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THE COMMUNITY NEWSPAPER OF LAKEWOOD RANCH

WEDNESDAY, OCTOBER 21, 2020



LAKEWOOD RANCH FARMERS' MARKET SET TO START – The Farmers' Market will open Nov. 1, with hours from 10 a.m. to 2 p.m., at the Lakewood Ranch Medical Center parking lot. The market will continue every Sunday through April at the LWRMC location, and will include meat, eggs, dairy, juices, and a variety of other foods. For more information see pages 12-13.

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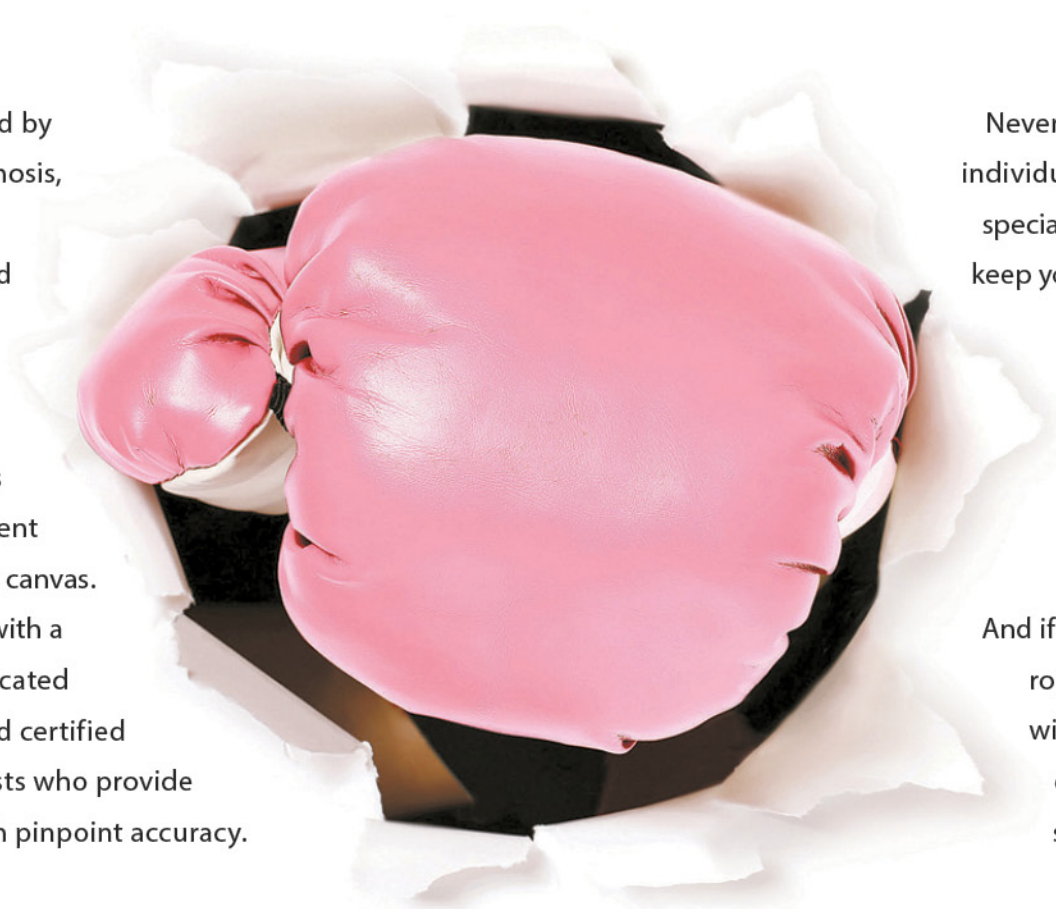
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CONTACT INFORMATION

Editor:

Lisa M. Barnott
lisa.barnott@lakewoodranch.com

Contributing Writer:

Ernie Soller
efsoller@hotmail.com

Proofreaders:

Sue Chaney
Chris Westlake

Community Programs:

Keith Pandeloglou
keith@lwrccac.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

Sarasota County Government:
941-861-5000

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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LAKWOOD RANCH GOVERNANCE MEETINGS

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Lakewood Ranch Parish Member Ordained as a Catholic Deacon

By Ernie Soller
Community Correspondent

We've heard of the term "deacon" in numerous contexts, some in religious contexts – or maybe not quite – such as the mascot of the Wake Forest University athletic teams, the "Demon Deacons." Then, again with a sports connection, there was the feared NFL defensive end, David "Deacon" Jones, the guy who invented the term "sack." The NFL's Deacon Jones Award is given annually to the player who racks up the most sacks in a season.

But just what is a Catholic deacon?

From the very beginnings of Christianity, it is recorded in the Bible in the Acts of the Apostles that the 12 apostles whom Jesus picked to continue his work found that they were so busy preaching and teaching people about Christianity that they were way overstretched, and they could not perform some of the other tasks which fell to them. So they selected "seven men of good repute" to take care of the duties of serving and assisting the original 12. These men became the original deacons.

The job of a Catholic deacon has always been to serve and assist the Church's priests and bishops in the ministry of the Church. To become a Catholic deacon, a man must go through at least five years of study in canon law, theology, and pastoral ministry, along with contemplation and prayer. They are often married men, although if their spouse dies, they must agree not to remarry.

They can perform a number of duties that often have been the responsibility of priests. They can preside at funerals and weddings, though not as part of a Mass. That requires the presence of a fully ordained priest. Deacons often are found leading prayer services for mourners at funeral homes. They can preach, baptize, lead communion services, and in certain circumstances, act as administrators of parishes.

This is a special calling – or vocation – in the Church, and in addition to the years of study, those men entering the diaconate are welcomed into their new position at a distinctive ordination ceremony presided over by the bishop of the diocese.

In August, Bishop Frank J. Dewane, of the Diocese of Venice, Fla., presided over the ordination to the permanent diaconate of seven men from all parts of the diocese, which covers most of southwest Florida south of Hillsborough and Polk counties. The ceremony took place at Epiphany Cathedral in Venice. The term "permanent deacon" means that these men are not expected to continue on to become priests, but will remain deacons.

Jack Milholland, Jr., a long-time member of Our Lady of the Angels Parish in Lakewood Ranch, was one of the seven. Milholland, born in Jacksonville to a family with Florida roots



going back to the 19th century, moved to the area with his family as a child, and graduated from Cardinal Mooney High and Florida State before going into the family oil distribution business, with which he is still involved, as is his wife, Toni.

Milholland notes that his family always stressed service to others, and he has made service a big part of his life. Among other things, Milholland served on the School Board of the Diocese of Venice for many years, and has been active in the Knights of Columbus. Toni has also been active in service. She

still sings in the choir at Our Lady of the Angels, and is a past president of the Lakewood Ranch Rotary Club.

Milholland said that his interest in becoming a deacon – like many other young men – came from thoughts about becoming a priest. Those ideas faded after his marriage to Toni and his entry into the business world, he said. However, that "service to others" ideal kept entering his mind, especially after participating in a spiritual retreat program. It seemed that God kept calling him, and he decided to enter into the five-year permanent diaconate program.

The first two years of study, called the "aspirancy" are followed by a third year, after which the candidate is referred to as a "reader," and then a fourth year of study, after which he is considered an "acolyte," and then the final fifth year culminates in ordination to the permanent diaconate.

The ceremony of ordination at Epiphany Cathedral began with the candidates being presented to Bishop Dewane during a special Mass, after which they indicated to the bishop their willingness to be ordained and to serve. Later on, each candidate knelt before the bishop, who placed his hands silently on their heads, followed by the ordination prayer.

Then, assisting priests placed a deacon's stole over the heads of the new deacons, and helped them put on a vestment known as a "dalmatic" – the "dress uniform," if you will, of the Catholic deacon. Monsignor Joe Stearns, who retired from active priestly duties in 2015, but still serves where there is a need, did the vesting honors for Milholland.

At the conclusion of the ordination Mass, Bishop Dewane reminded the new deacons of their call to provide service, especially to the afflicted and the poor.

It is interesting to note that, while years ago, it was customary for young men to enter a seminary program as early as high school, of late many older men are joining the ranks of the clergy. Bishop Dewane himself had a business career before becoming a priest, and a former parish administrator at Our Lady of the Angels had been a certified public accountant.

The newly ordained Rev. Deacon Jack W. Milholland, Jr. has been assigned to his home parish of Our Lady of the Angels, in Lakewood Ranch.



LWR Community Activities Launches Parks & Recreation Program

Lakewood Ranch Community Activities (LWRCA) recently announced the launch of the LWR Parks and Recreation Program as part of its community offerings. Unable to host its large events this year, LWRCA has shifted its 2020 focus to activating The Ranch's parks, to bring more outdoor recreation opportunities to the community, starting with Bob Gardner and Patton parks. The LWR Parks and Recreation Program offers smaller, social distanced activities for the whole family. The group plans to increase offerings in 2021.

"Our residents and board of directors have worked hard to introduce programming that can be attended safely, promoting social distancing, and most importantly, help to increase the health and wellbeing of our residents," said Keith Pandeloglou, executive director of LWRCA. "This year has presented numerous challenges, but our goal of connecting our community via events and groups is now more important than ever, especially in a socially distanced world."

Pandeloglou said LWRCA began testing the program this summer with Yoga in the Park, presented by The Yoga Shack, to help residents stay active during the pandemic. Yoga was so popular that they expanded the program with Barre in the Park by Barre3. Yoga and barre are offered at no cost to residents on alternating Sundays at 9 a.m. at Bob Gardner Park. Given the success of those offerings, he said, LWRCA is now fully launching the LWR Parks and Recreation Program.

"Our parks rank high among our residents' most loved LWR amenities," said Monaca Onstad, director of community relations for Lakewood Ranch. "The outdoors and fresh air are vital to our wellbeing and in these days of social distancing, the outdoors have become even more important. We commend LWR Community Activities for pivoting so quickly to answer the needs of our community. The LWR Parks and Recreation Program is an exciting addition to life on The Ranch. We look forward to watching it grow!"

The LWR Parks and Recreation classes and activities this fall include the following:

- Fit4Kids, a progressive fitness program for children ages 5-10, presented in partnership with Anchor Fitness and Performance
- Mommy and Me Music Classes for our youngest residents ages 1-5, presented in partnership with the Suzuki School of Music, at James L. Patton Park
- Acting for Kids and Acting for Teens, presented in partnership with The Players Centre for Performing Arts
- Yoga for Kids and Yoga for Teens, presented in partnership with Wholehearted Education
- Yoga in the Park, presented in partnership with The Yoga Shack
- Barre in the Park, presented in partnership with Barre3

The classes and activities are open to all with reduced pricing for LWR residents. To see the complete schedule or to register, please visit myLWR.com.



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Libby's Neighborhood Brasserie in Lakewood Ranch

By Ernie Soller
Community Correspondent

A lot has been going on lately at the corner of University Parkway and Lorraine Road in Lakewood Ranch. A few years ago, Schroeder-Manatee Ranch, the developers of Lakewood Ranch, finished the rebuilding and paving of Lorraine Road from University Parkway all the way down to Fruitville Road – a major accomplishment aimed at lessening the trauma for drivers trying to head south without having to deal with I-75.

Right about the same time, a new shopping center, University Corner, opened on the northeast corner of University and Lorraine Road. At first, the biggest draw at the new center was a new Publix super market, one of the largest in the area, which features a number of amenities not found at other stores.

That was soon followed by a newcomer to Lakewood Ranch – Libby's Neighborhood Brasserie. Libby's promised to offer higher-grade food and drink to hungry and thirsty Lakewood Ranchers in a casual yet upscale setting, with at least one new "twist." The "twist" is that the large, tall windows on the front and side of Libby's can be opened up, accordion-style, so that the restaurant becomes an "open air" eatery. Who would have known at the time how advantageous that would be in the coming world of COVID-19?

Libby's offers its patrons the opportunity to sit either inside or outside, under a covered area, with a complement of fans on the outside of the building to cool things off if the weather gets a bit warm (Warm? In Florida?). And, should the thermometer start to head south, as it occasionally does even here in Camelot (Read: Lakewood Ranch), several portable heaters stand guard ready for service should the need arise.



ERNIE SOLLER

However, the worth of a restaurant lies not in its open-airedness, nor whether it has outside seating or plenty of parking. It is based on the quality of the food and service to be had.

Libby's Neighborhood Brasserie appears to have done well in both areas.

To see for myself, I ventured forth with a companion to the Libby's at University Corner for drinks and dinner.

We arrived during happy hour, and the place was relatively busy, with several tables being held for prior reservations, so we went to the bar area and ordered a glass of the house pinot grigio for her, and the cocktail special of the day – an old fashioned – for me. Happy hours at Libby's are open until close on Tuesdays, and

2-6 p.m. Wednesday through Friday. There are "2-4-1" specials on various liquors, house wines are \$5, and \$5 build-your-own martinis, as well as \$6 "bites" like crab cakes, Thai sticky wings, and Joe's meatballs.

After a few minutes, our table was ready, and we sat down to check out the dinner menu.

Being pretty hungry at this point, I went for the special, which struck me as an "I gotta have this" item – pan-roasted halibut, served with smoked corn puree, roasted baby bok choy, and chimichurri. I last had halibut in a restaurant in Seattle and finding it on a menu around here is a rarity. I found the halibut to be excellent, cooked just right, and accompanied by a bread basket of small rolls served with spiced butter.

Quite satisfying.

My companion selected the spaghetti and meatballs, which she stated were among the best she'd had. Also, by this time, she decided that she'd like another glass of the house pinot. She probably should have ordered two glasses at the bar, since the second glass came in at almost double the cost of the original.

For dessert, we split the dessert special of the evening – pineapple upside down cake served with a bit of salted caramel and cherry reduction. Mmmm, good!

And, speaking of service, our waitress, Michelle, was a delight.

The ambience of Libby's is what might be called "eclectic." There is a set of shelves in the center of the restaurant, between pillars of reclaimed brick. These shelves hold all sorts of decorative items, from a ceramic sculpture of a cactus plant, to a wooden crate filled with wine bottles, to a mini version of an old sewing machine, in addition to pots and pans and jars of seeds.

The light within the place primarily comes from what might be called "old-style" incandescent bare bulbs, and is relatively dim. With the accordion doors open, the garish bright bluish light from the parking lot light poles tends to overcome the interior lighting, making for an odd combination of color temperatures.

But, the color of light isn't what brings people to a restaurant. It's the food, and, judging from my experience, the food is good, and I will no doubt return for another Libby's dining experience.

Enjoy!

Libby's is open 11 a.m. to 9 p.m. Tuesday through Thursday; 11 a.m. to 10 p.m. Friday and Saturday; and 11 a.m. to 8 p.m. Sunday.

For more information visit libbysneighborhoodbrasserie.com, or call (941)357-1570.

Lakewood Ranch Reports Record Sales For August, Year

Lakewood Ranch had a record-setting 189 sales for the month of August, up from 115 in 2019. The Ranch secured 1,197 new home sales through the end of August of 2020, beating last year's numbers by 8 percent.

Although sales at all price points have been strong, the luxury market is performing extremely well, said Laura Cole, senior vice president for LWR Communities, LLC.

Low interest rates continue to drive demand for homes, as does the pandemic-era desire for floorplans with independent offices, separate entertainment rooms, technology packages, and pools and increased outdoor living space. Another noteworthy trend is the demand for multi-generational floorplans to accommodate family members, both seniors and adult children.

"Although demand remains strong from the Northeast and



Mid-Atlantic markets, we have seen a sizeable uptick in Florida buyers from throughout the state, especially Tampa, Orlando, and the east coast," Cole said. "Activity amongst Lakewood

Ranch buyers is also notable, with many current residents looking for new homes with larger floorplans."

Many buyers have noted that COVID-19 has accelerated life plans to reestablish roots in an environment that affords a more connected and active lifestyle, while offering ample open space and tranquility. Lakewood Ranch's vast green space, amenities, and vast array of modern floorplans has become very attractive to those seeking to escape urban centers.

Even with restrictions in place, buyers have been purchasing homes – in many cases, sight unseen – with the help of interactive chats and virtual community presentations from the Lakewood Ranch Information Center, as well as builders' virtual tours.

For more information visit lakewoodranch.com.

THE FARMERS' MARKET FOR THE ENTIRE LAKEWOOD RANCH REGION

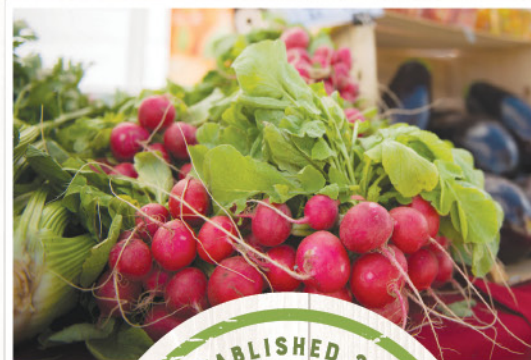
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We're so excited that we will indeed be having BooFest this year, but in a smaller capacity, and organized in a socially distanced way. We will be hosting it from 1-4 p.m. Halloween Day, Oct. 31, at the Premier Sports Campus. The attendance will be capped at 250 people, and this venue will allow us to provide a large area to ensure social distancing, one entrance/exit so we're able to restrict the number of attendees, and by having it in the daylight, reduce the chances of crowding and extra interaction.



Keith Pandeloglou
Director of LWRCAC

We hope that you would still like to join us, as we'll have returning the Art & Soul performing arts stage, a ventriloquist act, and Spheres Bubble Show (as seen on America's Got Talent) providing unique bubble performances that blow audiences away! We'll be looking to add a couple other attractions that can be accomplished in a safe way, so there will be plenty of ways to enjoy the day! All attendees will be screened upon entry, and masks will be encouraged. The field in front of the performing arts stage will have pre-drawn "circles" for groups to congregate in a safe way, separate from other attendees. For more informa-



tion and to reserve your free tickets, visit lwrboofest.org.

We're saying "peace out" to 2020! Join us for our re-imagined "Mindful Triathlon," benefitting the Brain Health Initiative. Racers will complete a virtual "mindful" morning of a 5k run/walk on their own, prior to the event, followed by an in-person up-beat yoga session, and guided meditation by The Yoga Shack. Wind down after your triathlon with a yummy snack from food trucks Deli Deli Sandwich Co. and Bowl'd Life! Yoga and meditation flows will be socially distanced. Please bring your own mat, towel, and water bottles. Register now at mylwr.com to reserve your spot; all attendees will receive an event T-shirt and medal at completion.

Our new Parks and Recreation Program is fully underway, and we're so excited to have such wonderful community partners to help us get our residents outside and staying active! The Yoga

Shack and Barre3 will be alternating Sundays for the rest of 2020 at beautiful Bob Gardner Park, starting at 9 a.m.

On Nov. 7, we will introduce two new yoga classes, specially designed for kids and teens. These will be led by Jessie DiLorenzo, with Wholehearted Education.

Our Fit4Kids program started in late September, and will continue on Tuesdays and Thursdays through Nov. 12, starting at 4 p.m. at Bob Gardner Park. Join us and Anchor Fitness and Performance, as they lead a progressive fitness program for the youth of Lakewood Ranch. This all-inclusive workout includes warm-up, cool-down, running, fundamental calisthenics, and fitness challenges!

We're excited to keep adding additional programming as we enter 2021, and we want to hear from you! Send us a note with your suggestions at info@lwrca.org.

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AROUND THE RANCH



It's BACK!!! The Farmers' Market at Lakewood Ranch Begins New Season

The Farmers' Market starts again on Nov. 1, from 10 a.m. to 2 p.m., at the Lakewood Ranch Medical Center parking lot. The market will continue every Sunday through April at the LWRMC location.

The market will include such items as seafood, eggs, chicken, duck, turkey, milk, cheese, bread, butter, cold-pressed juices, jams, pickled products, fresh pasta, ready-to-eat foods, honey,

soap, truffle oils, mushrooms, popcorn, gulf sea salt, and will offer knife sharpening.

Stop by the Lakewood Ranch Medical Center parking lot and fill your grocery bags for the week with foods from local vendors! The farmers' market has been re-designed with social distancing in mind, with masks strongly encouraged.

Visit themarketlwr.com for more information.



LWR'S Esplanade at Azario: Golf ... No Golf, ... Whatever You'd Like to Do!

BY Ernie Soller
Community Correspondent

There's a new community being built by Taylor-Morrison in the northeast sector of Lakewood Ranch, east of Lorraine Road and south of state Road 64. It's called Esplanade at Azario, and it has some pretty unique features, even by Lakewood Ranch standards.

First of all, the golf course at Esplanade at Azario is not what could be called a "developer afterthought." In some developments, the home building areas are plotted out at first, and then the golf course is put in to wind around those home structures.

At Esplanade at Azario, golf course architect Chris Wilczynski was essentially given a blank slate – a 1,000-acre parcel – and charged with building a great golf course. Then, after the course was designed, the home and amenity areas were planned to fit around the course, instead of the other way around. It should also be noted that unlike other golf-centered community developments, there are no areas that will have homes on both sides of the course. That way, the golf course will have a different feel to it, since the fairways won't be hemmed in on both sides by structures. Golfers will not have to deal with a "tunnel through town"-style course, but will be able to smell the flowers which, after all, is one reason why so many folks like to get out on great courses. Consider the enjoyment of watching The Masters. Sure, there's great golf, but half the pleasure is in the landscaping – the stone bridges, the Georgia pines, and all those azaleas!

The course at Esplanade at Azario is aiming for such a feel. And for the discriminating golfer, General Manager Yosvani Barreiro notes that the golf carts are all equipped with GPS units, and in order to allow for a better golf experience, the average timing of rounds will be around three hours and 45 minutes, so that golfers who play this course won't feel like they're being hurried along. The idea is to provide a better, more comfortable, and more enjoyable golf experience.

And if you find yourself in the mood for some new golf gear, the Pro Shoppe at Esplanade at Azario is already open and fully stocked with all the gear you need – and maybe an item or two that you might not have thought you needed ... but then, define need! Like how about a remote controlled self-powered, insulated drink cart. Yes, folks, you can find them at the Esplanade at Azario Pro Shoppe!

Since the relaxing experience is a main item at Esplanade at Azario, there are some pretty special amenities that might come into play while you are navigating the golf course. For example, how would you like to have your car detailed while you enjoy a round of golf? It can be arranged!

OK, so we've talked a lot about golf. But what if you are not a golfer and just want a great place to live with all sorts of resort-type amenities – a place to entertain your friends and family, and a place where the fun rarely stops, even if you don't play golf.

Well, unlike some area developments which require everyone to pony up for the golf course – even if they never will use it –



Esplanade at Azario does not discriminate against non-golfers. You can purchase a home at Esplanade at Azario and not have to be concerned that you're paying for a golf course that you'll never use. Homes at this new community are set up so that there are "golf package" homes (800 out of the planned 1,500 homes) and "non-golf-package" homes. The non-golf homes will have a lower fee structure. However, if you buy a non-golf package home, and decide that you might like to take on the course, you will be able to play, for a reduced fee.

Speaking of the homes, you owe it to yourself just to come out and visit the models. The design of these homes is first-rate, as is the interior decorating of the models. One feature in many of the models that I particularly liked was the attention to detail in the laundry room areas. They are shown with high-grade laundry tubs, and also have provisions for lots of storage space, as well as counters for sorting and folding your clothes. I like to do projects in my garage, and I love that I can come into my house with dirty hands and have a place to wash up before walking into the main portion of my home. Not only that, but who wants to scrub crud off a pair of jeans at the kitchen sink, and then drag that dripping wet pair of jeans through the house to the washing machine?

OK, so let's talk about some of the outstanding amenities at Esplanade at Azario.

The management team at Esplanade at Azario is operated by Pope Golf, under the direction of President Kathleen Gagg.

For starters, there's already an outdoor fitness course in place, and a dog park is coming soon.

There will be a fitness center, a Bahama Bar, a snack and drink shop on the golf course, and a large clubhouse with restaurant and culinary center facilities for residents. Channel 7's Chef Judy Gallagher is expected to be teaching cooking classes in the culinary center. The amenity center will also have a spa where residents can be pampered without having to leave their home turf. They can even get their dog groomed on-site!

But, here's something else ... There's Sunny Burleson, the life-



style director at Esplanade at Azario. She comes to the community after working in the entertainment business in both Nashville and Dallas, and she is responsible for making life a whole lot more fun for her residents.

Burleson has been hard at work thinking up loads of fun events, trips, and activities for residents of the community. She's already scheduled a virtual happy hour for residents, complete with a signature cocktail of the month, as well as a drive to collect school supplies for kids who need a little help to get ready for school.

Burleson planned a country music mini-concert for late September, featuring her friend from Nashville, Abbey Cone, one of Country Music Television's "Next Women of Country" stars.

Burleson is also planning other special events, such as partnering with a travel company to organize special resident-only tours to some great locations, like Napa Valley for wine lovers, Southeast Asia to learn about the food there, and an African safari!

Burleson would love to bring performers to the community on a regular basis, and is dedicated to matching activities to the desires of residents. She's planning trips to out-of-town sports events, along with jaunts to spring training games, and is working on organizing special events for residents, such as skeet shooting, kayaking, archery etc.

So, come on down to the newest residential hot spot in Lakewood Ranch. Check out the amenities, admire the golf course, and take a hard look at their models. You won't regret it.

Lakewood Ranch Gives Back

Members of the Lakewood Ranch Business Alliance (LWRBA) volunteered their time on Oct. 2 to assist The Players Centre for Performing Arts in moving to a temporary location before their permanent move to Waterside Place at Lakewood Ranch.

The day of volunteering was a part of the third annual volunteer initiative, "The Alliance Gives Back!" The three-day event benefitted more than 30 Alliance member non-profit organizations in the form of traditional, in-person projects, supply donations, and even virtual programs.

LWRBA members who spent their day volunteering at The Players were tasked with packing, hauling, and moving theatre costumes, stage props, and more. In the spirit of the theatre, masks were worn, songs were sung, and Alliance volunteers left with a feeling of excitement for giving back to the Lakewood Ranch community.

Pictured, from left, are Jen Kovatch, with Lakewood Ranch Community Activities (LWRCA); Monaca Onstad, director of community relations for Lakewood Ranch Communities; Mackenzie Straley, community coordinator for Lakewood Ranch Communities; Stefanie Guido, with SUGAR Volunteers; William Skaggs, the new executive director of The Players Centre; and Keith Pandelglou, executive director of LWRCA.



Halloween "Social Distancing" Concert Coming to PSC

The Premier Sports Campus at Lakewood Ranch will host a "socially distant" Halloween concert from 6-10 p.m. Oct. 31. Twinkle & Rock Soul Radio, and Reverend Barry & The Funk will perform under the stars!

The seating area will be sectioned into 10'x10' spaces. Each space can accommodate a maximum of six guests. Spaces are six feet apart for social distancing. Attendants need to bring their own lawn chairs or blankets; seating is not provided. No umbrellas will be allowed. You can sit, stand, dance, lie in the grass... do anything you want, as long as you stay in your space. No congregating or gathering at the front of the stage, or anywhere else. Proper social distancing will be enforced. Masks are encouraged,



but not required.

When you purchase a ticket, you're purchasing access to one 10'x10' square. You can have a maximum of six people in your space. Ticket prices range from \$40 to \$100 for a space, depending on your location.

Mouthhole BBQ and Cornerstone & Company Bar Truck will provide a full bar and food for sale. No outside drinks or coolers are allowed. Bags are subject to search.

There will also be a costume contest with a \$250 cash prize.

The show is a family-friendly, all-ages show. Please leave pets at home this time.

For more information visit facebook.com/events/692214728055871.



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Find Your Moment of Zen at LWR Mindful Triathlon

Lakewood Ranch will host the second annual Mindful Triathlon Nov. 14 at Bob Gardner Park. The event, reimagined for 2020, will be brain healthy and designed to help participants find their zen. The triathlon features a virtual 5K, followed by physically distanced yoga and guided meditation. The event benefits The Brain Health Initiative.

Once participants register for the event, they will complete a virtual 5K in advance of the “mindful” morning. Parts two and three of the triathlon are scheduled for 9:30 to 11 a.m. on Nov. 14 at Bob Gardner Park, featuring an upbeat yoga session and guided meditation by The Yoga Shack.

The schedule for the event:

- Now: Register for the Mindful Triathlon.
- Nov. 12 and Nov. 13: Pick up registration packet (Location TBD).
- Nov. 9 – Nov. 14: Complete your virtual 5K before meeting at the park for parts 2 and 3 of the triathlon.
- Nov. 14: Join us at Bob Gardner Park, 2710 White Eagle Blvd.
- 9:30 a.m.: Bring your mat for some upbeat, socially distanced yoga.
- 10:15 a.m.: Find your inner peace with a



2019 Mindful Triathlon - 11.16.19
ERIC NALPAS PHOTOGRAPHY

guided meditation.

- 10:45 a.m.: Event close and food trucks from Deli Deli Sandwich Co. and Bowld Life open for business.

“Mindfulness—the practice of purposely focusing our attention on the present moment—is one of the keys to increased happiness and

a healthier brain and body,” said Dr. Stephanie Peabody, founder and executive director of the Brain Health Initiative. “It helps us increase our positive emotions, general state of happiness, and overall well-being. That is something many of us need after this past year.”

The \$30 registration fee for the Mindful



Triathlon includes the virtual 5K, in-person yoga and meditation, T-shirt, and a medal. The in-person yoga and meditation flows will be physically distanced, so please bring your own mat, towel, and water bottles.

Sponsors include the Lakewood Ranch Medical Center, Lakewood Ranch Community Activities, Yoga Shack, and Waterside Place.

For information about the Mindful Triathlon, please visit lakewoodranch.com/event/lwr-2nd-annual-mindful-triathlon/ and for more information about the Brain Health Initiative and the Pilot Study please visit brainhealthinitiative.org.

HEALTH OF WEALTH

Book List

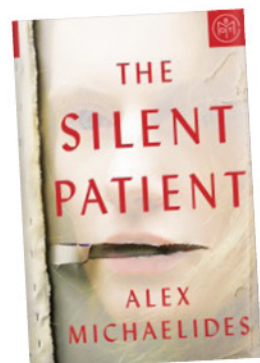
By Huldah C Mathis

Wealth Management Advisor, CFP, RICP

Everyone loves a good book recommendation! Especially since this year has brought an extended “summer reading” season, one of my favorite catch-up questions with clients has been to ask what has been on their nightstand lately.



In no particular order, here are 10 books that your local friends and neighbors have been enjoying lately ... and some of their own words on why. Enjoy!



1 “Silent Patient,” by Alex Michaelides – not one person in our book club guessed the ending!

2 “Grit: The Power of Passion and Perseverance,” by Angela Duckworth – this really makes you

think about what actually drives mastery of something – is it giftedness? Is it persistence?

3 “An Empire of Wealth,” by John Steele Gordon – a clear perspective on U.S. history that has been lost on many people in recent years.

4 “The Other Einstein,” by Marie Benedict – one of the best I have read in a long time; I knew nothing about Einstein’s wife before reading this book.

5 “Ride of a Lifetime: Lessons Learned from 15 Years as CEO of the Walt Disney Company,” by Bob Iger – a great look at the business side of an entertainment empire.

6 “Pilgrim’s Progress,” by John Bunyan – originally published in the late 1600s and written from a prison cell. A beautifully written allegory of the Christian faith.

7 “This Tender Land,” by William Kent Krueger – a masterpiece of adventure.



8 “Elon Musk: Tesla, SpaceX and the Quest for A Fantastic Future,” by Ashlee Vance – insight into a vision that is very literally out of this world.

9 “The Paris Hours,” by Alex George – four life stories intertwined; it made me want to go back to France!

10 “One Thousand Gifts,” by Ann Voskamp – with all the negativity bombarding us, this was a great reminder to change perspective by focusing on all that I have to be grateful for instead.

I will be amazed if anyone out there has read every book on this list – I want to hear from you if so!

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.

THE PET DOC

The (Pet) Doctor is In!

By Erin Siems, DVM

Ahhh, fall is finally here! The license plates are changing colors as the snowbirds return. We are finally getting a break (hopefully) from all that humidity and settling into the holiday season.



Of course, this time of year does come with some pet pitfalls. First up:

Halloween: a night of gleeful children scoring loads of candy that their parents will later try unsuccessfully to regulate.

Candy can cause anything from an upset tummy to toxicity in dogs and cats. Most people know that chocolate is bad for dogs. In fact, too much chocolate can be deadly. In general, the darker the chocolate, the more toxic it is for the pet. There are other candy pitfalls that are less known. These include "sugar free" candies and mints that contain xylitol, raisins, and some nuts. Plastic/goodie bags also pose a

potential choking or obstruction hazard.

Costumes for dogs and cats can be fun and adorable for some of us. While some pets enjoy getting dressed up, others can get very stressed. Always monitor your pet's reaction to the costume and try it out before the big day. Be cautious of costumes that are restrictive, avoid masks that will affect their vision or breathing and be aware of small pieces that can be eaten. Remember, sometimes the best costume is a birthday suit (four-legged family members only, please)!

In general, Halloween can be a scary and stressful time for our four-legged friends. The constant ringing of door bells, shadows out the front door and spooky music around the neighborhood can be difficult for some pets to deal with. You may want to consider sitting outside (with some bug spray) if you are giving out candy. Bring friendly dogs with you if they will enjoy the scene. Let the shyer ones stay inside and not be bothered. Always keep kitties inside around Halloween time for their safety.

Let's start the season off right: Be safe, have fun and be considerate of those around you no matter how many legs they have.

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



Suncoast Food & Wine Fest Postponed

This year's Suncoast Food & Wine Fest, originally scheduled for Nov. 14, was postponed due to COVID-19. The Rotary Club of Lakewood Ranch will continue to support the community in other ways, officials said, such as Giving Tuesday, and its 20N20 Campaign – a commitment from its members to complete 20 projects by February 2021, when they celebrate their 20th birthday! Grant applications will not be accepted this year, but the Rotary plans to be back on track with its event November 13, 2021, so stay tuned! For more information visit lakewoodranch-rotary.com.



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THE UNASSUMING WINE BROS.



Tasty Wines Under \$15

The Unassuming Wine Bros are unapologetic wine tasters of the people. Thus, for your benefit and enjoyment, instead of self-aggrandizing, high-brow profiles of expensive bottles, this month, we bring you tasty wines that cost \$15 per bottle or less that can be easily purchased nearby.

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.

SELECTING THE WINE

Patrick: The process of identifying this month's wines was simplified when I received a coupon in my email inbox from Total Wine for 15% off the purchase of 10 bottles of select wine. Determined to make fair use of it, I visited Total Wine's website and set the search parameters to wines under \$15 per bottle rated 90 and above and available at their Shoppes at University Town Center location. I then spent a few hours exploring the many online listings the search parameters produced, focusing on old world wines: my personal preference, bottles I had never previously tasted, and bottles that are well-regarded by prominent wine raters. After tentatively identifying a list of exciting options, I visited the retail store and, with the beneficial assistance of Total Wine's "Ty," located the bottles in well under an hour and departed with 10 bottles meeting the criteria.

Over the next several weeks, Vigo and I tasted each of the 10 bottles. Not all were great, and some were better than others. All of them seemed to get better after they got some air in them and opened up. Here are descriptions of the ones that we enjoyed the most:

RATING SYSTEM:

Vigo: US Army Sgt. First Class, Ret. (Humvees)/Patrick: practicing local attorney (Scales of Justice). Ratings are given on a 1-5 scale, with five being the highest.

2018 BANFI CENTINE RED BLEND:

90 - James Suckling; \$8.97; 13.5 Alc. by Vol.

Patrick: For nine bucks, this Tuscan blend is solid. It is a perfect combination of the dry, bright fruit tastes of Sangiovese and the darker fruit flavor of Merlot – the Cabernet Sauvignon notes of this blend were less pronounced. It was medium-bodied and easy to drink with a slightly earthy finish. I could drink this traditional Italian red wine all day and drink it again at this price point. The 2018 Banfi Centine Red Blend is the type of bottle you could pour all night at a family gathering, and everyone would be pleased with it.

Patrick's Rating:

Vigo: I can't say this enough; I love good blended wine. If you get it right, spectacular, if you get it wrong, Hindenburg landing. The 2018 Banfi Centine red blend is not stunning nor Hindenburg, it is more of a fighter jet landing on an aircraft carrier: nothing pretty, but it gets the job done. When you consider its reasonable price and its plummy floral taste coupled with a medium body, this wine from Italy's Tuscany region isn't a wrong selection.

Vigo's Rating:



2018 Banfi Centine Red Blend



2015 Tesoro De Bullas Monastrell



2015 Marchese Di Borgosole Salice Salentino Riserva



2017 Marchesi di Barolo "Maraia" Barbera Del Monferrato DOC

2015 TESORO DE BULLAS MONASTRELL:

90 - James Suckling; \$13.99; 14.5% Alc. by Vol.

Patrick: I had a low expectation for this bottle, having never previously drunk this wine type. However, I was blown away by it. This bottle was my favorite of the 10 bottles. This Spanish wine is a great-tasting and medium-bodied with a lingering finish and tannins with tart to medium cherry notes – delicious and exciting wine. If you try it, we would love to hear whether you enjoyed it as much as I did.

Patrick's Rating:

Vigo: Patrick has taken our economy class taste buds from Italy to Spain for this 2015 Tesoro De Monastrell selection. Before tasting it, I had a preconceived notion that this wine would be hardy, full-bodied, and spicy. I was completely wrong on all counts. This red wine is soft, fruity with a hint of orange peel on its finish. Its medium body, floral bouquet, and light tannins were a delight. The 2015 Tesoro De Monastrell is an elegant wine for a beer budget.

Vigo's Rating:

2015 MARCHESI DI BORGOSOLE SALICE SALENTINO RISERVA:

92 - James Suckling; \$12.99; 13.5% Alc. by Vol.

Patrick: This wine drinks like a drier, jammier version of a California pinot noir with baking spice notes that predominate over its cherry pie-esque fruitiness and subtle vanilla characteristics. This medium to full-bodied wine was exciting and full of

flavor. At this price point, you will be glad you tried it. It would go great with dessert.

Patrick's Rating:

Vigo: Okay, we're back in Italy, and this selection can't be more classic Italian. The bottle that contains the 2015 Marchese Di Borgosole Salice Salentino looks like a beautiful Italian movie star. The Puglia region where the wine is grown and harvested is in the Italian boot's heel, but this wine isn't a heel. Be warned – it needs time to breathe. When Patrick and I first uncorked the bottle, we immediately began to drink it, which was a mistake. A thick taste of leather and earth will first welcome you. Once you give it 10 minutes to open up, it returns a beautiful cherry, spicy flavor with a vanilla hint. The 2015 Marchese Di Borgosole Salice Salentino is a full-bodied earthy wine in which you will taste old Italy in every glass.

Vigo's Rating:

2017 MARCHESI DI BAROLO "MARAIA" BARBERA DEL MONFERRATO DOC:

91 - Wine Spectator; \$14.99; 14% Alc. by Vol.

Patrick: This wine was a close second as my favorite bottle of the bunch. This wine has a light fruit taste with raspberry predominating. It is delicate to medium-bodied and drinks soft on the palate with earthiness and a zesty finish. This wine is delicious. Based on my palate, I expected to love this wine and did. My only regret is not drinking it with pasta in red sauce to which it would pair off the charts well. Next, I will do so.

Patrick's Rating:

Vigo: We have gone from the heel to Italy's head for this selection, the 2017 Maraia Barbera Del Monferrato. This wine comes from the Asti region, located in northern Italy close to the French border. The varietal used is the Barbera grape, known for its deep color, low tannins, and high acidity. When you first uncork and smell this wine, its bouquet is like roses. It has a dark cherry – with a hint of leather – taste, and the finish is smooth and enjoyable. The 2017 Maraia Barbera Del Monferrato is a great bottle to open when a guest comes over, and at its price point, you can have two or three and not feel guilty that you over-indulged. Of all the wines we sampled for this column, this one was my favorite.

Vigo's Rating:

MAIL BAG

Carol G. from Lakewood Ranch wrote: "Unassuming Wine Bros, I love your articles and enjoy your opinions. Now that the holidays are around the corner, what are your suggestions for wine selections for a holiday party?"

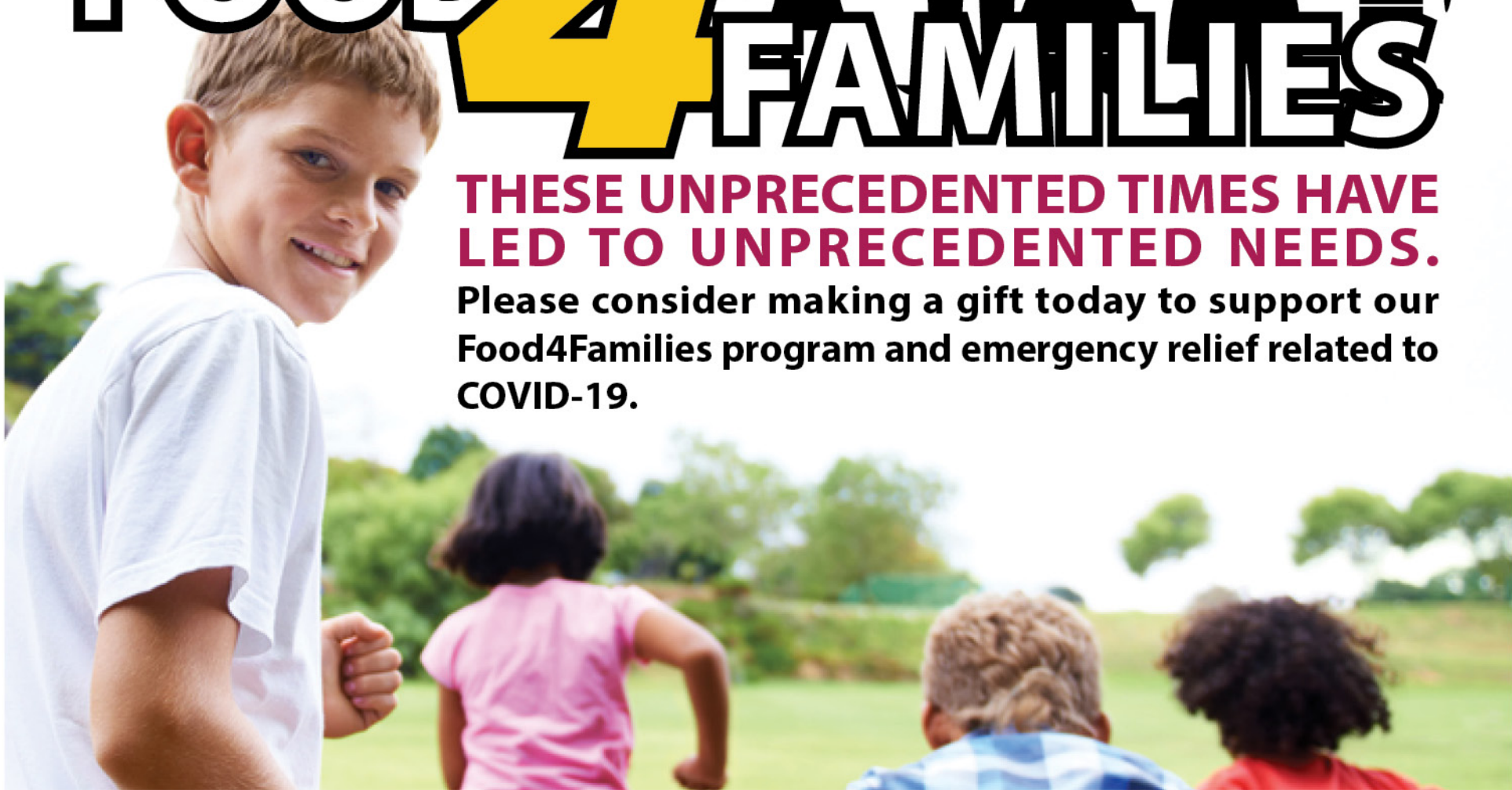
UWB: Carol, you must have hacked our computers because this is a subject that Patrick and I have discussed at length. Not to steal our upcoming article's thunder, but we will be writing about holiday wines in our next issue. So, keep reading, we'll answer your questions soon.

Let us know whether you agree, disagree, or whether you prefer other wines or pairings more. We'd love to hear your input and suggestions and are always thrilled to receive your feedback, information, and opinions. We can be reached at VigoandPatrick@gmail.com.



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