



Around the Ranch

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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, MAY 15, 2024



THE COMMUNITY WELCOMES ITS NEWEST PARK – The official grand opening of Waterside Park was held in April. The eight-acre community park is situated on Kingfisher Lake, next to the Waterside Place town center. For more information and pictures, see pages 10-11. Photo by Ryan Angell.

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

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PHOTO BY RYAN ANGELL

La Chic Bohème opens at Waterside Place in LWR

La Chic Bohème, a new luxury spa and style house, recently opened in Waterside Place in Lakewood Ranch. Located at 1551 Lakefront Drive, Suite 101, La Chic Bohème offers a variety of spa rituals, fashion and beauty products. The spa features a spa retreat with four treatment rooms, a med spa, salt room, infrared sauna, permanent makeup room, lash lounge, and wet room with Vichy rain shower, while the style house features a variety of women's clothing, accessories, home goods, and luxury beauty products. To learn more about La Chic Bohème, visit www.lachicboheme.com.

Lakewood Ranch Community Foundation Welcomes Three New Builders to its Program

Neal Communities, Neal Signature Homes, and M/I Homes recently joined the Builders Give Back program of the Lakewood Ranch Community Foundation (LWRCF). Through this program, which launched in May 2023, builders make a \$100 donation per closing to the LWRCF in the name of the new homeowner. Neal Communities, Neal Signature Homes, and M/I Homes join the other builders currently participating in the program: Anchor Builders, AR Homes, Homes By Towne, John Cannon Homes, Lee Wetherington Homes, Pulte Homes, and Stock Luxury Homes. The program is further supported by Lakewood Ranch Communities, which donates a matching \$100 per closing to the LWRCF.

The Builders Give Back program benefits the LWRCF by both developing engagement with homeowners in their community and introducing them to local philanthropy, which in turn will help create support for the LWRCF into the future.

"This program allows new residents to experience the welcoming and giving culture of

Lakewood Ranch right when they move in," said Adrienne Bookhamer, executive director of the LWRCF. "Our builders understand that the lifestyle in Lakewood Ranch is unique, and they are supporting that by participating in Builders Give Back. There is no better way to thank new residents than by contributing to the community and helping the LWRCF make an impact here."

The Lakewood Ranch Community Foundation has a "live here, give here" approach, Bookhamer explained. "We support local life-changing nonprofit organizations and causes embedded in the area. By engaging our new residents early, we are hopeful of more involvement from the community to make an even bigger impact locally."

The mission of the LWRCF, which is financed fully by residents and businesses, is to enhance the quality of life in and near the community by responding to local needs, granting funds, and building lasting relationships.

For more information, visit lwrcf.org or call (941) 208-6799.

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LAKEWOOD RANCH COMMUNITY ACTIVITIES

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



By Danielle Bugel



Our annual Tribute to Heroes Block Party & Parade is quickly approaching, set to take place on from 5-8 p.m. Sunday, May 26, along Lakewood Main Street! This event is a wonderful opportunity for the community to come together and honor our local veterans and heroes.

We at Lakewood Ranch Community Activities are so honored to produce this event to ensure our local veterans, fallen heroes, and active and retired military, fire, and law enforcement all receive the recognition they deserve!

The block party kicks off at 5 p.m. with a variety of entertainment, food and drinks, kids' activities, and more for attendees to enjoy! At 6:30 p.m. the parade will begin, showcasing our heroes and their service to our country. We are incredibly grateful to our veteran seating sponsors, Veteran Affairs Law, P.A., and Bob Boast Volkswagen, as well as our supporting sponsors, Triple G Golf Carts and USA Fence, for their generous support of this event.

Admission to the parade is free and proceeds from the event will support local non-profit and veterans' organizations. Come out and join us in honoring our heroes and show them the love and appreciation they deserve!

In addition to the Tribute to Heroes Block Party & Parade, there are numerous ways to get involved in our community and give back. Visit LWRCA.org to discover a multitude of volunteer opportunities in and around Lakewood Ranch. Non-profit organizations in need of volunteers can also email info@lwrca.org for assistance in finding the right volunteers through our new volunteer platform, POINT.

Lakewood Ranch Community Activities offers over 60 groups & clubs for residents to join and to connect with others who share similar interests. Whether you're interested in gardening, photography, or fitness, there is sure to be a group that suits your preferences. Visit LWRCA.org to find your tribe and become more involved in our wonderful community!

What's more, all year long, we host a variety of Park Programs to keep residents and community members engaged, having fun, making memories, and staying active. We keep the calendar filled with fun for all ages and interests, from fitness classes and self-care activities, to sports, family-friendly games, children's arts and crafts, and so much more. There's



truly something for everyone, all week long. To stay in the loop of our Park Program, follow us on Facebook and Instagram @LWRCommunityActivities and sign up for our biweekly e-newsletter by visiting our website at LWRCA.org.

We look forward to seeing everyone at the Tribute to Heroes Block Party & Parade, and we thank all our heroes for their dedication and service to our country. Join us in honoring them and celebrating the spirit of community that exists here in Lakewood Ranch.

See you around The Ranch!



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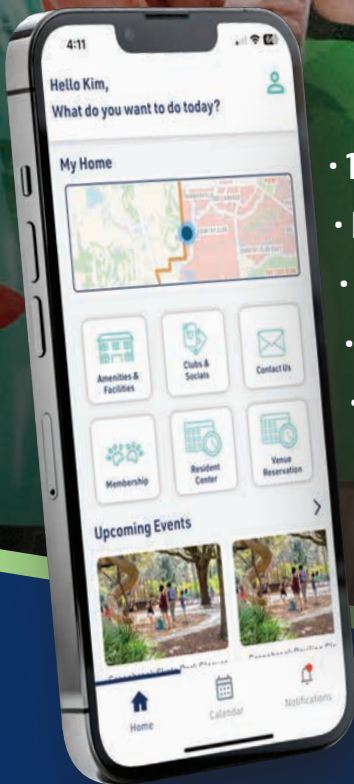


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Ed's: A Tale of Two Taverns

By Ernie Soller
Community Correspondent

Somewhere among the sands of time, in the 1930s in New Jersey, a guy opened a tavern. Given that Prohibition had ended, folks liked the idea of being able to go to a neighborhood place that had good food and, even more important, served alcohol.

The tavern business was a pretty good business to be in back then, and the guy's nephew, years later in 2008, thought that it would be a good idea to commemorate his uncle's bar by opening a place called Ed's Tavern, in a Florida town called Lakewood Ranch.

The Lakewood Ranch Ed's Tavern was built on Rodeo Drive next to the town's movie theater, which made it a convenient place for people to go before or after a show, or a great place to hang out after an afternoon of golf or shopping.

Ed's Tavern seemed to have that right mix of good food, good drinks, and a friendly staff – in short, a place for everyone, in all seasons. Ed's Tavern flourished. Outside seating was added, and patrons could enjoy good weather and watch the water birds fly in and out of the shores of Lake Uihlein.

In 2014, the original owner of Ed's Tavern sold the place, but Ed's remained a staple of Lakewood Ranch. With all the success of Ed's Tavern, and the love that the Lakewood Ranch community had for Ed's, there soon arose an issue. The original Ed's Tavern had been built when most Lakewood Ranch residents lived north or south of S.R. 70.

However, a lot of the new development in Manatee County was happening to the north of S.R. 64. Manatee County built a two-lane bridge to connect Upper Manatee River Road with Fort Hamer Road on the north side of the Manatee River. All of a sudden, there were a whole lot more people up there than there had been just a short time prior.

Soon, gas stations, fast food franchises, car washes, nail salons, and storage lockers were built. But there remained a lingering question.

"Where up here can we find a place like Ed's Tavern – a friendly sports bar that not only is a great place to come to and unwind after work or play, but a place that we can go to with our family?"

The owners of Ed's Tavern took notice of this "service hole," and in mid-January of this year, a new Ed's Tavern opened off Upper Manatee



River Road, just north of S.R. 64.

The menu and drinks are the same as are offered at the "original" Ed's. But for those who live a ways north, driving into the parking lot of the new Ed's Tavern is a little like a homecoming. Maybe even better.

Ok, so at the new Ed's Tavern you won't have a lake view, since there is no lake right outside the walls. On the other hand, the new Ed's almost feels like someone decided to "supersize" the old one, but on a smaller footprint.

On a recent trip to the old Ed's, I counted something like 22 TVs. There were around 20 stools at the bar. At the new Ed's Tavern, I counted 20 stools at the bar – but that was just the inside portion of the bar. At the new Ed's, half of the bar is on the inside of the structure, but the other half is outside, along with something like another 18 bar stools! The new Ed's has a nice roomy inside, but there are screens outside, and the new Ed's has accordion-style doors that can be closed or opened to enable outside seating, depending on the weather.

As for the number of TVs at the new Ed's (I might be off by a couple) I counted 28 large TVs, many on or facing the patio area, in addition to two massive TVs using 4, 60-inch units, making for 10-foot screens. If you can't find your favorite team playing on at least one of those TVs, they either have a bye week or they aren't playing.

My wife really likes bar food, so I took her to the new Ed's. She ordered the brisket sliders, and really enjoyed the fact that each slider came topped with a nicely cooked onion ring, plus a nice helping of cole slaw.

As for me, I believe that the test of a good sports bar is their classic burger. The new Ed's did not disappoint (Ed's has eight different burgers on the menu). I got a half-inch thick beef patty, cooked just as I requested, with a tomato slice, pickles, and a slice of cheese, plus



PHOTOS BY ERNIE SOLLER



fries. The beef patty was firm, and not dripping fat, unlike burgers I've had at other places. We both rated this bar food as excellent. As for soft drinks, I generally go for Coke products, but be advised, Ed's serves Pepsi.

The new Ed's Tavern is located at 1305 108th St. E., right behind Wawa, and right off Upper Manatee River Road. Happy hour runs from

4 to 7 p.m., with lots of specials on food and drinks. Regular hours are 11 a.m. to 12 a.m. Monday through Thursday; 11 a.m. to 1 a.m. Friday and Saturday; and 11 a.m. to 11 p.m. Sunday. For more information visit edstavernfl.com or call (941)329-1010.

The new Ed's Tavern ... You drinkin' or what?



By Brittany Lamont

The Alliance is committed to supporting the success of our members through unparalleled access to business connections, resources, and advocacy. Celebrating our young professionals in the region is a small piece of that mission, and we are excited to invite you to the first ever YLA Next Gen Awards, made possible by presenting sponsor, Lakewood Ranch Communities.

Join us in celebrating these young professionals making a difference in the Alliance and the community from 4-6 p.m. May 16 at the Lakewood Ranch Golf & Country Club. Nominees include:

COMMUNITY IMPACT

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- Jacob Kinsel, Mauldin & Jenkins
- Kelli Martinez, Suli Law

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- Courtney DePol, Manatee County Government
- Ivory Matthews, Neal Communities
- Adrian Tolentino, DryPro

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- Kassandra Burdwood, Willis Smith Construction
- Christina Charlotte, JE Charlotte Construction
- Nicole Hackel, Lakewood Ranch Communities

You may even see these new April members there!

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- George Scarpas at Signature Premier Properties
- It's Only Halftime
- Pines of Sarasota Healthcare LLC
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- Veterinary Concierge Services
- Whole Health

These companies made the choice to join our over 700 member businesses and the Alliance mission. For more information on how you can join and grow your business, please visit our website: www.LWRBA.org

May Programs at Chabad of Bradenton & Lakewood Ranch

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

Talmud Classes

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

At the Chabad House and on Zoom

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

Torah Studies

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

At the Chabad House

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

Weekly Shabbat Services

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

At the Chabad House

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

Tanya Class

Thursday mornings, 9-9:30 a.m.

At the Chabad House and on Zoom

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

Ladies Torah & Tea

Tuesdays, May 21 and 28, 11 a.m. to noon

At the home of Chanie Bukiet and on Zoom

Join Chanie Bukiet for a weekly dose of delicious tea and refreshments spiced with meaningful lessons and discussions on the Torah. Admission is free. Sponsor a class in someone's memory or honor for \$36.

Chabad Hebrew School of the Arts

Sunday, May 19, 9:30 a.m. to noon

At The Chabad House

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

JLI - Decisions of Fate

Wednesdays, May 15, 22, & 29, 7:30 p.m.

At the Chabad House

Learn about Judaism's timeless values and provide practical guidance for making confident and considered life-and-death choices. This course applies Jewish values to four common dilemmas: risky treatments, end-of-life care, abortion, and care of the deceased. Cost: \$90 (includes textbook).

Laq Ba'Omer Bonfire Bash

Sunday, May 26, 1 p.m.

At the Chabad House

Join Chabad for a grand bonfire, music, falafel with Yoav, kosher BBQ, marshmallow roasting, drum circle, bungee jumping, rock climbing and more. Free admission. Nominal food fees apply. Sponsor this event for \$250.

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

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AROUND THE RANCH



PHOTOS BY RYAN ANGELL



Beautiful Weather Helps Make Park Celebration Perfect

Hundreds of community members helped mark the official grand opening of Waterside Park – an eight-acre park on Kingfisher Lake, next to Waterside Place town center. Kids and adults celebrated with local food trucks, live music, a photo booth, a rock-climbing wall, inflatables, and face painting, among other activities.

Waterside Park features a splash pad, playground, sand vol-

leyball courts, an event lawn, walking paths, exercise pods, hammocks, a pavilion, and restrooms, and is connected to Waterside Place by a pedestrian bridge.

The park is located at 7301 Island Cove Terrace in Lakewood Ranch. General park hours are from dawn to dusk. Splash pad hours are from 10 a.m. to 5 p.m. from November through March and from 10 a.m. to 6 p.m. from April through October.





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Pond Fishing Regulations Coming to Lakewood Ranch

By Ernie Soller
Community Correspondent

It may be news to some residents – fishing in our lakes and ponds in Lakewood Ranch is not illegal, but there are things you should know. First, it is allowed on a catch-and-release basis. You can fish around here, but you have to put your catch back into the lake or pond from which it came.

Executive Director Steve Zielinski discussed this issue with members of Lakewood Ranch's Community Development District (CDD) boards at their April board meetings, after he realized that there was no specific community-wide policy on fishing in the community.

Attorney Andrew Cohen is working with Lakewood Ranch staff to develop a reasonable policy that can be adopted by all of Lakewood Ranch's CDDs, that will regulate just where people can fish. (For example, fishing is generally prohibited behind homes.)

Warnings were also made regarding alligators. Most Lakewood Ranchers know that it is illegal to feed alligators in Florida, and that gators are potentially more aggressive during mating season, which this is. It is not a good idea to harass an alligator at any time, but especially during mating season. Also, people should never get close to or disturb an alligator's nest unless they are looking for some serious trouble.

PAVING ISSUES, CELL PHONE SERVICE, ETC.

During the District 1 board meeting, a couple of topics were somewhat hotly discussed. One was the condition of some of our roads – with emphasis on Lakewood Ranch Boulevard and University Parkway – but on Manatee County-maintained roads in general. Supervisors were unanimous in their disgust over the condition of the county-maintained roads, noting that Lakewood Ranch is a premier community, but our main roads do not always reflect that.

Executive Director Zielinski noted that one reason that the county-maintained roads deteriorated faster than, for example, roads which had been re-paved within the confines of the Lakewood Ranch Country Club, was that the County does what is referred to as a “mill-and-pave” job. This means that they mill off a layer of the current pavement, and simply place a layer of new asphalt on top of the milled area.

While this may look fine for a while, it does not address any underlying problems, such as

a defective base layer underneath the road, or a drainage system that has failed. Lakewood Ranch Boulevard is a prime example of what happens when the basic causes of road deterioration have not been addressed. Hence, lots of potholes and patches over patches.

When Lakewood Ranch Operations contracts with a paving contractor, part of the work order involves fixing any underlying issues before new pavement is put down, thus providing the best possible chance for a long-lasting job.

As for cell phone service, this is an issue that has troubled Lakewood Ranch for over 20 years. Cell service in our community can be spotty, and the major carriers seem to be in no hurry to improve service.

The District 1 board had invited County Commissioner Ray Turner to attend its April meeting so as to discuss these issues with him, but he had to attend a special commission meeting, and was unable to attend. Executive Director Zielinski planned to meet with Commissioner Turner later in April to discuss this with him, along with the County's plan for the intersection of The Masters Avenue and Lorraine Road.

EMERGENCY PREPAREDNESS

Lakewood Ranch staff is updating the community's emergency preparedness plans. When complete, they will be given to Lakewood Ranch CERT for its input.

The various CDD boards approved their participation in the Statewide Mutual Aid Agreement. This provides for one community to assist another in case of an emergency.

PAVING COST

Future paving costs will have to be addressed in the Country Club. To underscore the seriousness of the issue, it was reported that the paving of the Town Hall parking lot, budgeted in 2023 at \$90,000, came in with an actual completion cost of \$241,000 in 2024.

RAINFALL

Operations Director Tom Merrell reported that Lakewood Ranch got approximately 1” of rain in March of this year, well below the average of 4” for March.

DISTRICT 4 ADVENTURE PARK PAVILION

The District 4 Board has authorized staff to come up with a replacement cost for the Adventure Park Pavilion. After considerable discussion about the needs of the community, and



LWR Women's Club's Raises over \$21,000 for Charity

The Lakewood Ranch Women's Club (LWRWC) raised over \$21,000 to benefit its four adopted charities at its sell-out Fashion Show Charity Fundraiser, "Spring into Fashion on the Ranch." Fourteen women modeled fashions from Dillard's at University Town Center. Over 200 attendees enjoyed a locked treasures raffle, silent and live auctions, and lunch at the Lakewood Ranch Golf and Country Club. Of the net proceeds, 100% will benefit Hope Family Services for victims of domestic violence; Solve Maternity Homes, helping pregnant woman in need and their babies for over 48 years; SMART (Sarasota Manatee Association for

Riding Therapy), improving the lives of children and adults with physical, mental and emotional challenges through therapeutic horseback riding programs; and Children's Guardian Fund, an organization that immediately responds to the needs of children removed from abusive or neglectful homes in Florida's 12th Judicial Circuit.

Event chair Monika Templeman, said the event is about "Fun, Fashion and Fundraising, but at the center of everything are the four amazing, LWRWC adopted charities who help so many people in need in our community!" For more information about LWRWC, visit www.lwrwc.org.

CDD FROM PAGE 12

the desire to get this project going, the supervisors decided to make few changes in the structure of the new pavilion. It will be rebuilt using the current slab, which is essentially undamaged and will not need to be replaced. They would like to make changes to make the new structure more fire-resistant, but plan no other major structural changes, save for a few adjustments, such as moving grills out from under the canopy, and providing better walkway access to the facility.

NEW RESIDENT ORIENTATION

An orientation session for new residents (or current residents who want to learn more about how Lakewood Ranch functions as a community) will be held at 5 p.m. May 21 at the Town Hall. Attendees must RSVP to the Town Hall beforehand.

GATE ENTRY DISCUSSION

The District 6 board discussed the possibility of issuing transponders to certain nonresident individuals, such as caregivers, to enter the Balmoral gate during the hours it is normally

closed to traffic (10:30 p.m. to 10:30 a.m.). The consensus was that these people could enter through the Legacy gate. Supervisor Susan Ellis reported that she recently drove from the Balmoral gate around to the Legacy gate to see how long it would take. The trip took her 15 minutes, she said, as there are multiple traffic signals between the Balmoral and Legacy gates.

PACKAGE DELIVERY

The issue of package delivery was raised during several boards' meetings. Some delivery drivers are simply dropping off packages at gatehouses, rather than actually taking them to the customers' homes. This creates a problem for staff, as they have no responsibility to deliver these packages. Please make sure that your vendor knows that packages should be delivered directly to your home.

TRAFFIC SIGNAL ACTIVATION

The new traffic signal at the intersection of Lakewood Ranch Boulevard and Clubhouse Drive was scheduled to be activated sometime in May.



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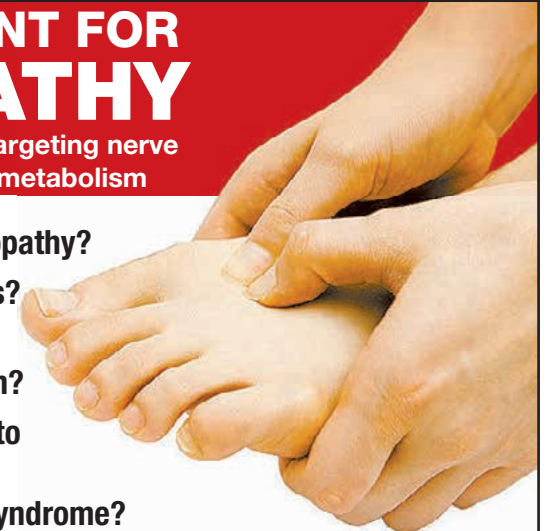
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Rotary of Lakewood Ranch Announces Grants for 2024

By Ernie Soller
Community Correspondent

What organization invites people to buy tickets to a giant party, wines-and-dines them, serenades them, and in the process, collects lots of money ... and then gives it away? Rotary of Lakewood Ranch. That's the one!

Rotary of Lakewood Ranch President Sybil Porter opened the presentation of award grants made possible by the funds raised through the Club's annual Suncoast Food and Wine Fest, held in November of last year at the Premier Sports Campus in Lakewood Ranch. The event netted over \$130,000 for the club's charitable efforts. Fest Chairman Steve Kelle was congratulated, and Barbara Jones, the sponsorship chair, thanked the sponsors who helped to make the event a great success.

Bob Grepling, chairman of the Awards Committee, presented grants to 26 groups and organizations. Grepling said he knew that the 2023 Food and Wine Fest was a great success because there were very few leftovers after 2,000 participants ate and drank their way through the grounds!

One of the hallmarks of grants given out by Rotary of Lakewood Ranch has been an emphasis on assisting children, and many of the awards went to those who make it their business to help kids.

In the ballroom at Lakewood Ranch Golf and Country Club, something stood out in a corner of the room: Maribeth Phillips and Frank Perry, of Meal on Wheels Plus of Manatee, stood next to a large basket of food. I was told that this was food enough to feed breakfast, lunch, and dinner for a family of 5 over a two- or three-day weekend – to make sure that the kids were getting nutritious food on summer days when school was closed. Meals on Wheels Plus of Manatee received a Rotary grant for this work.

OTHER GRANTS WENT TO:

- Big Brothers/Big Sisters of Sarasota for them to buy laptops for at-risk students.
- The Child Protection Center to provide for supervised visitation for kids who have suffered abuse.
- The Childrens' Guardian fund to provide summer camp experiences for 900-2,000 kids who are "in the system."



Maribeth Phillips and Frank Perry of Meals on Wheels PLUS of Manatee with food basket
PHOTO BY ERNIE SOLLER

- Easter Seals of Southwest Florida for the "Easter Seals Academy," which works with kindergarten through 12th grade kids who are not keeping up with their educational goals.

- Embracing Our Differences for transportation costs for students to enable them to appreciate the arts, along with messages of kindness and inclusion.

- Feeding Empty Little Tummies to feed kids in 66 Manatee County schools on the weekends during the year when school is not in session.

- The Foundation For Dreams to serve special needs kids from ages 7 to 17 with a residential camp experience.

- The LECOM School of Dental Medicine to provide dental care services and to teach kids about maintaining their own oral health.

- Lighthouse Vision to provide transporta-

tion for those with vision loss in five counties in Florida, from age 5 to old age.

- Parenting Matters to offer a program called "Music in Motion," in which kids can play with dinosaurs, and make use of parachutes, while getting ready for kindergarten.

- American Counseling Services of the Gulf Coast to pay for family counseling services.

- Stillpoint Mission to buy diapers to give away to families with babies up to three years old, and even older for special needs kids.

- Take Stock in Children of Manatee County to operate a "scholars' program" for deserving low-income kids. The currently have 244 active mentors serving 298 students, and the graduation rate is 99%.

- Take Stock in Children of Sarasota County has similarly served over 1,000 students, who sign contracts requiring them to stay crime-

free, drug-free and get good grades in school.

- Teen Court of Sarasota County to get kids who have gotten into trouble back on track to be contributing citizens.

- The Tidewell Hospice Blue Butterfly program to serve kids ages 5-18 who have experienced the death of someone in their life.

- Our Next Mission to renovate homes for at-risk veterans, many of whom are between 60 and 80 years old.

- Manatee County Search and Rescue to purchase a cardiac monitor that will enable the team to check on the victim's health condition out in the field.

- Parkinson's Place for Motion Disorders to hold classes for people with mobility issues.

Several other grants were made to various Rotary initiatives, both locally and around the world:

- Books for Kids, a Lakewood Ranch Rotary project which has given away 150,000 books to kids. The program is active in 10 schools, and serves 4,000 kids in 164 classes.

- Lakewood Ranch Rotary's Clean Water Project to provide water treatment facilities that can be operated by local residents in rural areas of Peru.

One grant went to Rotary of Anna Maria Island for a swimming and water safety instruction program for kids up to age 13.

Another grant went to Rotary of Venice/Nokomis for their cleft lip/cleft palate program, which pays the cost of a surgical team that goes to Peru to correct these conditions in children whose families can't afford it.

A grant was given to the Rotary Gift of Life program, a Rotary International initiative to provide cardiac treatment for kids in developing countries. This project has helped 50,000 kids since 1975.

A grant went to Shelter Box USA, a Rotary program that gives people who have suffered the aftermath of a disaster a shelter and the means of cooking meals.

How many organizations can put on such a fun event, and make such an impact? We'll see if Rotary of Lakewood Ranch can top the 2023 Suncoast Food and Wine Fest in 2024. Make sure to mark your calendars ... The 2024 Suncoast Food and Wine Fest will take place at the Premier Sports Campus on Nov. 2.

Good Food, Good Drink, Good Cause.....LET'S GO!

HEALTH AND WELLNESS

Robotic Surgery for Women's Health

Here's what women should consider before undergoing robotic surgery

With Dr. Eden Yelverton

Eden Yelverton, MD, is an OB/GYN and has been a part of the Lakewood Ranch family for over a year. She specializes in delivering comfort and compassionate care through all stages of a woman's life, and believes in guiding her patients to help them make informed decisions about their health. This includes deciding whether surgery may be the best next step in their treatment.



Although she is a strong proponent for exploring other treatment methods first, there is a time and a place when surgery may be necessary. "Typically, I recommend a patient try medical management before surgery, since that's often a sufficient treatment," Dr. Yelverton said. "From there, we can evaluate the next steps."

For patients seeking relief from relentless symptoms like heavy or painful periods, urinary incontinence, pelvic pressure or vaginal bulging, robotic surgery could be an option.

THE RECOVERY PROCESS

Since robotic surgery is minimally invasive, it can often yield quicker recovery times than traditional surgery. This is possible due to a reduced blood loss and smaller or fewer incisions.

"Most patients go home two-to-three hours after robotic surgery. The surgery itself can take anywhere from an hour and a half to four hours depending on the complexity of the procedure," she said. "For a hysterectomy, it can take up to six weeks to feel completely normal again, but some women recover more quickly and are running errands much sooner. Post-op recovery is different for everyone, but I never recommend rushing the healing process. It's important to take the time that your body needs to heal."

Other benefits of robotic surgery can include less scarring,

lower risk of infection, shorter hospitalization and less pain or discomfort after an operation.

YOUR HEALTHCARE IS YOUR JOURNEY

"The decision for surgery is always a shared decision," Dr. Yelverton said. "I guide my patients with the information I have so that they can make the best decision for themselves. Everyone's journey is different and I'm here to walk with them through it, if it involves surgery or not."

Whether a person decides to undergo gynecological surgery is ultimately their choice, influenced by a number of factors. Dr. Yelverton believes in taking it slow when it comes to treatment. "Surgery is not right for every situation, but my job is to help women understand what their options are for their symptoms," she added.

Speak to your doctor if you have any questions about robotic gynecologic surgery or other paths of treatment. To find a doctor, visit doctors.lakewoodranchmedicalcenter.com or call 800-816-4145.

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

WHAT IS ROBOTIC GYNECOLOGIC SURGERY?

In general, robotic surgery uses a less-invasive method and allows surgeons to perform a wide array of procedures. Surgeons at Lakewood Ranch Medical Center perform these robotic surgeries using the da Vinci Xi surgical system.

Gynecologic procedures, such as removal of the uterus (hysterectomy), removal of ovarian cysts, removal of fibroids (myomectomy) or removal of endometriosis, can be performed with the da Vinci Xi surgical system. "The most common reasons for gynecological procedures are typically abnormal menses with heavy bleeding or pain, or general pelvic pain," said Dr. Yelverton.



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THE UNASSUMING WINE BRO



On the Lighter Side with Pinot Grigio

As we Floridians slowly march into the hot and humid season, it's time to consider keeping things cool and light. So, with light (and domestic) in mind, what better choice for the beach, poolside, or just as a relaxing beverage when you arrive home than pinot grigio?

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

Pinot grigio and pinot gris often get confused, for those who aren't super into white wines. Some would say, what's the difference except for the "gio"? Pinot grigio is light-bodied, crisp, clean, and vibrant with citrus flowers. Pinot gris is sweet and spicy, has low acidity, has a higher alcohol level, and has a rich, fuller texture. So, if you want it light, pinot grigio is your hot summer choice.

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

2022 GOOD TIMES GOOD FRIENDS PINOT GRIGIO

Love Cork Screw Winery, Chicago Ill., \$13.99 U.S., 13% ABV.

Just the back story of Love Cork Screw should entice any wine lover who also wants to support a women-owned winery and business.

Love Cork Screw Pinot Grigio is a delightful expression of elegance and simplicity, perfect for both casual gatherings and intimate moments. From the first glance, its pale straw hue promises a refreshing experience that captivates the senses. On the nose, this pinot grigio offers a bouquet of crisp green apple, juicy pear, and hints of citrus zest, inviting you to delve deeper into its aromatic charm. With each sip, the palate is greeted by a symphony of flavors, including bright notes of lemon, ripe peach, and subtle



floral undertones, seamlessly woven with a gentle acidity that adds brightness and balance. The mouthfeel is light and airy, yet with a satisfying weight that coats the palate with silky smoothness, leaving a lasting impression of pure enjoyment. A touch of minerality, reminiscent of a cool ocean breeze on a summer day, punctuates its clean, refreshing finish. Love Cork Screw Pinot Grigio pairs beautifully with a variety of dishes, from light salads and seafood to creamy pasta and grilled vegetables, making it a versatile companion for any occasion. Whether shared with loved ones or savored in solitude, this wine is a true testament to the joy of simple pleasures and the beauty of everyday moments. Cheers to Love Cork Screw Pinot Grigio, a wine that embodies the essence of love, laughter, and the sheer delight of life's little pleasures.

Vigo's rating:

2021 SEAGLASS PINOT GRIGIO, SEAGLASS WINERY

Central Coast, Calif., \$10.49 U.S., 13% ABV.

Seaglass Pinot Grigio captures the essence of coastal elegance in every sip. From the moment the cork pops, you're transported to a seaside escape with breezy notes and a crisp, refreshing character. This pinot grigio pours a pale straw color, reminiscent of sun-kissed beaches, inviting you to indulge in its refreshing allure. On the nose, it unveils a bouquet of fresh citrus, ripe pear, and hints of tropical fruits, evoking the salty sea air and the tangy zest of coastal life. With each taste, your palate is greeted by lively acidity balanced with delicate flavors of green apple, white peach, and subtle floral undertones reminiscent of coastal blooms. The mouthfeel is light and energetic, dancing across the palate with a refreshing energy that lingers long after each sip. Its clean, crisp finish leaves you yearning for another glass, like the echo of waves retreating from the shore. Pair Seaglass Pinot Grigio with various seafood dishes, salads, or light appetizers to enhance its vibrant flavors and complement its coastal charm. Whether enjoyed on a sunny afternoon picnic or as a refreshing accompaniment to a seaside soirée, Seaglass Pinot Grigio is a true delight for wine enthusiasts and beach lovers alike.

Vigo's rating:

2021 BILTMORE PINOT GRIGIO, BILTMORE WINERY

Asheville, N.C., \$11.49 U.S., 13% ABV.

Biltmore Pinot Grigio captures the essence of elegance and sophistication, reflecting the grandeur of the historic Biltmore Estate in every sip. This refined white wine showcases a pale straw color in the glass, inviting you to embark on a journey of sensory exploration. On the nose, Biltmore Pinot Grigio reveals a delicate bouquet of fresh citrus, ripe pear, and subtle floral undertones reminiscent of a stroll through a blooming orchard on a spring morning. With each taste, the palate is treated to a harmonious blend of crisp acidity and vibrant flavors, including notes of green apple, white peach, and hints of honeydew melon, all accented by a touch of minerality that adds depth and complexity. The mouthfeel is smooth and velvety, with a refreshing texture that dances across the palate, leaving a lasting impression of elegance and finesse. Its clean, crisp finish lingers delicately, like the final notes of a symphony, leaving you craving another sip. Biltmore Pinot Grigio is a versatile companion for various culinary delights, from light salads and seafood to creamy pastas and grilled poultry, making it a perfect choice for any occasion. Whether enjoyed in the company of friends or as a moment of quiet reflection, it is a true testament to the timeless charm and impeccable craftsmanship of the Biltmore legacy. Cheers to Biltmore Pinot Grigio, a wine that embodies the essence of luxury, tradition, and the art of gracious living.

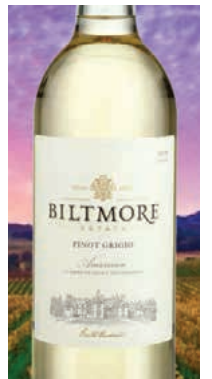
Vigo's rating:

Vigo's Overall Impressions:

When it comes to overall refreshment, taste, and summertime wine vibe, pinot grigio checks all the boxes. All selections are available and in stock at our local Total Wine store.

Attention Fans and Readers:

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



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The Lakewood Ranch Community Foundation, LWRCF, is excited to announce the Builders Give Back program. For every new home closing, participating builders make a donation to the LWRCF in the new homeowner's name. The developer of Lakewood Ranch then matches each contribution.

With a 'live here, give here' approach, the work of the LWRCF is to support the non-profits making an impact in Lakewood Ranch, as well as Manatee and Sarasota counties. And the Builders Give Back program allows new residents to experience the giving culture of Lakewood Ranch right when they move in, while also benefiting the Foundation. By introducing new homeowners to local philanthropy through this program, we hope to ensure support for LWRCF in the future.



Learn more at lwrfund.org



Builders Give Back

ANCHOR HOMES

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AR HOMES

WILD BLUE AT WATERSIDE

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LAKEHOUSE COVE AT WATERSIDE

JOHN CANNON

WILD BLUE AT WATERSIDE,
MONARCH ACRES, STAR FARMS &
KINGFISHER ESTATES AT WATERSIDE

LEE WETHERINGTON

WILD BLUE AT WATERSIDE &
STAR FARMS

M/I HOMES

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WINDWARD

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THE ALCOVE AT WATERSIDE

PULTE HOMES

SAPPHIRE POINT &
AVANTI AT WATERSIDE

STOCK LUXURY

WILD BLUE AT WATERSIDE &
THE LAKE CLUB



THE (PET) DOCTOR IS IN!

By Erin Siems, DVM

April showers bring May flowers ... maybe in the rest of the world! Here in Florida we are just ramping up to summer showers season. Get ready for the increased humidity and increased moisture. It's time to walk the tight rope of hunkering down inside to avoid the bugs and heat, versus braving the outdoors in an attempt to not go stir crazy being all cooped up. The wet season also brings with it challenges for our pets who have been enjoying the outdoors for the past several months. Like us, our pets who are more used to activity and the stimulation of the outdoors can get extremely bored being inside and can sometimes even become destructive.

So how do we survive? Tackle one problem at a time, of course. Indoor time can be spruced up by playing interactive games or having training sessions rather than binge watching our shows. The increased humidity and moisture outdoors can lead to increased infections as moisture can be the perfect breeding ground for yeast and bacteria. Ears and feet are partic-



ularly prone to infections. Be sure to wipe down wet paws when coming in and get in the habit of routine ear cleaning to help avoid infections.

Wet season also brings about more parasites. Just like us, our pets can feel the sting of mosquitos, which can carry fatal heartworms.

Our pets are also susceptible to fleas and ticks. Be prepared by keeping your pets on heartworm and flea/tick control year-round. Then there are the invisible parasites like giardia, which are found in infected water sources – think puddles, and reclaimed water on the lawns. Try to avoid standing water and areas frequented by wildlife that can harbor parasites.

With all these potential pitfalls, why would anyone brave the outdoors this time of year? Well, we all need a break from cabin fever now and again. So go outside, play, have fun – just try to be as safe as possible about it!

Dr. Erin Siems graduated from Ross University School of Veterinary Medicine in 2010, and has enjoyed working in both general practice and emergency care. She has been practicing in the Lakewood Ranch/Bradenton area for the past



seven years. She enjoys general practice because it gives her the ability to build relationships with her patients and their families. Dr. Siems opened her

own practice, Big Paws Animal Hospital in Lakewood Ranch, in May 2020. Email pet questions to reception@BigPawsAnimalHospital.com.



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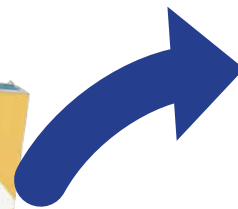
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Drop off your non-perishable food items at all **Manatee County Goodwill** locations, **Manatee County Public Library** locations, the **Manatee Chamber of Commerce Lakewood Ranch Office**, or anywhere you see yellow Food Bank of Manatee donation barrels. Donations can also be dropped off at:

Meals on Wheels PLUS of Manatee
811 23rd Ave. East, Bradenton, FL 34208

Daybreak Adult Day Center
10920 State Road 70 E, Lakewood Ranch, FL 34202

8:30am - 4 pm Monday through Friday. *Limited operations on holidays.*

www.MealsOnWheelsPLUS.org

The Food Bank of Manatee is a PLUS program of Meals on Wheels PLUS of Manatee

The Florida Registration number for Meals on Wheels PLUS of Manatee is #CH1420. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) or at www.800helpfla.com within the state. Registration does not imply endorsement, approval, or recommendation by the state.

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