



Around the Ranch

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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, AUGUST 21, 2019



THIS ONE PUTS THE “RANCH” IN LAKEWOOD RANCH! We had so many great entries for our annual Lens on Lakewood Ranch contest, we decided to show you a few more. See pages 16-17 for our other favorites, taken by your neighbors!

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IN LAKEWOOD RANCH**

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CONTACT INFORMATION

Editor:

Lisa M. Barnott
lisa.barnott@lakewoodranch.com

Contributing Writer:

Ernie Soller
efsoller@hotmail.com

Proofreader:

Sue Chaney

Community Programs:

Keith Pandeloglou
keith@lwrcac.com

Governance Meetings:

Lynn Kuiken
lynn.kuiken@lwrtownhall.com

Director of Advertising:

Stacia King
sking@heraldtribune.com

Graphic Designer:

Kim Collister
kim.collister@heraldtribune.com

Editorial Board

Lisa M. Barnott, Rex Jensen, Sue Chaney

Phone Numbers

Community Services Town Hall:
941-907-0202

LWR Common Area:

Maintenance Requests, 941-727-0899

Lakewood Ranch Medical Center:

941-782-2100

Manatee County Government:

941-748-4501

Lakewood Ranch Post Office:

941-758-3537

Around the Ranch offices are at 14400 Covenant Way, Lakewood Ranch, FL, 34202. The editorial phone number is 941-757-1542. The e-mail address is aroundtheranch@lakewoodranch.com.

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CERT Hurricane Preparedness

Join the Community Emergency Response Team (CERT) from 9-10:30 a.m. Sept. 14 for a free session to learn how to prepare for a hurricane. The event will be held at Lakewood Ranch Town Hall, 8175 Lakewood Ranch Blvd.

When a hurricane is approaching will you go, or will you stay? Once you've made that decision, have you considered what's next?

The session will cover such things as:

- If you evacuate – when to leave, where to go, what to bring with you
- If you stay – how to shelter-in-place, what supplies to have on hand, how to harden your home
- If you go to a shelter – which ones will be open, which ones accept pets, what to bring

The CERT team will discuss the options and much more. This is the fourth – and last – hurricane preparedness event offered by LWR CERT in 2019. Seating is limited; RSVP is required. For more information visit lwrcert.com.



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SF 1845845

New Law Changes Mean Easier Time for Homeowners

BY ERNIE SOLLER,
Community Correspondent

During the Lakewood Ranch Community Development District board meetings held at the Town Hall in July, it was announced by the various board attorneys that a rule change was recently passed by the Florida Legislature that will make it easier for homeowners to remove dead or diseased trees from their property.

Under the old regulations homeowners who had a dead tree, a tree which posed a hazard to a structure, or a diseased tree on their property, and who wanted to remove the tree, were required to get permission from the county to do so.

Under the terms of the revised statute, in Chapter 163 of the Florida Code, if the property owner obtains a determination by a landscape architect or a certified arborist that the tree should be taken down, the property owner may remove the tree, and is not required to replace it.

The local government is no longer required to approve the move if the property owner follows the new guidelines.

"TOO BIG" PALMS

District 2 Board Chairman Pete Bokach raised the issue at his district's board meeting about the size of many of the district's Washingtonian palms, such as the very tall palms at the Legacy entrance area. He noted that many of these older palms are getting very tall, making them so high that it will soon be difficult or impossible to trim. Bokach suggested that the Country Club districts start to formulate a plan in the very near future for the removal and replacement of these trees.

BUDGET APPROVAL

The fiscal year 2020 Lakewood Ranch CDD budgets will be given their final approval at the various CDD board meetings held at the end of August.

SAFETY TOWN

Supervisor Laura Fox of District 1 reported that the plans for the "Safety Town" event, which will be held in October, are well under way.

The event will involve the Manatee County Sheriff's Office, and the Manatee County Health Department – which will be bringing their "germ box" to teach kids about how to avoid germs and bacteria. There will also be folks on hand to teach kids about safety in the water.

PAVING, EROSION AND WATER QUALITY ISSUES

During the District 2 CDD board meeting, Finance Director Steve Zielinski reported that the district was running quite close to its budgeted limit for this fiscal year. The expenditures that are driving the costs involve a major paving project, in addition to spending on plant replacement. The cost of the paving project alone, per Board Chairman Bokach, is currently around \$900,000.

Engineer Richard Ellis also commented that due to the recently heavy and frequent rainfall, paving issues are being highlighted by water puddling on area roadways.

Erosion is becoming an issue in both districts 2 and 5. In District 2, the Dewberry Engineering firm did a survey that highlighted extensive erosion at Augusta Pond # L241. The work to repair this problem will be done during the next fiscal year.

In District 5, an issue has come to note regarding rainwater runoff from a berm in the Presidio/Riviera area. Per Ellis, there is nothing to catch the runoff from the berm, and the pipe system in the area does not properly drain.

One homeowner has reported that the water level outside his home gets higher than his lanai, and also that water has gotten under the lanai pavement, and is damaging that area. Residents are encouraged to forward their questions regarding this issue to supervisor Dave Emison, rather than calling Town Hall or the operations department, so that he can narrow the questions down to a smaller list that can then be answered in a more efficient manner.

There have been concerns raised recently about the water quality in Lake Uihlein. District 2 supervisor Mike Finney reported that samples have been taken from the lake that show a "dissolved solids" reading of 495 ppm. The "safe" limit is 500 ppm, so the samples show levels very close to the limit. The University of Florida is involved, and will be sending a report, but they have also asked for more data. It is hoped that the University's final report will contain suggestions as to how to deal with this issue. The report is expected prior to the August CDD board meetings.

SOIL MOISTURE SENSOR INSTALLATION

Community Associations Director Gary Glass reported that out of 992 sensor instal-

SEE HOMEOWNERS, PAGE 14

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Ranch Receives “Best Wellness Environment” Recognition

Ideal-LIVING, a Southern living and real estate magazine, recently named Lakewood Ranch to its “Best Wellness Environment” category in the fourth annual “Best of the Best” issue. The community was recognized for its wellness-centered master planning, extensive recreational amenities, and health-conscious lifestyle program.

Chief among the reasons *ideal-LIVING* selected Lakewood Ranch was the community’s collaboration with The Academy for Brain Health and Performance and Massachusetts General Hospital, a Harvard Medical School teaching hospital.

Lakewood Ranch also received high marks for its vast green spaces connected by trails, walking paths, lakes, nature preserves, and parks; social programming such as the weekly farmers’ market, musical events and outdoor yoga; proximity to medical facilities and the CORE campus. CORE (Collaboration Opportunities for Research and Exploration) is a 305-acre research park which includes 971,000 square feet for STEM-focused academic partners, world-class research facilities, and the collaboration between new and emerging markets that focus on research, health, and education.

“We are honored to be named as a ‘Best Wellness Environment’ community by *ideal-LIVING* magazine,” said

Laura Cole, senior vice president of LWR Communities. “Life in Lakewood Ranch is centered around well-being. Our Main Street, our parks, our trails, our amenities, physical and intellectual, focus on vitality and activity. Staying active and healthy is easier when its built into the lifestyle.”

Surveys were collected at the 2019 *ideal-LIVING* real estate shows, which presented amenities to potential homebuyers. The Top 100 communities were chosen based on the amenities most commonly requested by residents, including walking trails, wellness facilities, proximity to healthcare, social clubs, and more.

“The ‘Best of the Best’ feature honors those areas and communities which deserve special recognition for their outstanding qualities, facilities, and programs,” said *ideal-LIVING*’s editor and associate publisher Kelly Godbey. “We hope that this special feature in our Summer 2019 edition will serve our readers by focusing on the places that offer the lifestyle enhancements that are the most important to them.”

The Top 100 Planned Communities are posted on www.ideal-LIVING.com/bestofthebest. For more than 25 years, *ideal-LIVING* magazine has been a national publication for readers who are nearing retirement age or who are interested in the benefits of relocating their families or businesses.

August Programs at Chabad of Bradenton & Lakewood Ranch

Please note that all events take place at The Chabad House located on 5712 Lorraine Road, Lakewood Ranch, unless otherwise noted.

Torah Studies

Saturdays, 9-9:30 a.m.

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 night, 7 p.m.; Saturday mornings, 9:30 a.m.

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

Talmud classes

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

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

Chabad Hebrew School of the Arts

Sundays, 9:30 a.m.-noon, beginning Aug. 25

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CKids Rosh Hashanah Farmers’ Market

Sunday, Aug. 25, 11 a.m.-noon

Start the year out fresh with an organic, hands-on experience bringing the local goodness of the high holidays to life. Activities include a New Year’s card-craft and a bushel of healthful, culinary adventures, where you will learn new recipes and techniques while understanding their unique connection to Rosh Hashanah. These include artisanal challah baking, apple mocktails, carrot cake pops, and making your own pomegranate honey salad dressing. Everyone receives a custom tote bag to collect marketplace finds! Admission \$10 or sponsor this event for \$180. FREE to CHS students and families!

For more information on any of the ongoing events, call Rabbi Mendy Bukiet at (941)752-3030 or e-mail rabbid@chabadofbradenton.com.



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Florida heat is here, and here to stay for a while. What better way to stay cool than by enjoying a nice beach or pool day? Sounds great, doesn't it? Living in a state surrounded by water, it's vital to know how to swim. Watersmartfl.com states that there are three main layers of protection while swimming:

- **Layer 1** – Supervision, the first and most crucial layer of protection, means someone is always actively watching when a child is in the pool.
- **Layer 2** – Barriers to physically block a child from the pool.
- **Layer 3** – Emergency preparedness is critical. It's necessary to know CPR, have a



Keith Pandeloglou
Director of LWRCAC

phone nearby, and to immediately call 911 in a state of emergency.

Swimming lessons are crucial for children, as well as adults, and they can sometimes be expensive. The YMCA in Lakewood Ranch provides free swimming lessons to families all summer long. For more information, visit manateeymca.org/programs/watersafety.

CLUBS

Here's your monthly selection of LWR community groups and social club events to help you find a fun summer activity. Sign up today to meet new neighbors, get engaged, and have fun!

THE FOOTBALL (SOCCER) CLUB is open to both males and females of all ages. They meet every Saturday at Greenbrook Adventure Park. For more information, contact Esteban Carbajal at ecarby@me.com or at (540)429-3266, or contact Susannah Carbajal at ohsusanna@me.com or at (540)842-7997.

MAH JONGG AT ONE welcomes competitive, experienced mah jongg players. They meet every Wednesday at Town Hall all year long. All play is by reservation only. For more

information contact Joan Robbins at joanr-robbins@hotmail.com or at (941)929-2995.

THE DIGITAL PHOTOGRAPHY CLUB is open to photographers at all skill levels of digital photography. Their purpose is to teach and learn all elements of digital photography through lectures, presentations, and group photoshoots at places of photographic interest. For more information contact Mindy Towns at (941)755-7787 or contact Morag Reid at (941)755-5494.

THE WOMEN'S EXERCISE CLUB meets at 9 a.m. every Friday at Town Hall. They exercise along with DVDs of various fitness instructors. For more information contact Linda Carroll at (941)907-0777.

LEGACY GOLF CLUB MIXED COUPLES 9 & DINE GOLF SCRAMBLE – Join us for our 9 & Dine Mixed Couples Scramble-4 person step away scramble, from 4-8 p.m. Aug. 25 at the Legacy Golf Club, 8255 Legacy Blvd., Lakewood Ranch. The event includes greens fees, cart, dinner, and cash prizes. If there is a rainout, join us anyway for dinner – \$15 per person. Registrations or cancellations must be received no later than the Wednesday pri-

or to the event. To register, call the Legacy Pro Shop at (941)907-7067.

THE DUPLICATE BRIDGE CLUB is a non-sanctioned duplicate bridge group with a goal of enjoying bridge while meeting with friends and getting to know neighbors. You must be signed up in advance in order to play. For more information contact Donald Buxton at freddandoncellos@verizon.net or at (941)755-5375.

LWR TRIVIA "RANCH WRANGLERS" CLUB – Join us for trivia at 6:30 p.m. Tuesdays at Beef O'Brady's, 1795 Lakewood Ranch Blvd., Lakewood Ranch. You are not required to attend every week, you may opt-in or out at any time. For more information contact Harris Schild at harrisschild@gmail.com.

SHANTI YOGA CLUB – The club meets from 10-11 a.m. Fridays at the Lakewood Ranch Town Hall, 8175 Lakewood Ranch Blvd. Enjoy peaceful yoga practice as learned from yogis in India, with time for pranayama and meditation. There is a one-time contribution of \$20 to cover insurance. For more information contact Lilly Chaddha at chad-sugar@aol.com.

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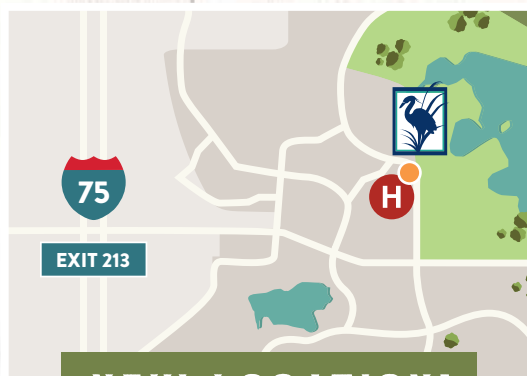
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NEW DAY!

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YOUR TIME TO SHINE

August 8, 2019 marked the opening night of Manatee Players' WEST SIDE STORY at Manatee Performing Arts Center. This classic musical runs through the 25th of August and is one of thirteen productions being presented this season at the center. The season opener for the theater company is Directed by Producing Artistic Director Rick Kerby, supported by a cast and crew of 50 and launches the local troupe's 71st season in Manatee County.

Originally a product of the Bradenton's Womens Club, Manatee Players, established itself as a 501(c)3 community theater in 1948 and has been entertaining, educating and inspiring generations of audience and theater members ever since. During the past 70+ years the company has evolved and stayed true to its mission. Filled with passionate individuals who volunteer their time to create amazing shows, the theatre is a place to be, creating lifelong friends and skills.

But how does one begin their journey as a community thespian? Getting started can be as easy as signing up for a workshop, class or camp and NOW is a perfect time. Fall Saturday classes for those

ages 7-17 start on September 7th and run through December 14th. Spring Camp launches January 25th and runs through April 18, 2020.



Improv and Practical Acting classes for ages 55+ started on August 7th and run every Wednesday through April. Classes involve the practical learning of launching a show. Our Saturday actors will be presenting Disney's Frozen Jr. on December 14th at 2pm, Disney's Alice in Wonderland Jr. on April 18 at 2pm and our senior theater troupe DraMature will be presenting The Music Man Sr. on January 21, 2020 at 2pm.

Purchase both our Fall and Spring Saturday workshop class (ages 7-17) and save \$100 per student.

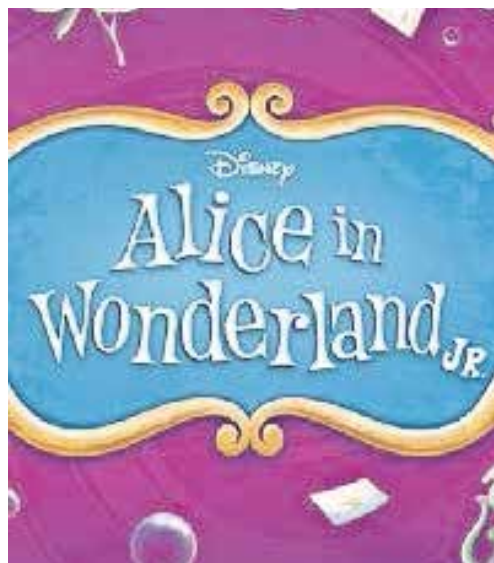
Stage veteran or inexperienced novice...all are welcome! Join us for one of our up and coming open auditions. Yes, going out for a role for community theater can be daunting, especially when you aren't sure what to expect. You may start out with minor roles and work up to lead roles as you become more seasoned. Here are a few tools to get you prepared for our next set of open auditions Sunday September 15th & Saturday September 16th both (7-10pm both evenings).

1. Avoid picking a song from the show for which you are auditioning. Choose something that showcases your vocals and acting ability.
2. Come prepared ready to do your best.
3. Wear something that makes you feel comfortable, confident and you can move in. It will help steady your nerves.
4. Don't let the talent of the other auditionees psyche you out.

September's auditions will be casting: Roald Dahl's Matilda THE MUSICAL, Goat Song Revel (Dramatic drama world premier), Damn Yankees (musical) and Doubt, A Parable (Dramatic play).

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- NORTH SARASOTA 4027 N Washington Blvd (Hwy 301) 941-351-8600
- SOUTH SARASOTA 5252 S. Tamiami Trail (at Phillippi Creek) 941-260-9601
- VENICE (NOW OPEN) 550 S Seaboard Ave (on 41 Bypass) 941-485-3211
- PORT CHARLOTTE 1241 El Jobean Rd (across Sam's) 941-764-8700



Keke's Breakfast Café has Settled in on The Ranch

BY ERNIE SOLLER,
Community Correspondent

For months, Lakewood Ranchers anticipated the opening of the new Keke's Breakfast Café in the still-growing shopping center known as The Green, at the corner of Lakewood Ranch Boulevard and State Road 70.

Keke's Breakfast Café is a well-established chain of breakfast-and-lunch restaurants with multiple locations around Florida, from Fort Lauderdale to Tallahassee. Probably the location most familiar to Ranch residents is the one in the University Town Center complex, located on the north side of University Parkway, west of I-75.

Keke's website proclaims: "It's like your hometown diner grew up and went to the city." Well, I don't know what "going to the city" means, but I went to the new Keke's a couple of weeks after they opened up their Lakewood Ranch restaurant, along with a friend who has accompanied me on a number of these restaurant check-out excursions.

Since we arrived shortly after noon, partly to avoid the "lunch rush," we ordered lunch. My guest ordered a turkey burger with lettuce, mayo, potato chips, and a pickle. Our waiter, Brendon, accommodated her when she asked for a "regular bun" instead of a ciabatta bun.

After finishing her burger Edna proclaimed that it was pretty tasty, noting that in a lot of restaurants turkey burgers, in her experience, tended to be rather bland and tasteless. This one has some spices added to the mix, and she enjoyed that.

The only other comment she made regarding her sandwich was that she felt that it was a bit of a waste to put lettuce on a hot sandwich, stating that the lettuce was wilted when Brendon brought it to the table.

I, on the other hand, chose the Southwest turkey panini, which came with the usual potato chips and a pickle spear. This sandwich is described in Keke's menu as being made with turkey breast, tomato slices, pepper jack cheese and something called "Texas petal sauce."

Now, you would think that a "Southwest" sandwich would have a little spicy "bite" to it, but this one, while reasonably tasty, was pretty bland, with absolutely no "spicy" aspect that I could discern. The "turkey breast" portion of the sandwich was of the deli sliced lunchmeat variety, rather than something carved from a bird.

That said, the sandwich was good-sized and as I'd had a late breakfast, I found myself asking Brendon for a box to take half of it home, to be consumed the next day for lunch. When I heated it up it still tasted good. (Note: I discussed the rather bland aspect of my "Southwest" sandwich later on with Gabe, the manager, who seemed surprised, and thought that maybe someone in the kitchen had forgotten to put on the "Texas petal sauce," which was supposed to provide the spicy taste.)

I returned to Keke's a couple of days later, for breakfast this time, and ordered a Western omelet, which was very good – about as good as I've gotten locally, with a definite "fresh" taste. My impression is that Keke's forte lies in their breakfast offerings. Here again, the service by my waitress, Cindy, was attentive and cheerful.

I found out that several friends had recently dined at Keke's



new location, and from them I got generally favorable comments on their breakfast choices, including the "Hawaiian omelet." Keke's bacon, cheese and jalapeno burger got a rave review! One guy, however noted that he was a little taken aback at the cost of his customary ham-and-cheese omelet at Keke's. He told me that the omelet and a cup of coffee left him with a bill for over \$13 (\$12+ change without tax or tip), and that he'd had the same item at another nearby local chain restaurant for just over seven bucks just a day or two earlier. (Note: Keke's does not offer meal "specials," unlike many other local restaurants.)

The ambiance/décor at the new Keke's Breakfast Café is similar to the older location, although the southern exposure at the new Ranch location means that there's a lot of light streaming into the large windows on the front of the building. The booths are comfortable, and I didn't feel like I'd been placed in a too-narrow seat. The floor tile has a "slate" look to it, the walls are decorated with large pictures of fruits and vegetables, from strawberries, to blueberries, to tomatoes, asparagus, etc. The interior is accented with copper-toned lights above the tables, which produce a diffused, reflected light. If you look up, you aren't going to be staring into the filament. All in all, Keke's Breakfast Café in Lakewood Ranch is a pretty inviting place to eat.

As my dining companion at lunch was wearing a surgical "boot," the staff was kind enough to get us a table right near the front door of the restaurant, so she would not have to "hoof it" to the back of the place, a gesture that I'm sure she appreciated.

Keke's gets a good mark from me regarding how clean the place is. OK, even given that the restaurant was only into its third week when I dined there, there did seem to be a push toward maintaining a high level of cleanliness. On leaving to go to my car, I witnessed a couple of Keke's staff members walking outside to shake the outdoor mat at the entrance to the restaurant, in order to get rid of the accumulated dust and sand from



the surrounding construction projects, so that it would not be tracked into the restaurant.

So, there you have it. Keke's Breakfast Café is open for business in The Green shopping center, at State Road 70 and Lakewood Ranch Boulevard. As the name implies, they do a great breakfast – or you could go for lunch.

Keke's Breakfast Café is open daily from 7 a.m. to 2:30 p.m. every day except Thanksgiving and Christmas. For more information visit kekes.com.

FROM PAGE 6

lations requested by Lakewood Ranch homeowners, approximately 600 have already been installed.

TRANSPONDER INSTALLATION

Glass noted that, in just a few weeks, the old transponders for entrance into the unmanned Masters and Lakewood Ranch Boulevard gates will no longer work, and residents who have not gotten their new transponders will have to drive around to a manned gate to gain entrance into the Country Club.

IDA

The Inter-District Authority is looking into the purchase of a new server, as Microsoft no longer supports the older equipment at the Town Hall.

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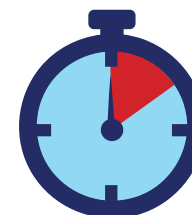
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AROUND THE RANCH



**More “Moments”
by Ranch Residents**

Winners of the Lens on Lakewood Ranch photo contest, which ran from April 1-30, were recently announced, and their photos ran in the July issue of Around the Ranch. These are some of the other images, which, although they didn't win prizes, are just as wonderful.



Lakewood Ranch Medical Center Receives Two Quality Awards

Lakewood Ranch Medical Center (LWRMC) has received two quality awards, recognizing its commitment to quality care for those who suffer two major health events.

The hospital received the Mission: Lifeline Gold Receiving Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.

Every year, more than 250,000 people experience an ST elevation myocardial infarction (STEMI), the deadliest type of heart attack, caused by a blockage of blood flow to the heart that requires timely treatment. To prevent death, it's critical to restore blood flow as quickly as possible, either by mechanically opening the blocked vessel or by providing clot-busting medication.

The American Heart Association's Mission: Lifeline program's goal is to reduce system barriers to prompt treatment for heart attacks, beginning with the 9-1-1 call, to EMS transport and continuing through hospital treatment and discharge. The initiative provides tools, training and other resources to support heart attack care following protocols from the most recent evidence-based treatment guidelines.

LWRMC earned the award by meeting specific criteria and standards of performance for quick and appropriate treatment through emergency procedures to re-establish blood flow to



blocked arteries in heart attack patients coming into the hospital directly or by transfer from another facility.

Lyn Swann, director cardiovascular services for LWRMC, said the hospital is dedicated to providing optimal care for heart attack patients, and is pleased to be recognized for dedication to, and achievements in cardiac care through Mission: Lifeline.

"We commend LWRMC for this award in recognition for following evidence-based guidelines for timely heart attack

treatment," said Tim Henry, MD, Chair of the Mission: Lifeline Acute Coronary Syndrome Subcommittee. "We applaud the significant institutional commitment to their critical role in the system of care for quickly and appropriately treating heart attack patients."

The hospital has also received the American Heart Association/American Stroke Association's Get With The Guidelines Target: Stroke Honor Roll Elite Gold Plus Quality Achievement Award. The award recognizes LWRMC's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

LWRMC earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, schedule a follow-up visit, as well as other care transition interventions.

"LWRMC is dedicated to improving the quality of care for

SEE AWARDS, PAGE 25

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COMMUNITY EVENTS & CLUB CALENDAR

August/September 2019

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FOR THE LATEST UPDATES**

August 20th – Third Tuesday

- Empty Nesters, Town Hall, 12:30 p.m.
- Football Club, soccer field/baseball diamond, 5:30 p.m.

August 21st – Third Wednesday

- Mah Jongg at One, Town Hall, noon
- Women's Book Club, Town Hall, 1 p.m.
- Adult Soccer, soccer field, 5:30 p.m.
- Indivisible LWR, Town Hall, 6:30 p.m.
- CERT Radio Communications Committee, Town Hall, 7 p.m.

August 22nd – Fourth Thursday

- Thursday Bridge, Town Hall, 1 p.m.
- CERT training set-up, Town Hall, 5:30 p.m.
- Football Club, soccer field/baseball diamond, 5:30 p.m.
- CERT training, Town Hall, 6:30 p.m.

August 23rd – Fourth Friday

- Women's Exercise Class, Town Hall, 9 a.m.
- Shanti Yoga, Town Hall, 10 a.m.
- Art League Club, Town Hall, noon
- Mah Jongg Queens, Town Hall, noon

August 24th – Fourth Saturday

- Adult Soccer, soccer field, 8 a.m.

- Football Club, soccer field #1, 8 a.m.
- LWR Digital Photography, Town Hall, 9 a.m.
- SUGAR, Town Hall, 1 p.m.

August 26th – Fourth Monday

- Art League Club, Town Hall, noon
- Spyglass Card Sharks, Town Hall, 1 p.m.
- Adult Soccer, soccer field, 5:30 p.m.

August 27th – Fourth Tuesday

- Bridge on Tuesday, Town Hall, 1 p.m.
- Football Club, soccer field/baseball diamond, 5:30 p.m.

August 28th – Fourth Wednesday

- Women's Duplicate Bridge, Town Hall, 8 a.m.
- Mah Jongg at One, Town Hall, 1 p.m.
- Adult Soccer, soccer field, 5:30 p.m.

August 29th – Fifth Thursday

- Thursday Bridge, Town Hall, 1 p.m.
- Football Club, soccer field/baseball diamond, 5:30 p.m.
- American Asian Women, Town Hall, 6 p.m.

August 30th – Fifth Friday

- Women's Exercise Class, Town Hall, 9 a.m.
- Shanti Yoga, Town Hall, 10 a.m.
- Art League Club, Town Hall, noon
- Mah Jongg Queens, Town Hall, noon

August 31st – Fifth Saturday

- Adult Soccer, soccer field, 8 a.m.
- Football Club, soccer field #1, 8 a.m.

September 1st – First Sunday

- Sunday Duplicate Bridge, 6:30 p.m.

September 2nd – First Monday

- Adult Soccer, soccer field, 5:30 p.m.

September 3rd – First Tuesday

- Gardener's Out East, Town Hall, 9:30 a.m.
- Lunch Club, Town Hall, 11 a.m.
- Empty Nesters, Town Hall, 12:30 p.m.
- Lakewood Ranch Garden Club board meeting, Town Hall, 1 p.m.
- CERT Membership Communications Committee, Town Hall, 4 p.m.
- Football Club, soccer field/baseball diamond, 5:30 p.m.
- Anglers' Club, Town Hall, 6:30 p.m.

September 4th – First Wednesday

- Bingo, Town Hall, 1 p.m.
- Mah Jongg at One, Town Hall, 1 p.m.
- Adult Soccer, soccer field, 5:30 p.m.

September 5th – First Thursday

- Thursday Bridge, Town Hall, 1 p.m.
- Football Club, soccer field/baseball diamond, 5:30 p.m.

September 6th – First Friday

- Women's Club board meeting, Town Hall, 9 a.m.
- Women's Exercise Class, Town Hall, 9 a.m.
- Shanti Yoga, Town Hall, 10 a.m.
- Art League Club, Town Hall, noon

- Mah Jongg Queens, Town Hall, noon

September 7th – First Saturday

- Adult Soccer, soccer field, 8 a.m.
- Football Club, soccer field #1, 8 a.m.
- Digital Photography training, Town Hall, 8:30 a.m.
- Scribes, Town Hall, 10 a.m.

September 8th – Second Sunday

- Ladies' Soccer, soccer fields 1 & 2, 2 p.m.

September 9th – Second Monday

- Lakewood Ranch Garden Club general meeting, Town Hall, 9:30 a.m.
- Art League Club, Town Hall, noon.
- Gardener's Out East, Town Hall, 1 p.m.
- Spyglass Card Sharks, Town Hall, 1 p.m.
- Adult Soccer, soccer field, 5:30 p.m.
- CERT board meeting, Town Hall, 7 p.m.
- Jewish Club Board Meeting, Town Hall, 7 p.m.

September 10th – Second Tuesday

- Lunch Club, Town Hall, 11 a.m.
- Women's Club - Blankets for Babies, Town Hall, 1 p.m.
- Digital Photography board meeting, Town Hall, 5 p.m.
- Football Club, soccer field/baseball diamond, 5:30 p.m.
- Democratic Club, Town Hall, 7 p.m.

September 11th – Second Wednesday

- Mah Jongg at One, Town Hall, 1 p.m.

SEE CALENDAR, PAGE 21



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COMMUNITY EVENTS & CLUB CALENDAR

FROM PAGE 20

- Community Activities, Town Hall, 5 p.m.
- Adult Soccer, soccer field, 5:30 p.m.

September 12th – Second Thursday

- Thursday Bridge, Town Hall, 1 p.m.
- Football Club, soccer field/baseball diamond, 5:30 p.m.
- Women's Club general meeting set-up, Town Hall, 5:30 p.m.
- Women's Club general meeting, Town Hall, 6:30 p.m.

September 13th – Second Friday

- Women's Exercise Class, Town Hall, 9 a.m.
- Shanti Yoga, Town Hall, 10 a.m.
- Art League Club, Town Hall, noon
- Mah Jongg Queens, Town Hall, noon
- Pro Jam, Town Hall, 6:30 p.m.

September 14th – Second Saturday

- Adult Soccer, soccer field, 8 a.m.
- CERT Family Hurricane Preparedness Workshop set-up, Town Hall, 8 a.m.
- Football Club, soccer field #1, 8 a.m.
- CERT Family Hurricane Preparedness Workshop, Town Hall, 9 a.m.

September 15th – Third Sunday

- Ladies' Soccer, soccer fields 1 & 2, 2 p.m.
- Sunday Duplicate Bridge, 6:30 p.m.

September 16th – Third Monday

- Handcrafts and More, Town Hall, 10 a.m.
- Italian American Club, Town Hall, 10:30 a.m.
- Art League Club, Town Hall, noon
- Spyglass Card Sharks, Town Hall, 1 p.m.
- Adult Soccer, soccer field, 5:30 p.m.
- Creative Arts, Town Hall, 6 p.m.
- Running Club, Town Hall, 6:30 p.m.

September 17th – Third Tuesday

- Football Club, soccer field/baseball diamond, 5:30 p.m.

September 18th – Third Wednesday

- Mah Jongg at One, Town Hall, noon
- Women's Book Club, Town Hall, 1 p.m.
- Adult Soccer, soccer field, 5:30 p.m.
- Indivisible LWR, Town Hall, 6:30 p.m.
- CERT Radio Communications Committee, Town Hall, 7 p.m.

September 19th – Third Thursday

- Thursday Bridge, Town Hall, 1 p.m.
- Football Club, soccer field/baseball diamond, 5:30 p.m.

September 20th – Third Friday

- Women's Exercise Class, Town Hall, 9 a.m.
- Shanti Yoga, Town Hall, 10 a.m.
- Art League Club, Town Hall, noon
- Mah Jongg Queens, Town Hall, noon

New to the Ranch? Here's Help!

Orientation for new residents, LWR 101, will be held at 6 p.m. Oct. 10, at Lakewood Ranch Golf and Country Club, 7650 Legacy Blvd.

Learn about LWR history, your community districts, local businesses, and charitable giving. Get engaged by exploring more than 60 club opportunities, local events, parks and trails, and a seasonal farmers' market.

Get involved with your community; meet your Lakewood Ranch team, and find volunteer opportunities.

All new residents to Lakewood Ranch are welcome to attend this free event. Attendees will also go home with a gift bag sponsored by Lakewood Ranch Community Activities.

Please RSVP via email at webmaster@lwrtownhall.com.

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GOVERNMENT MEETINGS

August 15 – September 18, 2019

Please note that all meetings will be held at Town Hall unless otherwise specified.

August 15	8:30 a.m.	CDD 1 Board Meeting/Budget Public Hearing 907-0202
	9 a.m.	CDD 5 Board Meeting/Budget Public Hearing 907-0202
	9:30 a.m.	CDD 2 Board Meeting/Budget Public Hearing 907-0202
	11 a.m.	CDD 6 Board Meeting/Budget Public Hearing 907-0202
August 19	3 p.m.	CEVA Board Workshop 907-0202
August 21	2:30 p.m.	GBVA Restrictions Revision Meeting 907-0202
	4 p.m.	Mizner Reserve Neighborhood Committee Meeting 373-3898
	4 p.m.	GBVA Modifications Meeting 907-0202
	6 p.m.	GBVA Board Meeting 907-0202
August 26	10 a.m.	CEVA Finance Committee Meeting 907-0202
	3 p.m.	Augusta/Oakmont Neighborhood Committee Meeting 907-3448
	5 p.m.	SRVA Compliance Meeting 907-0202
	5:30 p.m.	Hollow Board Meeting 921-5393
August 27	8:30 a.m.	SRVA Modifications 907-0202
	3 p.m.	CEVA Board Meeting 907-0202
August 28	1 p.m.	Country Club Modifications Meeting 907-0202
	3 p.m.	Edgewater Modifications Meeting 907-0202
	7 p.m.	SRVA Board Meeting 907-0202
August 29	1:30 p.m.	Whitemarsh Neighborhood Meeting 412-389-0033
September 3	4 p.m.	Resident Orientation 907-0202
September 4	4 p.m.	GBVA Modifications Meeting 907-0202
	7 p.m.	SRVA Restrictions Revision Meeting 907-0202
September 5	3 p.m.	CEVA Restrictions Revision 907-0202
September 9	3 p.m.	Canterbury/Laurel Valley Neighborhood Meeting
	5 p.m.	GBVA Compliance Meeting 907-0202
September 10	8:30 a.m.	SRVA Modifications 907-0202
September 11	1 p.m.	Country Club Modifications 907-0202
	3 p.m.	Edgewater Modifications 907-0202
	7 p.m.	SRVA Restrictions Revision Meeting 907-0202
	7 p.m.	SRVA Landscape Meeting 907-0202
September 16	9 a.m.	CDD 6 Agenda Review Workshop 907-0202
	3 p.m.	CEVA Board Workshop 907-0202
	7 p.m.	SRVA Safety Meeting 917-921-2562
September 17	8 a.m.	IDA Board Meeting 907-0202
	10 a.m.	CDD 1 Agenda Review Workshop 907-0202
	1 p.m.	CDD 5 Agenda Review Workshop 907-0202
	2:30 p.m.	CDD 2 Agenda Review Workshop 907-0202
September 18	10: a.m.	CDD 4 Agenda Review Workshop 907-0202
	10:15 a.m.	CDD 4 Board Meeting 907-0202
	2:30 p.m.	GBVA Restrictions Revision Meeting 907-0202
	4 p.m.	Mizner Reserve Neighborhood Committee Meeting 373-3898
	4 p.m.	GBVA Modifications Meeting 907-0202
	6 p.m.	Board Meeting 907-0202

*Meeting dates and times are subject to change

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CLUB SPOTLIGHT

Peace, Love, and Yoga in Lakewood Ranch

BY ERNIE SOLLER,
Community Correspondent

Do you remember the '60s? The 1960s, that is.

The Beatles became the opening salvo of the "British Invasion" in pop music. Woodstock brought a whole new meaning to the term "music festival." But there was something else that came about during the '60s which, in some ways, is still with us.

Perhaps the Beatles were part of another emerging addition to American culture – one that had previously been pretty much non-existent, and that addition was a new awareness of Indian culture.

Prior to this period, Americans knew very little about the culture of India. What little they did know came largely from magazines, old Hollywood movies and newsreels of goings-on in the old British colonial period-pictures and articles about the Taj Mahal in National Geographic, etc.

The popularity of the Beatles in America, and their foray into Indian culture, mysticism, and music during that period, brought Americans a new awareness of things Indian. The Beatles' George Harrison got together with Indian sitarist Ravi Shankar, and this collaboration brought a whole new "sound" into American pop musical culture. Suddenly, things Indian became "cool," and this new influence even extended to American fashion. Remember Nehru jackets?

Also, during this period, more and more Indian people were coming to the U.S. for educational opportunities, and many stayed to work and live in America, bringing their traditions in food, culture, etc.

One of the things that has come out of the emergence of Indian culture in America is the practice of yoga, and here in Lakewood Ranch, we have an opportunity to enjoy the benefits of this exercise/spirituality/art form by joining in the activities of the Shanti Yoga Club, which meets at 10 a.m. Fridays at the Lakewood Ranch Town Hall.

Lilly Chaddha is the Yogini (instructor) of the Shanti Yoga Club, and Lilly describes yoga as "peaceful exercise"; "shanti" means "peace."

Chaddha learned to become a yogini at the Yog Sadhan Ashram in Chicago, and has been a yoga instructor for 15 years, promising her teacher that she would keep the practice alive by teaching others. After moving to Lakewood Ranch five years ago, she began searching for a suitable place to instruct locally in the art of yoga. The Lakewood Ranch Town Hall was found to be the ideal setting for Shanti Yoga.

Shanti Yoga members enter the designated salon area at



the Town hall after removing their shoes. This is an indication that the yoga meeting room is a place of sanctuary. Chaddha refers to it as "a holy place for me."

The yoga routine is then begun by Chaddha, and involves a number of movements that have different aims, such as the rubbing of the hands together, a movement that creates warmth.

Chaddha draws her students through an entire hour's worth of movements, some of which involve stretching action, shoulder rotation, hand exercises, wrist rotation, leg massage, and so on. There are deep breathing moves, and movements during which the participant will close off one nostril and breathe through only the opposite nostril. These breathing exercises are known as "Pranayama."

Note that all of these movements are done in slow motion. Nothing is done in a jerking fashion; there are no sudden movements. The idea is to stretch every part of one's body, and includes movements intended to massage the body's internal organs so that they function better.

In her own life, Chaddha uses yoga as a preparation for meditation, so that she achieves a feeling of peace and relaxation in order to concentrate on her meditation.

The Shanti Yoga Club is indeed a sanctuary for its members, and they love the feeling of relaxation that the yoga exercises give them. Lee Frank, a three-year resident of Country Club West, has been attending Shanti Yoga sessions for two



years and says that it gives her a good way to stretch and relax.

So, if you'd like to learn yoga, if you'd like to stretch out those muscles and feel better for having done so, come on down to the Shanti Yoga Club at 10 a.m. Fridays at the Lakewood Ranch Town Hall.

There is no charge for attending the sessions, although a donation toward insurance expenses is appreciated.

Come on down and meet Lilly Chaddha. Participate in a Shanti Yoga session and gain an appreciation for this unique gift of Indian culture. For more information email chadsugar@aol.com.

Peace and Love.

LWRBA

LAKEWOOD RANCH BUSINESS ALLIANCE

The Lakewood Ranch Business Alliance (LWRBA) is a business organization committed to connecting, educating and strengthening the business community in the Lakewood Ranch region. The LWRBA's 650+ member businesses reflect a wide variety of small and large businesses across all industries in and around Lakewood Ranch. More information is available online at www.LWRBA.org.

UPCOMING EVENTS

(Please visit www.LWRBA.org to sign up for these events.)

LWRBA & YLA Speed Networking

Wednesday, September 4, 5:30-7:30 p.m.

Gold Coast Eagle Distributing

7051 Wireless Court

LWRBA members \$10, non-members \$20

Join members of the LWRBA and YLA at Gold Coast Eagle for a special speed networking event. Make 20 connections in an hour through a fast-paced, rotating format. Bring plenty of business cards and don't forget to practice your elevator speech!

Executive Briefing: Protecting Education

Wednesday, September 11, 7:30-9 a.m.

Keiser University, 6151 Lake Osprey Drive

Members \$10, non-members \$20

Education remains one of the pillars of any community. The chief of police for the newly-formed Sarasota County Schools Police De-

partment, Tim Enos, joins us to share a look inside this new department, which oversees all safety and security for the Sarasota school district's 45,000 students and 46 sites.

East Meets West Expo 2019

Thursday, September 19, 4:30-7 p.m.

Robarts Arena, 3000 Ringling Blvd.

Attendee tickets in advance \$5

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www.EastMeetsWestExpo.com

Join us for our largest event of the year, the 2019 East Meets West Regional Business Expo. Connect with business professionals from across Sarasota and Manatee counties and catch a glimpse of the latest products and services from nearly 100 local businesses. This trade show event brings together businesses from the Alliance and our neighbors at the Longboat Key Chamber.

Luncheon: Uncovering Your Blind Spots

Friday, September 27, 11:30 a.m.-1 p.m.

The Ballroom at GROVE

10670 Boardwalk Loop

LWRBA members \$27, non-members \$37

With so many distractions competing for our attention, having a clear vision is a must have for long-term business and personal success. In this program, Velma Knowles describes the five blind spots that could be clouding your vision and holding you back from accomplishing your goals.

Schwamm, M.D., national chairperson of the Quality Oversight Committee and Executive Vice Chair of Neurology, Director of Acute Stroke Services, Massachusetts General Hospital, Boston. "Research has shown that hospitals adhering to clinical measures through the Get With The Guidelines quality improvement initiative can often see fewer readmissions and lower mortality rates."

According to the American Heart Association/American Stroke Association, stroke is the number five cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.

For more information about the hospital and its programs, visit lakewoodranchmedicalcenter.com.



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FROM PAGE 18

our stroke patients by implementing the American Heart Association's Get With The Guidelines-Stroke initiative," said Danielle Jones, stroke coordinator, LWRMC. "The tools and resources provided help us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes."

LWRMC additionally received the association's Target: Stroke Elite award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

"We are pleased to recognize LWRMC for their commitment to stroke care," said Lee H.

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Brain Health Initiative Secures \$1.4 Million in Funding to Advance

Companies, organizations and individuals from throughout the Gulf Coast region have provided the funding for the next phase of the Brain Health Initiative (BHI). Encouraged by the \$1.4M raised since the initiative's launch in March of 2019, the green light has been given to move forward with Phase 2 of the initial three phase project. Phase 2 includes developing a brain health community impact model that can be measured and replicated throughout the Gulf Coast region, planning for a longitudinal brain health pilot study and developing the infrastructure for a BHI Lab in Lakewood Ranch.

"Discovering the basis of brain health may be the most important medical challenge of our time," said neuropsychologist Stephanie Peabody, Psy.D., HSPP, who serves as the founder and executive director of the BHI. "We've been overwhelmed with support from Lakewood Ranch and the greater Gulf Coast community, as well as throughout the state of Florida and nationally. We are thrilled to begin the next stage in this landmark, multi-generational initiative."

The fundraising effort began in March with a \$600,000 donation by Schroeder-Manatee Ranch, developer of Lakewood Ranch. Since then, the BHI has received strong support from leadership throughout the greater Gulf Coast region (and across multiple sectors), including individual philanthropists, area businesses, major corporations and community foundations.

Additional fundraising efforts are ongoing to support medium- and long-term goals for the project.

The BHI was formed by The Academy for Brain Health and Performance (ABHP) in collaboration with Massachusetts General Hospital (MGH), a Harvard Medical School teaching hospital. This large-scale effort is designed to uncover the factors, both positive and negative, that affect brain health and performance, as well as discern, develop and test interventions aimed at optimizing brain health throughout the lifespan.

"This milestone plants a life science flag on the west coast of Florida and creates opportunities for our region to lead the state and nation in increasing brain health outcomes," said Garrett Shinn, president of Lakewood Ranch Community Fund (LWRCF), which is one of the donors. The LWRCF, which was established in 2000 to enhance the quality of life in and around Lakewood Ranch, has created a separate fund to facilitate donations to the BHI.

The board of advisors has approved a grant of \$15,000 per phase, for a total grant of \$45,000, to the new fund, the "Lakewood Ranch Community Fund Brain Health Initiative." In addition to the grant approved by the board, the new fund already has facilitated more than \$120,000 in donations from supporters throughout the region.

Planning for the pilot study (Phase 2) will begin this Sep-

tember. Over eight months, the team will build from insights gained during the initial Phase 1 surveys that were conducted last year with more than 500 Lakewood Ranch residents. Throughout Phase 2, researchers will conduct focus groups across the region and use the findings to create strategies for the pilot study, as well as receive input from additional scientific leaders and develop the brain health baseline survey to be implemented in Phase 3.

Launch of the Pilot Study (Phase 3) will begin in spring of 2020. In addition to implementing the pilot study, the team will begin developing early plans to facilitate clinical trials and unveil plans for the BHI lab. Located in Lakewood Ranch's 305-acre CORE (Collaboration Opportunities for Research and Exploration) campus, the lab will serve as a space where global innovators, entrepreneurs and investors can come together to validate brain health solutions and evaluate innovations for commercialization purposes.

The BHI lab will bring brain health science and solutions to where Gulf Coast residents live, work, learn and play. For example, brain healthy schools, workplaces, grocery stores and restaurants will be developed. Schools and businesses can be supported across a variety of brain health protective factors that contribute to enhanced brain health and optimal brain perfor-

SEE FUNDING, PAGE 30



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Lakewood Ranch No. 1 In the Nation For Housing Starts in Second Quarter

Lakewood Ranch led the nation in housing starts for the second quarter of 2019, according to Metrostudy, a leading research and consulting firm specializing in U.S. residential markets. The Ranch's 1,561 new home starts exceeded those of other top-selling communities in Florida, Texas, Nevada and California.

"With a broad offering of new homes for every stage of your life coupled with a long standing reputation for amenities and lifestyle, Lakewood Ranch became the 'Most Active Community' in the United States for new housing starts as of 2Q 2019, surpassing The Villages for top spot," said Tony Polito, director of the Tampa/Central Florida region of Metrostudy.

Earlier in the month, Lakewood Ranch was named the second fastest-selling community in the nation (first multi-generational community), according to Maryland-based real estate consulting firm RCLCO's 2019 Mid-Year Ranking.

"Lakewood Ranch's sales – and subsequent starts success – is a result of its exceptional location, multi-generational approach, and diversity of neighborhoods, as well as an ever-growing list of daily conveniences and social engagement opportunities," said Laura Cole, senior vice president, LWR Communities, LLC.

Among the recent additions to The Ranch's myriad offerings have been two new community parks, two new shopping centers, and the addition of 1.1M square feet of commercial

development, which resulted in 222 new businesses and 2,631 additional jobs. Ranch developer Schroeder-Manatee Ranch has spearheaded more than 28 miles of road expansions, added a new sheriff sub-station on SR70, and introduced a new Town Hall for residents. Lakewood Ranch Medical Center recently completed and expansion, and Dr. Mona Jain Middle School will be open for the 2019-'20 school year.

Prices in The Ranch range from \$200K to more than \$1 million, providing a multitude of options for buyers, including condominiums, paired villas, and single-family homes.

Sales in Lakewood Ranch continue to come from throughout Florida, as well as from high tax markets in the Northeast, specifically New York and New Jersey. There has been growing activity from the Mid-Atlantic, including Washington, D.C., Virginia and Maryland, as well as from California.

Metrostudy is the leading provider of primary and secondary market information to the housing and related industries nationwide. In addition to providing information, the company is recognized for its consulting expertise on development, marketing and economic issues, and is a key source of research studies evaluating the feasibility of residential and commercial real estate projects. Services are offered through an extensive network of offices strategically located in major metropolitan areas throughout the country.

FROM PAGE 26

mance across a person's lifespan. Grocery stores and restaurants can be enhanced to offer brain healthy shopping lists and menu selections to their customers.

An estimated one in three people worldwide suffers from a brain-related health condition, according to Erin Dunn, Sc.D., an epidemiologist and professor of psychology at MGH, and assistant professor of psychology at Harvard Medical School.

Dunn, who is the director of research and a principal investigator for the BHI, added that the goal of the initiative is to research issues affecting brain health to develop new methods of diagnosing and treating a range of neurological and psychiatric conditions across the lifespan from Alzheimer's and Parkinson's disease, to autism, addiction disorders, depression and anxiety, all while working toward lessening the prevalence and burden of brain-health conditions in the long run.

"I am hopeful that this initiative will lower health care costs and improve quality of life by helping promote brain health and reducing brain-related diseases," said U.S. Representative Vern Buchanan, a senior member of the House Ways & Means Committee, which has jurisdiction over tax policy, international trade, health care, welfare and Social Security.

The BHI is inspired, in part, by the long-term, ongoing Framingham Heart Study. Commissioned in 1948 by the National Heart, Lung, and Blood Institute and Boston University, the study is widely credited with uncovering the effects of smoking on the heart, benefits of aspirin and a healthy diet, and the relationships between high cholesterol and heart attacks.

For more information or to support project funding, visit www.brainhealthylwr.com.



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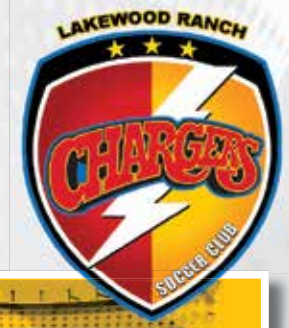
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