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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, AUGUST 21, 2024



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WEDNESDAY, AUGUST 21, 2024

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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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# Art Studios Popping up in Lakewood Ranch

By Ernie Soller Community Correspondent

akewood Ranch is known for having lots of residents who value art, and who come in large numbers to the various art fairs that happen in our community every year.

I recently got an e-mail from the person who is responsible for establishing SRQ East Art, Jen Kroeger, inviting me to an open house/art sale at their studios.

I was curious as to how this all came to be. From Kroeger, I learned that she had a grandfather who was a commercial artist, and that she'd studied art and fashion design in college in Milwaukee, and worked in the fashion industry for some time.

Eventually, she moved to Sarasota, and worked as a designer for a toy company with local offices in the south end of the Lakewood Ranch area, south of Waterside. She also came to find that there was little or no studio space for artists east of downtown Sarasota.

The husband of the woman who owned the toy company also owned the building where Kroeger worked, and she realized that there was a large, unused second floor of the building that he really wanted to rent out.

Kroeger convinced the building's owner to rent the space out to her, so that she could bring working artists to this area. Kroeger began putting together a place where local artists could rent their own studio spaces where they could



spread out their materials and equipment; a place where they could create – undisturbed – and not have to worry that their creativity would be compromised.

As Kroeger put it, she marketed the concept, pounded pavement to promote it, put in lots of sweat equity, and networked among artists in the area to make her dream studio operation happen. Kroeger felt that like the guy who built PHOTOS BY ERNIE SOLLER

a baseball stadium in the middle of a cornfield ... "If you build it, they will come."

In essence, Kroeger went about building the brand of SRQ East Art Studios.

SRQ East Art Studios opened in September of 2023, and all 12 of the studio spaces were filled by February of 2024! Obviously, Kroeger was right in feeling that there was a pent-up demand for this type of facility out east. Studios are rented for periods of one year and currently, there is a waiting list of artists who want to be at the studios.

In addition to the small studio spaces now being used by artists, there are also a couple of larger show spaces where the artists can exhibit and sell their work.

As the studio director of SRQ East Art Studios, Kroeger has the largest studio, which takes up one end of the studio facilities. The remainder of the artists have their own, small studio rooms, each identified by their names above the door, and each having good lighting to help them with their projects. There's also classroom space for teaching.

Art lovers can come to SRQ East Art Studios, converse with the artists, and view and purchase the creations of these local artists from 11 a.m. to 3 p.m. on the second Saturday of every month. There is a wide variety of art to be had at the Studios in multiple media, from jewelry creations to whimsical items; from serious portraiture to big, bold abstract works to fill up a bare wall with vibrant color.

So, come on down to SRQ East Art Studios and see for yourself what our "out east" artists have to offer. You'll be glad you did.

SRQ EAST ART STUDIOS is located at 8326 Consumer Court, Sarasota, north of Fruitville road and south of Waterside. For more information visit srqeast.com or call (941)363-1724.





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# New Supervisor Appointed in District 1

By Ernie Soller Community Correspondent

the the recent resignation of Supervisor Bob Dapper, the District 1 board of supervisors asked for nominations for the vacated seat on the board. At its July meeting, the District 1 board selected Kristin Hoekman, a six-year resident of the Summerfield Crest neighborhood who has been active in the Summerfield/Riverwalk HOA, to serve the remainder of Dapper's term. Hoekman is a former nurse/health care administrator and small business owner.

Another candidate, Abe Neguib, a Navy veteran, also had good qualifications, but the Board felt that his schedule might prevent him from being able to attend all of the various board meetings.

There was some discussion during the District 1 meeting about the new district paint palette. Homes which are to be painted must adhere to the colors of the new palette, which was developed in cooperation with a colorist from Sherwin-Williams and which took into consideration the opinions of residents.

#### "RETURN ENGAGEMENT" FOR COUNTY COMMISSIONER RAY TURNER

With the success of last month's joint meeting between district supervisors and Manatee County Commissioner Ray Turner, a second such session has been scheduled for 2 p.m. Oct. 9. As before, the meeting will be open to the public.

### SOUND BARRIER WALL

The subject of a proposed sound barrier wall along Lorraine Road on the eastern edge of the Country Club was scheduled to be addressed at the Aug, 12 Manatee County Commission meeting.

#### LAKE BANK EROSION WORK

The lake bank erosion repair work in District 1 will begin in August and is expected to be complete by the end of September. The same type of work in District 2, which involves the bank of Lake Uihlein, will begin earlier, as it is expected to take longer to complete.

There were some questions raised during the District 2 board meeting regarding communication relative to the lake bank work, as well as information about workers spraying chemicals in preserve areas. Residents are urged to go to: www.lakewoodranchgov.org, where they should be directed to the proper channel for answers.

### ETHICS SESSION

The attorneys who represent the Inter-District Authority as well as the various district boards will present four hours of sessions for special district supervisors, which are now required by Florida law, on ethics, public records, and the Florida Sunshine Law.

#### ADVENTURE PARK PAVILION REPLACEMENT

Operations Director Tom Merrell reported that the request for proposal from contractors is being prepared and will include the use of non-flammable materials (steel posts instead of wood, for example). They are still hoping to complete the new structure by the end of 2024.

The District is still looking into getting additional compensation for the damage done to the pavilion.

#### "RAINBOW BRIDGE" PROPOSAL

Resident Cliff Kaplan requested that the District 4 board approve the idea of creating a "Rainbow Bridge" at Adventure Park, on an already-existing bridge at the park. Kaplan showed the supervisors pictures of a similar bridge in North Carolina.

Those with pets are familiar with the "Rainbow Bridge," a whimsical, imaginative and peaceful place where a beloved pet goes after they die, and where their humans can go to "visit" their pet. The decking of the bridge might be painted in bright rainbow colors, and pet parents would be able to fasten their dog or cat's collar to the bridge as a memorial. PLEASE NOTE: This proposed project has nothing to do with any political issue.

If you have an opinion on the project, contact your District 4 board members.

#### PAVING/TRAFFIC SIGNAL OPERATION

Some new pavement has been put down on Lakewood Ranch Boulevard. Per Executive Director Steve Zielinski, this pavement is a temporary fix for the potholes that existed in the area, and it will be taken up in 2025, to be replaced with a more permanent solution.

The traffic signal at Clubhouse Drive and Lakewood Ranch Boulevard is now operational. Manatee County finished the repaying of the intersection, including newly formed turn lanes.

## RAINFALL

Operations Director Tom Merrell reported that Lakewood Ranch districts received an average of around 10-1/2 inches of rain in June. This is a big improvement over the zero rainfall reported for May. This should help lower the irrigation water costs for the districts, as long as residents don't try to over-water. There has been a continuing problem of snowbirds and/or residents who leave for periods of time during the summer months, and who set their irrigation systems to continue to water – even during the rainy season.

Such over-watering results in higher irrigation water bills from Braden River Utilities, resulting in higher CDD assessments.

#### INTER DISTRICT AUTHORITY

The IDA Board passed their fiscal year 2025 budget.



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# LWR Business Alliance, LWR Community Activities Have Moved to New Location

The Lakewood Ranch Business Alliance (LWRBA) and Lakewood Ranch Community Activities (LWRCA) have officially moved to their new location at 5391 Lakewood Ranch Blvd North (suites 101 and 103).

This new space is equipped with a full-service shared conference room that will accommodate the organizations' many committees, clubs and groups. Additionally, the new office will allow their teams room to expand and thrive as they continue to help connect, educate and advocate for the community and businesses in the region. The new location was celebrated at a ribbon cutting ceremony in July.

"We wanted to continue to expand and serve our members and the Lakewood Ranch Community, and who better to do it with than our fellow pillar organization the Lakewood Ranch Community Activities," said LWRBA President & CEO Brittany Lamont.

"This has been a goal and a dream of mine for 7 years," added LWRCA President & CEO Keith Pandeloglou. "I am thrilled that LWRCA has reached a major milestone in our journey – our very own office! After years of dedication and perseverance, I am proud to now have a permanent space with my team where we can continue to serve our community. Our office will be a hub for connection, creativity, and collaboration where we'll continue planning community Park Programs and our large-scale Signature Events. And, we now have a conference room space large enough to accommodate our many committees, clubs and groups, and more. I'm grate-



ful for the opportunity to share this space with the Lakewood Ranch Business Alliance and look forward to working together to drive positive change in our community." For more information about the Business Alliance, visit



SAN MARCO PLAZA 8225 Natures Way Suite 111,Lakewood Ranch, FL 34202 Work Trucks & Trailers Welcome! www.lwrba.org; to contact Community Activities, email infor@lwrca.org or call (941)757-1530.

The Lakewood Ranch Business Alliance is committed to supporting the success of our members through unparalleled access to business connections, resources, and advocacy.

We are excited to have our team grow with the addition of Membership Development Manager Tim Estep! Tim brings over two decades of experience in

various industries including chambers of commerce, and will be responsible for implementing new strategies to engage and grow our membership base. His experience serves as a great opportunity for him to connect with the diverse members and prospective members of the LWRBA.

We are excited to welcome our newest

- Alliance Members:
- Angell Media House
- CFO Integrity



Courtney and Michael Chenkus
 Early Learning Coalition of
 Sarasota County
 Engel & Völkers

- FP Property Restoration
- Gvrotonic Sunara
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- Lakewood Ranch Deli LLC.
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- Metrotel Networks
- Northwestern Mutual Wealth Management Company
- Southern Values Cooling and Heating Inc
- The Law Office of Stacey Maloney, PLLC
- ViperByte LLC For more information on how you can join and grow your business, please visit

join and grow your business, please visit our website: www.LWRBA.org or contact our membership development manager at TimEstep@LWRBA.org.

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# Lakewood Ranch Farmers' Market Named No. 1 in Florida for the Second Year

The Farmers' Market at Lakewood Ranch was recently named No. 1 in Florida for the second year running, as part of the 15th annual America's Farmers Market Celebration (AFMC), sponsored by the American Farmland Trust and the Farmers Market Coalition. The event ran from June 1 to July 31, during which the public voted on their favorite markets. The Market was also ranked No. 3 in the Southeast. The AFMC is the only annual ranking of the top farmers markets in the U.S. as voted on by the public.

The Farmers' Market at Lakewood Ranch, which is about to enter its seventh season, is home to more than 100 curated vendors of the region's best food and flavors, and is located at Waterside Place – Lakewood Ranch's dynamic lakefront town center. Open on Sundays from 10 a.m. to 2 p.m. year-round, The Market has become a favorite weekly tradition for people from all over the region



seeking farm-fresh produce, prepared foods, and specialty items and gifts.

"We are deeply grateful to have been voted the #1 market in Florida once again," said Nicole Hackel, the Market's manager "Our commitment to enhancing the experience for our attendees drives us to continuously seek out new vendors, activities, and experiences for the Farmers' Market."

The Market also works with Community

Harvest SRQ as part of the Suncoast Gleaning Project. Among other efforts, volunteers pick up leftover vegetables from the farmers weekly and take them to food banks to make meals for those in need, thereby helping diminish food waste while providing nutritious produce to diverse populations. Other activities on Market Sundays include yoga at the adjacent Waterside Park, weekly live music, Kids' Corner crafts, facepainting and balloon twisting, among others.

Before or after enjoying the Farmers' Market, Waterside Place visitors can immerse themselves in an engaging experience that offers more waterfront dining and shopping than any other locale in Manatee and Sarasota counties, including more than 30 carefully curated retailers and restaurants.

For more information about The Market, contact Nicole Hackel at 941-757-1520 or visit lakewoodranch.com/life-on-the-ranch/ themarket/.





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# Enjoy Community Activities All Year Long!

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# LWR Fourth Degree Knights Hold Flag Retirement Ceremony

By Ernie Soller Community Correspondent

T was only a little flag, only about 12 x 15 inches, the sort of flag you might see atop someone's golf cart, or flying from the stern of a small motorboat. I found it while I was cleaning out some things at a friend's home. It had at least one hole in it, and evidently at one time had fallen into some mud, some of the dried evidence of which was caked on one side of the flag.

But it was an American flag, a symbol of pride in our Country, and, as such, worthy of respect, and an ending fit for such a symbol. Such an item should not be carelessly tossed into the trash, but respectfully retired, and ceremonially burned.

Such was the task of the Fourth Degree Knights of Columbus of the San Damiano Assembly, who, after collecting more than 80 old, torn, faded, and otherwise damaged flags, held a flag retirement ceremony at the Our Lady of the Angels Annex in Lakewood Ranch near the end of July.

The Knights are tasked with championing patriotism and with it, the flag as the symbol of our country. As part of their efforts to promote patriotism and respect for the flag in our community, every year or two they hold this cere-



mony and honor one of their own who was not only a Fourth degree Knight, but also a military veteran. This year, the honor was given to Richard Barnett, who joined the National Guard at 20, and went on to become a member of the 82nd Airborne Division. After that he learned to fly Apache helicopters, patrolling the "Fulda Gap" in Germany. He also participated in rescuing people fleeing the Sandinista revolution in Nicaragua.

The flag program began under the cover of the location's pavilion with introductions and the posting of the colors by the color guard.

Participants then recited the Pledge of Alle-



giance and sang the Star-Spangled Banner and God Bless America.

A folding ceremony followed, with the significance of the folds explained; each fold represents something, such as the flag being a symbol of life. Other folds represent honor to veterans and those who gave their lives in protecting our Country, honoring the contribution of women, and trust in God.

The flag was presented to Rich Barnett's widow, Sharon.

A large barrel containing a fire was then used to ceremonially burn the donated flags. After Sharon Barnett went up and placed the first PHOTOS BY ERNIE SOLLE

flags into the barrel, attendees went up to one of the three large tables covered with the donated flags, each picked up a flag and one at a time, they took the flags over to the barrel and put them into the fire.

The program for the event included a section on the proper retirement of American flags, including that a flag could be cut up prior to burning, and if a flag were to be cut up, the blue field containing the stars representing the individual states should never be cut up, as the blue field represents the unity of the states as the United States of America and as such, should never be divided.

# LWR Remains #1 Multi-Gen Community in the Nation

Lakewood Ranch continues to be the best-selling master-planned community for all ages in the U.S., according to national real estate consulting firm RCLCO's 2024 mid-year survey. The Ranch secured 1,238 new home sales through the end of June of 2024, beating last year's numbers and maintaining the No. 1 position for more than six consecutive years.

The continued success of Lakewood Ranch, celebrating its 30th year of community building, is attributable to its multi-generational approach. Built around residential segmentation and lifestyle amenities appealing to a broad variety of age, income, and household segments, The Ranch continues to offer something for everyone.

Lakewood Ranch offers a variety of neighborhoods, home styles and price points from \$300K to more than \$2 million, in 26 actively selling villages. Four new villages were introduced so far in 2024, ranging from Azario's townhomes at the entry-level to Monterey's luxury homes. Year-to-date, homes priced under \$500K make up the largest segment of sales, accounting for 33%. This is followed by homes in the \$500K to \$700K range at 30%, and those in the \$700k to \$1M category at 19%. Homes over \$1M represent a record 18% of total sales in Lakewood Ranch. Builder incentives, including interest rate buy-downs, promotional pricing, and assistance with closing costs, have helped buyers attain their homes.

Consumers are increasingly favoring master-planned communities (MPCs), according to Laura Cole, senior vice president of Lakewood Ranch Communities. "MPCs are seen as an assurance of quality—community has become more important as a factor of total value," Cole said. "The increase in sales of new homes located within MPCs reflects the lifestyle, community amenities, and quality schools, plus buyers' anticipation that home prices will appreciate and hold up well in all market conditions."

Lifestyle continues to be a driver of sales. Lakewood Ranch's three town centers are the hub of many activities, including an arts series, the award-winning weekly Farmers' Market, a monthly Music on Main event that benefits a different non-profit each month; and many annual signature events. The Ranch's parks and trails, and the nearby Sarasota Polo Club and Premier Sports Campus, afford residents numerous sports and leisure opportunities.

The vast array of health and wellness options also appeal to buyers, with Lakewood Ranch Medical Center announcing its second expansion, and Erickson Senior Living's new Emerson Lakes opening soon.

RCLCO has been ranking master-planned communities since 1994.

# Lakewood Ranch Medical Center **Receives Recognition**

akewood Ranch Medical Center (LWRMC) has received three American Heart Association Get with the Guidelines and Mission: Lifeline achievement awards for demonstrating commitment to following up-to-date, research-based guidelines for the treatment of heart disease, stroke and diabetes, ultimately leading to more lives saved, shorter recovery times and fewer readmissions to the hospital, according to a recent press release.

This year, LWRMC received the following achievement awards:

· 2024 Get With The Guidelines -Stroke Gold Plus

• Target: Stroke Elite Plus Honor Roll

• Target: Type 2 Diabetes Honor Roll

Every 40 seconds, someone in the U.S. has a stroke or heart attack, and heart disease and stroke are the No. 1 and No. 5 causes of death in the United States, respectively. Studies show patients can recover better when providers consistently follow treatment guidelines.

Get With The Guidelines and Mission: Lifeline put the expertise of the American Heart Association and American Stroke Association to work for hospitals nationwide, helping ensure patient care is aligned with the latest evidence- and research-based guidelines. As a participant in Mission: Lifeline and Get With The Guidelines programs, LWRMC qualified for the awards by demonstrating how their organization is committed to improving quality care.

"Get with the Guidelines makes it easier for our teams to put proven knowledge and guidelines to work daily which studies show can help patients recover better. The end goal is to ensure more people in our community can experience longer, healthier lives," said Andy Guz, chief executive officer at LWRMC.

In addition to these honors, Lakewood Ranch Medical Center was named a high performer in heart attack, knee replacement, and hip replacement care by U.S. News and World Report. This is the highest distinction a hospital can earn for U.S. News' Best Hospitals Procedures and Conditions ratings.

"I am proud of our physicians, nursing staff and all our team members who are the reason why we have achieved these national distinctions," Guz said. "This is the second consecutive year for us to receive the award for knee replacement and the first for hip replacement and heart attack care. These recognitions demonstrate our dedication to excellence and a desire to provide the people of our community with exceptional care."

U.S. News evaluated nearly 5,000 hospitals across 15 specialties and 20 procedures and conditions. Hospitals awarded a "Best" designation excelled at factors such as clinical outcomes, level of nursing care and patient experience. To calculate the rankings, U.S. News evaluated each hospital's performance on objective measures such as risk-adjusted mortality rates, preventable complications and level of nursing care.

## **August Programs at Chabad** of Bradenton & Lakewood Ranch

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

Talmud Classes Mondays, 7:30 - 8:30 p.m. At the virtual Chabad House Explore the Talmud and its laws in its original text. No pri-or 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 ssons 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

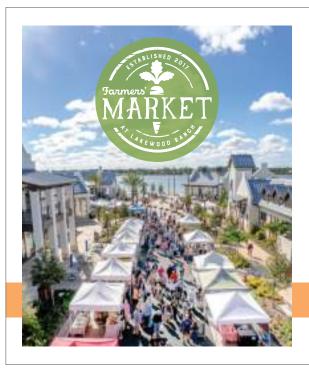
## Tanya Class

Thursday mornings, 9-9:30 a.m. At the virtual Chabad House Delve into the secrets of the soul with Rabbi Mendy at this weekly Tanya class. Admission is free

# Grand Open House and

Family Fun Day Sunday, Aug. 25, noon to 2 p.m. At the Chabad House Join Chabad of Bradenton and Lakewood Ranch for a fun filled afternoon with family and friends featuring a moon bounce, Kona Ice, a petting zoo, kids' crafts and delicious barbecue. Open to the entire community. Suggested dona-tion \$5 per person, or \$18 per family. Sponsor for \$180.

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



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# **Agave Bandido** Mexican With a View ... And Wild Murals

**By Ernie Soller** Community Correspondent

aterside Place has seen a number of interesting restaurants open. It now boasts a brewery/restaurant, a cool Italian restaurant, a Korean steakhouse, a distillery and now, a new Mexican cantina, where not only is the food part of a varied Mexican menu, but Agave Bandido, located right next to the Lakefront Plaza area at Waterside Place, can boast of having perhaps one of the best views for diners in Lakewood Ranch.

At Agave Bandido, you can elect to dine inside, or, if the weather is comfortable, dine outside on their patio that overlooks the lake. The proximity of the Agave Bandido patio to the Lakefront Plaza might just make for a great place to dine, especially on evenings when there is a concert going on. Indeed, even if you dine in, you can get a view from almost all the tables, as there are big windows on both long walls of Agave Bandido.

Very loosely translated, the name Agave Bandido can be seen to mean The Tequila Thief, and yes, you can definitely get your fill of tequila, as in multiple brands, and for that matter, various flavors of margaritas. After all, the Agave Bandido bills itself as a Mexican restaurant and tequila bar. And, if tequila isn't your thing, there's always the multiple brands of beer, both Mexican and domestic, as well as both red and white sangria, plus a list of signature cocktails and non-alcoholic drinks.

My wife and I decided to try out Agave Bandido at lunch time. It was a comparatively late lunch, and we were hungry. On our arrival, we were asked whether we'd like to sit inside or out, and we chose to dine in. When we sat down at our table, it was hard not to notice a big floorto-ceiling mural next to the bar depicting a menacing Danny Trejo looking like his "Machete Kills" character. At the other end of the large dining area was another colorful mural of a skull, and we noticed that the chandeliers above the dining area were made up of skulls, lit from the inside, along with agave leaves, apparently made of glass. These looked like a "Dale Chihuly Meets the Day of the Dead" creation - very unique and creative, as were the illuminated crystal skulls, which are part of the screen behind the hostess' desk. One can won-





der whether Indiana Jones hangs out at Agave Bandido on his off days.

Our waitress, Fran, came over to our table, gave us menus, and asked what we might want to drink, and did we want to order an appetizer. We basically said yes to both chips and salsa and an appetizer called "queso fundado." This was a roasted cheese dip with peppers and onions, to which we added pieces of beef. Very tasty, in my opinion, and I dug in with gusto.



One thing we noticed, which we found a bit odd, was the fact that Agave Bandido charges five bucks for chips and salsa, an item that is generally expected to come at no additional charge at any local Mexican restaurant I've been to. Granted, the chips were warm, and the salsa came in two versions, but still ...

As for drinks, my wife had a club soda, and I decided to try a Mexican soft drink, Jarritos pineapple, which is made with cane sugar, in contrast to the usual high fructose corn syrup used by American soda companies. It was good, if a bit less "sweet tasting" than what I'm used to.

My wife ordered a taco salad, one of her standard choices when we go out for Mexican, and I chose the chicken enchilada platter, which came with Mexican rice, refried beans, lettuce, and slices of avocado.

Here's where an "oops" moment came. While my wife's taco salad both looked and tasted great, I noticed that my enchilada plate was, well, cold. In my experience, Mexican restaurants serve enchiladas on HOT plates, so as to maintain the temperature of the food. My plate was cold to the touch, and I found that my food was also pretty cold. Even the refried beans were hardly even warmish, let alone hot. I informed Fran, who immediately made sure that I got a much hotter meal. I enjoved the enchiladas, and especially the slices of avocado. Nice touch. The manager came over, apologized for the screwup, and offered us a free dessert. I told her that I was happy that they'd taken care of the issue and declined the dessert. On getting our bill, I noticed that she'd made an adjustment to the bill, which I appreciated.

These things can happen, and the good news was that Agave Bandido took care of the issue immediately and cheerfully.

The new Agave Bandido restaurant is possessed of an interesting décor, indoor/outdoor dining spaces, and a large, varied menu. The staff was friendly and took care of us in good style. So, if you're in the environs of Waterside Place, and are looking to dine in a unique place with some different menu items, I draw your attention to Agave Bandido.

Agave Bandido is located at 1550 Lakefront Drive, at Waterside Place in Lakewood Ranch. Hours are 11 a.m. to 10 p.m. Sunday through Tuesday; 11 a.m. to 11 p.m. Wednesday and Thursday; and 11 a.m. to 1 a.m. Friday and Saturday. For more information visit See you at Agave Bandido. For more information visit agavebandido.com or call (941)260-8866.

AROUND THE RANCH |13

# Good news for GERD sufferers

**By Lori Boyd** Marketing Director, Lakewood Ranch Medical Center

GERD and readment options for people with persistent symptoms.

### Q: WHAT IS GERD?

A: GERD is a gastroesophageal reflux disease, a digestive disorder, caused by either a hiatal hernia or by a faulty valve between the esophagus and stomach called the lower esophageal sphincter. When the sphincter is too relaxed, stomach acid flows backward causing reflux. When this occurs, the esophagus becomes irritated, and it can result in a painful burning sensation in the throat and chest.

# Q: WHAT ARE COMMON SYMPTOMS OF GERD?

A: The most common symptoms are heartburn, chest pain, upper abdominal pain, nausea, vomiting, coughing, sore throat, weight loss and difficulty swallowing.

#### Q: HOW IS GERD DIAGNOSED?

A: Your physician can make a diagnosis based on your symptoms and may prescribe medications. However, if symptoms do not improve or you wish to stop taking your medications, your doctor might order diagnostic tests.

# Q: WHAT IS A HIATAL HERNIA AND HOW IS IT RELATED TO REFLUX?

A: A hiatal hernia is a defect in the diaphragm muscle in which the stomach bulges through into the chest. Any size hiatal hernia can allow food and acid to back up causing reflux.

# Q: WHAT ARE THE TREATMENT OPTIONS?

A: Transoral incisionless fundoplication, or TIF, is an endoscopic procedure performed by a gastroenterologist to treat chronic acid reflux. Doctors use the TIF device along with an endoscope (a flexible tube-like instrument inserted into the mouth to help doctors see inside the body.) The purpose of the surgery is to recon-



struct the faulty valve between the stomach and esophagus.

Because many people with GERD also have hiatal hernia, a relatively new approach for the treatment of both conditions is to combine a minimally invasive robotic hiatal hernia repair surgery with a TIF procedure to treat GERD. The two-part procedure includes a concomitant transoral incisionless fundoplication or cTIF to repair the hernia followed by the TIF procedure.

# Q: HOW SAFE AND EFFECTIVE ARE THESE TREATMENTS?

A: The procedure has less complications than the traditional hiatal hernia repair and Nissen fundoplication (the old anti-reflux surgery). It also has the same short-term and long-term results as the traditional anti-reflux surgery without many of the smaller side effects. Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if robotic surgery is right for you.

For information on all of our services, visit lakewoodranchmedicalcenter.com.

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. For language assistance, disability accommodations and the nondiscrimination notice, visit our website.





# Your Legal Documents...Will They Work in Florida?

Successful Estate Planning requires periodic fine tuning to ensure that your legal documents work the way you want them to and when you need them the most. Changes in your personal circumstances, health, financial situation, location, tax planning, and testamentary intentions have a direct impact on your estate plan and its ability to achieve your goals. This is why we encourage a comprehensive review of your legal documents on a regular basis. Our goal is to offer you the peace of mind that your wishes to protect you, your loves ones, and your assets will be fulfilled.

### 10 Reasons to Update your Estate Plan:

- 1. Changes in your Health
- 2. Changes in Financial Status
- 3. Move to a new State
- 4. Changes in State or Federal Laws
- 5. Retirement
  6. Change in Marital Status
- 7. Changes in Beneficiaries, Advisors or Family
- 8. Death of a Spouse
- 9. Birth of Grandchildren
- 10. Changes in Charitable or Gifting Intentions

## **Consultations are Always Free!**

Attorney Kevin Pillion received his Juris Doctorate from Georgetown University Law Center and has been practicing law since 1990. He is licensed to practice law in Florida & Washington, DC and is also a Centified Public Accountant. He is a member of The Florida Bar, Washington DC Bar, American Academy of Estate Flaming Attorneys, National Academy of Editer Law Attorneys, National Elder Law Foundation, Florida Academy of Elder Law Attorneys, Life Flaming Law Firms Association, and the Florida Institute of Centified Public Accountants. Kevin recently obtained his National Centrification in Elder Law (CELA®) from the National Elder Law Foundation, and he is accredited by the Department of Veterans Affairs.

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## THE (PET) DOCTOR IS IN!

#### By Erin Siems, DVM

For all the benefits of living in Florida, hurricane season is not one of them. While hurricane season officially started back at the beginning of June, Florida tends to see the most action from mid-August to mid-October. We all listen a little closer for the weather forecast to change from humid with

afternoon and evening storms to something more concerning. As depressions form, we watch and will it to go in a different direction. We hope to see NO action but hoping is no excuse for ill preparation. That means if you haven't done your prepping, now's the time. Part of that prepping checklist involves our fourlegged family members as well.

Here are a few essentials to consider when making your hurricane preparedness plans for your furry friends.

• Microchip and register: This is probably the single most effective way of helping a lost pet find their way home. If your pets are not microchipped, ask your veterinarian for recommendations. If your pets are microchipped, take a minute to make sure your contact information as well as your vet's contact information is up to date.

• Know where to go: Not all shelters take pets. Pet friendly shelters will have requirements for vaccinations, housing and care for your pet. Many boarding facilities are not hurricane rat-



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ed or have limited capacity during hurricanes. Don't wait until the last minute to make plans.

• Have important medical records and proof of vaccines: Whether you plan on hunkering down, going to a shelter or making the mad dash to higher ground, you should have a physical copy of vaccine records and current medications (don't rely on your cell phone battery). • Stock up on supplies: food, water and medications are all necessities and can be in short supply. Consider asking your veterinarian for additional medication early as they might also be running low if many people are requesting the same medication. Also consider that your veterinarian might not be open right after a hurricane if their building loses power or gets damaged.

• What to do with the poo: Yes, it's gross ... but it's a part of life. Think ahead about litter, waste bags, etc. and where to store them if necessary.

• Be willing to help a neighbor in need: If you heeded hurricane advice and are well stocked. Don't flaunt it to those who didn't. Be the better person and share what you are able to share.

Remember, if the threat becomes a reality (as with recent Hurricane Debby), this is a time to come to together with neighbors, friends and even strangers to make sure all of us get through it ok, no matter how many legs we have!

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@BigPawsAnimal-Hospital.com.



# JOIN US AT OUR NEXT SHOW!

Every month at Lakewood Ranch, we host the best of local music, visual and performance art the Sarasota region offers.

MANATEE COMMUNITY CONCERT BAND: Tuesday, August 27th @ 7pm LWR WIND ENSEMBLE & CHORAL ARTISTS: Friday, September 27th @ 6pm ASOLO REP ON TOUR, "MUCH ADO ABOUT NOTHING": Thursday, October 10th @ 6pm

Check out all of the events happening around The Ranch!



LAKEWOOD RANCH<sup>°</sup>.com

#### WEDNESDAY, AUGUST 21, 2024

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- Affordable, safe, loving care
- Activities for seniors that are meaningful, recreational, social, and educational

At Daybreak Adult Day Center, we provide social, recreational, and therapeutic activities in a group setting designed to meet the needs of older adults who require supervised care during the day. At the same time, we offer full-time caregivers respite from caregiving duties while knowing that their loved one is in a safe place.

Daybreak Adult Day Center is the only licensed and federally funded Adult Day Center in Manatee County with year-round programs Monday - Friday 8:00 am to 3:00 pm.

For more information, visit: MealsOnWheelsPLUS.org/ daybreak-adult-day-center



## Call us for a tour! 941-748-3001





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WEDNESDAY, AUGUST 21, 2024



Male, 11 Months, Tabby & White

Male, POLYDACTYL HEMINGWAY CAT Tuxedo 3 Years Male, 2 Years Tabby Tiger

Duette Animal Rescue Team