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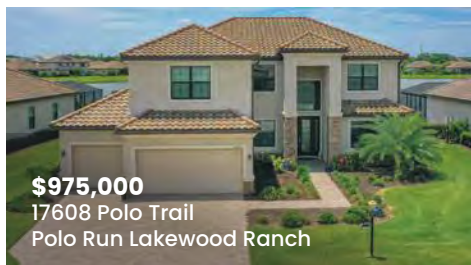
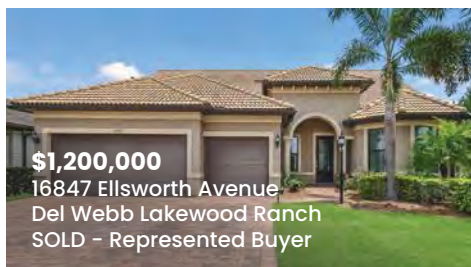
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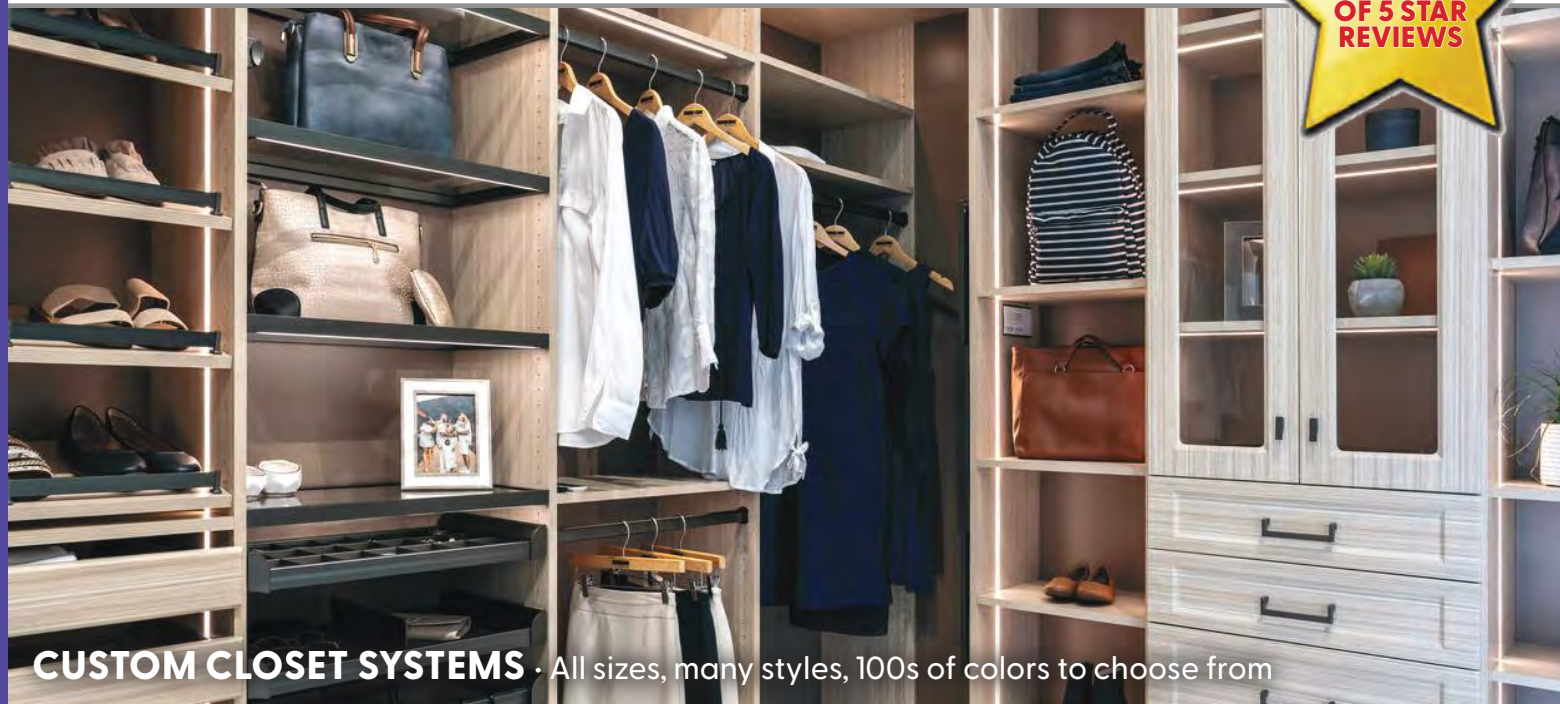
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CONTENTS

WINTER 2023



FEATURES

68

HOLIDAY HOSTING
A complete itinerary to keep you and your guests happy this season.

78

DOCTOR'S ORDERS
This veterinarian's love of polo runs through everything she does.

86

EATERY EXPANSION
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DEPARTMENTS

24 FROM THE EDITOR

31 BUZZ

Two high school classmates reunite through their businesses, local colleges combat the nursing shortage and SMART has a new director — and direction.

48 CLASS ACT

Maria Barringhaus' lessons make swimming accessible and enjoyable for all children.

52 CHARITY SNAPSHOT

The Lake Club Women's Giving Circle has started a legacy that continues to blossom and benefit the community.

56 CALENDAR

The upcoming months are packed with events you won't want to miss.

62 STYLE

Need gift ideas? Sample these delectable delights for those on your list.

99 HAVEN

This Country Club home proves that a renovation can give aging homes a new life.

110 ART AND ABOUT

With a packed arts schedule, deciding what to attend can be tough. We've got some tips.

120 TABLE TALK

Osteria 500 serves Italian food with Italian soul — right down to its pizza oven and cocktail cart.

130 PARTING GLANCE



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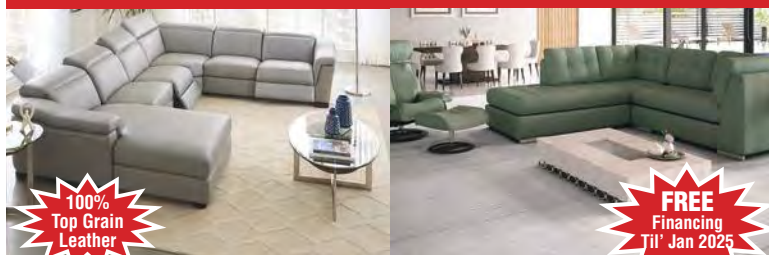
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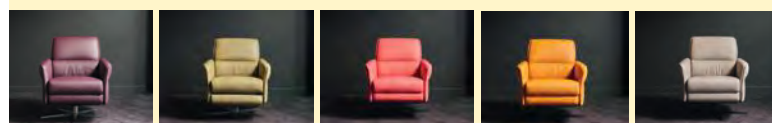
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Where does the time go?



Courtesy image

There are plenty of light displays to occupy your guests around the holidays, including a huge one around UTC mall.

Pinch me. November is almost over? The holidays are almost here? It's almost 2024?

I don't believe it. What happened?



I don't know if it's me, but I feel like the last year was on warp speed. Before that, during the pandemic ... not so much.

I suppose that's good news. It means we're back to being busy and active and time flying while we're having fun and all that.

But the holidays? I don't think I'm ready. Just the thought of shopping and cooking and cleaning is enough to make me break out in a sweat. Speaking of which, it's that dang lovely weather of ours that ensures we'll have a steady stream of visitors in the coming months.

To help you prepare a response to the inevitable question from your guests — What shall we do today? — we've created an itinerary packed with places to go, things to do and, of

course, lots of yummy things to eat (Page 68). Because, as we all know, when you have guests, you get to eat like you're on vacation too, right?

Our holiday survival guide has a little something for everyone, from soothing spa treatments to outdoor activities to keep the kiddos occupied. It always helps to have a few ideas to ease the burden of entertaining.

The good news is we live in a place with plenty to do. One of my favorite things to take guests to during season is polo. For the uninitiated, it can seem a bit intimidating with the whole "sport of kings" and "Pretty Woman" references. But, let me assure you, Lakewood Ranch's version of the game is much more accessible. Our scene is more cowboy boots than stilettos (but big hats are universal).

I tell visitors it's like a football tailgate, only you don't have to leave your parking spot to watch the game.

When you go this season, be on the

watch for Dr. Margaux Buchanan. As an equine veterinarian and polo player, she could be any number of places — on the sidelines, on the field or in the stable.

But, as you'll read in our feature of her on Page 78, the sport is more than a way to spend a Sunday afternoon for her. After getting hooked on it while doing an internship on the east coast, she's since engineered her life around riding, raising and taking care of her polo ponies.

No matter your passion, I hope you take full advantage of the coming season and all of its wonderful offerings. Use visitors as a reason to be a tourist in your backyard. Explore. Try something new.

Because the summer will be here again before you know it.

Kat Wingert
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BUZZ

NEWS, HAPPENINGS AND PEOPLE

New executive director brings
fresh ideas for SMART growth.

PAGE 42



Photo by Liz Ramos
Mark Hiser has spent most
of his life around horses.

FOR STARTERS

BY LWR LIFE STAFF

1 K-8 SCHOOL TAKES SHAPE

To ease the squeeze of congestion in Lakewood Ranch area schools, construction is expected to begin on a new K-8 school in January.

HKS Architects and Williamson Design Associates recently released designs for the school, which will be built on 40 acres off Uihlein Road.

The school's planned to have a capacity of 1,692 students. The first phase of the project, the two-story elementary building, is scheduled to be complete in time for the 2025-26 school year. Plans also include an administration building and media center as well as dining, music and arts facilities. A one-story middle school building is scheduled to be complete in January 2026.

All that comes at a price tag of about \$82 million.



3 PAVILION TO REBUILD

After some spent July Fourth fireworks were placed in a garbage can with the best of intentions, the Greenbrook Adventure Park pavilion accidentally caught fire and was destroyed.

Since then, the structure, which included a picnic area, has been demol-

ished with a vacant cement pad awaiting construction of its replacement.

That, neighbors are happy to hear, could take place as early as July. The replacement pavilion will cost between \$100,000 and \$150,000.

But we'll all make sure to take the impromptu fireworks show somewhere else in the future.



2 HE'S A LEGEND

It's about time someone else recognized what folks around the Ranch have long known: Rex Jensen is a legend.

Builder Magazine featured Jensen, president and CEO of Schroeder-Manatee Ranch, on the cover of its October publication in recognition of honoring him with its Legend Award.

Jensen, who has been with the master-developer of Lakewood Ranch since 1990, has been the guiding force behind the community.

"Besides his forward-thinking, he is in tune with enhancing the human experience by understanding the importance of intertwining green spaces, various recreational areas, and modern conveniences within the community," said John Cannon, president of John Cannon Homes, which has built custom homes in Lakewood Ranch since its beginning. "By including these elements in the planning and development of Lakewood Ranch, he has made it the successful master-planned community it is today."





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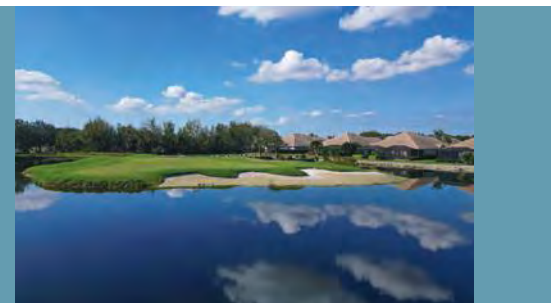
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Photos by Jay Heater
Samantha Albano
(left) and Gabriella
Moss (right) are
young entrepre-
neurs who are
both driven to
succeed.

A Few Doors Apart

Samantha Albano and Gabriella Moss met in high school. But they reignited their friendship 10 years later through their businesses in San Marco Plaza.

BY JAY HEATER | CONTRIBUTOR

It's been a decade since Gabriella Costa and Samantha Albano shared similar goals at The Out-of-Door Academy in Lakewood Ranch.

During their junior and senior years at the private school, they both played on the volleyball team — both exceedingly driven to succeed, both team co-captains.

And though they took different paths after graduating from high school in 2013, they recently landed about the length of 10 volleyball nets away from each other in Lakewood Ranch's San

Marco Plaza as young business owners.

But, before launching into descriptions of their past, present and future, both women wanted to talk about their identities, in terms of their names.

Costa is now Gabriella Moss, after marrying her husband, Greg Moss, in April. She stresses that her concern was about her first name and not her married name. The Moss part was an easy transition for her. Her concern was getting people to know her as "Gabriella," and not "Gabby," as she used to be known. She sees Gabriella as perfect for her ownership of the Via La Casa coffee shop, wine bar and art gallery. It's, well, elegant.

Likewise, Albano wants to turn the page toward the name on her birth certificate as she builds Purify, an Urban Sweat Lodge, toward being a brand throughout Florida, and perhaps the nation. While she has not married — "I'm married to my business," she says — she has outgrown what people used to call her — "Sam."

First names aside, along with being entrepreneurs and attending the same high school, the two women don't have a lot of similarities.

Moss was a 6-foot middle blocker at ODA who joined the program when

Continued on Page 36



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Continued from Page 34

she was a junior. Albano was a 5-foot-6 libero who had come up through ODA's system since sixth grade.

"I was driven, focused in high school," Moss says. "But I didn't figure out female friendships in high school. I wish I had that perspective. I didn't keep any high school friends."

Albano says Moss doesn't need to feel bad about having little time in high school to develop relationships. "She was super sweet, smart and she worked hard," Albano says. "I didn't have a lot of free time, either."

When Moss headed to the University of Florida, Albano flew to Merrimack College in North Andover, Massachusetts, a suburb of Boston. Like Moss, she says ODA was crucial in moving her forward toward her career goals.

"I have to give some credit to ODA, because they equip you," Albano says. "College was super easy for me because of ODA."

Albano graduated from Merrimack in four years while Moss earned a degree from the University of Florida in five. Albano received her degree in business marketing while Moss earned a material sciences engineering degree.

Both began tinkering with various jobs after college to search for what suited them best. Albano opened her first Purify business in 2018 in downtown Sarasota and then relocated it to San Marco Plaza in March 2023 — right after Moss had opened Via La Casa in February.

Moss says they both benefited from parents who care.

"We are super privileged," Moss said. "We couldn't be here without our parents."

Moss's parents, Paolo Costa and Silvia Teixeira Costa, have lived in The River Club since 2008.

"My parents are entrepreneurs," says Moss, who splits ownership of the business with her mother. "I have always been inspired by them. My entire life, I've learned that being your own boss marks success in life. My mom is an artist. So, Via La Casa started as an art gallery. Then my mom said, 'If you are going to have a bar, you should put wine in.' The original idea was more sip and shop ... Browse with a drink. It would be something unique and special."

Via La Casa is a mix of serenity and beauty.

Albano says she experienced some business struggles early with Purify, but quickly has come to the point where she has sold one franchise, is close to selling another and sees continued expansion as part of her future.

That makes her smile because she remembers the days after first opening when she listened to people passing in front of her business.

"There was a lot of educating, explaining to do," she says. "I could hear people scoffing, 'They won't make it two weeks.'"

But five years later she continues to grow. Like Moss, Albano says her parents, Country Club's Sandy and Mike Albano, have been key to her development. Right out of college, she was experiencing allergy problems and her parents insisted she move back to the Lakewood Ranch area so they could help her. In trying to solve her allergy woes, she came upon the combination of light and heat in a far-infrared session that had powerful healing effects.

Her research indicated that people could sweat out heavy metals, toxins and pathogens. Her business is formed on the premise that sweating is a highly effective means of eliminating toxins and that the far-infrared body wrap sauna promotes the elimination of toxins.

What happens during a session?

"I call it an elevated sauna experience without the direct heat," says Albano. "The client rests on a Tempur-Pedic bed and watches Netflix or meditates or listens to podcasts over a period of 50 minutes. It can be a very healing experience."

Both Albano and Moss have great expectations for the future of their businesses. But they also know it will take time.

"You don't (have success) in a day," Albano says. "Unless you are a celebrity, you will be grinding, wondering."



Samantha Albano and Gabriella Moss haven't high-fived each other since they were teammates on the Out-of-Door Academy volleyball team.

IF YOU GO

Who: Gabriella Moss

Owns: Via La Casa

Where: 8209 Nature's Way, Lakewood Ranch

Hours: Open 9 a.m. to 2 p.m. Tuesdays and Wednesdays; 9 a.m. to 8 p.m. Thursdays; 9 a.m. to 9 p.m. Fridays and Saturdays

More info: VialaCasa.art

Who: Samantha Albano

Owns: Purify, an Urban Sweat Lodge

Where: 8205 Nature's Way, Lakewood Ranch

Hours: 10 a.m.-6 p.m. Monday-Thursday; 10 a.m.-4 p.m. Friday; 10 a.m.-3 p.m. Saturday and Sunday

More info: PurifySweatLodge.com

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My parents are entrepreneurs. I always have been inspired by them. My entire life, I have learned that being your own boss marks success in life. **GABRIELLA MOSS**



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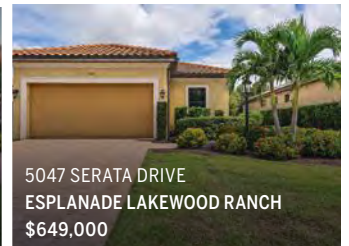
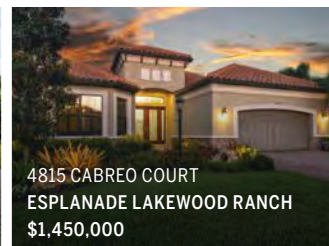
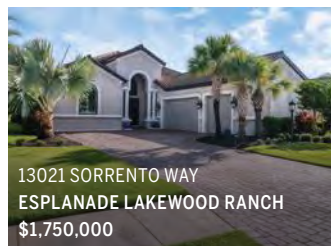
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Healthcare Heroes

Nurses are a critical part of our healthcare system. But studies show there will be a significant shortage of nurses in Florida by 2035. Here's how some regional schools are addressing it.

BY LIZ RAMOS | CONTRIBUTOR

Molly Johnson, a licensed practical nursing program instructor at Manatee Technical College, enlists student Michael Baez's help with demonstrating how to properly move a patient on a bed. Using a mannequin that represents a patient, Johnson carefully explains every move to a group of intent students. Meanwhile, other LPN students, including Anabel Martinez and Breann Marshall, practice taking each other's vitals.

These hands-on activities are just one way MTC is ensuring these students are ready for a nursing career upon graduation.

And there couldn't be a better time to consider a career in nursing.

Hospitals around the state — and the country — are experiencing critical staffing shortages. The Florida Hospital Association estimates that, by 2035, Florida will face a shortage of more than 55,000 nurses. There's the perfect storm of reasons why, including the COVID-19 pandemic and subsequent employee burnout, a rapidly aging population, lack of qualified educators and programs, and high turnover.

Regional educational institutions, including MTC; State College of Florida, Manatee-Sarasota; and Arizona College, have heard the message loud and clear — and are addressing the problem by offering creative strategies and programs that are more accessible to nursing student candidates.

"Being able to provide the education to make sure we have safe, competent nurses going out into the field is extremely important or else we're not going to have the means to take care of our people who are sick and in need," says Dayna Grella, the nursing program director at MTC, which offers programs for students to become licensed practical nurses, nursing as-



Photo by Liz Ramos

sistants and patient care technicians.

Alexis Garruzzo, the executive director of academic operations at Arizona College of Nursing's Sarasota campus, says the college was deliberate in its choice to have a Sarasota campus, which is located off University Parkway.

"We look at what the number of job opportunities in the nursing profession are in a market and then we look at the number of qualified nurses in the area," Garruzzo says. "The Gulf Coast area as a whole has a pretty severe shortage. We decided to target that market."

Arizona College of Nursing exclusively provides a Bachelor of Science in

nursing that can be completed in three years. Its Sarasota campus opened in August 2022. The college will produce its first graduates in spring 2025.

State College of Florida offers an associate degree in nursing, a licensed practical nursing program, a registered nurse program and a bachelor's degree in nursing. Starting in August, SCF was able to increase the number of students the college could accept in its nursing programs as a result of \$1.1 million raised through community partnerships and a match from the state Legislature.

Kailee Looman and Andrea Evans, LPN students at Manatee Technical College, practice taking each other's blood pressure.

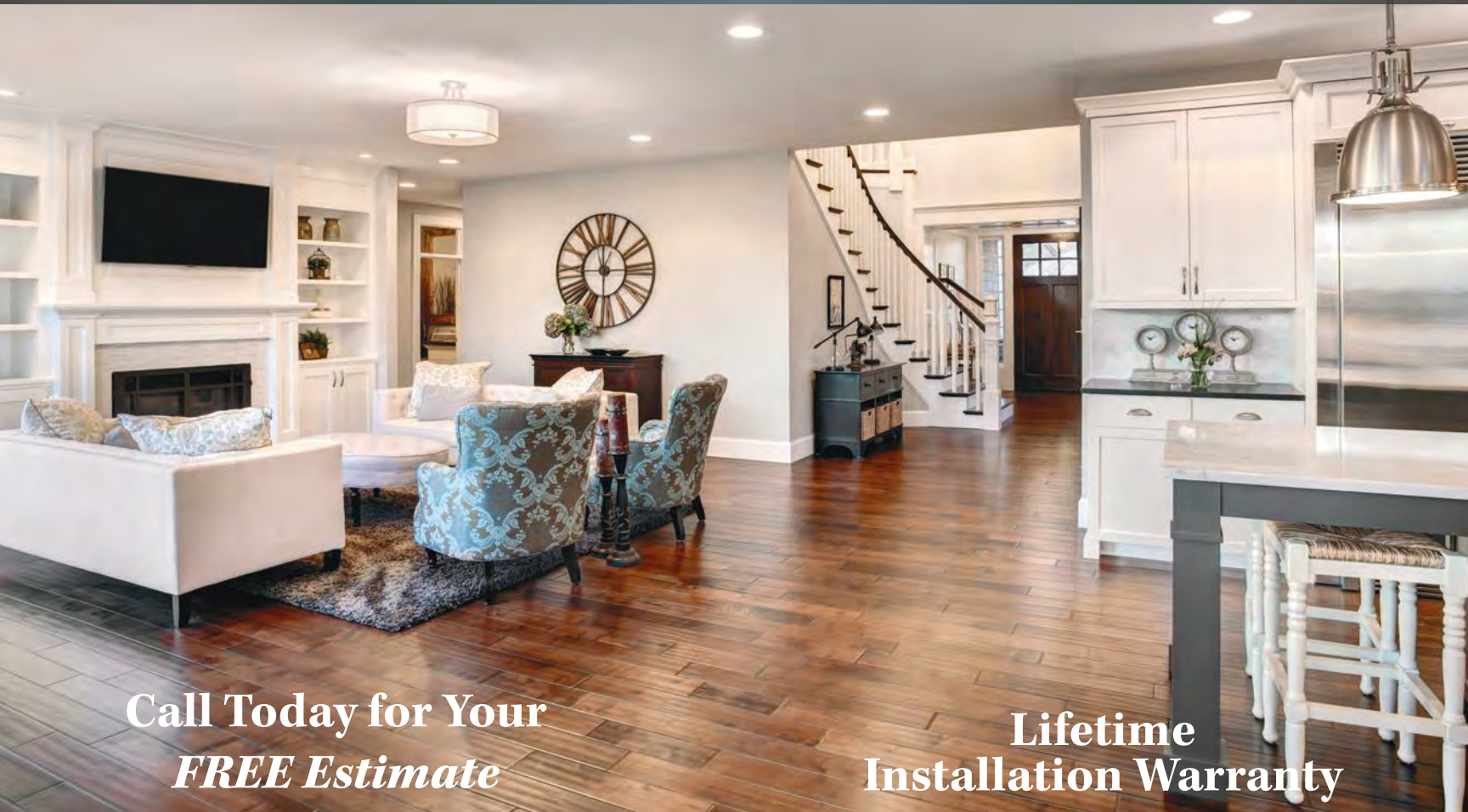
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Continued from Page 38

“One of my personal goals was to find a way to double the number of nurses we can take in our programs,” says Carol Probstfeld, the president of SCF. “When I started here, we were at about 180 students per year. I’m happy to say this fall we have 366 students who have identified as being part of our nursing program.” SCF is also expanding to offer its nursing programs at its campus being built in Parrish.

Every nursing student at Arizona College of Nursing, MTC and SCF participates in clinicals at medical facilities throughout Manatee and Sarasota counties to obtain real-world experiences.

The three educational institutions ensure the students work in a variety of medical facilities, including hospitals, nursing homes, hospice centers, mental health facilities and pediatricians’ offices. This gives students an opportunity to see where they would like to work after they graduate and in what they might like to specialize.

“It helps a student take the content they’re learning from the classroom and put real-life application to it so they understand this is the environment they could expect and see what’s a good fit for them before they make a permanent career choice,” Garruzzo says.

A challenge can be finding clinical placements.

“We have other schools in the area, so everybody’s kind of competing for that clinical space,” Grella explains. “There’s just not enough clinical space to go around to be able to expand as much as I think all of us would like to expand.”

Besides clinicals, another hands-on learning opportunity comes from the simulation labs at each college. All of them have CAE high-fidelity “manikins” that mimic body functions and provide students with an opportunity to practice clinical skills without the risk of patient harm.

“Not only do we have the technology, but we have all the scenarios that our top-notch faculty has created so they can set up just about anything they want to,” Probstfeld says. “It gives them a safe environment where, if they make mistakes, it’s not going to be life-threatening. It gives them confidence. Once they’ve been able to do it in that environment, it’s not new to them when they’re in a live environment.”



File photo

Tammy Sawmelle, the dean of nursing for the State College of Florida, shows how a simulation works. Nursing students are able to go through simulations in SCF’s neonatal unit, birthing suite, pediatric ICU, medical ICU, trauma ICU, surgical ICU, neuro ICU and cardiovascular ICU.



Photo by Liz Ramos

Courtney James, an Arizona College of Nursing student, works in the college’s simulation lab.

SCF also brings actors into the simulation labs to act as family members so students can learn how to interact with them in various situations.

Grella, Garruzzo and Probstfeld say many of the graduates from these programs remain local because they have ties to the community.

“When you have somebody who’s working in a community where they live, they have a personal connection,” Probstfeld says. “That’s one of the hard parts about the cost of housing. When you have law enforcement officers, teachers or nurses who can’t live

in the community they work in, they don’t have the same level of personal connection. It’s imperative we have as many people working in this field as we possibly can who are from here. Then they can be part of the fabric of the community.”

To get more nurses into the field sooner, MTC is starting a licensed practical nursing program open to all juniors in Manatee County high schools.

It’s scheduled to start in January with 12 students.

BY THE NUMBERS

State College of Florida, Manatee-Sarasota

366

Students enrolled in nursing programs as of August

128

Students who graduate in the fall

129

Students who graduate in the spring

25

Students who graduate in the summer

7,000

Nurses to graduate from SCF since the inception of its nursing programs

Manatee Technical College

40-45

Students enrolled as of August

27

Students graduated in January 2022

25

Students graduated in June 2022

16

Students graduated in January 2023

27

Students graduated in June 2023

Arizona College of Nursing

81

Students enrolled as of August



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Photos by Liz Ramos
Mark Hiser believes
in the healing
power of horses.

Riding High

As the new executive director of Sarasota Manatee Association for Riding Therapy, Mark Hiser has plans to make the organization even more visible.

BY LIZ RAMOS | CONTRIBUTOR

Growing up in Rising Sun, Ohio, Mark Hiser spent every day around horses.

His family had more than 100 horses and, from a young age, he was riding and competing in horse shows. He has spent most of his life caring for and training horses, which has led to success at horse shows all over the country. In 2019, Hiser started center-

ing his attention on the rehabilitation of horses using cryotherapy, MagnaWave and other rehabilitation methods through his Lakewood Ranch-based company, American Equine Rehabilitation Center. Now, Hiser is stepping into a new role. As the newly appointed executive director of Sarasota Manatee Association for Riding Therapy, he will continue to help horses but also focus on the people riding them. SMART provides opportunities for people with

special needs of all kinds to exercise their bodies, minds and spirits through therapeutic horseback riding and carriage driving programs. Since its inception in 1987, the nonprofit has provided more than 47,000 therapeutic riding, driving and equine assisted learning program hours to more than 5,600 individuals. We spoke to Hiser recently about his new role.

Continued on Page 44



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Continued from Page 42

What makes the connection between a person and a horse so special?

I've seen people in the worst situations in their life helped by a horse. I met a guy in Oklahoma who is autistic and tried to commit suicide two or three times. He flat out said the only thing that saved his life were horses. He's riding Western dressage and competing at the world level now. I think (horses) touch everyone in different ways. People always stop and wave when they see a horse. I think horses just have that "come pat me" energy.

Does riding therapy also benefit horses?

I think horses know when they've done something good. They want to do what you want them to do. If you have inexperienced people around a horse, the horse is going to try to teach them. The more the rider is up on the horse, the more the horse remembers that rider. The horses know that they did their job. There are people who say horses can't talk, but look at their eyes and they'll tell you if they're happy or not.

What are some new initiatives you want to bring to SMART?

I want to create skill-building programs and classes for business groups, schools, the YMCA, the Boys and Girls Club and others. It brings recognition to what we're doing and the horses like the interaction and attention. Something I really want to bring in are horse shows. We'd provide opportunities for our clients to compete. I'd also like to open an obstacle course to the public.

What are the top three items on your wish list for 2024?

I don't want to leave a veteran or a kid who comes to us behind. I want to make sure that every one of them is included in our programs. That's my No. 1 goal right off the bat. I also want more volunteers and to be able to offer them educational opportunities. And I want everyone to know who we are. If they know who we are, then we're doing our job. I want them to meet the horses and see the facility and also have fun events out here. It's not always about the horses. Sometimes it's just about the gathering.



Hiser wants to build the nonprofit's mini horse program to help more people.

Where do you see SMART in 10 years?

I have big visions and I think big. My dad and my grandpa always told me, "Don't ever let anyone stand in front of your vision." If you don't dream big, how do you get there? I'd love to have at least three more SMARTs running in Florida so we can keep going with these veterans and the kids and adults and grow, grow, grow."

For more information about SMART, visit SmartRiders.org.

“

I don't want to leave a veteran or a kid who comes to us behind. I want to make sure that every one of them is included in our programs.

MARK HISER

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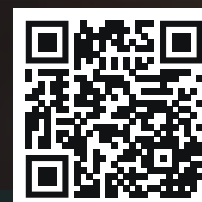
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PULSE

THE HEART OF THE COMMUNITY

Don't miss the Ranch's ample opportunities to celebrate the season. **PAGE 56**

File photo
Christmas ornaments are on display at SFK Interior Designs & Accessories at last year's Main Street Market.

The Swim Guru

Maria Barringhaus was born to swim. Now, she shares her passion with everyone she can.

BY ABBY WEINGARTEN | CONTRIBUTOR



From the time she was a teenage lifeguard in Missouri, Maria Barringhaus experienced the “magical connection that comes from helping someone learn to swim.” Thirty years into her career as a swimming instructor, it is this connection that continues to move her.

“Teaching swimming is not only fulfilling for me, but it’s also my personal mission to help others acquire a life-saving skill and enjoy a lifelong mode of exercise, recreation and sport,” says Barringhaus, who moved to the Country Club in Lakewood Ranch 21 years ago.

Known by her students as “Miss Maria,” Barringhaus is a Red Cross-certified swimming instructor with a background in elementary education

and the owner and founder of the School of Fish Swimming Lessons. She holds a master’s degree in education (with a focus on teaching special needs students) from the University of South Florida; a master’s degree in industrial organizational psychology from the New York Institute of Technology; and a bachelor’s degree in business communications from Maryville University. Her passion for teaching children began when Barringhaus was a child herself.

“By 3, my bucket list included swimming,” Barringhaus says. “It felt natural, and I quickly learned about water safety and core strokes. And, once in, I never wanted to leave the pool.”

From lifeguarding and teaching private lessons by age 16 to serving the

greater Manasota community as an adult, Barringhaus never lost her passion for swimming instruction. She and her School of Fish team teach swimming to underprivileged and special-needs children. Barringhaus also offers lessons, programs, and camps around the region, including at G.T. Bray Aquatic Center, Lincoln Aquatic Center, Palmetto Youth Center, and Robert L. Taylor Community Complex.

The Florida Swimming Pool Association and Every Child a Swimmer program have secured “learn-to-swim” grant funding for the work Barringhaus does. These funds are



Above: Known by her students as “Miss Maria,” Barringhaus is a Red Cross-certified swimming instructor and the founder of the School of Fish Swimming Lessons. Photo by Harry Sayer

Inset: Maria Barringhaus was passionate about swimming from a young age. Courtesy photo

Continued on Page 50

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Continued from Page 48

designed to expand opportunities for underserved and at-risk children who otherwise could not afford to participate in swim lesson programs. Barringhaus also serves a variety of other students of all ages through her School of Fish curriculum.

"We teach people with special needs, including people who are non-verbal, hearing impaired, and those with various learning and physical abilities," Barringhaus explains. "We use the medium of water to help people recover from strokes, brain trauma and other sports-related injuries."

In addition, Barringhaus helps people conquer aquaphobia (fear of water). She uses training from her master's degree in industrial organizational psychology to gently guide people past their swimming anxiety.

"Teaching aquaphobic individuals requires a lot of patience and being a good listener. The process creates a lot of anxiety, panic and pure fear that each individual has to overcome," Barringhaus says. "Each circumstance is different, as some people have experienced a near-drowning incident, some have been caught in a rip tide in the ocean, and some just have a fear of the water without incident. Each lesson is customized to fit the needs of each person and their situation."

Barringhaus is highly invested in every one of her students, monitoring their week-to-week progress and recommending specific actions for improvement. She is sensitive to their needs and customizes her programs to accommodate them.

"Experience allows me to teach from the individual's physical and emotional baseline, respect their vulnerabilities, and quickly earn their trust," Barringhaus says.

This is all possible, Barringhaus says, with the help of her expertly selected group of instructors who receive hours of training to follow her proven methodology. She believes her programs are especially successful because she has created a low student-to-instructor ratio.

"Despite these ingredients, there is no substitute for our passionate and caring instructors who know how to achieve target skills but also respect and teach the individual," Barringhaus says. "Each instructor has the expe-



Young people learning to love swimming at the School of Fish Swimming.

Courtesy photos

rience to recognize and apply an approach that can be understood and converted into the desired swim outcome."

So far this year, the School of Fish team has brought swimming instruction to more than 300 students at public and private pools and taught upwards of 4,000 lessons.

Beyond School of Fish, Barringhaus stays busy with another independent business called Busy Bee Tutoring, which offers tailored instruction and cognitive learning strategies to children and adults.

"I recognize the trust and sacrifice my customers make when they choose to engage us for swimming or tutoring services," Barringhaus says.

In and out of the water, Barringhaus propels her students to reach their full potential.

"Teaching swimming is a passion and it is extremely important, especially in Florida, as we are surrounded by water," she says. "I know our students are learning how to swim and how to be safe, but they are also learning lifelong skills that are invaluable. Seeing the excitement from a child or an adult when they master floating, taking a breath, flutter kicking, and being able to get from point A to point B safely is so inspiring."

So far this year, the School of Fish team has brought swimming instruction to more than 300 students at public and private pools and taught upwards of 4,000 lessons.

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charity snapshot

What Goes Around

The Lake Club Women's Giving Circle raises valuable funds for regional nonprofits.

BY ERIC SNIDER | CONTRIBUTOR

When Barbara Najmy founded The Lake Club Women's Giving Circle in 2014, the neighborhood had all of 20 homes. Nine years later, there's no easy way to determine the number of rooftops in what is regarded as Lakewood Ranch's most upscale enclave. But TLC Women's Giving Circle has hard numbers: Its initial roster of 10 has mushroomed to 121.

That's robust growth by any standard.

Despite being based in an exceptionally affluent community, the group's membership has not blossomed because it offers the glitz and glamor of galas, auctions and ball gowns. Quite the contrary. "It's nice to get dressed up and go to a fancy event once in a while," says Jennifer Alokeh, vice-chair. "But our membership much prefers being hands-on. I'd rather volunteer my time doing work than being on a committee picking out a DJ and food for a gala."

For TLC Women's Giving Circle, that means heading to a warehouse and packing 775 grocery bags for Feeding Empty Little Tum mies. It means putting stickers on books for a reading day event presented by Embracing Our Differences. It means collecting 438 pairs of sneakers and lots of socks for The Twig. These and other nonprofits have benefited more from the toil of these women than their money. To be clear, not all of the members turn out for these in-person



Photo by Harry Sayer

activities. Najmy estimates that about two dozen show up on a regular basis.

Of course, raising dollars is involved as well. The group's method is about as basic as it gets: Each member submits a one-time \$1,000 contribution, then \$225 annually. In addition, they pay \$25 a year for the group's administrative costs.

TLC Women's Giving Circle does produce a few smaller fundraising events, most notably last year's Lake Club Turkey Trot, which raised \$18,000 for the Food Bank of Manatee.

The sneaker drive brought in \$1,800. Najmy says the Circle also receives contributions from anonymous donors. And from time to time a member will write an unsolicited check for as much as \$5,000 to be put toward the organization's annual grant fund. Other than modest administrative costs, every dollar raised goes to charity. Each December, the Giving Circle chooses an array of local nonprofits to receive its grants, which generally

Jennifer Alokeh and Barbara Najmy lead The Lake Club Women's Giving Circle with passion and compassion.

Continued on Page 54

HERE A STOCK, THERE A STOCK,
EVERYWHERE A STOCK, STOCK...



By Cristi Martel

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Tour this project

Continued from Page 52

range from \$1,500 to \$2,500 and do not exceed \$5,000. Past recipients include Manatee Legal Aid, Safe Place and Rape Crisis Center, Still Point Mission and Beyond the Spectrum.

The organization is not its own 501(c)(3) but earns its tax-exempt status under the umbrella of the Manatee Community Foundation.

The Giving Circle's hands-on endeavors are initiated by the members themselves. If one is enthusiastic about a particular nonprofit, she's encouraged to organize the outreach and rally the troops. (And perhaps put together a thank-you lunch afterward.) "As we've evolved, it's rewarding to see that things are happening organically within our group," Najmy says.

Najmy, a real estate agent, and her husband, Joe, a local attorney, have a long history of philanthropy. Last year, the Manatee County Community Foundation honored the couple with its Lifetime Spirit Award. Najmy's family relocated to Sarasota

when she was 5. In 1984, she graduated from Riverview High School. An experience as a student there had a profound impact on her future charitable activities.

"Through high school, I signed up to be a counselor, and my task was to go to Newtown to be a counselor for underprivileged children," she says. "We read with them, took them to the park, spent half-days with them during the summers. It was a real eye-opener — that this was in our backyard."

In 2014, Najmy was sitting in the living room of East County philanthropist Diane Brune when the host started urging her to form a group to become a member of the Founders 50, which dedicates \$50,000 toward regional philanthropy through the Lakewood Ranch Community Fund. The guests hatched the idea of forming The Lake Club Women's Giving Circle. The core group of 10 met for wine and appetizers, formulating a strategy for their new charitable organization. "I liked that we could design our circle in any way, shape or form that we

“
It's nice to get dressed up and go to a fancy event once in a while. But our membership much prefers being hands-on. I'd rather volunteer my time doing work than being on a committee picking out a DJ and food for a gala.

JENNIFER ALOKEH

wanted,” Najmy says. “We came up with a guidebook of rules, nothing too complicated.”

In 2017, the group — then 30 members strong — held its first fundraiser, Wine, Women and Jewels (despite its name, Alokeh assures it was not a gala). The event raised \$13,000 that the Manatee Community Foundation distributed to local charities. COVID-19 put a halt to fundraising, but not to membership. The Lake Club's home sales mushroomed and, from 2020 to 2022, the Giving Circle's membership grew from 30 to 115.

While TLC Women's Giving Circle's identity is not overtly feminist — at least as the term is most understood — its members take pride in their efforts toward female empowerment. Najmy regards the all-women makeup of the group as having “a high level of importance. We pool our minds and passions to go out and touch lives.”

Alokeh adds, “To have women leading and running a philanthropic organization like ours, using the power of women to benefit others — it fills my soul.”



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calendar winter 2023-24

DECEMBER

DEC. 1

MUSIC ON MAIN

This monthly event returns on Lakewood Ranch's Main Street from 6-9 p.m. Enjoy a free concert by Shell and the Crabs, food vendors, beer trucks and kids activities, along with the holiday tree-lighting. Proceeds will benefit Children First.

■ Visit LakewoodRanch.com.

DEC. 1-2

HOLIDAY MOVIES UNDER THE STARS

Enjoy free movies shown in an open-air theater starting at 7 p.m. every Friday and Saturday in December in West District at UTC, 125 N. Cattlemen Road, Sarasota.

■ Visit MallAtUTC.com.

UTC HOLIDAY MARKET

Shop local for your friends and family this holiday season. More than 120 local businesses will be open 4-9 p.m. Friday and 11 a.m. to 5 p.m. Saturday in the parking lot at The Mall at University Town Center, 140 University Town Center, Sarasota. Enjoy live performances from local dance studios, and food trucks will be on-site.

■ Visit MallAtUTC.com.

DEC. 2

JINGLE AND JOG 5K AND 1-MILE RUN/WALK

Participants have the option of a 5K or 1-mile run/walk to benefit The Haven, which supports adults and children with disabilities. The run starts at 8 a.m. at The Haven, 4405 DeSoto Road, Sarasota. Cost is \$35 for adults.

■ Visit TheHavenSRQ.org.

LAST PADDLER STANDING

Test your endurance, stamina and strategy with a stand-up paddleboard race at Nathan Benderson Park, 5851 Nathan Benderson Circle, Sarasota. Paddlers must complete a 3.33-mile loop within an hour, every hour, for as long as they can. The race begins at 9 a.m. At the 48-hour mark, the loop will



File photos

Adrianna, Harold and 1-year-old Elijah King have fun listening to music and playing with bubbles in the bounce house at the 2022 Big Bounce America.

be lengthened.

■ Visit LastPaddlerStanding.com.

HOLIDAY SHOEBOX RECEPTION

Drop in from 4-6 p.m. to donate money or decorated shoeboxes filled with items for needy seniors supported by Meals on Wheels Plus of Manatee. Collections will be taken at the Lakewood Ranch-Sarasota Elks Lodge, 4602 Lena Road, Bradenton.

■ Visit MealsOnWheelsPlus.org.

DEC. 2-3

LAKWOOD RANCH HOLIDAY OF THE ARTS

From 10 a.m. to 5 p.m. each day at Main Street at Lakewood Ranch, browse fine arts and crafts from artists from across the country. Pieces include paintings, jewelry, candles, ceramics and woodworking.

■ Visit ParagonFestivals.com.

DEC. 6

RANCH NITE WEDNESDAYS

This midweek community event features food trucks, cornhole, live music and cocktails. Ranch Nites continue

every Wednesday through May from 6-9 p.m. at Waterside Place, 1561 Lakefront Drive, Sarasota.

■ Visit LakewoodRanch.com.

DEC. 7

CHANUKAH ON MAIN STREET

Chabad of Bradenton and Lakewood Ranch will celebrate Chanukah starting at 6 p.m. at Main Street at Lakewood Ranch, 8100 Lakewood Main St., Lakewood Ranch. A menorah will be lit, and guests can enjoy kosher barbecue, falafel, latkes, face painting, donut decorating, live music and more. Admission is free.

■ Visit ChabadOfBradenton.com.

DEC. 9

SARASOTA CARS AND COFFEE

Join fellow car enthusiasts from 8-10 a.m. every second Saturday of the month at the West District at UTC, 125 N. Cattlemen Road, Sarasota. Continues Jan. 13 and Feb. 10.

■ Visit UTCsarasota.com.

MEET SANTA

Restaurants around Lakewood Ranch and Waterside Place will host a meal with Santa Claus. Visit LakewoodRanch.com for details.

■ 9-11 a.m. Dec. 2 at Remy's on Main, 8138 Lakewood Main St.

■ 9-11 a.m. Dec. 9-10 at Grove, 10670 Boardwalk Loop

■ 9-11 a.m. Dec. 16 at Forked, 7600 Island Cove Terrace, Suite 100

■ 11 a.m. to 2 p.m. Dec. 16 at McGrath's Irish Ale House & Restaurant, 8110 Lakewood Main St.

■ 9-11 a.m. Dec. 17 at Ed's Tavern, 10719 Rodeo Drive

■ Noon to 2 p.m. Dec. 23 at Good Liquid Brewing Co., 1570 Lakefront Drive

Continued on Page 58



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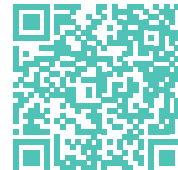
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Continued from Page 56

DEC. 13

HANUKKAH ON THE GREEN

From 6-8 p.m., celebrate the spirit of Hanukkah at the West District at UTC, 125 N. Cattlemen Road, Sarasota. The outdoor pop-up event features foods, crafts, stories and activities.

■ Visit UTCsarasota.com.

DEC. 14

LAUGH ON THE GREEN

UTC Sarasota hosts a clean comedy show from 8-9 p.m. at the West District at UTC, 125 N. Cattlemen Road, Sarasota. Continues Jan. 11 and Feb. 8.

■ Visit UTCsarasota.com.

DEC. 15

SIGHTS + SOUNDS: THE OUT-OF-DOOR ACADEMY

The December event of the new Sights and Sounds cultural series features The Out-of-Door Academy's chorus, band and orchestra performing the sounds of the season. The performance begins at 6 p.m. at Waterside Park, 1560 Lakewood Ranch Drive, Lakewood Ranch.

■ Visit LakewoodRanch.com.

JINGLE 5K

Move your feet to the jingling beat for this festive jingle bell run. The 12th annual race begins at 6 p.m. at Lakewood Ranch Main Street. All runners receive jingle bells and laces before the race and afterward a medal. Festive music will be played throughout the course. The run/walk costs \$45; the kids race costs \$20; the virtual 5K option costs \$40. The race benefits Lakewood Ranch Medical Center Foundation and Big Bill Foundation.

■ Visit TheJingle5K.org.

MOVIE IN THE PARK

A showing of "The Santa Clause" is 6-9 p.m. at Waterside Place, 7301 Island Cove Terrace, Lakewood Ranch.

■ Visit WatersidePlace.com

DEC. 16

CHRISTMAS GLOW RUN 5K

Nathan Benderson Park will be decked out in holiday spirit for this glow-in-the-dark run. Participants receive a tank or tech tee and a finish medal with entry. Race begins at 6 p.m. at Nathan Benderson Park, 5851 Nathan Benderson Circle, Sarasota. Registration is \$49 in advance or \$55



on race day. Parking costs \$10.

■ Visit RunEliteEvents.com.

MAIN STREET MARKET

From 10 a.m. to 2 p.m. on Lakewood Ranch Main Street, more than 70 vendors will be out with food, beverages, retail and more at the boutique market, hosted by Main Street Market LWR.

■ Visit MainStreetMarketLWR.com.

DEC. 17

SARASOTA HALF MARATHON & 5K

Nathan Benderson Park hosts the ninth stop on the South Florida Half Marathon Tour. Participants receive a tee and a finish medal with entry. Both races begin at 7 a.m. at Nathan Benderson Park, 5851 Nathan Benderson Circle, Sarasota. Entry to the half-marathon costs \$129; entry to the 5K costs \$49 in advance or \$55 on race day. Parking costs \$10.

■ Visit SarasotaHalf.com.

STRINGS CON BRIO

Enjoy a special outdoor holiday concert by community orchestra Strings Con Brio from 5:30-6:15 p.m. at the West District at UTC, 125 N. Cattlemen Road, Sarasota.

■ Visit UTCsarasota.com.

DEC. 21

UTC NIGHT MARKET

UTC's monthly night market is 6:30-9:30 p.m. at The Green at UTC, 125 N. Cattlemen Road, Sarasota. Enjoy live music and more than 35 local vendors selling gifts, jewelry, art, handmade

goods and more. Continues Jan. 18 and Feb. 15.

■ Visit MallAtUTC.com.

DEC. 23

CHRISTMAS ON MAIN

This celebration will include food, fun, games, rides, music and Santa from 4-8 p.m., and a candlelight service at Main Street at Lakewood Ranch.

■ Visit LakewoodRanch.com.

DEC. 31

SARASOTA POLO

The Sarasota Polo Club kicks off its season with an afternoon of tailgating and polo. Gates open at 10 a.m., and matches start at 1 p.m. at the Sarasota Polo Club, 8201 Polo Club Lane. General admission tickets are available for purchase on Eventbrite; children 12 and under are free. Polo matches will be held every Sunday through April 7, 2024.

■ Visit SarasotaPolo.com.

NEW YEAR'S EVE

Celebrate New Year's Eve at Waterside Place from 6 p.m. to midnight. Details to come.

■ Visit LakewoodRanch.com.

NEW YEAR'S EVE ON THE GREEN

Ring in the new year with a family-friendly NYE event from 7-9 p.m. at The Green in the West District at UTC, 125 N. Cattlemen Road, Sarasota.

■ Visit UTCsarasota.com.

John Briggs, Erick Lawson, Stephanie Rodriguez, Jennifer Klama, Arryn Mason, Levi Wallace, Mike Mason and Nicholas Lamen went as a team to the 2021 Superhero Fun Run/5K.

Continued on Page 60

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With so many beautiful neighborhoods in Lakewood Ranch, how do you choose? Whether you are seeking an active community with amenities such as golf, tennis & pickleball, or desire a tranquil retreat, Donna will provide all the assistance needed to make a great buying decision even if you choose to build your new home!

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JANUARY

JAN. 5

MUSIC ON MAIN

This monthly event returns on Lakewood Ranch's Main Street from 6-9 p.m. Enjoy a free concert, food vendors, beer trucks and kids activities.

■ Visit LakewoodRanch.com.

JAN. 7

ALPHA WIN TRIATHLON SERIES

Test your endurance with a triathlon at Nathan Benderson Park, 5851 Nathan Benderson Circle, Sarasota. Three options are available for different experience levels. Registration is \$119 for the Alpha Sprint, \$209 for the Alpha Olympic and \$299 for the Alpha Long Course; discounts are available for military and youth.

■ Visit Alpha.win.

JAN. 11

MEGA CHALLAH BAKE

Chabad of Bradenton and Lakewood Ranch hosts its annual challah-making event for girls and women ages 9 and up at 7 p.m. at The Grove, 10670 Boardwalk Loop Lane, Lakewood Ranch. The event is \$36 per person, and reservations are required.

■ Visit ChabadOfBradenton.com/MegaChallahBake.

JAN. 11-21

MANATEE COUNTY FAIR

The Manatee County Fair offers rides, games, livestock shows, musical entertainment and more at the Manatee County Fairgrounds, 1402 14th Ave. W., Palmetto. Hours vary by day. Tickets are \$10 for adults, \$6 for military and children 6-12, and free for children under 6. Parking is \$10.

■ Visit ManateeCountyFair.com.

JAN. 12-14

BIG BOUNCE AMERICA

Big Bounce America returns to Nathan Benderson Park, 5851 Nathan Benderson Circle, Sarasota, for a weekend of fun. Ball pits, inflatable basketballs, bubbles, fake snow, music and more will entertain for hours. Details to come.

■ Visit TheBigBounceAmerica.org.

JAN. 13

HEALTH AND WELLNESS EXPO

This interactive health event from 10

a.m. to 3 p.m. will feature exhibitors in the health and wellness field and also feature blood pressure, spinal and posture checks, eye exams and more at The Mall at University Town Center, 140 University Town Center, Sarasota. Admission is free.

■ Visit MallAtUTC.com.

MAIN STREET MARKET

From 10 a.m. to 2 p.m. on Lakewood Ranch Main Street, more than 70 vendors will be out with food, beverages, retail and more at the boutique market, hosted by Main Street Market LWR.

■ Visit MainStreetMarketLWR.com.

JAN. 20-21

LAKWOOD RANCH FINE ART FESTIVAL

From 10 a.m. to 5 p.m. each day on Lakewood Main Street, meet artists from across the country with hand-made works of paintings, sculptures, photography, jewelry and more.

■ Visit ParagonFestivals.com.

JAN. 26

SCREEN ON THE GREEN

Every fourth Friday of the month, UTC Sarasota puts on a family-friendly movie night at the West District at UTC, 125 N. Cattlemen Road, Sarasota.

■ Visit UTCsarasota.com.

FEBRUARY

FEB. 2

MUSIC ON MAIN

This monthly event returns on Lakewood Ranch's Main Street from 6-9 p.m. Enjoy a free concert, food vendors, beer trucks and kids activities.

■ Visit LakewoodRanch.com.

HERMITAGE SUNSETS AT BENDERSON PARK

Beginning at 5 p.m., enjoy an outdoor program featuring an artist from Hermitage Artist Retreat at Nathan Benderson Park, 5851 Nathan Benderson Circle, Sarasota. Registration is \$5.

■ Visit HermitageArtistRetreat.org.

FEB. 3

MAIN STREET MARKET

From 10 a.m. to 2 p.m. on Lakewood Ranch Main Street, more than 70 vendors will be out with food, beverages, retail and more at the boutique market, hosted by Main Street Market LWR.

■ Visit MainStreetMarketLWR.com.



FEB. 10

SUPERHERO FUN RUN/5K

Bridge a Life's 13th annual Superhero Fun Run and 5K supports children in the local community. The kids' fun run begins at 8:30 a.m., and the 5K begins at 9 a.m. at the Finish Tower at Nathan Benderson Park, 5851 Nathan Benderson Circle, Sarasota. Registration is \$25 for the 5K and \$10 for the fun run. Superhero costumes are encouraged.

■ Visit BridgeALife.com.

FEB. 24

LWR COMMUNITY CAMPOUT

Join your neighbors for a night of family-fun camping under the stars at a park in Lakewood Ranch. Bring your own tent and camping supplies, and enjoy activities including live music, a nature hike, treasure hunts, a family movie and stargazing with an astronomer. The campout is from 3 p.m. Saturday to 9 a.m. Sunday at Greenbrook Adventure Park, 13010 Adventure Place, Lakewood Ranch.

■ Visit LWRCAC.com.

FEB. 27

SIGHTS + SOUNDS AT WATERSIDE PLACE: JAZZ UNDER THE STARS

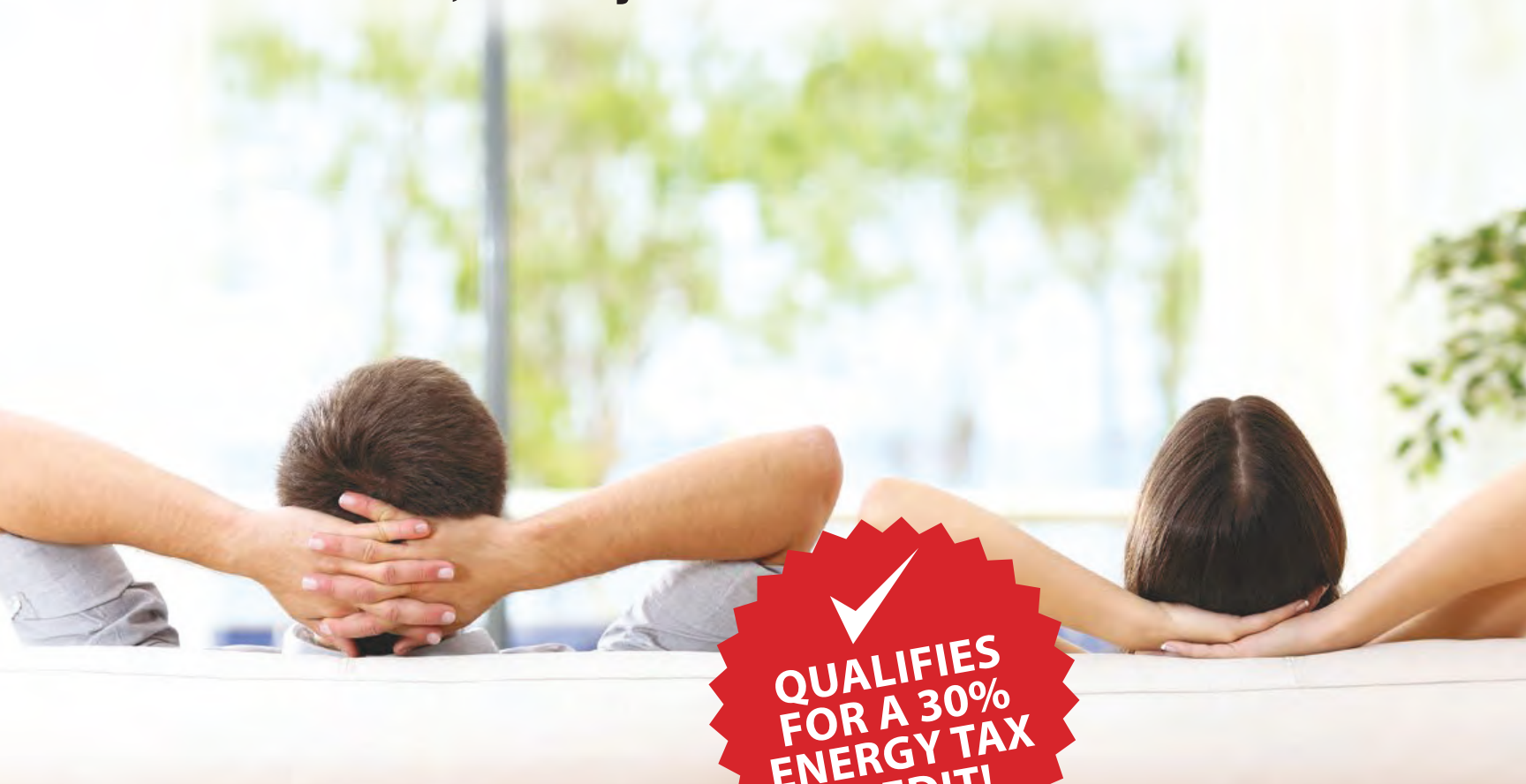
The December event of the new Sights and Sounds cultural series features The Out-of-Door Academy students. The performance begins at 6 p.m. at Waterside Park, 1560 Lakefront Drive, Lakewood Ranch. Seating is limited.

■ Visit LakewoodRanch.com.

Julie Fanning and Jaime Baum of Benderson Development's marketing staff, and Temple Emanu-El staff Rabbi Elaine Rose Glickman and Rachel Benderson, helped create the 2022 Hanukkah on the Green.

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Gifts with Taste

PALATE PLEASERS FOR THE HOLIDAYS

It's time to think about holiday gifts. We've rounded up some tasty suggestions for the humans — and canines — on your list.

BY KELLY FORES | CONTRIBUTOR

Gilly Girls

8111 Lakewood Main St., Suite 101, Lakewood Ranch
(571) 436-3923, GillyGirlShop.com

It's never a bad idea to have some grab-and-go gifts tucked away for those last-minute party invitations, and Gilly Girls is the place to score interesting and budget-friendly finds. Kids will love color-changing hot chocolate; the cider spice mix has myriad uses. Oh — and Cranberry Prosecco mix? Enough said.

Gourmet du Village cranberry prosecco cocktail mix: \$6.75.



Gourmet du Village hot chocolate mix: \$3 each



Aspen mulling cider spices: \$6.75.



NSA nut caramels:
\$15.99

NSA almond toffee
crunch: \$12.99

Kilwin's

1561 Lakefront Drive, Suite 107, Lakewood Ranch
(941) 358-7444, Kilwins.com

The chocolate lovers on your list will appreciate these decadent delights. There's a beautiful selection of truffles to build a box yourself or snap up pre-packaged chocolates if you'd rather not make the tough decisions. You can't go wrong with a box of fudge. They also carry sweets with no added sugar.



Fudge is
approximately \$10
per half slice (buy two
slices, get one free!)



Bulk treats
are \$1.99
per pound.
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Woof Gang Bakery & Grooming

8341 Market St., Lakewood Ranch
(941) 907-9111, WoofGangBakeryLWR.com

Dogs deserve ALL the presents. Let loose and spoil your best friend with a bunch of fun treats. At Woof Gang Bakery, you'll find tasty flavors — including peanut butter chunk, sea salt vanilla caramel, turtle, and bacon and cheese — and tempting shapes like macarons, squirrels, fire hydrants and cupcakes.

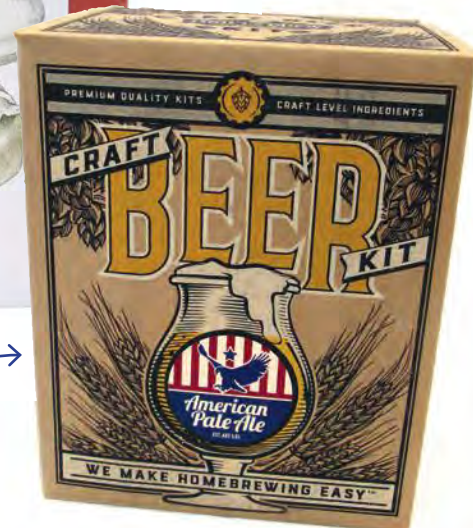
Gifts and More at The Paper Store

125 N. Cattlemen Road, Unit 101, Sarasota
(941) 355-4718, ThePaperStore.com

For the do-it-yourselfer, these kits contain nearly everything to home-brew a gallon of American pale ale or make fresh Italian ricotta, mozzarella, burrata and mascarpone cheese in your own kitchen — just by adding water or milk and a little effort. You'll also find an array of sauces, seasonings and mixers.



Farm Steady fresh cheese-making
kit: \$32.99.



Craft A Brew craft beer kit: \$49.99

Continued on Page 64



Fine Wine & Tastings on Main

8341 Market St., Lakewood Ranch
(941) 355-4718, FineWineandTastings.com

Sure, it may be cliché, but a gift of wine is an easy way to go. Fine Wine & Tastings on Main has a super selection without being overwhelming. Make an impact with these neatly packaged offerings: Maynard's aged tawny port dessert wine and Penfold's limited-edition release of six remarkable red wines.

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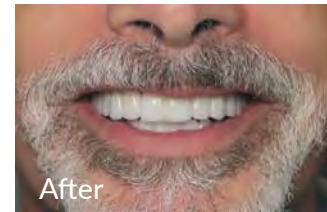


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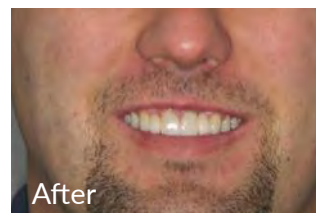
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- Post Doctoral Instructor of Full Mouth Reconstruction
- Member International Academy of Oral Biological Dentistry and Toxicology
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A beautiful smile, in my opinion, is one of the best ways to convey confidence, kindness, and happiness. Growing up, I always smiled, but never truly loved my teeth, therefore, would keep my mouth closed so only a few teeth would show. Each year, I considered porcelain veneers but was so afraid of the process.

Dr. Jill Morris is a perfectionist and a true artist when it comes to creating your personal "smile". During our consultation, we discussed shape, color, and overall what I would like to see. The process was smooth, and non-painful, and she delivered perfection!

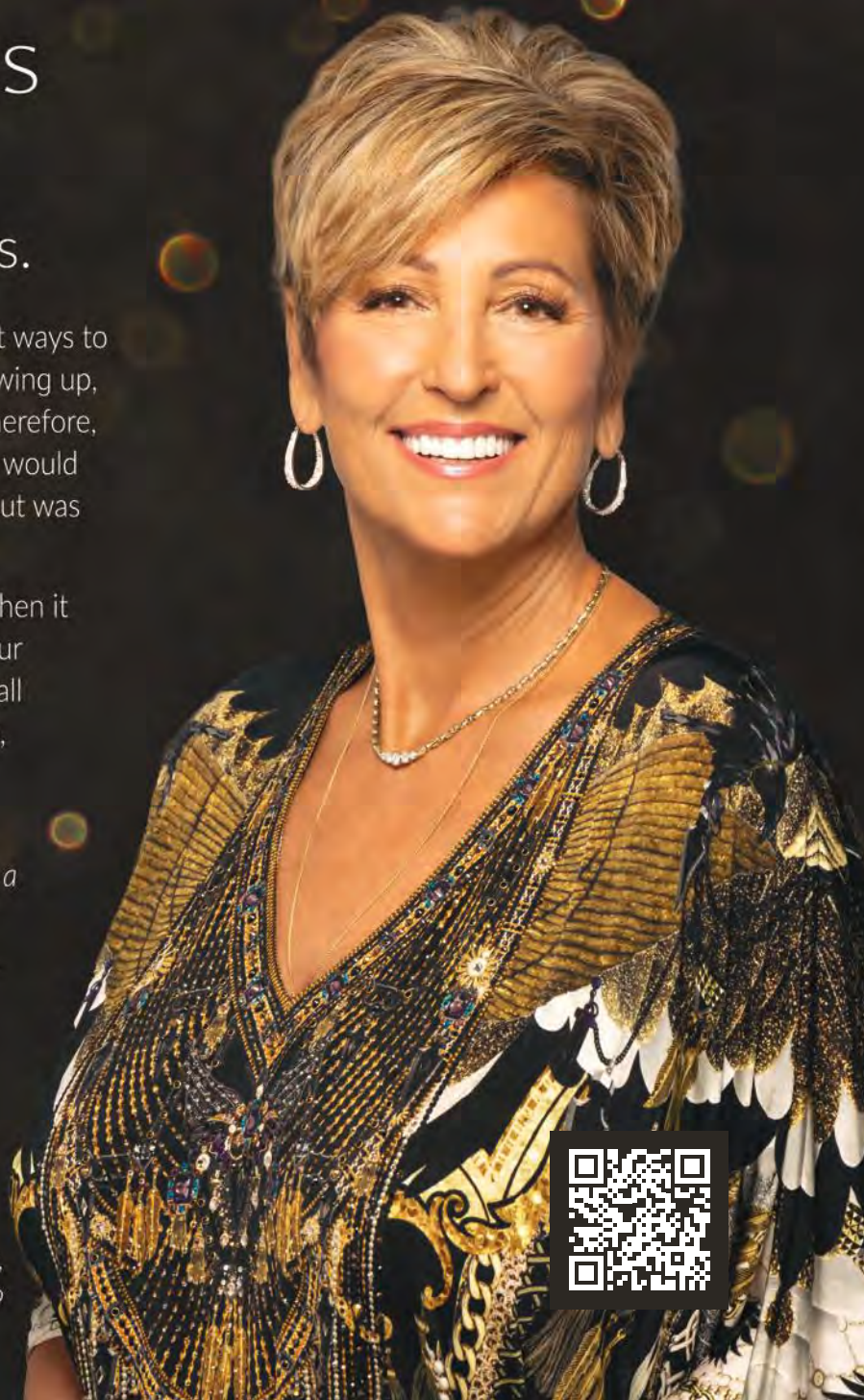
Today, I am approached quite often by people who stare for a while and then say, "You have such a beautiful smile – it truly lights up the room – you are so lucky to have a smile like that!" My response was, "You must call World Class Dentistry!"

Thank you, Dr. Jill Morris and the entire staff, for the utmost kindness, compassion, and professionalism beyond compare.



Lisa Napolitano
Smile Makeover Patient






*Actual Patient,
Lisa Napolitano*



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‘Tis the Season!

Want to be the host with the most? Fill your guests with holiday cheer with this short list of Ranch experiences.

BY SU BYRON AND MARTY FUGATE | CONTRIBUTORS

The holidays are here. So are your out-of-town guests. No worries. We've got you covered. There's a lot going on in Lakewood Ranch. Want to keep them busy over a long weekend without straying too far? Here's a plan. Consider it our holiday gift to you.

The holidays are alive in many Ranch venues, including Waterside Place (pictured) as well as the lighting of the Main Street Christmas tree 5:30 p.m. Dec. 1. Stay after and enjoy food trucks, drinks, children's activities and more during Music on Main, 6-9 p.m.



FRIDAY

8 A.M.: GET JUICED

At Crop at Waterside Place, enticing aromas of coffee and donuts fill the air. Resist temptation and raise a glass of cold-pressed juice instead.

Crop's "Blast Off" is true rocket fuel; a locally grown "Tokyo Bekana" cabbage is its power source. Astronauts on the International Space

Station also hope to send it to Mars one day. This homegrown cabbage just might go where no cabbage has gone before.



Courtesy photo

Get the day started with a great tasting, nutrient-loaded juice at CROP at Waterside Place.

9 A.M.: GET PUMPED

Now that you're vitamin-fortified, take a 30-second stroll to 3Form Fitness for a power workout. Options include group classes and one-on-one training. Call before you go to set up your custom power hour.

10:30 A.M.: LICKETY-SPLIT

Treat your guests to a "Lickety-Split" mani/pedi at Paint Nail Bar, also at Waterside. Fun fact: Pedicures not only prettify your feet; they're also good for your health and can improve circulation, prevent infection and, yes, make you look fabulous. Or try this: Males in your entourage might prefer the Mancave, where they can enjoy a cut, color, shave, facials, massage, beard trimming and more. Did we mention there's beer?

12:30 P.M.: FRESH FISH

Head to Lucky Pelican Bistro for a taste of Florida's famous fresh fish. Enjoy a taste of the gulf with fresh oysters (or get them fried for those who are squeamish about downing

them raw), get your appetite revved up with smoked fish spread and some scallop "poppers" before diving into a lunchtime salad topped with your choice of grilled or blackened fish.

2:30 P.M.: WALK IN THE PARK

It's time for a walk or bike trek at Heron's Nest Nature Park, a 110-acre nature retreat. Meander the pristine trails or bring your pole and go fishing at one of the sparkling lakes. Birdwatchers will also enjoy spotting their fine feathered friends in this avian habitat.

Continued on Page 70



Courtesy photos

Bethany Woughter at Paint Nail Bar at Waterside Place.



Photo by Nancy Guth

Meander the trails at Heron's Nest Park.



PRO TIP: If your guests are visiting on a second Friday, take in a **free outdoor movie** at Waterside Park. Showtime begins at sunset. Bring a blanket or lawn chair and settle down for family fun.

Continued from Page 69

4 P.M.: SAY AHHHH....

If your walk in the park made your muscles complain, pop into Sirius Day Spa for serious pampering. Its Amma massage is a synthesis of traditional healing techniques from Japan and China — a blissful mix of pressing, stroking, stretching and adjusting of the body's acupressure points.

6 P.M.: FABULOUS FUNGI

In the daytime, Atria Café offers artisanal sourdough bread and pastries, specialty coffees, salads and sandwiches. When night falls, it's all about pizza. Its pizza crust is made in-house from fermented sourdough. The crusty result is delicious — and easy on the tummy. Try the "Fun Guy" pizza. It's made with, you guessed it, fabulous fungi.



Courtesy photos

Atria's owners Jim and Weyli Angus invite you to taste their sourdough pizza creations.

6-9 P.M.: MOVE TO THE MUSIC

On the first Friday of every month, Music on Main is the main attraction. Lakewood Main Street becomes a block party, replete with live music, food trucks, drink vendors, vendor booths, kids' activities and canine companions all having fun.



Get your groove on at Music on Main.



Photo by Nancy Guth
The Celery Fields is a mecca for birders and other nature lovers.

SATURDAY

7 A.M.: GO BIRDING

The Celery Fields is a mecca for birders. A host of species make their home in its 400-plus acres of wetlands. You can also hike trails that wind through open marshlands, ponds and canals. And don't miss the Sarasota Audubon Nature Center, an ornithological oasis.

9 A.M.: DINE WITH SANTA

If your younger guests believe in Santa, they're in luck because they can meet him in person at Remy's On Main (Dec. 2; 9-11 a.m.); Grove (Dec. 9; 9-11 a.m.); McGrath's (Dec. 16; 11 a.m.-2 p.m.); Forked (Dec. 16; 9-11 a.m.); and Good Liquid Brewing Co. (Dec. 23; noon-2 p.m.). A photo op with St. Nicholas is always jolly. Along with abundant holiday spirit, each restaurant offers a variety of hearty breakfast and brunch fare.

10:30 A.M.: SHOP LOCAL

On Dec. 16, more than 70 vendors share their creations with you at the Main Street Small Business Market (10 a.m.-2 p.m.). Their wares include art, handmade jewelry, food, plants, and more. Stroll the street and meet the makers and biz owners who creat-



ed it all. (And maybe pick up a gift for your hosts; wink, wink, nudge, nudge.)

Find the perfect gift to thank your hosts at the Main Street Small Business Market.

NOON: SOLOMON'S CASTLE

Howard Solomon was a sculptor, painter, author and fanciful humorist. Such dreamers often build castles in the sky. Solomon built a literal castle in Ona, about an hour from Lakewood Ranch. His daughter, Alane Solomon, grew up in that aluminum-clad dreamworld — a treasure house of her father's exuberant stained glass windows and whimsical metal sculptures. Today, she keeps her father's memory alive and leads tours through this kingdom of the imagination.

Continued on Page 72



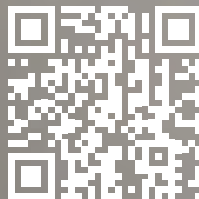
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Continued from Page 70

4 P.M.: JAZZERCISE AT WATERSIDE PLACE

Ready to move and groove for 60 minutes? These free Jazzercise sessions at Waterside Place combine dance, Pilates, yoga and kickboxing for a full-body workout that burns up to 800 calories an hour. You'll definitely work up an appetite if dining out tonight is part of your plan.

6 P.M.: DINNER AT KORÊ OR OSTERIA 500

If you're seeking authentic Korean barbecue and other traditional dishes, you'll find it at Korê Steakhouse. You can feast on N.Y. strip, ribeye, or pork collar grilled at your table or dig into a bowl of hearty bibimbap. Feeling more like pasta? Osteria 500 is the real deal. Its menu offers wood-fired Neapolitan pizza, fresh pasta, seafood and an inspired selection of Italian wines. Fill your glass and raise a toast to the magic all around you.

7:30-9:30 P.M.: LET THERE BE LIGHT!

The Festival of Lights illuminates the Mall at University Town Center from early December to Jan. 3 with light shows every half hour. Guests seeking gifts for their hosts are also in luck. The UTC district has more than 250 shops.

10 P.M.: NIGHTCAP

Top off the night with a nightcap at Good Liquid Brewery and Distilling Co., where the alcohols and liqueurs are distilled on-site. Cool off with a Watermelon Crush (vodka, orange liqueur and watermelon juice) or a Beet the Heat (agave spirit, fresh citrus, honey and beet juice) and enjoy the water views and good vibes.

Continued on Page 74



Courtesy photos
If you're seeking the best in Korean cuisine, you'll find it at Korê Steakhouse.



The Mall at University Town Center lights up the holidays — and your spirits.

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SUNDAY

9 A.M.: SUNDAY IN THE PARK

Practice your downward facing dog and other poses at the free Yoga in the Park at Waterside Place's Island Cove Terrace. Yoga Shack Florida hosts these free entry-level classes every Sunday morning. It's an energizing way to start any day!

10 A.M. MEET AT THE MARKET

More than 100 vendors bring their bounty to Waterside Place's award-winning Farmers Market. Their fare includes farm-fresh produce, prepared foods, and a spectrum of goodies and gifts. Cajun specialties, baked goods, cigars, teas, candies, jewelry, honey, empanadas and bagels are just some of what you'll find.

NOON: BRUNCH AT GROVE

Grove's brunches are legendary; their endless Veuve mimosas are, too. Foodie faves include the grouper artichoke gratin, powdered beignets (don't forget to dip 'em in the fresh berry coulis), shrimp and grits, croque madame, cheese blintzes and the smoked salmon omelet.



Photo by Lori Sax

Rhiannan Mahon offers up a refreshing brunch libation at Grove.



Courtesy photos

Above: Even your dog can practice downward facing dog at Yoga in the Park at Waterside Place.



Left: If you're there at the right time you might even spot a model sailboat race at Nathan Benderson Park.

2 P.M.: BACK AT THE PARK

Enjoyed your power brunch at Grove? A power workout at Nathan Benderson Park is the ideal follow-up. This 600-acre park includes a lake for rowing, kayaking and paddleboarding, and its seven miles of trails are ideal for running, walking or cycling. If you feel like watching other folks work up a sweat, the park also hosts rowing regattas, races and other water sports competitions. There's also a shaded children's playground and canopied picnic areas. Relax or burn calories — this park offers myriad options either way.

4 P.M. SHOWTIME!

You've pleased body, mind and soul. Now sneak away to the movies and please your inner cinephile. Sarasota Film Society (SFS), a member-supported nonprofit, showcases critically acclaimed American and foreign films at its two area movie theaters. The one in downtown Sarasota specializes in lesser-known gems. The one in Lakewood Ranch always has plenty of blockbusters in a range of genres. With six screens to choose from, there'll be a flick for everyone's tastes.

Continued on Page 76



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Continued from Page 74

6:30 P.M.: PERUVIAN FARE

It's your guests' final night. Treat them to a Peruvian-themed feast at Inkawasi Peruvian Restaurant on Main Street. Its menu boasts such Peruvian perennials as lomo saltado (seared beef stir-fried with veggies and served over rice), ceviche, chupe de camarones (shrimp chowder), empanadas and fried yucca.



Photo by Lori Sax

Kleyver Zamora invites you to explore Peruvian fare at Inkawasi.

8 P.M.: MINIATURE GOLF, ANYONE?

The Fish Hole on LWR Main Street offers up 18 holes of pure fun, with turtle and Koi ponds along the way. But don't forget this whimsical sport's serious history. Miniature golf originated in the late 1800s in Scotland, because women had been banned from playing the "manly" sport of golf. To get around it, the Ladies Putting Club of St. Andrews built the first-ever mini-golf course. Their invention lives on at the Ranch today.



Courtesy photos

Enjoy 18 holes of pure fun at The Fish Hole on LWR Main Street.



PRO TIP: Need to entertain guests on a Wednesday eve? **Ranch Nite Wednesdays** are every week, 6-9 p.m., at Waterside Place and feature food trucks, live music, a night market, a mobile bar and the largest recreational cornhole league in the nation.



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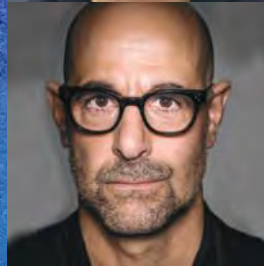
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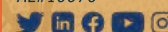
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Photos by Heidi Kurpiela
East County
veterinarian Margaux
Buchanan with mother-
and-daughter leopard
Appaloosa horses,
Pigpen and Safari.



HORSE HEAVEN

Dr. Margaux Buchanan,
an equine veterinarian
and polo player, raises
Appaloosas on her
12-acre Menagerie Farm.

BY ERIC SNIDER | CONTRIBUTOR

She looks positively regal, sitting straight-backed atop Cowgirl Tough, one of her eight polo ponies. On a sweltering morning in mid-September, Dr. Margaux Buchanan is clad in the full regalia — a purple jersey with No. 3 on the chest, signifying that she's captain of the Avalon Farms team, a matching helmet strapped snugly on her head, white riding pants, gloves, boots, knee pads. She's out on a field at Sarasota Polo Club, not a patch of shade in sight. If Buchanan is uncomfortably hot, she's not letting on. Her smile says she'd rather be no place else.

The club's polo season is 109 days away, but Buchanan has agreed to stage a brief exhibition with several of her fellow players. Seen from a distance, the eight amateurs — all women — play a spirited contest, but do not appear to go all out, if for no other reason than not to overtax their horses in the suffocating heat. "Eighty percent of the game is the horse," Buchanan says post-match, during which she scored a goal. "Twenty percent is hours and hours of riding and practicing with the mallet."

You might say that Buchanan is in the right line of work. She's a veterinarian — one of five doctors at Sarasota Equine, a practice that specializes in treating horses. Her job mitigates at least some of the expenses incurred from what is a costly pastime. She also provides care for many of the steeds that compete at Sarasota Polo Club.

Buchanan treats horses for colic, gas, dehydration, constipation, fecal impactions and other common ailments. She levels out teeth while the animal is sedated. She gives vaccinations, evaluates horses with a limp, helps mend injuries. She's wanted to be a vet since age 3, says her mother, Jennifer Buchanan, who's chatting with me in the cozy living room of their ranch-style house in Menagerie Farm. Margaux Buchanan bought the 12-acre property in 2021. Mom and daughter and three cats occupy the main house, while 11 horses and one cat reside in the barn.

The star attraction is Safari, a 6-month-old female birthed by Phippen, a 21-year-old Appaloosa whose polo career is winding down. Frisky and mischievous, and spotted like her mother, Safari is destined to become a polo pony. That's Buchanan's hope, at least. There's no guarantee. "Horses

are built for speed, not contact, so you need a particular type to make a good polo pony," she explains.

A LOVELY LUNCH AND LIVELY CONVERSATION

After watching Safari frolic with her barn-mates, we return to the house for a buffet lunch that Jennifer has laid out on the kitchen counter. Buchanan's hair is still wet from a shower. A light-blue sundress drapes her lithe, 5-foot-11 frame. She speaks warmly but firmly, her thoughts flowing in a concise narrative.

Eating a salad, Buchanan, 39, explains that she's a "zero goal" player, on a scale that runs from minus-2 to 10 (there are all of six 10-goal players in the U.S.). The rating is based on the number of goals a player is expected to score in a match. "Essentially, I'm supposed to not mess up, and if I score a goal, that's a bonus," she says. "Ninety-five percent of polo players never make it above zero."

As sponsor of the Avalon Farms squad, Buchanan takes the lead in recruiting talent. The four-person, co-ed rosters are fluid from season to season, and combine amateurs and pros. Polo is probably the only sport in the world where a rank amateur can play on a team with a professional. Buchanan, and perhaps a co-sponsor, pays the pros (their earnings are not exorbitant), covers tournament entry fees, which run about \$5,000, and other ad hoc expenses. And then there are dollars laid out to feed her horses; about \$2,000 a month for eight polo ponies. (She uses between five and eight for a match.)

I ask her if she spends about 50 grand a year on polo. "That's a fair assessment," she replies. "I have my ranch and polo. Every single dollar that's not going toward living expenses and retirement goes toward polo." And then she adds with a sly smile, "But it just so happens I know a doctor."

A VETERINARY DESTINY, A POLO PASSION

"Mommy, I wanna be a vegetarian."

Jennifer Buchanan laughs as she recalls her daughter's pronouncement at age 3. Little Margaux meant veterinarian, of course. "I was so relieved that I wouldn't have to cook her zucchini for



Native New Englander Dr. Margaux Buchanan began taking polo lessons 11 years ago during her veterinary internship in Vero Beach.

A POLO PRIMER

- Polo was first played in Persia (Iran) in 600 B.C.
- In the U.S., polo was first played in New York City in 1877.
- Polo is played on a grass field 300 yards long by 160 yards wide. Nine football fields can fit inside a polo field. (Arena polo is played on a smaller field.)
- A polo goal consists of two vertical posts, eight yards apart, about 10 feet high, with no crossbar or net.
- The modern polo ball is composed of high-impact plastic. It weighs 4.5 ounces and is 3.5 inches in diameter. By comparison, a baseball is 2.86 to 2.94 inches in diameter.
- An official polo match consists of six periods — called chukkers — seven and a half minutes each, divided by halftime.
- During halftime, spectators are encouraged to walk across the field and stomp down divots.
- Polo teams can consist of men and women, although the higher the level the more apt the teams are to be men- or women-only.
- Players must carry the mallet right-handed for safety reasons.
- Argentina, the U.S. and Europe are the world's polo hotbeds.

Continued on Page 82

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During times of uncertainty, inflation, and questions surrounding the ability of the U.S. Dollar to retain its place as the world currency of choice, more and more people are turning to **Gold, Silver, and Platinum** to better balance their portfolio. The biggest questions are, "Where do I go?" and "Who do I trust?" Unfortunately, many immediately turn to the companies they hear advertising on the radio and cable networks assuming they are legitimate and reputable because they are on air and often have paid celebrities - even the show hosts themselves - attesting to their practices.

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I have been around a long time and I know just about everyone, but I **don't know** 95% of the countless companies advertising heavily on air. It is well known among insiders that the vast majority claiming to be #1, trust verified, the largest, are none of the above. They are marketing companies with dozens of scripted salesmen who sit in a room filled with cubicles. They may or may not be commissioned but they all have high pressure sales goals and we've had clients tell us they will

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say almost anything to potential clients, *especially what they want to hear* in order to gain trust. Most have almost no hands on or earned knowledge, in fact you could be speaking with someone that was working in a convenience store or selling cars the week before. These companies will typically do a fair deal on the first transaction and then relentlessly hound the customer to make more purchases that are far higher yielding in profits. We've seen instances of pricing that by industry norms were 40% to 100% too high in a business



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the next 15 years,” she quips.

Let’s pause briefly to reflect on a child staking out a career path two years before entering kindergarten — and then making it so.

Buchanan grew up in the wealthy enclave of Fairfield, Connecticut, the middle child of three. Her father, Ken, was a “financially savvy architect in New York,” she says. “We were comfortable, not super-wealthy, but we never wanted for anything.” Actually, she did. A horse. “Every Christmas, I begged my dad for one, and the closest I got was a saddle, and that was when I was 16.”

She started taking lessons at a local barn at age 5, first cantered during summer camp a year later, then practiced English riding throughout her youth.

Top-notch grades and a college fund set up by her paternal grandmother allowed Buchanan to select from a menu of elite colleges. She chose Smith, a women-only institution in Massachusetts, mostly because of its well-regarded science programs and small class sizes.

Buchanan tried out for the school’s English horse-jumping team but didn’t make the cut. Instead, she rowed for the crew squad for all four years. During college summers, Buchanan shadowed a veterinarian on Long Island, New York, where she witnessed her first polo match. “I had zero idea of what was going on, other than it was fast and it involved horses,” she remembers. “I just knew I was going to do it at some point in my life.”

Buchanan studied veterinary medicine at The Ohio State University, which is routinely ranked in the nation’s top 5. After earning her degree in 2011, she finally bought her first horse, Babe. The newly minted grad landed an internship in Vero Beach with a vet who had the local polo club as a client. She signed up for lessons. “I hit my first polo ball in the spring of 2012,” she says. “I was a good horse rider, but putting a mallet in my hand was the most humbling thing. Still, I was hooked.”

Buchanan’s veterinary and polo careers took her to California’s Central Valley, then back to Massachusetts. While visiting her father, who had retired in Sarasota, she saw an ad for Sarasota Equine and inquired. “I was a Covid refugee to Florida,” she says. “I couldn’t see myself being in lockdown and deal-



Sarasota Polo players Don Stemley, Melissa Wightman, Elizabeth Owen, Ashlie Osburg, Kathy Szabo, Tory Sieglaff and Margaux Buchanan.

“

I hit my first polo ball in the spring of 2012. I was a good horse rider, but putting a mallet in my hand was the most humbling thing. Still, I was hooked. **MARGAUX BUCHANAN**

ing with cold weather up north. I came down and rented for two months and decided this is where I wanted to be.”

A “very patient” Realtor spent three months finding a place that would meet Buchanan’s exacting needs. She took one tour of Menagerie Farm and bought it, then soon formed her team at the Sarasota Polo Club.

WHEN YOU FALL OFF A HORSE, GET BACK ON

In March of ’21, Buchanan was competing in an all-women tournament when she and her horse Flora took a strong run outside the field boundary. “I turned around, opened her up to a full gallop and her front and rear shoes hooked together,” she recounts.

Continued on Page 84

IF YOU GO

If you’re looking to get started early this New Year’s Eve, consider heading over to the Sarasota Polo Club for the season-opening match and all the surrounding festivities. Gates open at 10 a.m., with the match starting at 1 p.m. Attendees can expect to join a crowd of between 2,000 and 3,000 surrounding the facility’s championship field, which takes up more than nine acres.

You don’t have to know a lot to enjoy watching the competition. Essentially, four players per team ride athletic steeds, hitting a ball with mallets, seeking to knock it through a goal that’s 24 feet wide — and to prevent the other team from doing so. The finer points and peculiarities of the game, well, that can come later.

Dec. 31 kicks off a season that runs every Sunday for 15 consecutive weeks and ends with a grand finale/charity gala on Saturday, April 13. In addition, the club hosts Sunset Polo Happy Hour, consecutive Thursdays from March 14 through April 11, with games starting at 5:30 p.m., followed by live music. Advance tickets for the upcoming season can be purchased at SarasotaPolo.com.



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Continued from Page 80

"We did a full somersault, I catapulted off her and landed on my back. I can't say that I was in excruciating pain, so I wasn't too alarmed."

Flora was not injured in the fall. Buchanan was transported by ambulance to Sarasota Memorial Hospital. After a battery of tests, for which she declined pain medication, a doctor came in and said that her vertebrae "looked like a bag of ice," she remembers. "I said, 'Okay, we're in trouble. Now give me drugs.'"

That was on a Friday. Because she was in stable condition, Buchanan had to lie in a hospital bed until the following Monday. On March 1, 2021, she underwent a six-hour surgery that involved fusing seven vertebrae and inserting an 8-inch rod in her back. "I have a big scar right down the middle," she says. "I keep threatening to put a tattoo there, maybe put some hoof prints around it."

Buchanan jumped headlong into an arduous rehab. A friend came and got her horses and took care of them in Ocala. The doctor's orders were not to lift anything heavier than 8 pounds,

so she could only perform certain veterinary tasks. Buchanan says that her colleagues at Sarasota Equine were supportive. Her neurosurgeon's official recommendation? Find another sport.

On Sept. 1, six months to the day after surgery, Buchanan got back on a horse. She concentrated on building core muscles and, with the help of an instructor, reworked her mallet swing to compensate for a diminished ability to twist her torso. The result, she feels, has been an improved overall technique. On Nov. 1, Buchanan was back practicing. She was a go for the season opener.

During our hours together, Buchanan's zeal for polo was on full display. Even so, I asked if she could articulate what the sport means to her.

"Sure," she replied instantly. "I have a high-pressure job caring for people's four-legged family members. It comes with a lot of stress. When I get on a horse for a match, that horse becomes my legs. And then I get to a certain point where all the background noise fades away. There's only that moment, that match, on a horse that I love that's an extension of me."



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Choosing Happiness

Lakewood Ranch's
Albert Myara excels at
business, but his No. 1
priority is his family.

BY JAY HEATER | CONTRIBUTOR

A cabinet maker, Salomon Myara would leave his three-room Paris apartment early each morning and would not return until late in the evening when he would sit down for dinner with his wife, Michelle, and their four children.

By the time dinner was finished, it was time for the kids to go to bed.

Although he was not around for much of his children's formative years, he was antithetical to the notion of an absentee father.

He worked relentlessly so his family could thrive.

At times, the reality was hard to understand for Albert Myara, who lived his first 15 years in Paris before his family moved to Michigan, the home of his mother's sister. When he matured as a teenager and adopted his father's work ethic, he began to understand.

"I played soccer, but he never saw me play," Myara says of his father. "But I realized the reason he worked hard was so we could eat. Mom was affec-

Continued on Page 88



Adam, Albert and Austin Myara were all together as they started the Cuban food restaurant Mojos Paladar in Lakewood Ranch in 2015.



Photos by Jay Heater
As Lakewood Ranch
has grown over the
last two decades,
Myara has had his
fingerprints on many
business deals, both
in real estate and
restaurants.

tionate, Dad was tough.”

His father continued his work-first mentality in the United States in the 1970s as he went into the antique business. Salomon and Michelle eventually expanded to three stores — Myara’s Antiques — and they often enlisted their family members to keep the business running.

“I worked my butt off,” says Myara, who early in October was standing in front of a building under construction on Upper Manatee River Road that will become his second Ed’s Tavern. The opening is expected to be in December.

As Lakewood Ranch has grown over the last two decades, Myara has had his fingerprints on many business deals, both in real estate and restaurants. Currently, besides the two Ed’s Taverns, he is part owner of McGrath’s Irish Ale House at Main Street at Lakewood Ranch and two other restaurants in Nokomis and Venice.

He has built a reputation as a talented businessman, and he gives credit to his father for that designation.

“My father left me the will to work,” he says.

Those who know him, have worked with him, or have called him “Dad,” echo the sentiment that Albert Myara works like nobody’s business. But he also made a promise to himself early in life.

“When I got (out of school), I started playing tennis,” Myara says. “My father played tennis, too, but I never had time for him. It was like ‘Cat’s in the Cradle.’”

“Cat’s in the Cradle” is a 1974 song by Harry Chapin that became a popular hit. It tells the story of a father who worked all the time and didn’t have time for his son, who eventually became just like him. They passed through life like strangers.

“By far, I am a father, and a grandfather, first,” Myara says. “If my kids (sons Adam and Austin) move to Alaska, I’m moving to Alaska. I’m a softie. I promised myself I would always keep my family close.”

Those around him say he has kept that promise.

“His greatest quality, bar none, is that he is such a diehard family man,”

Continued on Page 90



Bob Bender, Adam Myara and Albert Myara in front of Ed’s Tavern.



Co-owners Adam Myara, Albert Myara and Bruce Mahnke opened McGrath’s Irish Ale House in Lakewood Ranch in 2020.

Albert Myara has an ownership stake in **FIVE** restaurants:

- 1 Ed’s Tavern (Main Street) in Lakewood Ranch
- 2 Ed’s Tavern on Upper Manatee River Road. (Scheduled to open in December)
- 3 Captain Eddie’s Seafood Restaurant in Nokomis
- 4 Bogey’s Sports Pub in Venice
- 5 McGrath’s Irish Ale House (Main Street) in Lakewood Ranch



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says Bob Bender, who is Myara's partner in the original Ed's Tavern and will be a partner with him in the new Ed's Tavern venture along with Myara's son, Adam. "His family is his world, and he will do anything to encourage them and to help and to guide them."

Adam Myara, now 37, agrees with the assessment.

"The people who know him know he puts his family first above everything," says Adam, who lives a few doors down from his father in River Club. "Growing up with him, he worked a lot, but I was always with him, working in restaurants."

"I enjoyed it," he says. "It's funny now, circling back, but I remember doing deals at school. (Sports trading) cards were popular in the mid-1990s and I always was trying to sell them to my friends. Like that, working in the restaurant was a way to make money. Sure, I missed out on some games, and people might have thought it was terrible for me to be a dishwasher, but I actually had a lot of fun."

So, what else did Adam learn from his father?

"The gutters are littered with talented people," says Adam. "They didn't have the perseverance and the drive. My father likes the saying, 'The harder you work, the luckier you get.'"

After his parents moved from Michigan to Tampa in 1969, Albert Myara began attending the University of South Florida with the thought of becoming Dr. Myara. However, he loved playing soccer and working in restaurants, so something had to give. He didn't finish at USF.

In the 1970s, he worked as a waiter, as a bellman and as a maître d', soaking up knowledge on how to effectively run restaurants. He also earned a real estate license, appraising during the day and working in restaurants at night.

Eventually, Myara bought his first restaurant, the Old World Cheese Shop in Longboat Key in the mid-1980s. The restaurant failed, however, because he said development plans to make that area "The Avenue of the Flowers," never materialized.

"You learn from your mistakes," he says. "Anyone who doesn't fail hasn't done anything."

Ed's Tavern is a favorite watering hole for Ranchers.

Photos by Lori Sax

Ali Pereira, a server at Ed's Tavern, keeps guests free from thirst.

In the mid-to-late-1980s, Myara worked with chain owner John Christen opening Shells Seafood restaurants. He bought two of the locations and not long afterward cashed out.

It was in the late 1990s when he went to work for John Swart, who was president of Lakewood Ranch Commercial Realty. At that time, he bought a house in River Walk Meadows.

"I fell in love (with Lakewood Ranch)," he says. "The people here were nice people, including John Swart

and (Schroeder-Manatee Ranch CEO and President) Rex Jensen."

"Albert is a great guy and we worked well together," says Swart, who sold 4 million square feet of office, retail, light industrial and hotel projects in Lakewood Ranch during his tenure at SMR. "He was very cooperative and a great listener. He was good at getting a deal done when it's difficult. He finds a way."

Continued on Page 92

“My father likes the saying, ‘The harder you work, the luckier you get.’”

ADAM MYARA

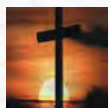
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Bob Bender, Albert Myara and Adam Myara have found the right formula to successfully grow businesses together.

Photo by Jay Heater

Continued from Page 90

“He is a very bright guy,” says Swart, who is 82 and living in Mote Ranch. “Smart, committed, a hard worker. This is a complicated business. There are costs and budgets, and he is a good numbers guy.”

Myara went back into the restaurant business in 2008. He was trying to buy the Crow’s Nest restaurant in Venice in 2008 but ended up with Bogey’s Sports Pub in Venice instead. He still has that one.

Two years after he bought Bogey’s, he opened a second Bogey’s location in East County, in Creekwood Crossing. He had that restaurant, which is now The Parrot, for 10 years.

Next was the original Ed’s Tavern venture with Bender.

“It was 10 years ago in November,” Bender says. “He sat down and listened and asked me to tell him more about myself. I could tell he was someone who helps you to get where you want to go.

“He said there was a possibility of Ed’s Tavern and that I should go take a look. Somehow there was trust between us. You just kind of know sometimes. It is 10 years later, and we are still going strong. We’re both high energy, but we respect each other. We have had zero disagreements. And it’s funny because he was born in France and I was born in Texas, but we can almost finish each other’s sentences.”

“We hit it right off the bat,” Myara says. “We were both nice guys. And at the time, I had two restaurants. I wanted to buy Ed’s because I love (Lakewood Ranch). I really didn’t want to run it. He has done a great job, and he is a great operator. Bob has almost

Those who know him, have worked with him, or have called him “Dad,” echo the sentiment that Albert Myara works like nobody’s business.

Continued on Page 94

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Continued from Page 92

tripled the sales.”

Now they are starting another project together with a second Ed's Tavern location. At a time when many people want to retire, Myara is going full speed ahead. He said it helps to have the support of his girlfriend of 10 years, Jackie Goudreau.

Moving forward, Myara continues to look for business deals in the area, and he will support his two sons any way he can. Austin, who is 27, doesn't work as closely with his father as Adam, but he is involved in a trading card venture that will also include his brother.

Adam said his father makes them earn their way. He was going to law school (Stetson University in Tampa) but dropped out when he decided he didn't want to be a lawyer. The first job he landed afterward was as a breakfast server in a hotel restaurant. He had to prove himself before calling his dad. In less than a year, he was managing the front desk of the hotel and the restaurant.

He kept working on his own until his father brought him to work at Ed's Tavern so he could learn from Bender.

In 2015, the father and both sons opened Mojos Paladar, a Cuban restaurant, in Lakewood Ranch. It only lasted a couple of years.

“My wife, Yvette, is half Colombian and half Cuban,” Adam says. “So, Mojos was a labor of love. But it was a small size and high rent. It took a lot of effort because many of the dishes took six hours to make. You have to sell a lot of \$8 orders to make it work.”

“That was the best restaurant I've ever owned,” Albert Myara says. “It was the best food.”

Even if Mojos didn't work out, Myara continues to tell his boys that many successful times are ahead.

“I tell the kids that in today's world if you do what you are expected to do, you will be a star. If you do 10% more, you will be a superstar. Just remember, you want to go into a business that you can't wait to do each day. Choose your happiness, and the money will follow.”



By far, I am a father, and a grandfather, first. If my kids move to Alaska, I'm moving to Alaska. I'm a softie. I promised myself I would always keep my family close.

ALBERT MYARA



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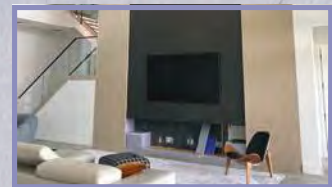
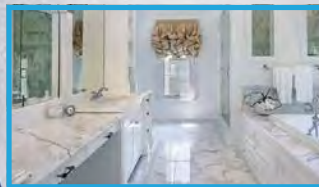


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SPOTLIGHTING LIFE ON THE RANCH

Glitz and glamour dazzle in a Country Club remodel. **PAGE 92**

Set in a tranquil area of The Country Club, the Shanahan home boasts new landscaping and a refreshed exterior.

A World of Difference





Katina and Ken Shanahan’s home in The Country Club shows how a simple remodel can turn a tired residence into a showplace.

BY ROBERT PLUNKET | CONTRIBUTOR

Courtesy photos
A raised seating area in the primary suite offers a quiet nook for reading and relaxation.



The home's kitchen and family room have been transformed from tired to timeless with a fresh new color palette and updated finishes.

As Realtors for Coldwell Banker, Katina and Ken Shanahan have guided many a new Rancher toward finding the perfect home. Their clients are often drawn to The Country Club with its large, graciously proportioned homes and tranquil setting. There's just one problem. These homes are often 15 to 20 years old and need an update.

The clients would be wise to examine the Shanahan's own home. It shows how a simple remodel can make a world of difference, turning a well laid-out but tired looking residence into a showplace — all without moving a wall or making a major addition.

"We were looking for a sizable home because we anticipated our children, grandchildren, and other family members visiting and staying with us for longer periods of time," Katina says. The Shanahans have done many remodels before, both here and in their

previous home in Purchase, New York. Along the way, they have become experts in the art of cosmetic remodeling.

When they came across this beauty on the MLS, they knew it was the one. A Pruitt model coming in at just over 5,300 square feet, it had the layout — and the character — they were looking for. "We also liked the private setting in a cul de sac on a preserve. There is complete privacy when we are enjoying our lanai and pool," says Katina.

Continued on Page 104



Photo by Lori Sax
Katina and Ken Shanahan share their gorgeously remodeled home with their two beloved canine companions, Coconut and Lily.



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A new front entrance sets the tone for the home's new look, inspired by classic Palladian architecture.

Continued from Page 102

Their home is a master class in what a cosmetic remodel can accomplish. Gone is the early millennial atmosphere with its dated colors and fixtures. Now the atmosphere is crisp and modern, very on trend yet with an underlying traditionalism that gives the place a timeless atmosphere.

"A new front door and new flooring make the biggest impact," Ken says.

The Shanahans replaced the old front door, a fussy relic of wood and leaded glass inserts, with a dramatic entrance of glass framed in wrought iron. This lets the home make an imposing first impression and sets the tone for things to come. White oak flooring replaced the hodgepodge of ceramic tile and carpeting that was anything but glamorous. Now the entire space flows seamlessly from one area to another.

Ken and Katina did all the design work themselves and even served as their own project managers. And, while there were many things to change, there were many glorious features to keep. The home boasted a graceful flow that suited the couple's lifestyle perfectly and was blessed with Palladian-style arches throughout, both on many of the doorways and most of the windows. Once the intrusive window treatments were removed the architectural beauty of the design became the home's calling card, along with the striking wall of windows in the living room and the expansive primary bedroom with its raised seating area.

“
We changed
every
surface of
the interior
down to
the small
details like
doorknobs
and hinges.

KEN SHANAHAN

Continued on Page 106



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Sliding glass doors open the home to an outdoor living area complete with a kitchen and wooded setting.

Continued from Page 104

Although no structural changes were made, there was a lot to do.

"We started with a budget that we wanted to stay within," Katina explains. "Then we made a wish list." The list included an update to just about every element in the home. New appliances were purchased, all the cabinets were refinished, new plumbing fixtures were installed. The dated color choices from the years past were repainted in shades of white, bringing the entire house alive with light. In the kitchen were new counter tops and lighting fixtures. "We changed every surface of the interior down to the small details like doorknobs and hinges," Ken says.

Perhaps the biggest change is in the primary bathroom. The stand-alone tub in the middle of the room has been removed. The Shanahans rarely used it and the extra space only adds to the marble, spa-like luxury.

"Trim carpentry was a huge part of the project," Katina says. "We have always noted that many of the very high-end homes in Lakewood Ranch have



beautiful wood detailing. We added all new casing around arches as well as wainscoting throughout the first floor."

Any other tips for would-be remodelers?

"Be careful to keep the exterior consistent with the interior," the couple point out. "Many of the homes in this

neighborhood are Mediterranean or traditional in style. If you make the interior too modern, it may look awkward. And it's important to address every part of the house and to keep style consistent throughout."

Removing the stand-alone tub opened up the primary bath. A large walk-in shower overlooks an enclosed garden.

Continued on Page 108



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The home's second floor includes a bonus room complete with an outdoor patio and its own fireplace.

Continued from Page 106

The Shanahan's home is an unqualified success. They have blended the old with the new and kept the color palette soft and light — whites, greys and accents of silver. "We enjoy working together and building on each other's ideas," Katina says. "The look we were aiming for was timeless style with some personality."

That personality comes across as luxury mixed with comfort, for the Shanahan home is first and foremost a family home. They have four grown sons and one grandson, Luka. Also in the mix are two beloved dogs, Lily and Coconut. "They are a huge part of our lives," says Katina.

"Most of our entertaining has been with our family and friends from other states," Ken says. "So, we took extra care in making the guest suites comfortable. When people come to stay with us, they consider it their vacation."

"The pool definitely gets used a lot," Katina adds, "and we cook in the outdoor kitchen regularly. When it's not too hot outside, we dine al fresco. For us, it's part of what makes our home so comfortable. We cook most meals together; one of my favorite things is cooking together and listening to good music."

The Shanahan's home ended up much more than a remodeling project. It's become a part of the family. What does Katina like best about her home? "The fact that Ken and I designed it together. We created everything here together; put in the hard work and problem-solved together when difficult situations popped up. Every part of the home has meaning to us."

“

*We started
with a
budget
that we
wanted to
stay within.
Then we
made a
wish list.*

KATINA SHANAHAN



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art and about

Seven Reasons to Love the Season

The region's arts scene kicks into high gear in November. Here are seven must-sees.



Courtesy photos

Above: "Judith" poster

Right: Summer Dawn Wallace is Urbanite Theatre's artistic director.

BY SU BYRON AND MARTY FUGATE
CONTRIBUTORS

1. SHAKESPEARE'S SIS

Katie Bender's "Judith" imagines that Shakespeare had a sister (namely "Judith") in this farcical Urbanite Theatre production. When her celebrity brother gets in trouble, Judith disguises herself as the Bard to bail him out. Once Londoners think she's

an important man, she gets a stratospheric bump in status. Judith enjoys the new respect — and starts to think the patriarchal power structure is a drag. Directed by Brendon Fox, this world premiere production is presented in partnership with the Hanover Theatre Repertory. *Jan. 5-Feb. 18; UrbaniteTheatre.com.*

Continued on Page 112

URBANITE THEATRE'S ARTISTIC DIRECTOR, SUMMER DAWN WALLACE, SHARES INSIGHTS ABOUT THE UPCOMING SEASON.

What's the driving force behind your 2023-2024 season?

It's Urbanite's commitment to putting artists and their stories at the forefront, with a strong emphasis on new works and the development of fresh plays. Ultimately, every play serves as a tribute to the indomitable human spirit, highlighting our capacity for resilience. We are also showcasing three world premieres and audiences will play a part in the shaping of a new play, allowing them to become an integral part of its inaugural production.

What inspired you to choose "Judith"—and what should audiences expect?

"Judith" is laden with delightful Easter eggs for Shakespeare enthusiasts. However, what truly sets this play apart is its exceptional accessibility. Even if you're not intimately familiar with the Bard's body of work, this play stands as a compelling and engaging piece of storytelling that anyone can appreciate.

How can readers get involved with Urbanite?

Urbanite is always looking for volunteers and adding to our board. If anyone is passionate about our organization, they can find many ways to get involved. It requires a village to make art happen.

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Continued from Page 110

2. PICKING UP THE PIECES

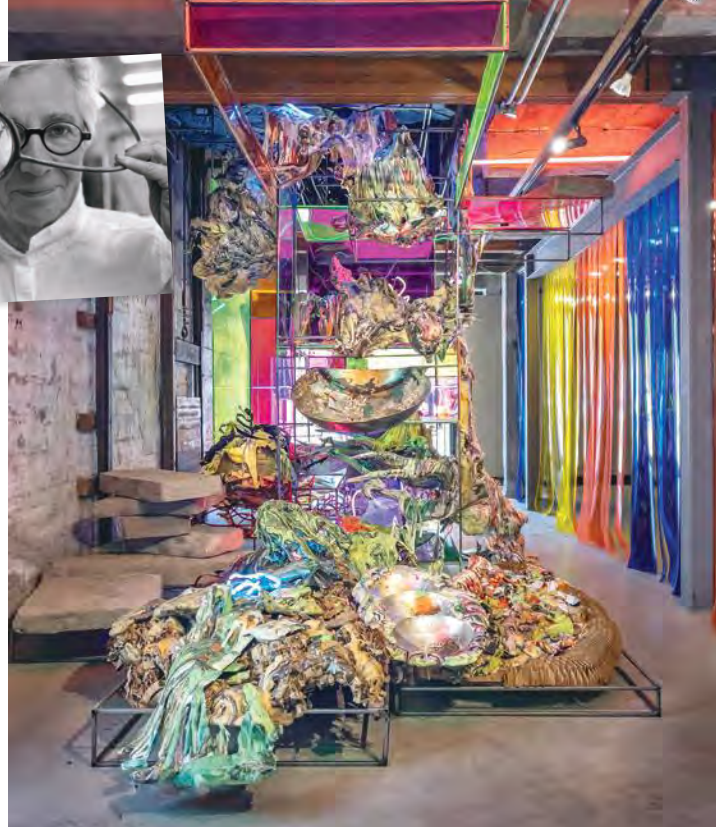
Judy Pfaff's installations defy critical category and delight art lovers. Like portals to alternate dimensions, they transport the viewer to other worlds. These realms can be magical or heartbreaking. The world inside Pfaff's "Picking Up the Pieces" at Sarasota Art Museum is close to home — it's our very own Sunshine State and what it's becoming. Within the installation's shattered space, the artist contrasts the beauty of Florida's shoreline with environmental threats like Hurricane Ian. Before creating this work, Pfaff visited Ian-ravaged areas to witness the still-tangible destruction. "Picking Up the Pieces" takes you there. Nov. 19-March 17; Sarasota-ArtMuseum.org.

3. SARASOTA ORCHESTRA CELEBRATES 75 YEARS

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Sarasota Orchestra's 75 stellar years in stellar style. The program features two stunning works: Gershwin's "An American in Paris" and Rachmaninoff's Piano Concerto No. 3. Legendary pianist Garrick Ohlsson will join SO for this concert; it will be led by Peter Oundjian, Toronto Symphony Orchestra's conductor emeritus. Concertgoers will get their

Continued on Page 114



Photos by Peter Aaron/OTTO, Grace Roselli (inset, left)

Above: Installation view of Judy Pfaff's "ar.chae.ol.o.g.y." **Inset:** Judy Pfaff is widely recognized as a pioneer in installation art. **Left:** Sarasota Orchestra members form the number 75 to celebrate the group's 75th anniversary this season.

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LWR LIFE 11

Continued from Page 112

share of bubbly beforehand and gourmet grub afterwards. *Feb. 15 at the Van Wezel Performing Arts Hall. For tickets, visit SarasotaOrchestra.org.*

4. GET YOUR RHYTHM ON

The madcap antics of Ken Ludwig's "Crazy for You" are coming to the Asolo Rep stage. The musical is basically an adaptation of George and Ira Gershwin's "Girl Crazy," the 1930 Broadway hit. Ludwig added a few more jokes and picked up the pace, but the story remains the same. (Spoiler alert: City slicker falls for hometown girl). Along with that meet-cute encounter, there'll also be cowboys, showgirls, and high-energy production numbers. With toe-tapping Gershwin tunes like "Someone to Watch Over Me," "Embraceable You," and "I Got Rhythm," dancing in the aisles will be a constant temptation for the audience. (We figure the ushers will watch over them.) Directed and choreographed by Dennis Jones. *Nov. 15-Jan. 4; AsoloRep.org.*



Courtesy photo

"Industrial Burger Maker" by Bill Owens at The Ringling.

5. WORKING 9 TO 5

"Working Conditions: Exploring Labor" investigates the realities of American labor from the 1800s to the present with more than 50 photographs taken from The Ringling's vast collection. While the working class is always in the lens, the focus can be very different. Some photographers think their hard work is proud evidence of industrial evolution; others think it's capitalist exploitation of the power-

Continued on Page 116

VIRGINIA SHEARER, EXECUTIVE DIRECTOR OF SARASOTA ART MUSEUM, SHARES THE REVELATORY IMPACT OF JUDY PFAFF'S "PICKING UP THE PIECES."

"Picking up the Pieces" is Judy Pfaff's largest installation since 2017. It's described as defying boundaries. Can you explain what that means and also why you chose her work?

Judy Pfaff is widely recognized as a pioneer in installation art and celebrated globally for defining the genre. Pfaff has never been an artist with limitations; she's an innovator, and her recent works push and prod the definition of what sculpture is and can be. Stepping into a Judy Pfaff installation can be a transformative experience. I'm very curious to see how Pfaff responds to the unique architecture of Sarasota Art Museum's historic building and how her recollections of Hurricane Ian's impact will manifest in this new site-specific installation. Her first museum show was in Sarasota more than 40 years ago and she later helped champion the arrival of the first and only contemporary art museum in the region when Sarasota Art Museum's founders launched ARTmuse, a visiting artist program to support renovations that would transform the former Sarasota High School building into an art museum. How could we not do a Judy Pfaff show?

One of your initiatives has been to create participatory experiences for visitors. What experiences can we look forward to this upcoming season?

We have two exhibitions this season featuring Hermitage Artist Retreat fellows. One is called "The Truth of the Night Sky: Anne Patterson and Patrick Harlin" on view April 21 to



Photo by Nancy Guth


Virginia Shearer is Sarasota Art Museum's executive director.

September 29. Patterson has created wonderfully memorable work at The Ringling and we're thrilled to collaborate with her on something new and unexpected. For this presentation, she will work alongside fellow Hermitage alum and composer Patrick Harlin to create a multimedia, site-specific installation.

Do you collect art? If we visited your home, which piece would stand out?

We have an eclectic collection of artists who I have had the pleasure of knowing and working with. We display a small reproduction of a large-scale chromogenic print by the photographer Thomas

Struth entitled "Aquarium, Atlanta, Georgia." I worked with Struth to arrange the details so that conditions were right for him to make the photograph he envisioned in the largest aquarium in the U.S. on a busy spring break holiday in 2013. We made sure he got the shot, and much to my chagrin, Struth rewarded me by putting me front and center in the photograph. I wish I could afford the real thing but I am very proud that I can see the work at one of a number of major museums throughout the world when it's on view. My favorite new acquisition is an original print by John Pirman entitled "Jungle Gardens Flamingos."



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Continued from Page 114

less working class. The hard-working photographers include Dmitiri Baltermants, Endia Beal, Walker Evans, Margaret Bourke-White, Lewis W. Hine, and Bill Owens. Curated by Christopher Jones, Stanton B. and Nancy W. Kaplan Curator of Photography and Media Art. *Through March 3; Ringling.org.*

6. GIVING VOICE TO THE VOICELESS

Samantha Bennett and George Nickson are the founding artistic directors of ensembleNEWSRQ (enSRQ), one of our area's most cutting-edge arts orgs. The five concerts of their eighth season include contemporary masterworks, three world premieres, two commissioned works and several dynamic collaborations. All five concerts showcase enSRQ's commitment to new work and emerging artists. Don't miss the "You Are Free" concert on March 25, featuring "Voiceless Mass," a Pulitzer



Photo by Matthew Holler

George Nickson and Samantha Bennett are the founding artistic directors of ensembleNEWSRQ.

Prize-winning composition by Raven Chacon of the Navajo Nation, and a world premiere composition by Kyle Rivera, specifically commissioned for enSRQ artists. *March 25; EnSRQ.org.*

7. EVERY PICTURE TELLS A STORY

Sharr White's "Pictures From Home" is a theatrical adaption of Larry Sultan's celebrated photo memoir. Starting in 1983, Sultan photographed and interviewed his parents for nearly a decade. The photobook he created is a mix of his photos and stills from home videos. His father was an unhappily retired executive from the Schick razor company; his overworked mother gave him emotional support and brought home the bacon as well. Both were bottled up in a ranch house in Southern California. The 30-something Sultan captured their lives — or tried to. His ubiquitous cameras and tape recorders weren't always welcome. White's memory play beautifully distills Sultan's attempt to recapture lost time in this regional premiere directed by Kate Alexander. *Dec. 13-Feb. 18 in FST's Keating Theatre; FloridaStudioTheatre.org.*



Courtesy photos ensembleNEWSRQ premieres a new work by Kyle Rivera this season.



"Pictures from Home" is a memory play about lost time.

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OCT. 7 AT DEL WEBB



Del Webb's Diane Cannon, Kathryn Ferullo and Deb DiStefano are ready for a fun walk to support those impacted by cancer.



Photos by Liz Ramos
Del Webb's Teresa Morehead dances alongside her dog, Lola. Morehead was diagnosed with cancer in 2019. "I'm grateful to be able to be here to support this charitable effort," she says.



Del Webb's Valerie Heyer was diagnosed in 2011 with stage four sarcoma. She says it means a lot to her that the Del Webb Breast Cancer and Beyond Walk is supporting people who are impacted by all types of cancer.



Del Webb's Steve Calobong walks in honor of his mother, Lorraine Calobong, and Victoria Minni walks in honor of her father, Louis Minni. Lorraine Calobong and Louis Minni died of cancer.



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RANCH NITE WEDNESDAYS RETURN

OCT. 4 AT WATERSIDE PLACE



Bradenton resident Veronica Hernandez carries her pooch Chewie in her bag.



Marcia Bailey and Carl Carbone have been playing cornhole at Waterside Place since the entertainment hub opened.



Layla Lamoreux, 7, and Olivia Burton, 5, enjoy an interesting two-scoop ice cream combo of mint chocolate chip and cotton candy.



Dogs are welcome at Ranch Nite Wednesdays, too.

Photos by Lesley Dwyer

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LWR LIFE 119

table talk

Carmine Ussano of Osteria 500

The restaurant's co-owner is grounded in Italy's culinary past. He's equally grounded in Italy's inventive, creative commitment to the future.

BY MARTY FUGATE | CONTRIBUTOR

Carmine Ussano is the co-owner of Osteria 500 at Waterside Place in Lakewood Ranch. His three partners include Andrea De Dominicis, Giuseppe Del Sole (the co-owner of Napule), and Salvatore Scaccino. These Italian expatriates are fiercely proud of their heritage. Their menu proves it. From pizzas to pasta, to pistachio biscotti, it's as authentically Italian as it gets. That old-country tradition doesn't mean they're living in the past. According to Ussano, the partners embrace Italy's futuristic side as well. As he sees it, the future looks good.

The essence of Osteria 500 is ...

Authentic Italian tradition. We're making the recipes that our grandmothers used to make. I like to tell my customers: "If you're thinking of going to Italy, just come to our restaurant. Open the door, and you jump into Italy without taking a plane. We won't even ask for a passport!"

"Osteria" means ...

It comes from "oste" — the Italian word for a host or innkeeper. In Italy, the original osterias were family-run restaurants that served traditional

recipes with wine. "Osteria" is part of our name because it's a good match for our old-school, Italian hospitality.

The "500" in our name comes from ...

The Fiat 500. My partners and I have fond memories of this classic car. We were crazy enough to buy one in Italy, bring it here, and put a wood-fired oven on top of it. It fit perfectly! To us, the Fiat 500 stands for Italy's inventive, creative, futuristic side. It's new-school Italy, and that's also part of Osteria's personality.

We turned a blue Citroen truck into an outdoor cocktail bar because ...

... we wanted to create different ambi-ances throughout the restaurant. One day, we decided to buy a vintage truck and refit it as an outdoor bar. Another crazy idea, hmm? But the concept behind it isn't so crazy. Like Italy itself, it's different wherever you go.

We opened in Waterside Place because ...

... we met with the developers and they shared their vision. There was a beautiful location — with an amazing view of the lake. The project they planned would make the most of the site. So, even before they built Waterside Place, we knew it'd be perfect for Osteria 500.

Our recipes have been passed down from our families.

Our menu's filled with dishes from our mothers and grandmothers. We were born and raised with their recipes. What else would we put on our menu?



Photos by Heidi Kurpiela

Osteria 500's co-owner Carmine Ussano is passionate about sharing his love for Italian culture, tradition and cuisine with customers.

Continued on Page 122



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Continued from Page 120

A little-known fact about Osteria 500 is ...

... we don't buy our pasta. We make it all on-site with our imported Italian pasta machine. All the flour we use is imported from Italy, as well.

The secret of Osteria 500's popularity is ...

... love. To do what we do right, you need to have a love for this profession. You need to have a love for food, for wine and for the customers you serve. That's true for any great restaurant, and it's true for us. At Osteria, we also love the Italian culture that we share. That's what we bring to the table.

Don't leave Osteria 500 without trying ...

... our homemade, fried zucchini flowers. They are really, really, really good. Our charcuterie board has a fantastic selection of imported Italian cheeses and meat. It's really, really, really good, too. Customers say it's addictive. They're right. But try it anyway!

Our favorite customers are the ones who ...

... ask questions. They're not just hungry for food — they're hungry for knowledge. Telling the story of our cuisine is the fun part of my job. I get to point out where things come from on a big map of Italy.

When I'm not at work, I like to ...

Spend time with my girlfriend. I'm also a big soccer fan, but I can enjoy that when I am at work. Osteria has two big projectors. On game days with Italian soccer teams, we play the matches on our two big screens.

My top three culinary heroes ...

... all come from the Campania region of Italy — which is where I came from. I have a lot more heroes than three! But Aunt Rosaria was my first inspiration. She was a true artist in the kitchen. Everything she cooked was so amazing. On my birthday, I'd ask my other family members for presents and toys. When it was my aunt's turn, I'd only ask for food from her.



Braulio Vizcaino pulls a mar-gherita pie out of Osteria 500's trademark red Fiat pizza oven.



A traditional Italian gelato cart sits in the middle of the restaurant.



The restaurant's red Fiat pizza oven was shipped to Lakewood Ranch from Naples, Italy.

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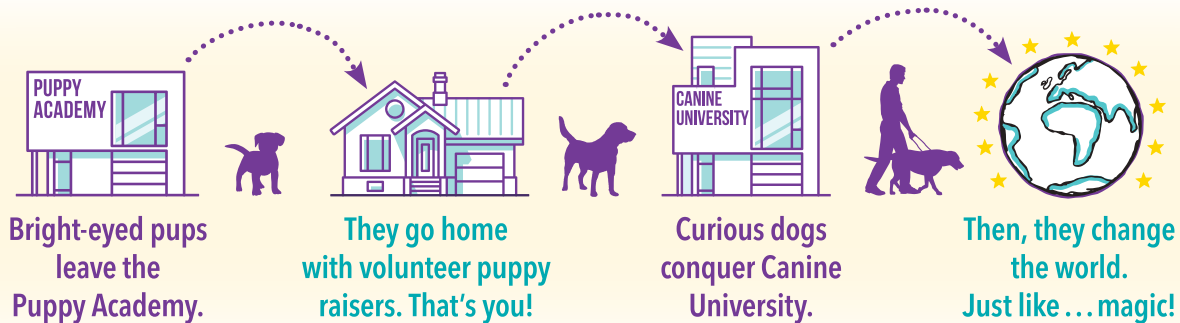


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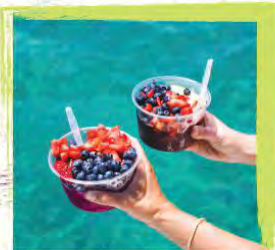
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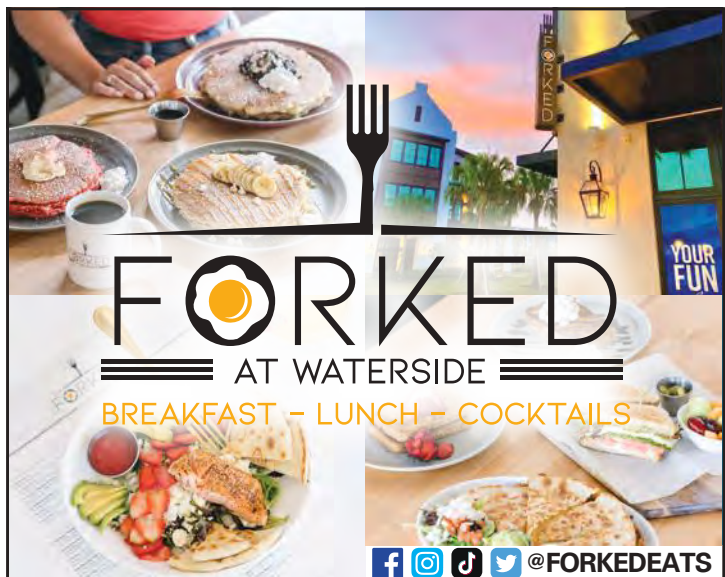
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