of checking their home for damage – taking a good look at the roof, their ceilings, and their foundation, especially if there has been flooding in the neighborhood.

If you shelter in place, stay inside until it is safe to go out and beware of wildlife – such as snakes and alligators – which may have been displaced from their usual habitat by high water. If there is a tree down in your yard, don't crank up a chainsaw unless you really know how to use it! Don't waste gas, as supplies may be limited and hard to find.

If the rains have stopped, open your windows to air out the house, in order to let the air circulate. Use toilets sparingly – the county's sewer lift stations might not be operating due to lack of power, and may be unable to move waste matter. If you lost power, check out the food in your refrigerator. If the condition of the food is doubtful, throw it out!

Check on your neighbors after a storm. Make sure that they're OK – especially any who are elderly or handicapped.

And join your local CERT! You'll get training, including first aid, supplies to help you help your neighbors, and the fun of belonging to a great organization.

LAKEWOOD RANCH BUSINESS ALLIANCE

We're In the Business of Celebrating Businesses

By Brittany Lamont
President and CEO



They say there is never the perfect time to open a business; there will always be some obstacle in the way or talk of the economy – but how lucky are we to be here in Lakewood Ranch where businesses want to come and expand to our area?

As the premier business organization servicing our 650+ members, we understand the dedication and sacrifice owners make in creating products and services that support our way of life here in the region – the risk they take by throwing it all into the dream and experiencing entrepreneurship.

However, our businesses aren't in that dream alone. They have an army of support through fellow members. One of my favorite services we provide to our members is ribbon cuttings. Yes, it's exactly what you think it is. We bring large scissors and the ribbon along with our members who are there to celebrate that business opening its doors.

We get to be a part of watching their business dream come to fruition – that moment when they



get to cut the ribbon and say ... we did it!

Providing exposure to these new companies is pivotal and we are so privileged to be a part of these moments. If you see one of these celebrations around town, stop by and say "hi." Let's all support the businesses growing and expanding to the Lakewood Ranch area.

If you are one of those companies moving or expanding into our region, we can't wait to meet you and celebrate your success. Learn more at lwrba.org

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PUMPS FITNESS AND KOKO FITCLUB:

Get Out and Work Out Already!

By Ernie Soller
Community Correspondent

What happens when a corporate regular gets really burned out with her job? Things that used to challenge her just got very B-O-R-I-N-G.

Well, if you're Vikki Kopriva, you grin and bear it until something comes along that really gets you excited about your future.

Kopriva, a Wisconsin native, moved to Florida about 50 years ago – meaning that she was quite young at the time. She had several kids and worked in “corporate America” as a business analyst for a major retail network. Kopriva refers to herself as an “outdoor girl” who likes hiking, kayaking, running, and cycling.

One day, a friend asked Kopriva to join her for a session at a gym. It was the first time that Kopriva had stepped into a gym in her life, and the experience changed her. She really enjoyed it and decided, eventually, to quit her corporate job and became a personal trainer.

For several years, Kopriva worked in a “big box” gym in Wesley Chapel before making the jump to owning her own fitness facility here in Lakewood Ranch.

Pumps Fitness is the result. So, what does Pumps Fitness offer its clients?

Pumps Fitness offers a variety of options, from working with older clients who may have had knee surgery and need additional rehab help to aid in their recovery, to younger people seeking to up their fitness (and improve their shapes).

Knee replacement surgery is one of the most common surgical procedures in our area for seniors and in many cases, for some not-so-seniors. In many cases, the older we get, the more difficult it is to bounce back from knee surgery. A short series of rehab appointments might not completely get some of us back on our feet. Pumps can help.

Vikki Kopriva, CPT (certified personal trainer) and her staff of certified trainers have all sorts of options for folks in Greater Lakewood Ranch to feel better, get fit, and take care of some annoying health and body issues.

Pumps Fitness offers one-on-one personal training sessions, small group classes, jazzercise, cardio packages, and, among other treatments, the Koko FitClub program.

When I visited Pumps Fitness, I observed Kopriva working out with a set of straps at-



PHOTOS BY ERNIE SOLLER



tached to a heavy frame. I asked as to what this was, and she replied that it was a TRX suspension training unit. Interesting.

Kopriva's associate, Jenn Lammi, also a certified personal trainer, was using a pair of weighted ropes, not as heavy-duty appearing as



the “secure the ship” lines you might see on certain TV commercials, but in observing Lammi, I could tell that they definitely get the job done.

Both these ladies are in terrific shape!

Kopriva showed me a Neubie machine, designed to, as she put it, provide for neuro-mus-



cular re-education. It retrains your muscles and enables electronic massage therapy. This also sounds like a great fit for those needing additional rehab work.

Pumps Fitness also has a red-light therapy setup, with a sauna. This, according to Kopriva, helps to enable hair growth, helps with wound healing, reduces the effects of psoriasis, diminishes wrinkles, and is generally good for the skin.

Pumps Fitness also has an aesthetician, who offers facials and lipo sculpting, and there is a massage therapist on staff. They even have a woman on their staff who does eyelashes.

Perhaps the most interesting aspect of Pumps Fitness operation here in Lakewood Ranch is its Koko FitClub.

These Koko Fit machines look like they belong in a space station. They are designed for people who want to make the most of their exercise time and are customized to the individual client. The machines use the latest techniques in cardio, strength training, and nutrition to provide a “total package” of assistance to achieve the client's goals.

Koko Fit is the first system to customize your body's exercise needs. Koko Fit “takes the struggle out of exercise so people can live healthier, happier lives.”

On interesting fact about Pumps Fitness' Koko FitClub area – clients can get a fob that unlocks the entry doors, enabling them to come and exercise at odd hours – even at, say, 5 a.m. You say you have an 8 a.m. meeting, but you want to get your exercise in beforehand ... no problem at Pumps Fitness Koko FitClub!

So, do you need to wake up and work out? If you do, you need to check out Pumps Fitness and Koko Fit Club. Pumps is located at 9009 Town Center Parkway, here in Lakewood Ranch. You can check out their web site at pumpsgym.com, email pumpsfitness2019@gmail.com, or you can call Pumps at (813)527-1489 or (941)234-8113.

LAKEWOOD RANCH INTRODUCES NEW SIGHTS AND SOUNDS ARTS PROGRAM

LWR Communities is proud to announce the formation of the “Sights and Sounds at Waterside Place” performing and fine arts series.

The program is meant to introduce arts and culture into the rich array of lifestyle offerings at The Ranch, which will help expand the relationships between these organizations and the residents, and the arts’ patrons and contributors.

The series is part of Lakewood Ranch’s signature programming, led by Nicole Hackel, events and resident experience manager for LWR Communities. “With performances to be held at the pavilion at Waterside Place, Sights and Sounds will bring arts and organizations that are part of our Cultural Coast to Lakewood Ranch,” Hackel said, “which will be a mutually beneficial partnership for our community and the local arts organizations.”

It began as individual events, which were successful with both audiences and



the performing arts groups, and morphed into a permanent series, with events scheduled into next year.

Upcoming performances include Easterseals “Rock the Spectrum” in July, West Coast Black Theatre Troupe in September; the Sarasota Ballet Studio Company in October, Asolo Repertory Theatre in November, Out-of-Door Academy’s group concert featuring sounds of the season from chorus, band and orchestra students in December; and Jazz Under the Stars in February of next year ... with more to be announced.

The events are free and open to the public; there is limited seating at the Plaza, but attendees are welcome to bring their own seats. Food and beverages will be available from numerous Waterside Place merchants.

For more information on shows, dates, and times, visit lakewoodranch.com/sights-sounds/.

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LAKEWOOD RANCH COMMUNITY ACTIVITIES

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



Bringing back the classics while mixing in new activities are what summers are all about here at Lakewood Ranch Community Activities. On top of resident favorites, we have introduced new programs to our Parks & Recreation schedule this season including family dance classes, star gazing experiences, and even golf lessons!



Aliye Presley
Events & Marketing
Manager

The highly requested "Intro to Golf" program, which took place at the Lakewood Ranch Golf and Country Club, was an immediate hit! The program filled up in record time and even garnered a lengthy waiting list. These enthusiastic beginners were able to learn at their own pace, building confidence while seeing tangible progress with each weekly lesson with a highly skilled instructor. The supportive environment left the participants with a newfound passion for the game of golf!

On June 22, Greenbrook Adventure Park came alive as over 50 members of our community, including children and parents, gathered for a new event for children: an awe-inspiring "Stargazing" astronomy night class. The event was the first of its kind for our Parks & Recreation program. Under the guidance of a knowledgeable astronomer, the children delved into the mysteries of the universe and had the opportunity



to use powerful telescopes to explore the mesmerizing night sky. The children were able to foster a deep appreciation for the wonders of space.

Last, but certainly not least, Lakewood Ranch Community Activities and Dynasty Dance is delighted to present the exciting "Date Day" Dance for the Family. This inclusive event welcomes participants of all ages and abilities, ensuring that everyone can join in the fun. The program features three simultaneous dance classes, tailored to different groups. Adults will learn vibrant, upbeat dances to impress their friends in any social scenario, while youth dancers will be divided into "Junior/Teen" and "Teddy Bear" groups, where they will master a combination of jazzy ballroom dances. Notably, Dynasty Dance Clubs takes pride in offering a special needs ballroom dance program, extending a warm invitation to families to come and partake in this memorable experience. Join us for our next "Date Day" Dance for the Family class from noon to 1 p.m. Aug. 12, at the beautiful Waterside Place Town Center.



For more information on our events and programming, please visit mylwr.com or reach out to us directly by emailing info@lwrca.org.

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AROUND THE RANCH



PHOTOS BY BRIAN LENTZ, DIRECTOR AGRONOMY, LWRG&CC



Alligators as Our Neighbors, Not Our Enemies

Alligators have inhabited Florida’s marshes, swamps, rivers and lakes for many centuries, and are found in all 67 counties in the state, according to the Florida Fish and Wildlife Conservation Commission. They are an important part of Florida’s natural history as well as an integral component of aquatic ecosystems, and are a “threatened” species. The word “alligator” comes from the Spanish word for lizard, el lagarto, which is the term the early settlers of Florida used when they first encountered them.

There are many ponds and lakes in Lakewood Ranch; although you may not see them, always assume that there is a gator in any body of water, no matter what the size. Don’t be that person who is careless and ends up responsible for having an animal killed unnecessarily.

Gators come out of the water to bask in the sun or move between ponds and wetlands. In many cases, if left alone, the gator will eventually move on to areas away from people.

THIS IS VERY IMPORTANT: NEVER FEED AN ALLIGATOR. It is illegal to feed them (or harass them), and when fed, they can overcome their natural wariness of people, and it’s more likely they will become a nuisance and have to be destroyed. They eat primarily fish, snakes, birds, turtles, various mammals, and other reptiles – not hamburgers, French fries, marshmallows, or other human leftovers. Generally, gators less than four feet in length are not large enough to be dangerous unless HANDLED. Handling even small gators can result in injury.

Gators are most active between dusk and dawn. As a matter of common sense, keep children away from water. Dogs and cats are similar in size to the natural prey of alligators, so don’t allow pets to swim, exercise or drink in or near waters that may contain gators. Dogs often attract an alligator’s interest, so do not swim with your dog.

MOMMY DEAREST

Unlike most reptiles, gators are good mothers. An alligator

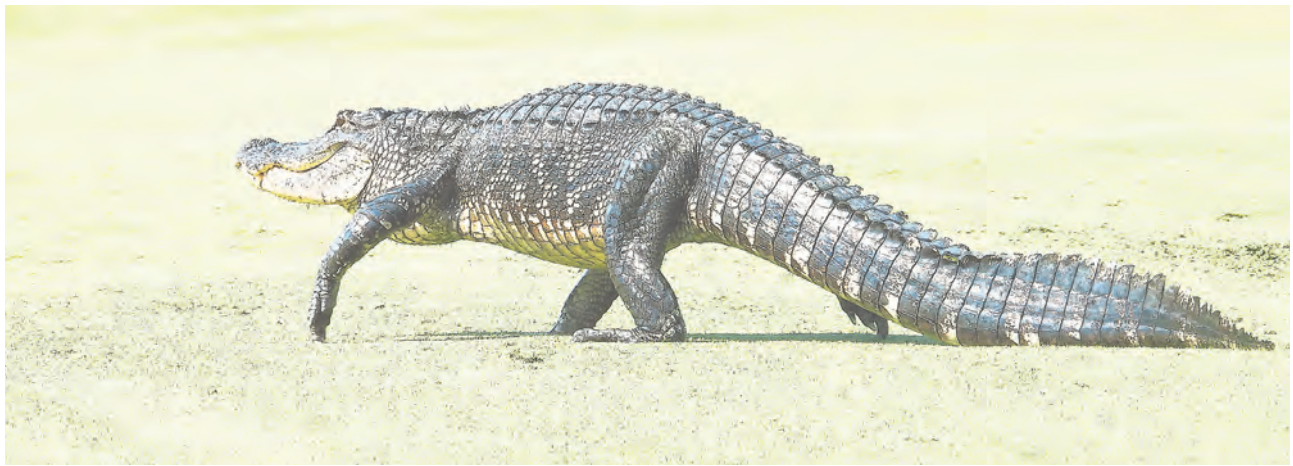
that is ready to lay eggs builds a large nest using mud, sticks and plants. She will lay 10-50 eggs on top of this nest and then cover them with more material. Female alligators are fiercely protective of the nest and hatchlings and are especially dangerous. Again, KEEP YOUR DISTANCE.

As the babies inside the eggs grow, the mother protects her nest from predators, including humans. Even before they hatch, the babies begin to vocalize. This helps the mother alligator to know when her eggs start to hatch. Then she will open up the nest, gently pick up the hatchlings in her mouth and carry them to the water. Shaking her head from side to side encourages the babies to swim out. If there are eggs that haven’t hatched, she will roll them in her mouth to help them open.

Baby alligators stay together in a group close to their mother for one to two years. When threatened, they will call their mom, and she will come to help them.

ALLIGATOR FACTS

- American alligators were once considered almost extinct; by the 1950s, endless hunting had almost wiped out the population
- Although confrontations occur, attacks on humans by alligators are still considered rare, according to the FWC. Statistical data suggests that the probability of being killed by an alligator is one in 3.1 million
- Mating season for alligators is late April through early June. Females build their nests and lay on eggs in June/July, and eggs traditionally hatch from the middle of August through the beginning of September. Egg, hatchling and nest survival is often stunted by predators (like raccoons) and flooding
- Alligators rely on external heat sources in order to regulate their body temperature (which is why they can often be found lying in the sun or on a hot surface)
- Alligators are the official state reptile of Florida



Owen's Fish Camp Finds a New "Fishing Hole" in Lakewood Ranch

By Ernie Soller
Community Correspondent

Long a popular restaurant in the Burns Court area of near-downtown Sarasota, Owen's Fish Camp has found a second location, and that location is in Lakewood Ranch, at 6516 University Parkway, just east of Lakewood Ranch Boulevard.

The original Owen's has become one of the more "durable" restaurants in Sarasota, doing business in an area seemingly notorious for short-lived dining spots. Customers loved the ambience and the food, but the original Owen's was a little small, and parking was a major problem in the Burns Court area, especially during showings at the nearby Sarasota Film Society Burns Court Theater. Put it this way – if you could find a place to park without walking a block or two, you could count yourself lucky.

The planners of the new location of Owen's have sought to relieve some of that angst, with parking available close-by, including several handicap spots. The building itself is larger, and when the entire outside seating area gets its finishing touches, more patrons will be able to enjoy Owen's Fish Camp than ever before.

The Lakewood Ranch Owen's, located right behind the new McDonald's on University Parkway, has only been open for a short time, and that fact has not exactly been well-advertised, but my wife and I also got another message – come early, or you will wait. They open at 4 p.m. – and Owen's doesn't take reservations.

The late afternoon we picked to try out the new Owen's started out blustery and very rainy. All the way down Lakewood Ranch Boulevard from our home north of State Road 70 we were dodging huge puddles of water.

We managed to get to Owen's successfully, arriving at about 4:05 p.m., and found that there was already a short wait for a table. (Again, parts of the outside eating areas are not ready for customers yet, and the wind and rain were still blowing heavily around the building.) However, our courteous hostess took our name and promised us a table within 10 minutes.

She was true to her word, and after checking out some of the decorations for a few minutes, we were escorted to our table.

Here's where I should commend the folks who did a masterful job with the décor at the new Owen's. They outdid themselves, with all



PHOTOS BY ERNIE SOLLER



sorts of pictures and fishing memorabilia on the walls, and a large chandelier festooned with cut glass along with big fishing lures and a couple of pufferfish. There were posters for Willie Nelson's Fourth of July picnic, and an old Johnny Cash movie, "Five Minutes to Live." The rafters of the main dining area are decorated with canoes – four full-size, old-style canoes, along with plenty of heavy cordage. The wood flooring gives a warm, inviting touch, and the lighting is of the incandescent variety, again giving a warm glow to the place.

Outside, I saw an old steamship-style ventilator shaft next to the side of the building, and

there were several antique outboard motors positioned along a fence in the rear of Owen's. Cool!

Once we were seated, our server, Thalia, presented us with drink menus as well as placemat/food menus. She also made sure that we both had glasses of water.

The wine list at Owen's is rather unique. It has a section for full bottles on one side, ranging from \$39.99 to \$97.99 per bottle, and on the other, four sections for various wines by the glass labeled "cheap," "decent," "good," and "gooder," with selections under each category.

We made our choices for liquid refresh-

ment, an appetizer dish of cheesy spiced crab and crackers, and subsequently, for our main dining choices.

My wife loves catfish. And she was ready to order the catfish, but she is also allergic to certain green veggies. She asked Thalia if she could substitute French fries and coleslaw for the collards and grits which were the standard menu side dishes for the catfish. She was told that there would be a \$2 per item upcharge for the change. Really? For fries and coleslaw?

She ended up changing her choice to the shrimp basket, which came with fries and slaw. The shrimp basket came with the shrimp nestled in a basket lined with newspaper, and she really enjoyed her tasty fried shrimp.

I chose an item that has become one of my favorite southern meals – shrimp and grits. This dish was prepared with mushrooms, chunks of spiced ham, and small onions.

It tasted great. I loved it, but I did wonder why I only got five small-to-medium-sized shrimp on my plate as, in my experience, a shrimp dinner usually contains at least a half-dozen shrimp, unless they were of the "super jumbo" variety, and these were not.

For dessert, she ordered the Lemon Ice Box Cake, and I the Georgia Peach Cobbler, which came with a scoop of vanilla ice cream.

The cake was good and my bride, being pretty full by this time, elected to take some of it home.

As for the peach cobbler, it was excellent – and would probably have been plenty for two people, especially with that scoop of ice cream! It was served warm on a very hot plate. Well done, Owen's. I predict that some folks might make a practice of coming in just for the cobbler.

The new Owen's Fish Camp is well-placed to make Lakewood Ranch diners happy. The place is fairly large. The food is good. The staff members, dressed in their "camp" shirts, are energetic and friendly, and the décor is possibly the best example of "theme decorating" I've seen anywhere in Lakewood Ranch.

Now folks from around here won't have to fight their way through the traffic to downtown Sarasota to go to Owen's Fish Camp.

Check it out!

Hours are 4-9:30 p.m. Monday through Thursday, and 4-10:30 p.m. Friday and Saturday. For more information visit owensfishcamp.com.

District Boards Approve Budgets for Fiscal Year 2024

By Ernie Soller
Community Correspondent

The boards of supervisors of the Lakewood Ranch Community Development Districts (CDDs) approved their fiscal year 2024 preliminary budgets at their monthly meetings held at Town Hall during the week of June 11.

The budgets for next year will not contain any large surprises in the way of assessment increases for residents, however amendments to this fiscal year's budgets became necessary due to the large amounts of damages resulting from Hurricane Ian last September.

The boards, with the exception of District 6, passed amendments to this year's budgets, mainly to allow for the use of reserves to cover costs due to hurricane damage, until compensation is received from FEMA, which could take some time. District 6 did not need an amendment to their fiscal year 2023 budget because the cost of damages from Hurricane Ian in that district was much lower than in other districts.

There was some good news in the budget discussions. The cost of irrigation water is generally running below budgeted amounts, which results in a positive impact on district finances. In addition, district finances are being positively impacted by higher interest rates that districts are currently getting on their investments.

The savings are largely due to the use of soil moisture sensors, and the increased awareness on the part of residents of the need to cut back on irrigation during the time of the year when it is less needed.

During the District 6 board meeting, Chairman Jim Rogoze commented that most residents are doing a great job of not over-watering. However he noted that there is a small, stubborn group of residents who continue to over-water, apparently not understanding that their actions are costing them – and the rest of the District, more money. This is in addition to the fact that by over-watering, they may actually be damaging the plant life they think that they are helping.

The final budget approval by the district boards will come during their August board meetings, which will be held during the week of Aug. 13. Public hearings will take place at these meetings prior to final board approval.

ETHICS TRAINING REQUIREMENT FOR SUPERVISORS

It was announced at the June CDD board meetings that the Florida legislature has passed a new requirement for public officials, such as CDD board members, to take part in a minimum of four hours of ethics training per year. This new requirement will start effective Jan. 1, 2024.

EXECUTIVE DIRECTOR

Steve Zielinski's contract as executive director has been renewed for another year.

DISC GOLF IN DISTRICT 1?

The board of District 1, which includes the Summerfield and Riverwalk neighborhoods, has been given a request to establish a disc golf course in the Heron's Nest area. Disc golf is a game, based on golf, which uses frisbee-like game pieces. Usually they look like regular frisbees, but they have slightly different sizes and edge configurations. A player tries to toss his "putter," mid-range," or "driver" so as to get the item into an elevated metal basket, instead of a hole in the ground.

Tom Merrell, director of operations, noted at the District 1 meeting that the cost to establish such a course might be higher than some people expect. There may be a need to establish concrete pads in some areas which, considering the terrain in the area, would not be inexpensive, as it would be difficult to get a concrete mixer truck into some of the area proposed for the disc golf course. And, not only that, but the cost of concrete is not exactly cheap!

The district will check into the possible cost before making any decisions on the proposed project.

Merrell also noted that the "spinning merry-go-round" playground feature that has been in place for a number of years is being removed, as it is no longer considered safe to use.

The district will install a number of "no swimming" signs near some of the area ponds.

As one individual commented: "Just because you don't see an alligator swimming around in a pond doesn't mean that one is not present. Gators can hold their breath underwater for as long as 45 minutes!" Don't be a victim. Don't swim in our ponds.

SEE DISTRICT, PAGE 20

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Your LWR Story

By Maggie Milne

Meet Teresa Hartter, Lakewood Ranch resident and local business employee.

Teresa was born and raised in rural Illinois; growing up on her family's farm fostered her love of green space, nature and a glass of fresh cow's milk! A wife and a mom of three children, Teresa learned about grief early in her life. Their eldest daughter died at 11 months old due to a sudden respiratory illness. Despite her grief, Teresa willingly shares about her daughter, her grief journey, and how they ensure she continues to be an integral member of their family.

Her family moved to several states before deciding to pursue somewhere warm all year round. They still visit family and love to go up north for a week of snow, just to return to the sunshine! When they first moved to the area, they rented a home near the University Town Center Mall, which is next to Lakewood Ranch. Although her family loved their Sarasota neighborhood and home, they were not content to continue renting when they could own their own home. After enduring several moves, Teresa wanted to keep her kids in the same school, as they both had established friends there. The Hartters began their search for their future home in Lakewood Ranch.

The top-rated schools within Lakewood Ranch motivated the Hartter's search for a home in the community. They were grateful to find and buy a condo in Lakewood Ranch, as their home location ensured her kids would continue as students at Robert E. Willis Elementary, "Home of the Geckos."

Teresa says in this season of life she is happy about their location, home, career, and children's school.

She had been commuting to Tampa for her job but is now working as a store manager for Monkee's boutique, located at Waterside Place, which is the perfect fit for her passion and skills. Teresa's current career has helped create new friendships with customers, neighboring business owners and employees near her store.

Teresa enjoys the conveniences of Lakewood Ranch. Home, work, and play are within a walk or short drive. She enjoys line dancing at a nearby pub, and takes full advantage of the conveniently located coffee shops where she meets her friends regularly!

Her son loves football and plays in the "Under the Lights" football program. Every Friday night during the fall, winter, and spring months the family is in the stands cheering for her son's team. Her daughter enjoys playing the piano and takes lessons with a local piano teacher. Both her kids attended camp this summer, hosted by their local church. Teresa emphasizes that church is a regular part of her family life, that her church community



is important to them.

Warm days throughout the year allow for plenty of swimming at their community pool. When not splashing around in the pool, the Hartters can be found at any of the nearby beaches. Teresa is grateful for their lifestyle, their loving neighbors, and the Lakewood Ranch community. As they enjoy their Lakewood Ranch life, they look forward to what is coming soon to the community, like new restaurants at the Waterside Place town center.

Teresa believes in giving back to her community by being a positive influence in all that she does, and is enthusiastic about her personal faith, which she lives out through her work, play, community,

and social engagements.

To learn more about Teresa contact: teresa@monkeesoflakewoodranch.com.

We would like to share Your LWR Story!

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

Send Your LWR Story and photos to yourlwrstory@lakewoodranch.com.



EASTERSEALS: ROCK THE SPECTRUM

Friday, July 28th @6PM

THE WESTCOAST BLACK THEATRE TROUPE

Friday, September 15th @6:30PM

THE SARASOTA BALLET STUDIO COMPANY

Friday, October 13th @6PM

THE STAGE IS SET

Every month at Lakewood Ranch, we celebrate the best local visual, musical, and performing arts the Sarasota region offers. Sights + Sounds, our newest signature event, will showcase theater, orchestra, acapella performances, art shows, and more!

Join us at our next event. Come for the show then stay for dinner and a drink at Waterside Place town center.

Check out all of the events happening around The Ranch!



LAKEWOOD RANCH™.com

THE UNASSUMING WINE BRO



Happy Third Anniversary – Our Best for the Past Year

Believe it or not, it's been three years since my wine adventures began gracing the pages of *Around the Ranch*. The patient editor and chief of *Around the Ranch* continues to ask me to write, and Total Wines keeps reminding me that I have another wine order to pick up. How can I disappoint them both? Tasting and writing are my passion, so let's get on with another year of tasting the art of wine.

I'm Vigo, The Unassuming Wine Bro (U.W.B.) – 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.

Wine year three has been a year of ups and downs for your favorite neighborhood wino. It's been a rough wine year, from losing my writing partner to braving a category-five hurricane, and finally deciding to retire from Federal service. Thankfully family, friends, and my favorite adult beverage helped many of those downs come to a soft landing. So, as I celebrate three years, let's talk about some cheerful wine-related subjects for the past year.

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

VIGO'S BEST OF THE YEAR: RED WINE CATEGORY

2019 Buoncrisiani O.P.C. Proprietary Red (red blend)
Napa Valley, Napa, Calif.,
\$75 U.S. 14.5% A.B.V.

I was extremely fortunate to be invited to the Lakewood Ranch Wine Club tasting event, where the Buoncrisiani Winery was invited to present some of its fabulous wines. The one that stood out for me (which was difficult because all of them were phenomenal) was the 2019 O.P.C. Proprietary Red (red blend). As long as I have been writing this wine column, it should be painfully clear to all who have read my musings that there are only two red blends, bad and outstanding. The Buoncrisiani Proprietary Red goes into the pantheon of outstanding. A perfect bending of cabernet sauvignon, merlot, syrah, malbec, and petite verdot grapes, aged in French and new oak barrels, gives this wine an exciting taste but a balanced finish. Only available on the Buoncrisiani website, it's worth a couple of clicks of the mouse to order an authentic Napa superstar wine.

Rating:     

VIGO'S BEST OF THE YEAR: WHITE WINE CATEGORY

2021 Jermann Pinot Grigio Friuli
Friuli-Venezia Giulia, Italy; \$25 U.S.; 13% ABV:

Though Italian, this white wine is also a taste of history. The

Friuli-Venezia Giulia area for centuries is where Germanic, Slavic, and Italian cultures have converged. This convergence of cultures, climate, and terra has created a pinot grigio with the color of pale straw and the taste of creamy green apples, pears, and citrus. This is a pinot grigio you serve cold on a hot summer night. A pleasure to taste and savor my best white wines this year.

Rating:     

VIGO'S BEST OF THE YEAR: ROSÉ WINE CATEGORY

2021 Ultimate Provence "UP" Rosé, Waitrose & Partners
Provence, France, \$24 U.S., 12.5% ABV

If you remember, my rosé tasting was conducted while Hurricane Ian approached the coast. My pool furniture bobbed at the bottom of my pool, and the palm trees surrounding our house bent like fishing rods with 300-pound marlins at the end. I uncorked some beautiful pink rosés to calm my frayed nerves. Of the three, the UP (Ultimate Provence) was my nervous disorder champion. UP has a beautiful pale pink color, and its aroma is like Christmas Day: red berries, cinnamon, and spice. On the palate: fruity, slightly acidic, and dry. This rosé finishes like a Christmas dinner – smooth and satisfying. With exquisite taste and presented in a beautiful bottle, the UP is one rosé that won't let you down.

Rating:     

VIGO'S BEST OF THE YEAR: WINE FESTIVALS CATEGORY

Forks and Corks, Ringling Museum, Sarasota, Fla.

Wine festivals are a fun way to discover new wines that you never knew about or were unsure that you would have liked. For



LWR, the Suncoast Food and Wine Festival is our hometown favorite. It's like a Tom Cruise movie; you know what to expect, and you know it will be solid. However, the best for this area regarding wine festivals is Sarasota's Forks and Corks, held at the Ringling Museum. Fork and Corks is our area's wine Super Bowl. Winemakers from across the planet are in attendance, plying their delicious wines to the eager oenophile public. If a country makes wine, it will have a booth at Forks and Corks. Restaurants and culinary academies within the Sarasota area are well represented as well, and serve well-made items perfectly paired with the wine being presented. Tickets can be tricky, but it's a golden ticket to wine fun when you get one.

Rating:     



VIGO'S HONORABLE MENTION: BEST PLACE TO EXPERIENCE WINE ON LAKEWOOD RANCH

Fine Wine and Tastings on Main, Lakewood Ranch, Fla.

If ever there was a place on Lakewood Ranch to go when you needed a quality bottle of wine for an event, or a place to meet your friends for a perfect bottle of wine and some solid charcuterie, it's Fine Wines and Tastings on Main, Lakewood Ranch. Wine tasting rooms have come and gone on Lakewood Ranch, but Fine Wines and Tastings on Main continues to succeed where others have failed. That success can be attributed to the quality of wines, the extensive selections to choose from, the staff that always has an answer to your wine questions, and the inviting environment of the tasting room. You'll always have a good bottle or good time at Fine Wines and Tastings on Main, and it's the UWB's favorite place to shop and taste wines.

Rating:     

VIGO'S OVERALL IMPRESSIONS:

As I slowly retire, my thoughts are, "What is next?" Though year three was a time of transitions, one thing has stayed constant, my love of Lakewood Ranch and the Lakewood Ranch community. I'm looking forward to year four and having more time to enjoy wine adventures without a pesky career getting in my way.

ATTENTION READERS:

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

Neal Signature Homes Opens New Model in Lakewood Ranch

Neal Signature Homes has officially opened its model in The Alcove, a small enclave of 47 lakefront homes within Waterside at Lakewood Ranch. The five available floor plans for The Alcove range from 2,426 to 3,334 square feet and from the \$800s to \$1+ million, and offer a waterfront lifestyle around Blue Heron Lake. The community includes a kayak launch area and an extension of the Waterside trail system – walking paths and trails that extend throughout the larger community.

The Alcove offers spacious, lakefront private homesites that are close to Waterside’s marina and eventual water taxi services, as well as the new Waterside Park that will feature a splash park, volleyball courts and an event lawn.

Located in the southernmost area of Lakewood Ranch, south of University Parkway and east of I-75, Waterside includes seven pristine lakes and 20 miles of shoreline. When completed, nine neighborhoods will be part of the unique lakeside community. Waterside Place includes many options for dining, shopping, entertainment, wellness and recreation. It also hosts a very popular Farmers’ Market every Sunday and community activities such as movies in the park and cornhole and bocce ball tournaments.

“There’s a real sense of community here,” said Carlos Puente, president of Neal Signature Homes. “Lakewood Ranch is the #1 community in the U.S. for families of all ages, and Waterside has taken the lakeside lifestyle to another level. For those looking for a prestigious enclave of luxury residences that’s still close to everything Waterside Place has to offer, The Alcove will be the perfect place to call home.”



Neal Signature Homes began selling in The Alcove on May 13. The five exclusively designed floor plans include the Montecito 2, Portofino, Carlotta 2 and Veneto 2 plans, which range from 2,426 square feet to 2,646 square feet with up to four bedrooms and three bathrooms. The Capri floor plan is 3,334 square feet with up to five bedrooms and four bathrooms. Customized options allow buyers to personalize their home for their lifestyle.

“We are happy to announce the opening of The Alcove, our new neighborhood in Waterside. We love this new area of Lakewood Ranch and are proud to offer such a stunning selection of lakefront homesites,” said Pat Neal, founder and chairman of Neal Signature Homes and Neal Communities.

Learn more about Neal Signature Homes in The Alcove at Waterside by joining the Signature VIP list at <https://nealsignaturehomes.com/the-alcove-at-waterside/>.

July 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, July 24 and 31, 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, July 22 and 29, 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, July 21 and 28, 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, July 20 and 27, 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.

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



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DISTRICT FROM PAGE 15

RAINFALL

Merrell noted in his reports to supervisors that the rainfall in Lakewood Ranch in May was up, although most of that rain came in one big storm late in the month – a storm that dumped a lot of rain in a short period of time, causing some short-term minor street flooding. Otherwise, the amount of rainfall is overall still below normal, year-to-date.

BRIDGE REPAIR UPDATE – DISTRICT 4

The district, through the Operations department, has been in contact with three contractors regarding the proposed repairs to the wood-decked bridge at Adventure Park.

One contractor has proposed overlaying new material on top of the existing structure. Another has recommended replacing the entire upper portion of the structure, including the railings. The third proposes using a different material to do the job. It is expected that the repairs will take place later in the fall of this year.

Supervisor Bonnie Sidiski requested that Operations also look into the condition of the basketball hoops at Adventure Park, as one of the hoops recently came apart.

LAKWOOD RANCH CERT

In preparation for a possible disaster, Executive Director Zielinski announced that the Town Hall has conducted two successful communication radio tests with Lakewood Ranch CERT.

The Town Hall staff has also gone through a disaster preparedness session in early June, in preparation for this year's storm season.

GOLF CART USE

Attorney Andrew Cohen announced during the board meetings that a new state law, which takes effect on Oct. 1, forbids the driving of golf carts by anyone under 18, unless that person has a learner's permit or a valid driver's license. In addition, anyone over 18 must have a license or a government issued I.D. to drive a golf cart.

He also stated that golf carts are STILL PROHIBITED from being used on any roads which are not within an established golf community.

DISTRICT 5 BOARD ACCEPTS SUPERVISOR RESIGNATION

The District 5 Board has accepted the resignation of long-serving supervisor Alan Silverglat. Silverglat resigned due to the fact that he will be moving out of the district. He also resigned his seat as District 5's representative on the Inter-District Authority board.

The District 5 Board will be sending out notices requesting nominations for an individual to replace Silverglat on the board. If you are a District 5 resident, and would like to nominate someone, please contact the board. A new supervisor will be appointed in July.

GATE ISSUES IN COUNTRY CLUB

Operations Director Merrell noted that on June 11 and 12 there was a service problem with the Country Club gates. The service provider could not connect with the kiosks. The matter is being looked into so that the same problem does not occur again.

There was a "gate strike" recently, apparently by a guest of a Country Club resident, which damaged the gate at the Balmoral gatehouse. The cost of the repairs will be in the \$300-\$400 range. It appears that it will be difficult to try to get the guest to pay for the damage, and per Attorney Cohen, District 6 can go to court on the matter, but even if the district wins a judgement, they would not be able to recoup attorney fees, making going to court a losing proposition for the district.

DISTRICT 6 SUPERVISOR RESIGNS

Michael Ferro, recently appointed to the District 6 board, has resigned his seat, citing unforeseen personal circumstances. The district will be seeking a new supervisor to replace Ferro.

THE (PET) DOCTOR IS IN!

It's July in Florida and it's still hot ... and still rainy out there. As we start to wonder if this will ever end our furry family members are right there with us getting cabin fever. So, rather than zone out to the TV or take one more nap, why not start looking for some fun, creative way to interact with your pets at home? There are plenty of ideas out there on how to make the day fun for everyone. Of course, indoor spaces require some creative thinking to provide appropriate mental and physical stimulation.

Many of our cats spend their days and nights indoors with varying degrees of activity, but how much interaction do we have with them? Rather than being a passive spectator, try interactive games. Most cats love to chase a toy on a string or laser pointer. Most of the time this is much more fun than batting a toy around by yourself. As an added bonus, cats tend to play longer and put more effort in to play when it is interactive. Cats are natural hunters and that instinct can be encouraged by hiding treats around the house then helping them "seek out the prey." Some cats are so inquisitive and interactive that they can be taught games like sit, stay and even fetch.

Most dogs crave human interaction. Take advantage of this by creating fun indoor games that don't require a lot of space but do require a



Erin Siems, DVM

lot of brain power. One fun game with endless possibilities is the cup game where you have 3-5 cups, hide a treat under one (or multiple) cups then mix them around and try to have your dog guess which holds the treat. You can also teach them new tricks to boost confidence and increase focus, which helps with impulse control. There are many videos and instructions online

and there is always something new, no matter what your dog's current skill level is. Just like cats, dogs have a great ability to do scent work and have lots of fun with hide and seek with treats.

Summertime presents us Floridians with a unique opportunity to spend more time with our four-legged kids. No matter how you decide to strengthen your bond, take time to enjoy interacting and bonding with your pups and kitties this summer.

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.

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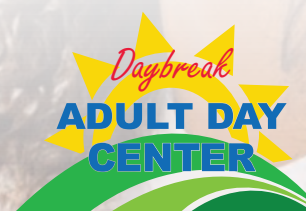
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HEALTH AND WELLNESS

Menopause and Living Well

Approaching menopause is an important transition in a woman's life. It often comes with other life changes, like children growing up. Some women may have more free time to themselves to work on advancing careers or trying new hobbies. Others are just happy to say goodbye to the nuisance of monthly periods and menstrual cramps. Fluctuations in the reproductive hormone levels of estrogen and progesterone during this time, however, can cause a myriad of challenging physiological symptoms, causing many women to be apprehensive about the onset of menopause.

"The good news is that working with a healthcare provider on healthy diet and exercise habits and other treatments, if necessary, can go a long way in helping women feel their best," says Angie Scarpa, CNM, ARNP, nurse practitioner and midwife with Lakewood Ranch Medical Group.

PERIMENOPAUSE AND MENOPAUSE

Perimenopause, the bridge between the reproductive years and menopause, typically begins when a woman is in her 40s and can last for several years. The severity of symptoms during perimenopause varies, but often includes hot flashes, weight gain, changing menstrual cycles, bladder problems, vaginal dryness, brain fog and insomnia or sleep disturbances, anxiety



Angie Scarpa,
CNM, ARNP

or depression, according to the North American Menopause Society.

Menopause is typically confirmed after 12 consecutive months of no periods. It occurs when a woman's ovaries have stopped making estrogen, marking a permanent end to fertility. Symptoms may become milder or go away completely, although some women may experience symptoms for a decade or longer. The average age for menopause is 51, according to the North American Menopause Society.

"Once a woman reaches menopause, the risk for developing osteoporosis, heart disease, diabetes, cancer and other conditions increases," says Scarpa. "Developing or keeping up with healthy habits during the perimenopausal phase not only helps to relieve distressful symptoms, but can also help women throughout the rest of their lives. Getting or staying active, losing weight, if needed, and eating a healthy, low-fat diet that is rich in fruits and vegetables is recommended."

HEALTHY EATING AND EXERCISE DIET

- Lean proteins, including chicken, turkey, fish, beans and legumes, are heart healthy.
- Soybeans, edamame, unsweetened soy milk, tofu, tempeh and flax may help with hormonal balance.

• Foods rich in vitamin E (avocado, almonds, broccoli, kale, spinach, papaya, kiwi, peanuts, red bell pepper and sunflower seeds) may help to reduce hot flashes.

• Try iron-rich foods that can help to combat fatigue, including broccoli, eggs, apricots and spinach.

• Foods with Omega-3 fatty acids, such as salmon, flax, chia, walnuts and edamame, may help with fatigue or low mood.

• Vitamin D is important for bone health. Ask your doctor about a vitamin D supplement.

• Drink plenty of water.

EXERCISE

A regular program of high- and low-impact, weight-bearing and strength exercises can help to regulate metabolism, increase bone mass to protect against osteoporosis, relieve stress, anxiety and depression, and reduce the risks of high blood pressure, heart attack and stroke. Examples include lifting weights, dancing, jogging, stair climbing, yoga and use of resistance bands, walking and low-impact aerobics and gardening.

As always, seek the advice of your healthcare provider on diet and exercise.

HOT FLASHES

Hot flashes, also known as vasomotor symptoms or VMS, can be particularly troubling. About 75 percent of women in perimenopause experience hot flashes. When they happen at

night, they are called night sweats. Characterized by a sudden sense of heat and flushing of the face, sometimes with sweating, dizziness, heart palpitations and feelings of anxiety, hot flashes can have an impact on many aspects of a woman's life.

"Tips to help reduce hot flashes include avoiding caffeine, alcohol and spicy foods," says Scarpa. "Also, try dressing in layers so that you can take clothing off as you feel hot, sip cool water, and use a portable fan. If you smoke, quit. Hypnotherapy and mindfulness meditation may also help."

MEDICAL INTERVENTIONS

About 15 to 20 percent of the approximately 1.3 million women in the U.S. currently in menopause will experience severe symptoms, according to the National Institutes of Health. When healthy lifestyle habits are not enough to bring relief, prescription medications may be helpful, including prescription hormone therapy (HT), which has been found to steady the levels of estrogen and progesterone in the body. Prescription drugs for depression, such as Serotonin reuptake inhibitors (SSRI), have also been found to bring relief for hot flashes.

Talk to your healthcare provider about treatments that are right for you.

If you need a doctor, visit doctors.lakewoodranchmedicalcenter.com or call 800-816-4145.

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