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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, APRIL 21, 2021



RANCH NITE WEDNESDAYS WINDS DOWN – the popular weeknight event, which restarted (in person) in January, ends its first 2021 session on April 28. It will return in late summer at its new home in Waterside Place. For more information see pages 12 - 13. Photo by Eric Nalpas

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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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Lakewood Ranch Cinemas Re-Open

After a soft opening on March 31 and April 1, Lakewood Ranch Cinemas opened for business starting April 2. Hours will be 12:30-8 p.m. Fridays, Saturdays, and Sundays.

Attendees are required to wear masks at the theater (except when eating or drinking). Masks will be available if needed for \$1.

Officials said they are working toward securing a regular programming schedule. More information will be forthcoming, an announcement on the website promised.

"We are excited to see you all back in the theaters and have been working very hard to make sure your return to the cinema is an enjoyable experience," officials said. "Everyone here at Sarasota Film Society thanks you all so much for your patience and support. Our re-opening would not be possible without your generosity. See You at the Movies."

For more information visit filmsociety.org or call (941)955-3456.





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RIVIERA MEDITERRANEAN GRILL

Your New Favorite Place?

By Ernie Soller
Community Correspondent

What makes for a really good restaurant ... the kind of place that becomes your “go-to” place ... the kind of restaurant that you gravitate to, since you just know that pretty much anything they serve will be delicious?

Of course, that feeling also goes to the ambiance of the place; not only to the décor, but to the service.

Personally, I like a nice, comfortable sort of place. It doesn't have to be fancy. It doesn't have to have crystal chandeliers, lots of dark wood paneling, or “old master” -style paintings above each table. Warm and inviting is more my style. My favorite neighborhood restaurant prior to moving to Florida was a family-owned Italian restaurant. It was a place to which I went on numerous occasions. I even took my co-workers there for dinner prior to an evening event sponsored by one of our suppliers. I knew that anytime I went there, I'd come away happy.

Well, I may have found my new go-to restaurant here in Greater Lakewood Ranch.

The name of the place is the Riviera Mediterranean Grill, and it is located at 8742 State Road 70, in the Ranch Lake Plaza shopping center, directly across State Road 70 from the main entrance to the Rosedale community.

Riviera Mediterranean Grill is relatively small, as local eateries go. It will never be confused with the giant pizza bar, and equally large steak house, down the street. It has only eight tables inside, with a half-dozen stools at the bar area, plus a couple of outside tables along the walk, in front.

But, then, who needs a huge venue when the Riviera provides such a nice, quiet, warm atmosphere. The walls are painted a warm yellow. There are pictures on the walls – photographs of food and spices – nothing fancy, but tasteful. The folks working there are friendly and efficient, and yes, they do wear their masks.

But, let's talk about the food.

I actually dined at the Riviera Mediterranean Grill twice before writing this review. The first time, my wife and I went with old friends with whom we've dined out for years. The bottom line about the comments I heard was this: the food was great ... and everyone had a different dish. My friend, Al, had beef tenderloin, which was served with slices of pita bread. His wife had a dish of gyro meat, and my wife, Terri, had a chicken dish.

Now, here's the kicker. Anyone who knows me well is aware that chicken is definitely not my favorite meat. However, for purposes of research, I ordered a combination of shrimp and ... chicken, which was served on a bed of noodles. It was excellent. Both the chicken and the shrimp were coated with a tasty glaze. I might even order it again at a later date.



PHOTOS BY ERNIE SOLLER



The second trip to Riviera was a little different. We were treating another couple and ordered different items. Terri had chicken cacciatore, Laurie had Chicken Farnese, Bill had another chicken dish, and they all commented that their choices were good ones.

I, on the other hand, reverted to my habit of not ordering chicken and had what was possibly the best meal I've had in months: lobster ravioli covered with bits of crab. Fantastic! The dish was a bit spicy, but not overly, and I kind of had to control myself in order to not order an additional portion. Yes, it really was that good.

We all had a little wine, and a great time. The ladies split a dessert item, which they praised. The desserts are presented on a large tray, and are VERY appetizing. I managed to restrain myself from ordering, but it took a chunk of willpower!

Appetizers and small plates include hummus, babaganoush, dolmades, and chicken

lemon rice soup. For the main course, there are pita wraps and sandwiches, various platters, and entrees like kabobs, picattas, and pastas.

The service was great. There was no hint of pushiness, with no attitude other than that of quiet, efficient service. These folks know the value of a nice, quiet dinner with friends, and it shows.

So, what recommendations can I give about the Riviera Mediterranean Grill? Go there as soon as you can! Go before the rest of Lakewood Ranch finds out about this new gem of a dining experience, and the place gets so crowded that you can't score a table. It might be a good idea to call ahead for a reservation since, as previously indicated, the Riviera is not a large place with lots of tables. You can also order on line for pick up.

Hours are 11:30 a.m. to 9 p.m. Tuesday through Friday, and 4 to 9 p.m. Saturday through Monday. Call (941)751-7600 for reservations or more information, or visit rivieramediterraneangrill.com.

Go there. You won't be disappointed.

April Programs at Chabad of Bradenton & Lakewood Ranch

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

Torah Classes

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

At the virtual Chabad House

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

Torah Studies

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

At the Chabad tent

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

At the Chabad tent

Friday nights, 6:30 p.m.;

Saturday mornings at 9:30 a.m.;

Shabbat Kiddush at 11 a.m.

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

Torah & Tea

At the virtual Chabad or at the Chabad tent

April 27, 11 a.m.

Join Chanie Bukiet through for a weekly dose of delicious tea and refreshments spiced with lessons on the weekly Torah portion and round the table discussions. Admission is free. Sponsor a class in someone's memory or honor for \$25

Chabad Hebrew School of the Arts

At the virtual Chabad House or at the Chabad tent

April 25, 9:15 a.m. - 12:45 p.m.

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

JLI - This Can Happen

At the virtual Chabad House

Wednesdays, beginning April 28, 7:30-9 p.m.

For thousands of years, the prophecies of a “Messianic age” stretched the imaginations of even the most fervent believers. Join us for this six-week course taught by Rabbi Mendy Bukiet to demystify the Jewish idea of a perfect world and to discover a practical path for reaching it in our lifetime. Fee: \$75 (textbook included.)

Grand Lag Ba'omer Celebration

At the Chabad property

April 29, 6:15 p.m.

Join us for a grand bonfire, music, falafel with Yoav, kosher BBQ, marshmallow roasting, exciting BMX show and entertainment at the Grand Lag B'Omer celebration. Socially distanced with COVID safety precautions in place. Free admission. Nominal food fees apply. Sponsor this event for \$250.

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

Lakewood Ranch Medical Center Offers New, Non-Invasive Diagnostic Technology for Heart

Lakewood Ranch Medical Center (LWRMC) is one of the first hospitals in Manatee and Sarasota counties to offer cardiac patients the HeartFlow Analysis, a first-of-its kind non-invasive, diagnostic technology that aids physicians in the diagnoses of coronary artery disease (CAD), the most common form of heart disease.

CAD is the leading cause of death for both men and women in the United States. CAD develops when the arteries leading to the heart narrow or become blocked, which may lead to a reduction in blood flow to the heart, causing chest pain, heart attacks and death. Despite being the most common form of heart disease, studies have shown there is a need to improve how CAD is evaluated and diagnosed. Many of the non-invasive tests available today have low accuracy rates in detecting CAD. Additionally, a recent study found more than half of patients with suspected CAD who underwent an invasive coronary angiogram (ICA) had no need for intervention, since no blood flow-limiting blockage was found during the procedure.

The HeartFlow Analysis shows how each blockage impacts blood flow to a patient's heart. Using a CT scan, the HeartFlow Analysis creates a computerized 3D model of a patient's coronary arteries. With trained specialists and powerful computers, the HeartFlow Analysis simulates blood flow and assesses the impact of blockages on blood flow to the heart. Physicians receive a digital, color-coded, 3D model of the patient's coronary arteries that is available as a color-coded 3D model on web and mobile.



Three cardiologists on staff at both LWRMC and Manatee Memorial Hospital have been trained by HeartFlow: David C. Buck, DO, FACC; Eugene M. Parent, MD, FACC; and Bruce R. Lipskind, MD, FACC, all from Bradenton Cardiology Center/Manatee Physician Alliance.

"Historically, we have been faced with either using tests that were frequently inaccurate or putting a patient through an invasive procedure to determine whether they would need another invasive procedure to restore blood flow," said Dr. Buck. "The HeartFlow Analysis completely changes this paradigm, providing essential information that can help us determine the

best approach for a patient through a convenient, non-invasive platform.

"The HeartFlow Analysis will help us develop the most appropriate treatment plan for a patient with coronary artery disease without the need for unnecessary surgery to our patients."

The HeartFlow Analysis has been used on over 75,000 patients with suspected heart disease. Additionally, in clinical trials, using the HeartFlow Analysis helped identify which patients did and did not need invasive treatment. The use of the HeartFlow Analysis also reduced the cost of care by 26% compared to usual care.

LWRMC, a member of the Manatee Healthcare System, opened in 2004, and has earned the Gold Seal of Approval from The Joint Commission. The Gold Seal of Approval is recognized across the nation as a symbol of quality that shows the hospital's commitment to meeting certain performance standards.

In March, LWRMC received the "Best Hospital in Manatee County" recognition in the Sarasota-Herald Tribune's Reader's Choice Awards, for the third year.

"Lakewood Ranch Medical Center is proud to be your hospital of choice for the third consecutive year," said Andy Guz, chief executive officer of LWRMC. "This award recognizes the high levels of quality and service that we provide to patients and their families."

For more information about LWRMC, visit lwrmc.com.



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THE BRAIN HEALTH INITIATIVE (BHI) BE BRAIN HEALTHY MOVEMENT

Protect the Planet, Protect Your Brain Health

By Stephanie Peabody, PsyD, HSPP,
Neuropsychologist, Founder and
Executive Director, Brain Health Initiative



There are so many reasons to protect our planet, but did you know that protecting our environment can also promote a healthy brain? As we celebrate Earth Day this month, we also celebrate ecotherapy. Research shows that ecotherapy — also known as green therapy or nature therapy — can improve our mood and ease anxiety, stress and depression.

Ecotherapy connects our brain and body health to the Earth and its natural ecosystems. It suggests that activities related to nature — plants and animals — have positive effects on protecting brain health and decreasing risk factors for brain illness. For example, our interactions with our natural environment increase our sensory contact and mindfulness. Spending just 20 minutes in nature, without our cell phones and social media, reduces our cortisol levels, often referred to as the stress hormone.

Interacting with natural spaces offers other therapeutic benefits. Researchers have compared the brain activity of healthy people after they walked for 90 minutes in either a natural setting or an urban location. They found that those who did a nature walk had lower activity in the prefrontal cortex, the region of the brain that focuses on negative emotions. Calming nature sounds and even outdoor silence can lower our blood pressure and stress levels, and the visual aspects of nature have a soothing effect. Focusing on trees and flowers can distract us from negative thinking.

This may help explain why getting outside has been such an essential element for surviving the COVID-19 pandemic. Physical distancing and avoiding crowded spaces have been essential to preventing the spread of the virus, and a great source to boost our resilience and decrease our risk to stress and anxiety. Over the past year, many of us have turned to nature as a way to escape the confines of home. According to Harvard Health, getting out into nature is a prescription for better brain health with at least five potential benefits:

1 Increased vitamin D levels. Sunlight on our skin leads to our body's production of disease-fighting vitamin D. Studies suggest vitamin D protects us against osteoporosis, cancer, depression, heart attacks, and stroke. Low levels of vitamin D are also linked to cognitive impairment, which can be a precursor to dementia and Alzheimer's. Many of us don't have enough of the sunshine vitamin circulating in our bodies, but getting outside on sunny days can help us make all the vitamin D we need. Sunscreen can block the UVB light that boosts vitamin D production so taking a morning walk without sunscreen is OK, but always use sunscreen at the beach and when outside for extended periods of time, especially at midday.

2 Increased exercise. Yes, we can be out in the fresh air and doing nothing, but we are more likely to be active if we are

outside than when we are inside. If we have a goal of getting outside it usually means more time spent walking, biking, gardening, landscaping, and doing other things that put the body in motion. This goes for both adults and kids.

3 Increased happiness. Sunlight and physical activity elevate our mood and help us relax. Being engaged in outdoor activities often means more smiles and laughter. Researchers have begun considering the concept of "green exercise" or exercising in nature to help improve our mood. Who among us doesn't feel happier and more relaxed after a walk in a beautiful setting?

4 Improved concentration. Studies show that children with ADHD scored higher on a test of concentration after a walk through a park than after a walk through a residential neighborhood or downtown area. While it may be a stretch to make a blanket statement about green exercise improving our focus, if we are having trouble concentrating on a task getting out into nature may help.

5 Faster healing. Researchers report that surgery patients exposed to natural light experience less pain and stress and take fewer pain medications during their recovery. Even a "room with a view" can aid in recovery.

We often think of green spaces when we talk about nature: those environments that include trees, grass, and flowers. But researchers are also recognizing the brain health benefits of blue spaces — being on or near the water — for reducing stress and creating a sense of calm and well-being.

Living on Florida's Suncoast, we have the advantage of enjoying green spaces and blue spaces year-round in Lakewood Ranch as well as Manatee and Sarasota counties. In addition to outdoor spaces, our local communities do an excellent job of supporting activities and events that promote wellness. If you are interested in learning more, visit these sites: · My Lakewood

Ranch · Manatee Parks and Natural Resources · Friends of the Legacy Trail · Sarasota Parks, Recreation and Natural Resources.

There are many ways to protect our environment and support our brain health at the same time. The BHI suggests these outdoor activities but we all have our own favorites. The key is finding something your entire family can enjoy and get out there!

- Take a walk
- Go bird watching
- Look for seashells
- Join a beach clean-up program
- Visit a garden
- Volunteer for an environmental non-profit
- Support and use recycling programs in your community
- Volunteer to help at a local park
- Start a neighborhood clean-up project
- Ride your bike to work

The Brain Health Initiative (BHI) is a cutting-edge approach to protecting brain health, promoting brain performance, and fighting brain illness across the lifespan. The BHI is creating brain healthy communities, cultures that foster brain health protective factors and address risk factors, thereby improving brain health and optimizing brain performance outcomes for the Florida Suncoast region and beyond. Join the BE BRAIN HEALTHY movement, because brain health matters, and lifestyle makes a difference.



Ranch CDD Boards Ponder New Charges for Memorials

By Ernie Soller
Community Correspondent

For a long time now, residents of Lakewood Ranch have requested (and paid for) memorial items to commemorate loved ones, accident victims, and people who have made contributions to the community.

In general, what the various districts charged for establishing these memorials has, up until recently, been sufficient to cover the cost of materials and labor.

However, as supervisor Keith Davey of District 4 noted, a resident recently asked to establish a memorial, and was willing to pay the District's fee. But in taking a closer look at the cost, the District found that it was going to lose money if it charged the previously set fee. The cost of the project was more than they had previously charged.

This situation has impacted the other Lakewood Ranch community development districts also, so the respective boards have begun discussions as to re-setting fees.

During the District 2 board meeting, supervisor Tom Green inquired as to why this somewhat insignificant procedure required a public notice.

Attorney Andrew Cohen replied that since the District is a government entity, the public notice of fee changes is a legal requirement under Florida law.

In District 1, there was a lengthy discussion regarding the possibility of the District taking action to lessen or eliminate the erosion problems that have residents of the Bluffs neighborhood concerned. The problem stems from land being eroded by the waters of the Braden River during periods of large storms, along with the possibility that some residential roof drainage is, in some cases, draining toward the river instead of toward the street, aggravating the erosion.

Attorney Chris Van Hise, via Zoom, noted that the District has the authority to enter into the design and construction of an erosion control project.

However, there is the question as to how such a project would be paid for.

Would only the owners of the affected lots have to pay the entire cost of such a project, or would the cost be seen as benefitting the entire District's water management, and, as such be spread out through the entire District?

Hise commented that there are statutory guidelines for this under Florida law.

He also noted that erosion is a naturally occurring event, and the District is not obligated to remedy what happens naturally.

Engineer Richard Ellis commented that the

District has an obligation to maintain a storm-water runoff system, and that remediation might need to be done even if the issue impacts only a small number of lots.

District board chairman Alan Roth noted that such a project could cost a very large amount of money and depending on the cost, the District might have to issue bonds to cover that cost – a move that might leave residents in other areas of the District unwilling to share the cost.

Attorney Hise also noted that a request for a hazard mitigation program grant to pay for the erosion control was denied. Discussions are ongoing.

As to the possibility of the County erecting a traffic signal at the intersection of Clubhouse Drive and Lakewood Ranch Boulevard, engineer Ellis stated that this is being worked on with Manatee County officials.

During the District 2 board meeting, there was a discussion as to whether the District could mandate the installation of soil moisture sensors (SMS) to help eliminate over watering by residents who continue to run their irrigation systems excessively, costing the District a lot of money in irrigation charges.

Attorney Andrew Cohen responded that yes, the District has the power to do this, but it would be very difficult to enforce. Supervisor Don Avolio suggested that the District mandate such a move, but give residents an opportunity to opt out at the onset.

At the District 4 meeting, the board accepted the resignation of supervisor John Freeman, due to his move out of District 4 to another part of Lakewood Ranch.

At the District 5 meeting, discussions were held on several important projects.

The changes at the Players Gate will involve narrowing the roadway leading into the gate, making it more difficult for drivers to "piggy-back" when entering the gate. This "piggy-backing" has led to damages to gates and arms in the past. The narrowing of the roadway will enable the expansion of sidewalks in the area as part of the project. Gator Paving has been contacted to make sure that proper traffic control will be followed during the construction project.

In addition to the Players gate project, District 5 will be starting a major re-paving project on Arnold Palmer Green and Players Drive.

The Presidio berm improvement project should be completed by mid-summer. This project was made necessary due to very poor water runoff in the area, which resulted in flooded areas – even lanais.

SEE CDD, PAGE 18

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LAKEWOOD RANCH COMMUNITY ACTIVITIES

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The month of April was a big one for the LWR Community Activities team! With the launch of almost all of our quarterly parks programs, we are pleased to offer a diverse collection of events and activities to the Lakewood Ranch community. Alongside programs that are continuing from our first quarter, we also have a number of brand-new offerings! Our programming includes activities for all ages and levels of fitness. From "Acting for Kids," which launched March 29, to "Intro to Disc Golf," which launched April 3, we want every member of the family to be able to take part in fulfilling experiences. All programs can be found on our website at myLWR.com, as well as the new myLWR app – available in the App Store and Google Play.



Keith Pandeloglou
Director of LWRCAC

Find your zen with our continuing yoga programs, including "Youth Yoga" for ages 5-9, "Yoga for Tweens & Teens" for ages 10-16, and "Yoga in the Park" for all ages! "Yoga in the Park" takes place bi-weekly at Bob Gardner Park, while



"Youth Yoga" and "Yoga for Tweens & Teens" take place on select Saturdays through June – see our website for exact dates and times.

You'll never wonder what to do with your weekend here in Lakewood Ranch! Join us at 8 a.m. April 24, at the beautiful Summerfield Park, for "Men's Soccer," brought to you by The Men's Soccer Club. Following "Men's Soccer," our "Bolly X" class takes place at 9 a.m. at Bob Gardner Park. Bolly X is a unique fitness class that combines a fun Bollywood-dance experience with a great cardio workout. Another class offered on Saturdays is "Mixed-Ability Dance & Movement," a movement and dance class specially tailored for all children – of all and any abilities – from 10-11 a.m. at Greenbrook Adventure Park.

Alongside our plethora of parks programs, we are also proud to partner with clubs such as the Lakewood Ranch Women's Club. These incredible women recognized a need within the community during harsh times and raised over \$5,000 in cash as well as an assortment of bags filled with kid-friendly healthy snacks, and much more, all to benefit The Children's Guardian Fund, a 501(c)(3) non-profit organization that meets emergency needs for children within the foster care system, or who are in neglectful home situations.

"On Tuesday, March 16, 2021," according to Club officials, "Lakewood Ranch Women's Club (LWRWC) delivered \$5,740 in cash and in-kind donations, including a multitude of vinyl bags overflowing with an enormous quantity of delicious, kid-friendly snacks, kids' towels, blankets, quilts, pillowcases, games, teddy bears, kids themed bath items and more, and a check for \$2,240 to The Children's Guardian Fund (CGF). From Feb. 22 – March 12, 2021, LWRWC held 'Snack-nado' – a successful charity drive to help provide healthy snacks and a wide variety of comfort items for children being helped by CGF, one of the Women's Club's beloved 501(c)(3) adopted non-profits. Grocery gift cards and monetary donations were also welcomed." On March 16, the donations were sorted and loaded to the brim into individual bags for each child by a small contingency from the Women's Club. The effort was a labor of love!

Svetlana Ivashchenko, CGF executive director; and Kristin Poolman, CGF program director, expressed their appreciation

SEE COMMUNITY ACTIVITIES, PAGE 17

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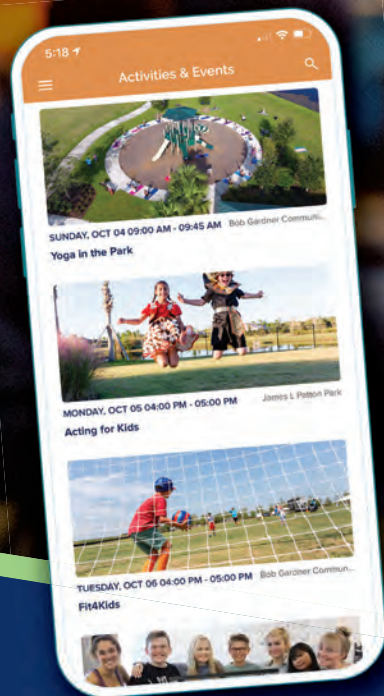
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AROUND THE RANCH



PHOTOS BY ERIC NALPAS



Lakewood Ranch's FAVORITE WEEKNIGHT HANGOUT returned in 2021

Ranch Nite Wednesdays restarted in January, in-person for the first time since March of 2020. Just as in "old times," the event featured food trucks, music, cornhole, and an (now) outdoor bar.

The cornhole leagues were run by MVP Sports and Social,

and were socially distanced, per COVID guidelines.

The event, held 5-8 p.m. Wednesdays through April 28 at the Sarasota Polo Club, will return in late summer, monthly, at its new home in Waterside Place.

For more information on events, visit myLWR.com.



THE UNASSUMING WINE BROS.



Argentine Malbecs

As the masses slowly become vaccinated and things begin (we hope) to return to normal, we yearn for trips to faraway locales with fantastic scenery, rugged terrain, great steaks, and of course, exceptional red wines – in other words ... Mendoza, Argentina! Until we can fulfill these dreams and actual travel there, we will have to settle for the next best thing: the 2018 Mendoza malbecs.

We are The Unassuming Wine Bros (UWB) – Patrick and Vigo – two regular guys who love everything about wine, including writing about it. Our goal is to explore the nuances of wine, share our adventures with you, and have a little fun along the way.

This month we explored three 2018 Mendoza malbecs. Typically we encounter some duds that you – the reader – never hear about. This month was different. We were surprised by how much diversity these three wines showed and how outstanding on their own each was. All were affordable, and we enjoyed them all. Here are our thoughts:

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

2018 CATENA HIGH MOUNTAIN VINES MALBEC, MENDOZA, ARGENTINA

\$17 U.S.; 13.5 % Alc. by Vol.

Vigo: With the Andes mountain range rising to the west of the city of Mendoza, the high mountain vineyards of Catena produce a full-bodied malbec that can be tasted in every sip. The aroma of this malbec is filled with cherries and spice, and its taste is no different. Full-bodied with black cherry, baking spice, and plum, the fullness of this wine also comes with a long finish that includes a hint of acidity and tannins. The 2018 Catena is a classic malbec and excellent value.

Vigo's Rating:

Patrick: I thought the 2018 Catena High Mountain Vines Malbec was a pretty damn good full-bodied wine at this price point! I tasted blackberry, vanilla, dark cherry, cinnamon, and spice, which made for fantastic complexity presented like a well-blended red wine. There were plenty of tannins with a long dry finish. I would pair this with filet mignon and enjoy every last bite and sip.

Patrick's Rating:

2018 KAIKEN MALBEC ULTRA LAS ROCAS, MENDOZA, ARGENTINA

\$22 U.S.; 14.5 % Alc. by Vol.

Vigo: I'll just put it out now; this was my favorite of all three malbecs we tasted this month. This malbec is a bit trickier than the others we will review. Kaiken, though identified as a Mendoza vineyard, has sourced from three separate regions in the Uco



Catena Malbec



Kaiken Malbec



Trivento Malbec



Valley, which is approximately 55 miles south of Mendoza. The three types of malbec grapes come from cool nights, rocky soils, and high altitudes, which have created a wine with an aroma of flowers, cooking spice, and dark berries. The flavor is rich, full of blackberry, black cherry, and smoky dark earthiness with a hint of tannins. The finish is smooth and silky. The 2018 Kaiken Malbec Ultra Las Rocas is a phenomenally priced malbec that is a joy to drink.

Vigo Rating:

Patrick: We let each of these bottles breathe for about 45 minutes before we tasted them. As the 2018 Kaiken Ultra Las Rocas Malbec opened up, it blew me away! It was medium to full-bodied and smooth through to the finish with notes of berry, cherry, chocolate, and earth, with tannins. Its mild spice balanced out the fruit perfectly and made for an overall easy-drinking selection. This would pair great with a chocolate dessert.

Patrick's Rating:

2018 TRIVENTO MALBEC GOLDEN RESERVE, MENDOZA, ARGENTINA

\$18 U.S.; 14.5 % Alc. by Vol.

Vigo: With a bouquet of rich red berries and plum, the 2018 Trivento Malbec Golden Reserve packs a punch – flavor and alcohol-wise. Big flavors of black cherries, ripe plums, tobacco, baking spice, and a hint of coffee coat your palate, and 14.5% APV comes in on the high side of all three malbecs we tasted. If you like your malbecs full-bodied and bold, this is the one for you.

Vigo Rating:

Patrick: In a more normal month, when not blessed with all great selections, this could have easily been my favorite bottle. The 2018 Trivento Golden Reserve Malbec drank like a classic malbec – fruit-forward, full-bodied, juicy, and with tannins on the finish. Raspberry was the dominant fruit that I tasted.

It showed nice acidity that balanced with the fruit through the finish. This wine was versatile and would pair well with many foods – I would recommend it with berries.

Patrick's Rating:

Vigo's overall impressions: Honestly, I've never considered Argentinian malbecs the selection to make when picking out a wine to drink casually or for a meal. As a California cabernet sauvignon and Oregon pinot noir lover, Argentinian malbecs were more of a niche wine in line with an Italian Chianti than my solid California and Oregon go-to's. After tasting all three malbecs, my decision has changed, much like my palate. Though the three selections were small sample size, I feel that Argentine wines are an outstanding value and have a high quality that can stand up to any U.S. or European red wine varietals.

Patrick's overall impressions: I loved all of our selections this month and will gladly drink all of them again. I did not know Mendoza malbecs could be so different than one another, yet each so tasty at the same time. The best part is they were all affordable and are great value wines. The Catena selection was initially neck-and-neck with the Kaiken, and overall was a solid bottle, but as the Kaiken opened up, it surpassed the Catena. Try them all. I would love to hear your thoughts on which one you liked best.

ATTENTION FANS AND READERS:

We have thoroughly enjoyed the overwhelming response to our recently launched social media presence. It gives us other ways to communicate with our readers about our passion for all things wine. Amazingly, we have already interacted with followers in Asia, South America, and Europe about some of the wines we have sampled in the short time period since we launched. "Like" our Facebook page, "The Unassuming Wine Bros"; follow us on Instagram @theunassumingwinebros, or email us at vigo-andpatrick@gmail.com. Let us know what you think about this article, these bottles, or suggestions for upcoming articles.

HEALTH OF WEALTH

Why Long-Term Care is a Women's Issue: The Impact of Long-Term Care on Women

By Huldah Mathis
Northwestern Mutual



Protecting your independence, your choices and your retirement savings from the potentially high cost of long-term care is important to everyone. But if you're a woman, that challenge may be even more significant. That's because women not only provide – but they also receive – the majority of long-term care services.

Consider these statistics. Today, approximately 75 percent of unpaid caregivers are women, according to the Institute on Aging (2018). This can be physically, emotionally, and financially draining. According to the 2018 C.A.R.E. study by Northwestern Mutual, 68 percent of caregivers provide financial support as part of care. With 48 percent of caregivers spending 6 to 16 or more hours a day providing

care, it's not surprising that other areas of their lives were affected as well. Fifty-four percent said their jobs were impacted by caregiving and 76 percent had to choose between caregiving and spending time with their spouse, children, friends, or taking personal time for themselves.

In addition, women live longer on average than men. This means they not only are more likely to need long-term care, they also tend to use those services for a longer period of time, according to the U.S. Department of Health and Human Services.

A common misperception is that Medicare and private health insurance will pay for long-term care needs. But Medicare pays for only a small part of long-term care costs, and only if certain conditions are met. And while Medicaid does cover long-term care, it is available only after you've spent down most of your own savings. As a result, you may need to cover the costs of care out of your own savings and retirement assets until you qualify.

In light of this, it is obvious why it's critical for women to plan for the potential of long-term care. And it's why funding potential long-term care needs has become an essential part of retirement planning for a growing number of American women today. This is where a qualified financial professional can make a difference.

An experienced financial professional can discuss your needs and concerns, help you understand your options and then design a strategy to help protect your assets so that they aren't exhausted by possible extended-care costs. By planning ahead, he or she can help you maintain your independence and ensure you have financial security to live your life your way.

Huldah C. Mathis is an agent of NM and registered representative of the NMIS based in Sarasota. To contact her, please call (941) 957-4518, email huldah.mathis@nm.com, or visit huldahmathis.nm.com.

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BAIRD

Forestar Hosts Groundbreaking for Star Farms at Lakewood Ranch

Forestar Group Inc. (“Forestar”) recently broke ground on Star Farms at Lakewood Ranch. Attendees at the event held in March included Tony Chiofalo, executive vice president and chief financial officer of Schroeder-Manatee Ranch, Inc., the developer of Lakewood Ranch; John Barnott, Manatee County Building and Development Services director; Tony Squitieri, Forestar West Florida Division president; Tim Martin, Forestar West Florida Development director; and Robert Price, Forestar West Florida land development manager.

Star Farms at Lakewood Ranch will be a multi-generational lifestyle community that offers an experience tailored to meet the needs of today’s diverse homebuyers, officials said. The 700-acre, gated neighborhood Forestar will develop is planned to be a resort ranch hometown featuring 1,500 single family homes, paired villa retreats and townhomes with a variety of amenities, clubs and hospitality services. Positioned within Lake-



wood Ranch, Star Farms is minutes from dining, shopping, and cultural activities, as well as top-rated beaches.

“It is exciting to begin our journey, watching our designs become places and our creations become new experiences,” said Forestar West Florida Division President Tony

Squitieri. “In a short time, we will see families creating homes, friends and neighbors exploring new relationships and our community becoming a hometown for many. A place where generations of family, including grandparents, parents and children, can experience life together with many new adven-

tures and discoveries ahead.”

Builders are expected to be introduced this summer and construction of model homes is planned to begin in the early fall of 2021.

“We are thrilled that we are moving closer to the opening of Star Farms, a village that will offer a unique mix of family and age-appropriate amenities and homes woven into a traditional town setting,” said Laura Cole, senior vice president of LWR Communities.

Whether exploring new adventures, discovering new passions, meeting new neighbors, or finding new ways to connect with nature, Star Farms will be an extraordinary place to call home, Forestar Group officials said.

Forestar Group Inc. is a residential lot development company with operations in 51 markets in 21 states and delivered 11,518 residential lots during the twelve-month period ended December 31, 2020.

Visit www.starfarmslwr.com and join the VIP Club for the latest information.



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THE (PET) DOC IS IN!

By Erin Siems, DVM

“Things just aren't what they used to be.”

Usually that statement is full of lament. When it comes to dog training, we are embracing that statement. The old way of fighting with a dog to dominate them and get them to do what you say has given way to positive and reward-based teaching. The best thing about it: done right, it actually works and it's FUN! “Training” has given way to communicating (albeit, at first, sometimes it is more bribing) to get to a common goal. Training is not just for cute tricks – although there are many out there. It is important for everyday life skills, as well as learning appropriate behaviors around other people and animals. The tricks to successful training are consistency, making it a fun and positive experience and timely rewards, whether that be treats or praise. It is important to watch your pet's nonverbal cues to see if they are engaged and understand what you are trying to communicate.



And for those of you with cats, all hope is not lost. Although it is more challenging to convince a cat they want to do what you want them to, you can communicate with (never tell a cat they are being “trained”) them too. Granted it typically takes more of a high value treat than praise alone, and much more repetition, but it can be done.

If you and your furry buddy aren't speaking the same language, there are plenty of very talented trainers out there to help. Ask your vet for suggestions, read reviews and talk to trainers to make sure their personality and philosophy works with you and your pet's needs. Always remember, this should be a fun, positive experience for both of you!

Dr. Erin Siems graduated from Ross University School of Veterinary Medicine in 2010, and has enjoyed working in both general practice and emergency care. She has been practicing in the Lakewood Ranch/Bradenton area for the past seven years. She enjoys general practice because it gives her the ability to build relationships with her patients and their families. Dr. Siems opened her own practice, Big Paws Animal Hospital in Lakewood Ranch, in May 2020. Email pet questions to reception@BigPawsAnimalHospital.com.

COMMUNITY ACTIVITIES FROM PAGE 10

to the Women's Club for stepping forward when so many supporters are pulling back due to the pandemic. They thanked LWRWC for making a real difference in the lives of children they serve. CGF, an organization that immediately responds to the needs of children removed from abusive or neglectful homes, provides emergency funding for children in foster & state care. CGF provides emergency needs, tutoring, summer camp and activities, cribs, beds, school clothes and so much more, and they partner with Guardian ad Litem Program. Guardian ad Litem volunteers, along with professional staff members, work together to provide advocacy for children with the goal of finding a safe and permanent home. There are over 1,400 children in foster or state care in our area with only 500 Guardian ad Litem volunteers serving these 1,400+ vulnerable children. Please visit childrensguardianfund.org for more information.

LWRWC thanks all the generous donors for their wonderful contributions to help sweeten the lives of children who have braved so much trauma and adversity. To learn more about LWRWC, please visit www.lwrwc.org.



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Body Issues? Check Out Affinity Wellness 4 Life!

By Ernie Soller
Community Correspondent

It is no secret that Lakewood Ranchers, as a whole, are prone to take good care of themselves. It probably would not surprise the average Lakewood Rancher to learn that a lot of this desire for “improvement” is not limited to purely losing weight and toning up the old “beginning-to-sag bod.”

The number of businesses and clinics catering to beauty treatments, physical fitness, and plastic surgery hits a pretty high number in the Lakewood Ranch area. The Ranch is considered a preeminent health and fitness community and as a result, folks around here expect services that cater to the “healthy life aesthetic.”

You can find massage therapy, weight-loss programs, plastic surgery, holistic health clinics, and a host of “spa” locations. Some are good, some have their limits – depending on the services the client is seeking – but even with COVID, these businesses appear to be thriving. After all, even if you can’t get together without masks and “social distancing,” you can still look good and take good care of yourself. Admiring glances can come to you, even if you’re wearing a mask – and most of us are abiding by the CDC recommendations and are wearing our masks!

One of the newest businesses in Lakewood Ranch that caters to those who want to slow down the “aging factor,” or just acquire assistance in getting in better shape and to look their best, is now open at 4335 Solutions Lane, just west of Lakewood Ranch Boulevard and north of 44th Avenue East.

The name of the new facility is Affinity Wellness 4 Life, and the director/owner is Dominic Sorrentino.

Sorrentino started his journey to Florida and Lakewood Ranch as a kid who grew up in Buffalo, New York, in the land of lake-effect snows (snow measured in feet, not inches) and frigid winter temperatures.

His family owned Italian restaurants in Buffalo, but Dominic’s interest took a turn toward the medical field. He got his initial degree from the University of Buffalo and, along with his studies (and the idea of moving to Florida), got interested in bodybuilding and physiology. He enrolled in a physician assis-



PHOTOS BY ERNIE SOLLER

tant program, and specialized in emergency medicine. Sorrentino worked in emergency rooms in the Tampa area before moving to the Bradenton area in 2005. He continued his emergency room work in the local area, and at the same time got involved in a medical spa business, dealing with Botox, laser treatments, fillers, etc.

Sorrentino is credentialed at both Manatee Memorial Hospital and Lakewood Ranch Medical Center, is fellowship trained, and holds certification from the American



Academy of Anti-Aging Medicine.

In deciding to open his own anti-aging and wellness business, Sorrentino entered the world of the Small Business Administration, local permitting, land purchase, and everything that goes with all that. Finally, in June of 2020, Affinity Wellness 4 Life got its certificate of occupancy, and was able to move into its new home.

When a client walks into Affinity Wellness 4 Life, the first thing that they might notice is the floor. There’s almost a sense of walking on a cloud – created by the swirled paint on the floor, which was then given a very high polish.

At Affinity Wellness 4 Life, most of Sorrentino’s clients concentrate on weight loss and anti-aging, including stem cell and platelet treatments designed to assist in regenerating new cells. They even offer testosterone replacement therapy for men, as well as several varieties of hemp extract. The injection menu at Affinity includes vitamin B12, listed as assisting in increasing energy and decreasing stress, to vitamin B6 – indicated to help lessen leg cramps and improving sleep.

And, this is not just a place for “ladies who lunch” to tone up their bodies, so as to look good at the club or the golf course. A substantial percentage of Affinity Wellness’ weight-loss clients are guys!

Along with the weight-loss and the anti-aging work, Affinity Wellness 4 Life offers numerous other services, including full beauty salon services, with two master stylists, Connie Mancini and Robert Miller, who are not only well-versed in hair coloring and styling, but practice their craft in a very private and comfortable settings at Affinity. Beauty is not a mass-production event at Affinity, but a private, comfortable and peaceful experience.

An infrared sauna experience, massage therapy, Botox ... the list goes on. Try out Affinity Wellness 4 Life – a new part of the “good life” in Lakewood Ranch.

Oh, and when I arrived home after talking with Dominic about Affinity, my wife asked ... “Did you get me a brochure?”

For more information visit affinitywellness4life.com or call (941)739-7900.

LIV Development launches Multifamily Summerhouse at Lakewood Ranch

LIV Development, a Birmingham, Ala.-based multifamily developer, has begun development of Summerhouse at Lakewood Ranch – a multifamily community in Lakewood Ranch. Award-winning Landsouth Construction, on behalf of LIV, will construct five, four-story elevator-serviced apartment buildings with a resort-style amenity package.

Summerhouse at Lakewood Ranch will offer 296 units, ranging in size from 755 SF up to 1,307 SF, with a sampling of one-, two-, and three-bedroom floorplans. Features will include granite countertops throughout, stainless steel appliances, luxury wood-style flooring, designer tile kitchen backsplash, extra-large closets, ceiling fans in all bedrooms, full sized washer/dryer included, keyless door entry, and more.

Tenants will enjoy a variety of onsite amenities, including a



designer clubhouse with gourmet coffee bar, resort-style swimming pool with poolside cabanas and hammocks, multiple outdoor grilling stations, dedicated workspace with private offices and conference room, a state-of-the-art 24-hour fitness center with yoga/cross training center, fitness on demand kiosk, and spin room with Echelon bikes, two fenced pet parks, 24-hour onsite community market,

and more.

The Summerhouse apartments will be located at 11716 18th Place E., off 117th Street E. Preleasing activities have already begun with first move-ins scheduled for early June 2021. Construction is estimated to be complete in winter of 2021.

To learn more about Summerhouse at Lakewood Ranch, visit summerhouseaptsfl.com or call (941)343-8997.

CDD FROM PAGE 9

During the District 6 board meeting, it was announced by Operations Director Paul Chetlain and Executive Director Anne Ross that Manatee County will be taking over the District’s sewer system very soon. Attorney Andrew Cohen is getting the legal paperwork completed for the transfer.

As for the long-awaited traffic signals at the intersection of Balmoral Woods and Lakewood Ranch Boulevard, engineer Ellis has been working with the County, and expects the work to be done in the fourth quarter of this year.

Relative to the “memorial fee” discussions, District 6 board chairman Jim Rogoze commented on a resident who went out of his way to donate benches. The resident went out and personally bought the benches and paid for the slabs to support them, and then worked with the Operations Department to get them installed.

All Lakewood Ranch district boards entered into new agreements with the Purvis Gray accounting firm to do audits for the next fiscal year.

Budget workshops for the 2021 fiscal year started in March. Residents are invited to these meetings.

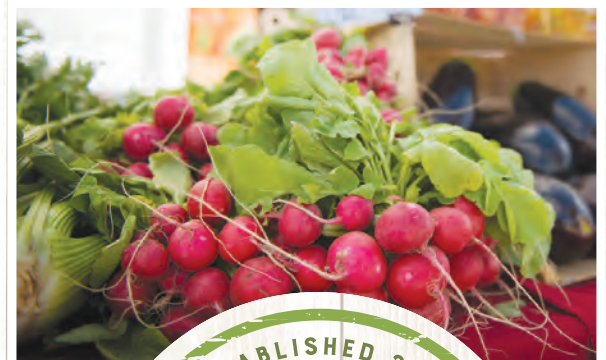
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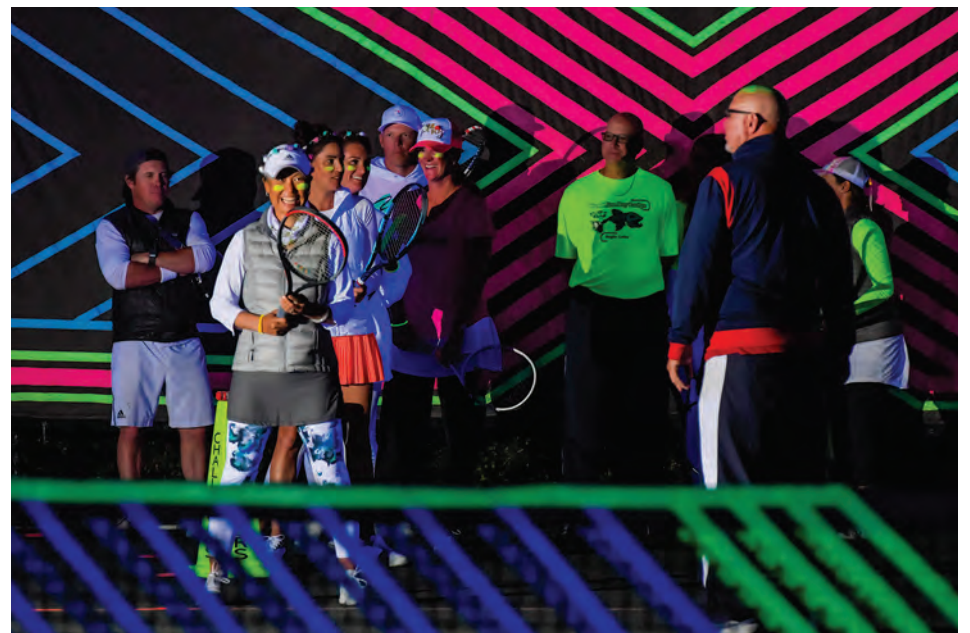


PHOTOS BY ERIC NALPAS

XGLOsive Fun!

A GLO Tennis event was held in March at the Lakewood Ranch Golf and Country Club's Tennis Center. The night experience, which took place from 8-10 p.m., featured two, one-hour sessions of drills, with an emphasis on turning traditional tennis into a fun, no-pressure social experience for people of all ages and abilities.

There were live DJs playing upbeat music with black lights, and appetizers and drinks, creating a nightclub-like atmosphere. Participation was limited to accommodate social distancing. Paul Lederman and Chris Marquez were the pros on court for the event.





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A NEW REGIONAL DESTINATION OPENING THIS SUMMER!

Waterside Place will soon be Sarasota's hottest new destination for lakefront dining, walkable retail and entertainment. Located in Waterside, a new village of the thriving master-planned community of Lakewood Ranch, your business will be surrounded by new homes in the country's best-selling community for all ages.



secure your spot today!


**WATERSIDE
 PLACE**
 AT LAKEWOOD RANCH

A STRATEGIC LOCATION

- Easy access to I-75
- 115,000 square feet of mixed-use retail, office and entertainment
- Waterfront restaurant sites available
- Open air lakefront destination
- In-line and free-standing commercial space
- Primarily street-oriented siting
- 8-acre waterfront park and entertainment venue
- Year-round Farmers' Market
- Water taxi from residential neighborhoods
- 17,000 households, 42,000 residents and counting
- Average household income of \$130,000
- 133,520 residents in the 10-mile radius trade area

CONTACT TOM JOHNSON: TOM.JOHNSON@LWRCOMMERCIAL.COM | 941.757.1636 | WATERSIDEPLACE.COM

ALEX KARRAS



L I N C O L N

SERVING FLORIDA'S
SUNCOAST SINCE 1978

2021 LINCOLN CORSAIR

at **\$349** per month36 month red carpet
lease's through
Lincoln Automotive
Financial Services.
\$3500 due at signing.

C20374 5L/MUL10849

2021 LINCOLN AVIATOR RESERVE



MSRP - \$61,985

at **\$599** per month36 month red carpet
lease's through
Lincoln Automotive
Financial Services.
\$5,550 due at signing.

A21013 5L/MGL04933

2020 LINCOLN NAUTILUS

at **\$349** per month36 month red carpet
lease's through
Lincoln Automotive
Financial Services.
\$3500 due at signing.

2L/LBL13299

ALEX KARRAS LINCOLN

6760 14TH STREET WEST - ON US 41
2 MILES NORTH OF THE AIRPORT**(941) 756-4004**

KARRASLINCOLN.COM

Payments are based on 36 month Lincoln AFS lease. Leases are based on 7500 miles per year. \$3500 due at signing on the 2021 LINCOLN CORSAIR and the 2020 LINCOLN NAUTILUS. \$3500 due at signing for the 2020 LINCOLN MKZ. \$5,550 due at signing for the 2021 LINCOLN AVIATOR RESERVE. Price's and payments include either owner loyalty or competitive make customer cash. Security deposit waived. Payments exclude taxes, tags and state / lease fees. Price's exclude taxes, tags and \$495 delivery fee.

Photos are for illustration purposes only. Offer expires 04/30/2021.