

Style

COOL
ACTIVITIES
for HOT
DAYS

Create Art,
Not Stress

PLUS:
CAMPS, GETAWAYS,
EVENTS & MORE

Summer
fun

MAY 2021



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How to Survive Summer

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[HELLO]

Rediscovering FUN



In my younger years (that's up until last year, BTW) I lived for fun. Not in a riotous, Cyndi Lauper circa 1980, Girls Just Want to Have Fun way – although that may have been true...then. It was more like those three little letters spelled some of the loveliest felt experiences life had to offer.

Then came March 2020 and I forgot about fun. I thought about safety and resilience and making the best of things. Without my fully realizing, fun just fell off my radar. Like Peter Pan in reverse I lived in the Neverland of lost fun.

But no more!

I started to remember about fun when I was invited to be the 'test guest' on Meander, my dear friends' new-to-them trimaran. On March 19 I drove to a little shore near Charlotte Harbor where they picked me up in a dingy. We rowed out to the boat and went sailing – straight on through to the in-the-moment, smile-on-face, buoyancy of fun.

That's what this issue of Style Summer Fun is all about.

Discover the latest, greatest ways to stay cool and have fun in Cool Activities for Hot Days (pg. 8). For artistic types, Create Art, Not Stress (pg. 20) explores finding new worlds of fun within your own imagination. The Return of Summer Camp (pg. 28) offers active and fun choices for kids.

If, like me, getting away for a few days sounds like a super fun notion, check out 5 Day Trips for Summer (pg. 24).

There's plenty more in the following pages to amuse and entertain, so go ahead and sail on through.

– Emily Leinfuss

Style

SUMMER FUN

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COOL *activities* *for* HOT DAYS

INDOORS, OUTDOORS
& OUTER SPACE



BY HANNAH WALLACE

The Sarasota- Manatee region is paradise, and sometimes paradise is hot. But that's no reason to hide away from summer. Now that we are going out more, safely engaging with our favorite places, we can't let the heat get in our way.

Fortunately, local recreation experts have developed amazing, creative, captivating ways to have fun, stay safe, and keep cool in this 2021 Florida, possibly-post-pandemic summer. Whether it's open-water adventures, air-conditioned exploration, guided meditation or the latest takes on classic frozen treats and summer sports, here are some of the area's coolest solutions for the hottest time of the year. ►



put your paddle in

Wherever you go in Sarasota-Manatee, the cool Gulf breezes and gentle waterways are always just a kayak launch away. And the era of lockdowns and social distancing has meant a surge in peaceful, solo watersports. In fact, business has been booming at Sarasota's Economy Tackle/Dolphin Paddlesports (floridakayak.com), according to its president Al Hurxthal.

"We've been here for 73 years, and we've never ever seen anywhere near the amount of people purchasing kayaks and paddleboards as we're seeing now," he said.

Rather than focusing on horsepower, high tech in 2021 means durable, nimble, inflatable kayaks and paddleboards. Today's state-of-the-art technology allows the latest inflatable watercraft to perform like their hard-bodied counterparts. Since they're lighter and take up less space, they're also much easier to transport. RV-ers love them.

Other trends include hands-free, foot-powered pedal kayaks – popular with fishermen – and motor-assisted kayaks, for those with less personal horsepower.

If you're not ready to purchase, rental options abound. Make sure to ask the experts for tips on where to take your paddle-powered craft. South Lido's famous mangrove tunnels draw crowds of paddlers – for good reason – but local insiders might be willing to share their secret sites with you, too.

For pure scenery, Hurxthal recommends the mangrove island bird sanctuary just south of the north Siesta Key bridge on the east side of the Intracoastal. "It's one of the most prolific bird sanctuaries on the west coast," he said. "If it's fish you're looking for, launch at Vamo Road and head toward





Opposite page (top): Kayaking through mangrove tunnels with SURFIT USA (surfitusa.com); (bottom) Stay cool while taking a Flight Through Our Universe at the Planetarium at Bishop Museum.
This page: Learning to use a telescope is one of many possible experiences at The Bishop Museum of Science and Nature. [COURTESY PHOTOS]

what used to be Midnight Pass. Depending on the season, you'll catch snook, trout, redfish and more. At the very least, you'll catch an excellent breeze."

deep space shrine

Fun fact: The first widespread, air-conditioned spaces were movie theaters. In the summertime, people flocked to the cinema to escape the heat.

The Planetarium at Bradenton's Bishop Museum of Science and Nature (bishopsience.org) takes this blockbuster tradition to another level. Originally built in the 1960s, the Planetarium's famed "full dome" underwent yet another high-tech upgrade during temporary Covid closure. Its newest, projection system takes visitors zooming across the universe in bright HD, through solar systems and asteroid belts, and settling on the verge of black holes (limited capacity, socially distanced and sanitized, of course).

The Planetarium's monthly Stelliferous Live show presents an in-depth look at the seasonal night sky in southwest Florida.

Visitors to the museum can also take in regular, 10-minute explorations like Flight Through Our Solar System and Sea of Stars: Sail Through the Milky Way. This summer, the museum's space experts will also be offering "How to Use Your Telescope" classes outside at night, weather permitting. BYOT – Bring Your Own Telescope.

While you're at the Bishop, you can also experience our area's earth-bound history and nature at From Badlands of Bradenton: Lessons From the Field. It's a great way to explore flora and fauna while still enjoying the benefits of modern AC.

Still, we always circle back to the Planetarium. Because sometimes, in the midst of all this southwest Florida sunshine, what you really want to do is lean back in a cool, dark dome and stare off into space.

trolleys, tours and treats

Ice cream has always taken the cake when it comes to summertime refreshments. In the time of Covid, ice cream

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trucks have been elevated to an essential service. This summer, may we humbly suggest that ice cream be named the official treat of getting out and reacquainting ourselves with Sarasota and her history.

In late 2019, local entrepreneur Tammy Hauser purchased an ice cream truck “really on a lark,” she said. She branded it The ChillMobile (chillmobile.com) and intended simply to serve frozen treats to customers on her popular Discover Sarasota trolley tours.

Then Covid hit, the tours were temporarily suspended, and ice cream became Hauser’s primary business.

Now, people eager for safe, outdoor gatherings as well as delectable frozen desserts can call on the ChillMobile. Hauser has seen the demand grow through a year of limited social opportunities.

“Birthdays, senior visits, openings for businesses, realtor house-warming gifts, Covid vaccine celebrations. Happy hours in the driveway have been a huge hit,” she said.

Alongside old-fashioned Good Humor bars, the ChillMobile menu has the coolest locally made delicacies: Hauser serves products from Sarasota’s Pop Craft, which makes artisan popsicles in gourmet flavors like raspberry rose almond and Mexican chocolate; Lakewood Ranch’s Lickety Splits, which produces small-batch ice cream from locally sourced ingredients; and the ChillMobile’s own “boozy pops” made with Siesta Key Rum products.

Now Hauser’s Discover Sarasota Tours (discoversarasotatours.com) have returned in full force, too, and curious sightseers can grab a Choco Taco and strap in for some seriously entertaining Sarasota history. In addition to the traditional trolley, Hauser took advantage of the Covid-19 break to purchase a passenger van that can accommodate more intimate tour groups up to nine. Every week, both the van and the trolley run a remarkable variety of themed, 90-minute tours, led by engaging, knowledgeable guides, traversing the city in air-conditioned comfort, because “you really don’t want an open-air trolley in July,” said Hauser.





Opposite page (top): Discover Sarasota Tours (DST) features distinctive expeditions with entertaining guides. (Right) DST's ChillMobile has tasty, icy treats for kids and adults. [COURTESY PHOTOS]

This page (above): Bradenton Marauders' pitcher Oddy Nuñez. [HERALD-TRIBUNE PHOTO]

The tours' themes include City Sightseeing, Explore Sarasota Public Art, Circus Secrets, Haunted Sarasota, and the Tiki Trolley Trivia Tour, which includes a stop at local classic watering hole, Bahi Hut. Summer-time sellouts are common, so plan ahead.

"Sarasota continues to fascinate me," said Hauser. "We really try to convey that love that we all have for this city."

the boys of summer are back

Baseball doesn't just embody summer; it embraces the season.

McKechnie Field at LECOM Park sits one mile south of the Manatee River. There, on that pristine baseball field, you'll find the Bradenton Marauders (milb.com/Bradenton), a Minor League affiliate of the Pittsburgh Pirates, swinging for the fences all summer long – 60 home games in all.

Originally built in 1923, McKechnie Field is one of the oldest continuously used professional baseball stadiums in the country. Recent renovations have maintained its historic ambience while also enhancing it as a top-notch spot to catch a game. In addition to bleacher seats and outfield grandstands, a walkway completely encircles the park, allowing you to view the game from every angle. Fans have voted it the "Best of the Ballparks" for high-A facilities.

Frankly, we can't think of a cooler sight on a summer evening than crisp-white unis, green grass and red clay against the purple-pink backdrop of our summer sunset skies. There is a special kind of heaven to be found sitting in the outfield seats, hot dog in one hand and mitt in the other, watching the boys of summer play as the evening breeze rolls in.



embrace your inner self

Is your yoga routine a little too routine? In honor of summer 2021, you could try practicing in the presence of some idyllic local landmarks, or simply give yourself a circus-style change of perspective.

"This is a beach community, so it attracts yoga types of people," said Moriah Farrell of Sarasota's CircuSoul Yoga (circusoul.com). "Sarasota has a good positive energy about it. The water and the quartz sand definitely helps."

CircuSoul literally harnesses the area's circus history by incorporating aerial silks (here called hammocks). The twists and turns of the hammocks support practitioners through various poses, so they can pretend they're Sarasota's legendary Ringling Bros. aerialist Dolly Jacobs (albeit at a much safer height). One of the key components of this aerial yoga style, which was primarily developed by trapeze artist and CircuSoul founder Kerry Tice, is that it



Opposite page: Let your inner aerialist soar at a CircusSoul Yoga class. Above: Yogini Ashley Stewart leads classes outside The Ringling's Ca d'Zan mansion. [COURTESY PHOTOS]

allows students of all abilities to reap the benefits of inversions – the change in circulation that occurs when you bring your feet over your head.

For an even more immersive, Covid-safe, Sarasota yoga experience this summer, some of southwest Florida's most iconic open-air spaces have become hubs for socially distanced sun salutations and palm tree poses. Selby Gardens, Historic Spanish Point, the Ringling grounds and more all host regular outdoor yoga classes well into summer.

Ashley Stewart teaches all-level yoga on the Ringling's bayfront Ca d'Zan terrace. Practicing outdoors in the summertime "is cathartic," she explained. "Our sweat is pulling out the things we hold in. Things we can't express in the moment are allowed to pass through us. You're training your body to create cool and calm in the mind."

And the marble-clad, Venetian-inspired, 1920s-era waterfront setting doesn't hurt.

"The water glitters in the sun as it's starting to go down. You can see the stained glass and the details of that historic building. Sometimes there's dolphins, fish jumping, pelicans, seagulls, sometimes eagles," Stewart said. "We get so boxed in with our concrete and our fluorescent lighting. Here you can put your phone down and breathe the fresh air."

Of course, these are just a few of the many, many activities and attractions available this summer. However you spend the season, we're sure it will stand out as a time of celebration and a chance to make meaningful memories. From our cool waters to our excellent attractions to the people – past and present – who make this area what it is, there's no shortage of gifts to be grateful for. Welcome back! ■

SUMMER LINE UP

ART CENTER

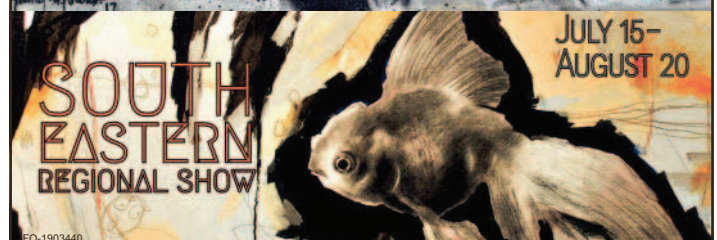


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SUMMER-IZE YOUR HAIR

Summer is hard on hair (think damage from sun, sand, salt, surf, and chlorinated pool water), and Florida summer even more so. It's time to 'summer-ize' your hair by "making necessary changes to your haircare routine," said Yellow Strawberry Salon founder Richard Weintraub.

Weintraub offered the following advice – for care, color and styles – based on his 35 years of experience in the hair and beauty industry, and 27 years as owner of the Sarasota salon (Yellow Strawberry Lakewood Ranch is owned by Desmond and Caroline Behan).

Hair Color: "Florida really only has two (fashion) seasons, summer and winter. As your skin gets darker in the summer, hair should go lighter. Come September, we will undo whatever damage there is from oxidation and go darker."

Hair Styles: "In every era the hairline follows the hemline." As today's fashion can be up or down, so can hair length. "Young girls want long hair; a shorter, swingy hair style looks spectacular at any age – but a trim every six to eight weeks is recommended for healthy hair."

Hair Conditioning Tips:

Apply a leave-in sun protector and sunscreen product to your hair every day. The Yellow Strawberry line of natural, chemical- and gluten-free hair care products all contain sunscreen to minimize hair damage from sun and heat.

Don't use products with harmful chemicals such as sodium laurel sulfate (a latherer) and sodium chloride (a thickener).

Avoid 'swimmer's hair' by applying specialized hair care products like Malibu C's Swimmers Wellness.

– Emily Leinfuss

Florida really only has two (fashion) seasons, summer and winter. As your skin gets darker in the summer, hair should go lighter. Come September, we will undo whatever damage there is from oxidation and go darker."



[BULLETIN]

FIND ART AND GET FRAMED

A fixture in Sarasota for more than 30 years – and under new ownership since October, 2020 – Kennedy Studios provides a picture-perfect mix of original artwork, custom framing services, and just-drop-in viewing.

Available artwork includes landscapes and abstracts from featured, consigned artists like Robert Johnson and Al Rollings: with more consigned artists to come, plus unique prints and cards. Check facebook.com/kennedystudiosrq/photos for frequent specials on framing services and framed items. – Nicole Miskovic



LEE MILLER EXHIBIT AT THE DALI

The Woman Who Broke Boundaries is an apt title for an exhibition featuring the work of photographer Lee Miller (1907-1977) – on view at St. Pete's The Dali Museum, July 3, 2021-Jan. 2, 2022.

How Miller lived, and what she accomplished, is truly inspirational. She was both a model, and subsequently, a war correspondent for Vogue magazine - her WWII photographs were among the first photographic evidence of the Holo-

caust. Miller was also the muse, lover and artistic collaborator of famed Surrealist Man Ray, and she photographed some of the most important artists and writers of the 20th century.

The Dali Museum (thedali.org) exhibition concentrates on the latter – primarily men and women associated with the Surrealist movement in Paris, and with whom she had personal relationships. Also featured is a small selection of striking self-portraits, images from her visual coverage of the end of WWII, and photos representative of technical advancements in the medium she chose to express herself and capture the times. – Emily Leinfuss

GEAR UP YOUR FOOTWEAR

The local, family-owned triumvirate of Fleet Feet (fleetfeet.com), Molly's! a Chic & Unique Boutique (mollyssarasota.com), and New Balance (stores.newbalance.com/Sarasota) always has new merchandise, styles, colors, and brands arriving weekly to cover your footwear needs.

"Though there's countless gift selections at Molly's!, we also have hundreds of comfortable, stylish orthotic women's shoes, with brands like NAOT, Aetrex, Wolkie, and FitFlop," said Molly Jackson, who is co-owner of all three stores with husband David. "Our fit specialists and personal shoppers can help everyone find and select the perfect items (at any of the stores)."

– Nicole Miskovic



[COURTESY PHOTOS]



SPRINGING INTO STYLE

Trendsetters can expect an influx of lightweight, comfortable, and casual spring and summer styles this upcoming season. Better yet, local fashionistas will soon be shopping for these selections at a new athleisure department opening in-store at downtown Sarasota's Evelyn & Arthur. (evelynandarthur.com).

From new markdowns throughout the spring and summer, to a new lightweight denim pull-on jean and expanding collection of the US-made cotton brand Planet – Evelyn & Arthur is the wardrobe must-have destination of the season.

– Nicole Miskovic

ART

SUMMER FASHION

[BULLETIN]

While live social events on behalf of local causes have been few and far between this past year, these three children and family-oriented organizations have taken the plunge.

ART, FASHION & COMMUNITY

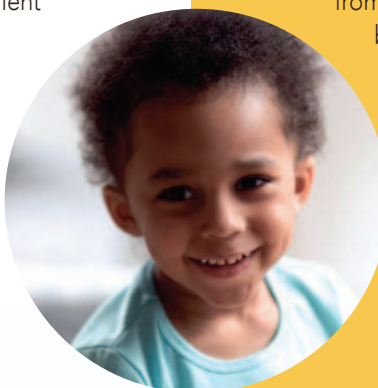
Encounter local artists, “runway” fashion and more on Wednesday, June 13 at Sarasota’s Art Ovation Hotel in support of Mother’s Helping Mothers (mhmsarasota.com). All proceeds will be donated directly to the organization, which provides basic necessities – such as clothing, baby items, household items and services – free of charge to families in need in Sarasota and the surrounding area.

Details: event starts at 5 p.m.; admission as guest, \$10-\$25. eventbrite.com/e/art-fashion-community-tickets-118816197445



ANCHORS AWEIGH

Baby Basics of Sarasota County’s Annual Luncheon is going live at the Sarasota Yacht Club on Monday, October 25 from 11:30 a.m. to 2 p.m. Ticket sales (\$65), and a silent auction featuring gorgeous raffle baskets, support Baby Basics’ (babybasicssarasota.org) efforts to distribute diapers, wipes and kindness to families in need, and to promote literacy through its partnership with the Library Foundation for Sarasota County. Call 685-4452 for more information.



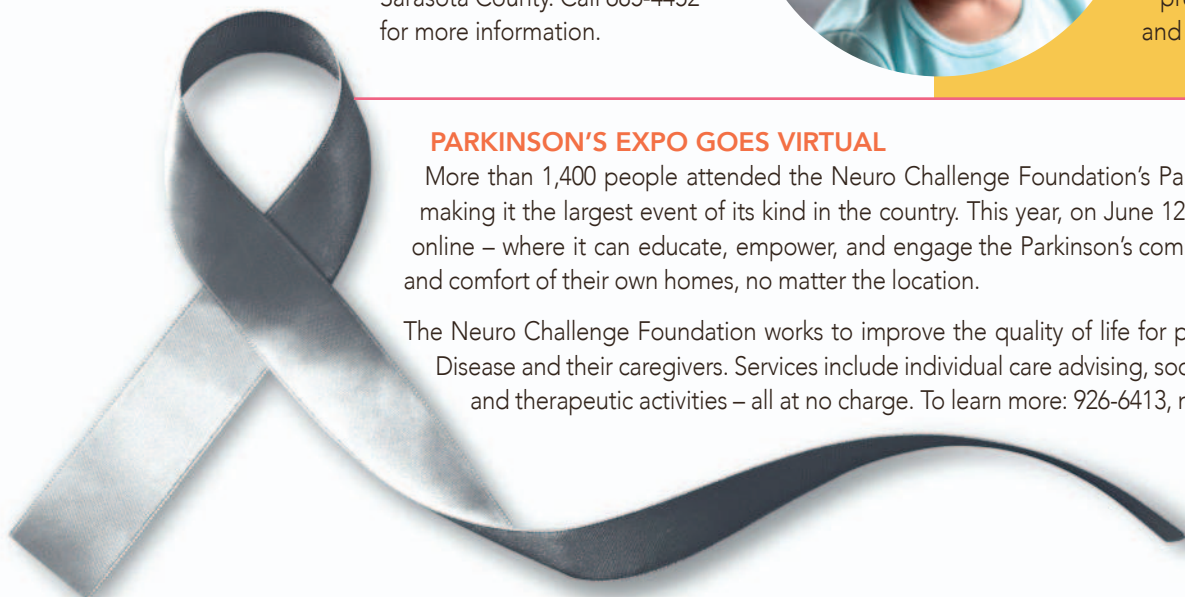
HOPE & HEALING

The new date for the Child Protection Center’s Night of Hope and Healing is Thursday, October 28. Postponed from February, the event will be held at Plantation Golf & Country Club at 6 p.m. Tickets are \$75. The Child Protection Center (cpcsarasota.org) offers a continuum of services that address the issue of child abuse through prevention, intervention and treatment.

PARKINSON’S EXPO GOES VIRTUAL

More than 1,400 people attended the Neuro Challenge Foundation’s Parkinson’s Expo in 2020, making it the largest event of its kind in the country. This year, on June 12, the Expo will be held online – where it can educate, empower, and engage the Parkinson’s community from the safety and comfort of their own homes, no matter the location.

The Neuro Challenge Foundation works to improve the quality of life for people with Parkinson’s Disease and their caregivers. Services include individual care advising, social support, education, and therapeutic activities – all at no charge. To learn more: 926-6413, neurochallenge.org.



[BULLETIN]

MAKING YOUR ESCAPE

If your daydream is to star in your own crime mystery, Lokey's Escape Rooms has a themed immersive experience fit to order. In it, you and up to five of your gumshoe friends will solve the mystery of Trouble in Tinseltown, film noir style. (lokeysecape rooms.com)



RIDE SALLY (OR SUGAR, OR FANCY) RIDE

For some, riding a horse on the beach is the stuff of dreams. Well, those dreams really can come true at Great World Adventures on Palma Sola Bay in Bradenton. The lucky few who make reservations in advance for The Thrill Ride or The Chill Ride get to not just ride a horse on the beach, but swim with the animal in the water. Good times! (beachhorses.com)

– Gayle Williams

EARLY MORNING LAUNCH

Launching from Emerson Point Preserve in Palmetto, Desoto Kayak Tours are far from the crowds in Sarasota Bay. The chances of encountering manatees, dolphin and other local wildlife are high on an early morning paddle through the Preserve's secluded mangroves. (desotokayaktours.com)



ADVENTURE

[COURTESY PHOTOS]

SUMMER FUN

AT THE BALLET

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When life gets tough and times are uncertain, we are hard-wired to seek out creative activities, intrinsically knowing that expressing our creativity can help us maintain our equilibrium.

Simply put, making something creative is stress-reducing – for anyone.

That's exactly what Girija Kaimal, an associate professor in Drexel University's creative arts therapies PhD program, set out to prove in her 2016 study *Reduction of Cortisol Levels and Participants' Responses Following Art Making*.

The study found that after 45 minutes of making art, subjects reported feeling more relaxed. More importantly, their measured cortisol levels (a biomarker for stress) dropped. Not to mention that participants wanted to go make more art!

TAKING GLASS-MAKING BREAKS

Working from home, logging endless hours on Zoom this past year left Debi Frock with tense shoulders, a racing mind, and wild cabin fever. Had it not been for her “soul-soothing” creative breaks at the Sarasota School of Glass (SSG), where she learned to melt and fuse colors into all manner of glass creations, she might have lost her mind – or her temper with her newly retired husband, Scott Lyons.

“Scott sometimes knows before I do that it is time for a glass retreat,” said Frock, who admitted she would have liked to take classes more often than her pattern of once a month. However, as the founder of a not-for-profit organization, a Mary Kay sales director, and an inveterate volunteer, it was hard to carve out more time.

Launched by Sue & Irv Kutno in 2000, SSG currently boasts six teachers and an extensive roster of classes.

“With the exception of the total lockdown last spring, we've been busy with classes and expect to see even more new students this summer,” said Sue. COVID precautions, including mask wearing, are carefully followed, she added.

Interacting with fellow stu-

dents is part of the fun, “I've met the most interesting people at the studio,” she said. “We help each other out (with color) suggestions here and there. But it's not all shop talk. Like the old-time quilting bees, we often share stories of life and home while our hands are at work.”

“Within 20 minutes at the studio, I can feel the weight of the world slip off my shoulders and I am happily immersed in a creative learning mode,” Frock continued. “I could stay there all day and now often do when I slip back in for open studio work.”

SEEKING PEACE AND CREATIVITY

Susan Morin described herself as a ‘busy human’ earlier this year. That's when she realized she needed to find something to bring peace and calm into her days. Morin purchased some adult coloring books with colored pencils and tried that out. It was calm but not inspiring. Years earlier she had dabbled with still life painting, but it wasn't calling her back. Maybe doing something else with her hands would be the answer.

While searching for local art supply stores, Morin discovered beginning pottery classes at the Sarasota Clay Company, also known as Carla's Clay after master teacher and potter

Create Art, Not Stress

BY GAYLE WILLIAMS



EXPLORE, ENGAGE & RELAX



[PHOTO BY KIM COLLISTER]

Carla O'Brien. Its wide-open warehouse, located in Sarasota's Northgate, has ample space for several rows of work benches and potter's wheels, room for storage, and for nonstop working kilns. Masked students and artists work at safe distances, but that hasn't damped the studio's bustling community.

"We didn't miss a beat after the mandatory lockdown last spring," said O'Brien. "Classes have been full, and everyone enjoys the fresh air flowing through the open bay doors. It feels like plein air potting. It's one heckuva community."

"Carla and my teacher Dee have been very welcoming," said Morin. "I can work at my own pace while they teach technique and encourage me to try different things." Although Morin is finishing up only her second completed piece she feels she has found her creative home. "It's not easy," she said. "I find (learning) new ways to work with clay challenging."

Morin has welcomed the challenge. "Everyone is finding their own path and identity in a time when we didn't anticipate we'd have to reinvent the wheel. I am so excited that I found this creative outlet, she added. Do not bother me on Tuesday mornings. This is MY time."

In addition to beginning classes in wheel throwing and sculptural hand building, Sarasota Clay Company offers work-

shops on raku, ceramics, one-stroke painting and more.

FINDING YOUR OWN VOICE

A new creative activity may only be a subtle shift away from something you've already been doing. It could be as simple as rearranging the furniture in your home or painting a new color on the walls. For Judy Rosemarin, it was expanding her love of everything theatre.

Rosemarin had acted in community theatre and was an avid theatregoer with subscriptions to Asolo Rep, Urbanite Theater, West Coast Black Theater, and Florida Studio Theatre (FST).

To change direction, she first took classes in improvisation at FST School for Adults. After that she tried a class in theatre writing. "I was trained as a journalist so I'm a writer, but after trying it myself I have such respect for the professionals," said Rosemarin. "Learning to write a play versus acting in a play is a whole other experience."

That's when her teacher, FST associate artist Jason Cannon, suggested she try FST's Flying Solo class, which takes students through a process of both writing and performing their own theatre piece. Rather than create a play with multiple characters, he urged, why not write and perform her own one-person show? Rosemarin took the challenge.



[COURTESY PHOTO]

Above: Florida Studio Theatre School for Adults teaches all things theatre including improvisation, performance, writing and appreciation. Left: Learn how to make glass beads, and much more, at Sarasota School of Glass.

“Theatre and writing are all about telling our stories, which can be cathartic and enlightening, as well as entertaining,” Cannon explained.

Josh Ford, FST’s director of education tells this story to illustrate the above. Right after lockdown last spring, when classes were all online, a student in the Flying Solo class lost a loved one. “Isolated, and separated from friends and family, expressing via the art of writing brought her a lot of joy,” said Ford.

As for Rosemarin: she’s found her footing. “I’m in my stride and growing with every eight-week class session. I’m like a Florida plant that has found the right microclimate to thrive.”

FST offers a variety of classes in improvisation, plus theatre writing, theatre performance, and theatre appreciation.

NEARLY OUT OF SIGHT

It’s one thing to explore new worlds here on planet earth, but professional photographer Glidden Martinez expanded his lens to include the outer reaches of the universe by taking a unique class at Johnson Photoimaging (JPI) in Bradenton.

Teacher Dono Evans developed the class for those visual explorers who want to learn the technique of low-light photography by capturing the elusive cluster of stars at the center of the Milky Way – 25,000 light-years from Earth.

JPI offers a wide range of courses on everything from how to use your first camera, to phone photography, to Photoshop. “All the classes these days are held on Zoom,” said Evans. “We adapted quickly and will continue online classes, even as we add small, in-store groups in the future. Students can share their results online and we enjoy a support-

if you go

Florida Studio Theatre

366-9017

floridastudiotheatre.org/education

Johnson Photo Imaging

896-9921

jpiphoto.com/about-classes

Ringling Museum

359-5700

ringling.org/events/type/programs

Sarasota Clay Company

359-2773

sarasotaclaycompany.com/

Sarasota Contemporary Dance

260-8485

sarasotacontemporarydance.org/scdsampler

Sarasota School of Glass

925-4527

sarasotaschoolofglass.com

ive community of photographers from all over the country and Canada.”

Evans leads the classes and also organizes a series of field trips for locals. They might go as far away as Kissimmee Prairie Preserve State Park in Okeechobee where there is minimal light pollution at night. “To see the expression of a new student finding the core of the universe in a camera lens is worth a million bucks,” said Martinez. Newbies are encouraged and supported. “I’ve seen absolute beginners become quite proficient within one season.”





BRIEFER CREATIVE ENCOUNTERS

Not every creative activity in Sarasota requires a long-term commitment. Here are two:

While it's open with safety precautions throughout the summer, The Ringling will continue to offer its in-depth, gallery walk-and-talks on Zoom. The virtual program has opened new worlds for many who prefer to visit the museum's galleries, and interact with its experts, without leaving home – for only \$5 per family, per visit.

If dancing moves you, The Ringling offers a Latin Dance series where you can learn to bachata, salsa, and meringue. Or, if contemporary dance is more your style, Sarasota Contemporary Dance (SCD) offers a four-day summer sampler workshop, June 7-10, plus a variety of ongoing classes that include yoga, Pilates, Jazz dance and more.

EXPLORE

Connection, community and exploring new worlds and ways of being are all the rage this summer. There is no one right thing to do or path to follow. Any of these activities are open to all who wish to take that first step. One thing sure seems to be clear: when you find it, you will feel like the luckiest person alive.



Clockwise from top: JPI's night photos class is out of this world; Move and dance with SCD; Get creative with ceramics at Sarasota Clay Co.



5 DAY TRIPS FOR SUMMER

Planning your dream vacation takes a lot of money, time and preparation. But when you only have a day or two, you can just hop in your car, drive to one of these local escapes, and voila! A low fuss, day or weekend getaway that turns out to be exactly what you need.

Note: Drive times and distance are measured from central Sarasota.

BOCA GRANDE

Boca Grande features sparkling waters and white sand beaches, a former fishing village full of shops and restaurants, and the fishing itself. Located on Gasparilla Island – named after the pirate Don Gaspar – Boca Grande has celebrity cache in the winter. In summer it's all ours... along with the silver king of fish (tarpon), and the sunning iguanas.

#1 ATTRACTION: Summer is tarpon season. If you just like to watch, the World's Richest Tarpon Tournament takes place June 10-12. Otherwise, you might want to visit at a less-busy time.

THE DRIVE*: 1 hr. 12 min. / 52 miles

BEST PLACE FOR LUNCH: If you aren't catching a bite on a charter in the gulf, then try sipping season at the South Beach Bar and Grille. Toes in the sand dining, and the fresh fare is delicious.

STAYING OVERNIGHT: The historic Gasparilla Inn has all the luxury accommodations you could desire including golf, tennis, croquet, fine dining and a spa.

WHAT'S NEARBY: Don Pedro Island State Recreation area includes a land-side area where kayakers can launch and paddle to a 129-acre barrier island accessible only by private boat. It's a rare natural retreat for wildlife and humans.

TOP 3 ACTIVITIES:

- Have pole will fish. Whether you charter for offshore tarpon and mahi mahi, drop bait from a kayak for snook and redfish, surf fish for mackerel, or hook grouper from the pier, there is something for every angler.
- Bring your bikes or rent them here. Then ride the 6.5-mile Boca Grande Bike Path to explore the historic downtown, Whidden's Marina, and two lighthouses.
- The white-powder sand beaches are cool to the feet even in summer



and are also good for shelling. Make a day of it with lunch on the water and guided paddle boarding through the mangroves.

RESOURCE LINKS:

paddleboardadventures1.com
southbeachbarandgrill.com
reelintenseinshore.com
the-gasparilla-inn.com

DUNEDIN

Historic downtown Dunedin has a relaxed and funky vibe. Enjoy boutiques and popular watering holes, explore four miles of Intracoastal waterfront, or run or bike along the 38-mile Pinellas Trail, which cuts right across Main Street.

#1 REASON TO VISIT: It's for the dogs! This dog-friendly community is sometimes called Dogedin – and not just because the town is full of murals depicting hundreds of dogs. Our canine friends are welcome at many outdoor cafes, shops, and hotels, plus there's an area paw park and a dog beach.

THE DRIVE: 1 hr. 25 min. / 59 miles

BEST PLACE FOR LUNCH: The



dog-friendly patio of The Living Room on Main boasts eclectic weekend lunch/brunch small dish fare, with a menu for our furry friends. Looking for upscale dining? Visit the Crown and Bull.

STAYING OVERNIGHT: The historic, waterfront Fenway Hotel dates back to the jazz age. Groove at the hi-fi Rooftop Bar and sleep soundly in a comfortable bed surrounded by modern amenities.

WHAT'S NEARBY: Beautiful and secluded beach time is waiting close by on Honeymoon and Caladesi islands. Both state parks have limited access – there's a drivable causeway from Clearwater Beach to Honeymoon, but Caladesi is available only by ferry.

TOP 3 ACTIVITIES:

- The keyword is "relax." Slow down to enjoy the sites, stroll, sip and sup on your own time during the lazy days of summer in Dunedin.
- As one of the oldest towns on Florida's West Coast, and settled by Scottish pioneers, Dunedin is steeped with lore and its museum's permanent collection is a treasure trove of local and Florida history.
- Get your fitness fix with a power walk or bike ride on the Pinellas Trail.

RESOURCE LINKS:

crownandbull.com
fenwayhotel.com
romantichoneymoonisland.com
thelivingroomonmain.com/#eat-together



[COURTESY PHOTOS]

LAKELAND

Dotted by picturesque lakes, Lakeland's name is no surprise. It's also known as Swan City for its scores of swans, descended from Queen Elizabeth II's gift of a pair from her own royal flock in the 1950s. Nearly eclipsed by nearby mega theme parks, this quiet Central Florida city offers a host of family-friendly experiences that would more than fill a day.

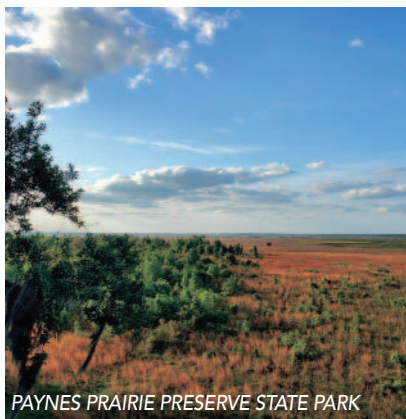
#1 REASON TO VISIT: The largest collection of Frank Lloyd Wright architecture in the world is located here at Florida Southern College.

THE DRIVE: 1 hr. 31 min. / 82 miles

BEST PLACE FOR LUNCH: Travel with your taste buds: there's Indian/Pakistani fare at Café Roti and Spanish/Cuban fusion at Nineteen61. Then go delight your sweet tooth at the Cake Makers Studio.

STAYING OVERNIGHT: Located on Main Street in the heart of Lakeland, The Terrace Hotel overlooks Lake Mirror and the Promenade.

WHAT'S NEARBY: Although Legoland is close by, you're only a 20-minute drive from a wilder adventure at Safari Wilderness Ranch. There, large herds of exotic game roam freely over 260 acres of pristine wilderness. Reservations are a must for a variety of safari experiences.



PAYNES PRAIRIE PRESERVE STATE PARK

[COURTESY PHOTOS]



HERLONG MANSION BED & BREAKFAST



LAKELAND SWANS

TOP 3 ACTIVITIES:

- Swan Lake! Lake Morton is booming with White Mutes, Australian Black Swans, White Coscorba Swans from the Falkland Islands, and Black Neck Swans from South America. Bonus: Summer will be abounding with young cygnets.
- Get hands on at Explorations V Children's Museum – three floors of kid-powered, interactive exhibits and mind-stretching programs in the arts and sciences.
- Take Flight at Florida's Official Aviation Museum and Education Center – The Florida Air Museum – featuring a dynamic display of unique aircraft designs and propulsion technologies.

RESOURCE LINKS:

caferotifi.com
cakemakersstudio.com
explorationsv.com
floridaairmuseum.org
nineteen61.com
safariwilderness.com

MICANOPY

Time seems to have stood still in sleepy Micanopy (mik-a-NO-pee), an oak-shaded town south of Gainesville. Founded in 1823, shortly after Spain relinquished Florida to the United States, Micanopy is listed on the National Historic Register and is known for its distinct Southern charm.

#1 REASON TO VISIT: There's nowhere better to see herds of wild horses and bison roaming than in Paynes Prairie Preserve State Park just beyond the town's boundaries.

THE DRIVE: 2 hrs. 38 min. / 171 miles

BEST PLACE FOR LUNCH: Your dollar goes a long way at the Old Florida Café. There may be nothing fancy on the menu, but everything is delicious. The Rueben draws raves and so does the Florida-style Cuban.

STAYING OVERNIGHT: The historic and tranquil Herlong Mansion Bed & Breakfast dates back to 1845.

WHAT'S NEARBY: The youthfully vibrant college town of Gainesville is just to the north, but to stay in the historic vibe it's best to stray over to Marjorie Kinnan Rawlings Historic State Park where you will find the cracker-style homestead of the Pulitzer-prize winning author.

TOP 3 ACTIVITIES:

- Miles of hiking paths in Paynes Prairie Preserve State Park offer closer encounters with an abundance of wildlife. Absorb its beauty with a panoramic view from the 50-foot observation tower located near the visitors center.
- Chokolka Boulevard, once an Indian trading route, is Micanopy's main street and primary tourist destination – known for antique shops and authentic rustic storefronts.
- There's a 0.8 mile hiking loop in the Micanopy Native American Heritage Preserve, on a bluff overlooking Lake Tusawilla, where you can walk in the footsteps of the native Timucuan Indians. You'll pass by an Alachua Tradition burial mound – a protected archaeological find dating to AD 750-1565.

RESOURCE LINKS:

floridahikes.com/micanopy-native-american-heritage-preserve
floridastateparks.org/parks-and-trails/marjorie-kinnan-rawlings-historic-state-park
floridastateparks.org/parks-and-trails/paynes-prairie-preserve-state-park
herlong.com

DELAND/ORANGE CITY/CASSADAGA

Blue Springs State Park, in the neighboring community of Orange City, and the spiritualist community of Cassadaga are well worth the nearly three-hour drive to the DeLand area. The historic town also boasts a vibrant Main Street with shops and restaurants.

#1 REASON TO VISIT: The area's most unique and renown feature is the 125-year-old Cassadaga Spiritualist Camp. Mediums and healers live and work in this Victorian-era village that exudes both charm and a distinctive energy vortex.

BEST PLACE FOR LUNCH: Downtown DeLand is a foodie haven with restaurants ranging from American, Italian and Greek to Latin, Thai and Japanese.

THE DRIVE: 2 hrs. 51 min. / 172 miles

STAYING OVERNIGHT: For an out of this world experience, stay at the Cassadaga Hotel, built in 1927, where some of the guests are rumored to be of the paranormal variety.

WHAT'S NEARBY: The metropolis of Orlando is just to the south, but even closer – on the banks of Lake Monroe



BLUE SPRING STATE PARK

and the St. Johns River – is Sanford where you can visit the Central Florida Zoo & Botanical Gardens.

TOP 3 ACTIVITIES:

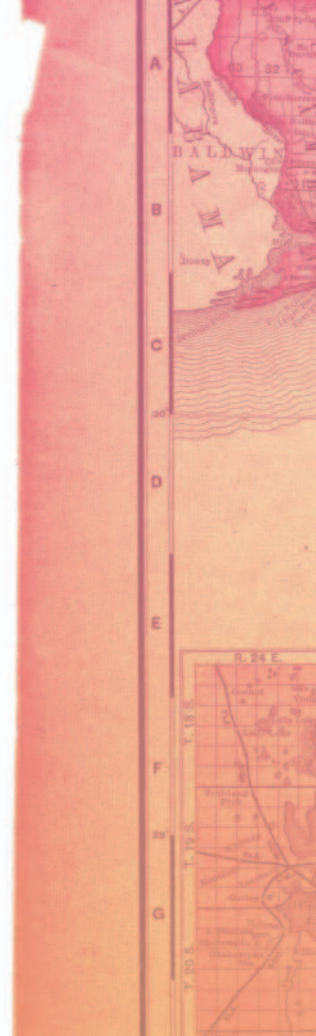
- Hike the paths that run along the spring at Blue Spring State Park. Or rent a kayak or take a boat and cruise downstream to the St. John's River. The watery area features manatee sightings in winter and is a summer paradise for bird watchers.
- Schedule a one-on-one appointment with a psychic in Cassadaga or plan

ahead to take advantage of a guided tour or special events like Spirit Encounters night photography tours.

- Walk on the wilder side at DeLand's Reptile Discovery Center. Its indoor Serpenterium houses dozens of the world's most dangerous and exotic snakes, including a thirteen-foot king cobra and a fourteen-foot Burmese python.

RESOURCE LINKS:

cassadaga.org
centralfloridazoo.org
hotelcassadaga.com
reptilediscoverycenter.com



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You can prevent the “summer slide” for the most at-risk children in our community



FO-1903827

THE RETURN OF SUMMER CAMPS

Across Sarasota and Manatee counties, camps are geared up and going live for summer. Say goodbye to virtual and hello to in-person. It's time to get kids back to their regular scheduled programming so they can release a year's worth of stored up energy, break away from the computer screen and have some fun.

Parents can breathe a little easy too, knowing that CDC guidelines for social distancing, masks, and increased sanitization policies are still in place for most camps – indoors or outdoors.

Whether you're looking for something in sports, the arts or education – there's no shortage of camp opportunities in our area. Keep in mind, however, that capacity will be limited so spaces will fill up quickly. With most registrations already open, keep your eye on deadlines and try to beat the enrollment rush – because another summer with the kids at home is not part of any parents' summer vacation plans this year.



PHOTO COURTESY OF SURFIT USA

HANG TEN & MORE

Paddleboard, Surf, and Beach Camp at Surfit USA
surfitusa.com

Not many kids get to say they attended a paddleboard and surf camp during the summer, but that's just one of the many advantages to growing up in Florida. For water seekers, Surfit USA camps will get kids outside and on the water – the best of both worlds.

These week-long, half-day camps (with extended day options) incorporate stand-up paddleboarding, surfing, ocean swimming, ocean safety and marine biology. All classes are led by certified lifeguards and keep to a low teacher to student ratio – only six students per class.

Surfit USA offers three camp locations - Turtle Beach on Siesta Key, Lido Beach and Lido Mangrove Tunnels. Many enroll for more than one week and sign up for the extended water time adventure (available at the Turtle Beach location).

CHOOSE ONE OR GO FOR THE ULTIMATE

Nathan Benderson Park Summer Camps
nathanbendersonpark.org/programming/camps.html

With various camp options at Nathan Benderson Park (NBP), kids from ages six to 14 can choose to go for a specific interest – like archery or sailing – or get everything packed into one with the NBP Ultimate Camp. The one-week camps offer both full-day and half-day options.

Archery & Freshwater Fishing lets campers gain experience to become independent, educated and safe archers and learn the essentials of safe fishing. Campers also learn rod and reel assembly, types of tackle, types of knots, casting, bait, boat safety and more.

Water Adventure is for kids interested in water sports like kayaking, canoeing, rowing, sailing and paddleboarding.

No prior experience is necessary for NBP's Learn to Sail and Learn to Row Camps, where campers will learn the sports' fundamentals. All water-related camps and activities include on-land instruction and safety training before getting out on the water.

Can't choose just one? The NBP Ultimate combines it all with archery and freshwater fishing in the mornings and water adventure in the afternoons.



PHOTO COURTESY OF NATHAN BENDERSON PARK

BY NICOLE ZIMMERMAN



ROCKING THE SUMMER

Music Compound
musiccompound.com

For the musically inclined, it's time to rock summer camp – literally. Music Compound's fun and interactive camps are geared for kids who want to explore new music, get better playing their favorite instrument, join a rock band and more.

Designed for budding musicians in grades 1 to 5 (Junior) and grades 6 to 12 (Senior), Music Compound's camps cover the musical gambit: Strings and Things (guitar and ukulele), Band, Vocals and Movement, Drum Circle, Songwriting, DJ (for 6th graders and up), Key to Piano and Kidz Rock

Each week ends with a performance for family and friends. Bonus!

PHOTO COURTESY OF THE MUSIC COMPOUND



SCIENCE, SUN & UNDERWATER FUN

Mote Camp at Mote Marine Laboratory & Aquarium
mote.org/education/kids-families/summer-camps

MOTE's ocean-themed summer camps combine science and underwater fun geared to three different age groups. All camps offer both learning and experiential activities and are grounded in STEM education.

For Tidal Tykes (grades K-2) there's One Big Home and Diverse Universe; Aqua Kids (grades 3-5) features Water Warriors and Duos of the Deep; sea sleuths (grades 6-8) can choose between Marine Missions and Ocean Opps.

Mote also offers a Florida Keys day camp for grades 5 to 8 and grades 9 to 12. Based at Mote's new state of the art research lab in Summerland Key, campers will get to participate in real science happening on the spot.

PHOTOS COURTESY OF MOTE MARINE



COURTESY PHOTO

EDUCATIONAL, FUN & AFFORDABLE

Snapology | Sarasota County Parks, Recreation and Natural Resources
snapology.com/location/sarasota#workshops
scgov.net/home/showpublisheddocument?id=49264

It's all about STEAM (science, technology, engineering, arts and mathematics), and developing real-world interpersonal skills through sharing ideas, communicating and working together at Snapology's full-day and half-day camps. Primarily located at Foundations Christian Montessori Academy, Snapology themes include Superstructures, Castles, Kingdoms & Wizards, Movie Favorites and Snapology's Amazing Race.

Snapology camps are also offered at Nokomis Community Park through Sarasota County Parks, Recreation and Natural Resources, along with many other camp choices. Just a few options, held at various Sarasota park locations, include Sand Sculpture, Junior Lifeguard, Creepy, Crawly Critter, and Skateboard.

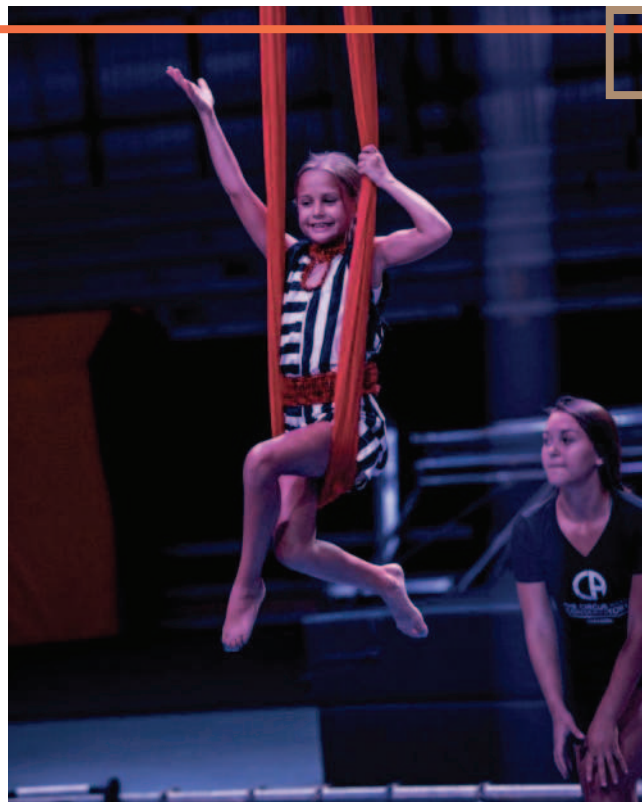
HAVE A BLAST!

Manatee County Camps
mymanatee.org/departments/parks__natural_resources/camp_programs/summer_blast_camp

The Manatee County Department of Parks and Natural Resources' summer blast camps are dedicated to keeping kids active and to offering exciting opportunities to learn, experience, and create lifelong memories. Choose from a variety of in-person camps for ages 5 to 13 at two locations: G.T. Bray Recreation Center and Braden River Elementary School.

This year's theme, The Great Road Trip, sparks exciting activities each week: covering some of the best places and things for kids to do in the area. Field trips options include a Tampa Bay Rays game, DEFY bowling, roller skating Adventure Island and more.

Other camps available include Junior Blast Camp – designed for ages 14 and up, and specialized camps such as Aquatic Adventure Camp, Sun and Fun Saltwater Fishing Camp, and Basketball Camp.



A WEEK AT THE CIRCUS

Circus Arts Conservatory
circusarts.org/programs/circus-summer-camp-2

The rich circus history of the Sarasota-Manatee area makes our community truly unique and, in turn, fosters distinctive learning opportunities.

At Circus Arts Conservatory's summer camps, kids ages 6 to 15 can learn a variety of circus arts including triple and single trapeze, globes, silks, hula hoop, low wire, clowning, flying trapeze, juggling and more – all while having the most fun ever! Plus, circus arts disciplines can help increase coordination and balance, and inspire courage.

For kids who already practice acrobatics, the circus arts are a great progression. "My eight-year-old did the spring break camp at Circus Arts Conservatory and will be going back this summer," said mom Shera Friedman. "It was great – she was able to build on her gymnastic skills and try a lot of new things."

PHOTOS COURTESY OF CIRCUS ARTS CONSERVATORY



HERALD-TRIBUNE PHOTO / DAN WAGNER

FUTURE ARTISTS WANTED

Art Center Sarasota
artsarasota.org/summercamp

Registration is open for the future artists of the world at Art Center Sarasota's weekly summer camps. Choose between the Creative Kids summer camp, geared for ages 6 to 10 or the Emerging Artists summer camp for ages 11 to 15.

Both are set to include projects that use various mediums including painting, drawing, sculpture and collage. From color mixing to painting with paint brushes or drawing with a pencil, campers will give van Gogh and Picasso a run for their money. Each week has a different theme so camp goers can pick what appeals to them most – whether animals, food, wildlife or more abstract design.



COURTESY PHOTO

CAMP NEVER TASTED SO GOOD

Paisano's Italian Bakery

paisanositalianbakery.com/summer-camp

For kids who like messing around in the kitchen, there's nothing like learning new culinary skills at a real bakery. At Paisano's Italian Bakery's week-long summer camps young, aspiring chefs will learn advanced tips and techniques, how to bake and decorate cookies, cupcakes, pastries, and have fun creating with on-site cake decorators.

Programs are for children age 7 and up and are held from 10 a.m. - 2 p.m., Monday through Friday. Lunch is included. At the end of the week, campers go home with a hand-painted apron and, of course, all of their edible creations. Class size is limited, completely supervised, and very hands-on.

TEE UP FOR GOLF CAMP

U.S. Kids Golf Academy at Laurel Oak Golf Club

laureloak.uskidsgolfacademy.com/packages-pricing#/summer-camps/

With year-round Florida weather that's perfect for staying the course, why not give kids the opportunity to get out on the greens and sharpen their future PGA skills?

At U.S. Kids Golf Academy, children ages 5 to 14 will experience just how much fun golf can be, while learning the fundamentals of the game in a safe, energetic and positive environment.



PHOTO COURTESY OF U.S. KIDS GOLF ACADEMY

"The instructors were great for experienced golfers and first-timers," said local Sarasota mom Sara Hyatt. "My son, Max, had a great time and developed his skills while having fun at the same time."

NOTE: All the camps listed here have Covid-19 guidelines listed on each website for reference. Parents or guardians should read through any waivers provided by camps prior to enrolling to ensure comfortability with the guidelines and restrictions in place.

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KIM LIVENGGOOD

Unofficial Ambassador of Sarasota

Kim Livengood attended Sarasota High School in the 1980s and returned here in 1991 after graduating from University of Florida because she loved everything about Sarasota – the weather, the arts, the community, the creativity. Yet some people considered it ‘only for old people’ and that ‘there was nothing to do here.’

Someone needs to tell the REAL story of Sarasota, Livengood decided.

So, she launched Eclipse Magazine, a monthly periodical showcasing the area’s young professionals, musicians, events, and fashion. After eight successful years, Creative Loafing made an offer to buy the magazine that Kim couldn’t refuse. She was mere weeks away from adopting a daughter from China, and she wanted to focus on that.

Never one to sit idle, Livengood launched Willow506 in 2001. The boutique – named after her new daughter – created a stylish environment for women to buy fashion. “We ran a charity fashion show for three years called School Daze,” she explained. “It raised a lot of money for my mom’s charity that provided backpacks for underprivileged school kids.”

After selling the store, Livengood and her husband recognized the need for a hotel in downtown Sarasota for business travelers and tourists who desired a city experience. So, they rented a 1926 apartment building and turned it into Hotel Ranola, a nine-room boutique hotel.

“We got to show guests where to go, what to do, and what was so great about Sarasota,” she said. “So many guests became friends and said, ‘I’m moving here permanently.’”

After the couple sold the hotel in 2010, Livengood insisted on getting a job – her first – working for someone else. Enter Tervis, which at the time was a family business of about 200 employees, compared to the 800-some it has today.

“I liked how I got to wear a lot of hats,” Livengood said. “It was a terrific first ‘real’ job.”

Over the course of getting Tervis attention from Woman’s World, People, and ABC World News with Diane Sawyer, she realized what she most loved – building relationships and promoting things she felt passionate about.

In 2015, Kim started the Eclipse Agency, which worked



with consumer products and lifestyle brands. “Fortunately, I was at a point in my life where I could pick and choose who I wanted to work with.”

After a few years serving a full roster of clients, Kim’s primary client turned out to be...her mother. “She called up one Friday in 2018 and said she bought a warehouse in the middle of nowhere because she wanted to have a single place to do all her shopping, and could I help with that.” In the years since, Livengood’s been busy turning The Bazaar on Apricot & Lime into a destination retail experience with a robust community of artists and local vendors.

Pre-pandemic, it was open Thurs. through Sat., 10 a.m.-3 p.m., featuring music, shopping, events, and loads of fun. During COVID-19, Livengood launched the Bazaar Shopping Network on Facebook, which kept the retail vendors going while the onsite space stayed closed.

Now that the Bazaar is up and running again, she can take a breath...for a moment. And then it’s back to work, because she admits she can’t sleep unless she’s giving 200 percent.

BY RYAN VAN CLEAVE | PHOTO BY BARBARA BANKS

[SPOTLIGHT]

DR. JANET TAYLOR

Spotlighting the Importance of Mental Health

One of the major milestones in Dr. Janet Taylor's career as a psychiatrist was the 12 years she spent at Harlem Hospital in New York City. "Working in a predominantly Black hospital and interacting with a largely underserved community taught me so much about psychiatry and mental health, as well as the social determinants of health, such as how people access fresh fruits or vegetables and how they live on a fixed income."

MEDIA GUEST EXPERT

During train rides into the city, Dr. Taylor met some "incredible women who were dynamic leaders in their field," including one at Family Circle magazine. She invited Dr. Taylor to help answer tough mental health questions for the magazine's readers. Eventually, she penned her own column for three years.

The attention from Dr. Taylor's Family Circle contributions got her noticed by the New York media, leading to TV appearances. Her second-ever was The Today Show. She recalled host Anne Curry taking her aside before going on camera. "I'm sure she knew it was my first time. She just looked deeply into my eyes and said, 'I will take care of you.'"

"It was touching and meaningful," said Dr. Taylor. "She didn't have to say that (but) even in her position, she was looking out for others. That was a huge lesson."

After the appearance, Dr. Taylor became a regular on Good Morning America, The Today Show, and on CNN, where she continued to educate people on the emotional and economic impact of mental illness in America.

COMMUNITY MENTAL HEALTH ADVOCATE

Dr. Taylor had been a Sarasota snowbird for 20 years – "more like a weekend bird," she noted, because of her busy schedule. In 2017, after a divorce, she relocated here permanently, despite knowing that Florida is one of the hardest places to access mental health in the nation.

But she embraced the challenge. "My passion has always



been to work with people who ordinarily would not have access to mental health care," she admitted. "My whole career, I've worked in community clinics. And I have a Master's in Public Health, which taught me a lot about focusing on – not just the individual – but also the health of the family and the community."

One area Dr. Taylor directs her efforts is improving the doctor-patient relationship. "I work to help BIPOC (Black, Indigenous and people of color) patients understand the need to advocate for themselves," she explained. Her goal daunting yet admirable – improving healthcare outcomes by eliminating racial bias in every medical situation.

AUTHOR TOO

Because of her frequent TV appearances, a publisher approached Dr. Taylor to write a book addressing K-12 educators and fear. The result is The Courageous Classroom: Creating a Culture of Safety for Students to Learn and Thrive, which will be released summer 2021.

"The same structure in the brain that causes fear can also lead us to courage," said Dr. Taylor. "And it's through courage that ordinary people do extraordinary things, which we need now more than ever as we navigate through the changes in an increasingly diverse America."

BY RYAN VAN CLEAVE

LARRY THOMPSON

Creativity Champion and President of Ringling College

It's hard to believe, but young Larry Thompson was once an introvert with a fear of public speaking. And he wanted to be...an actuary. He even passed the actuarial exams and started a summer internship in that area before realizing: "These aren't my people."

It didn't take long for him to grasp that his calling was higher education. He decided that meant he needed to get a Ph.D. With an undergraduate degree in math, and a master's degree in education, what was next? "I went to graduate school in the '70s, which was a time of student rights and demonstrations," he recounted. "I'd even written papers about the legal rights of students."

So, he applied to law school and never looked back.

DR. THOMPSON THE LAWYER

Then, with law degree in hand, Thompson was hired by a large firm in Columbus, Ohio where he worked closely with Ohio State University. With his background and interest in higher ed, it was a perfect match. And when the school hired a new president, they wanted a lawyer on staff. Who else but Thompson? He served as informal general counsel for seven years before another opportunity knocked.

ON TO ROCK AND ROLL

A corporate headhunter invited Thompson to head up Cleveland's Rock and Roll Hall of Fame. "Why the heck are you calling me," Thompson asked. The headhunter insisted, saying it'd be a lot like the things he'd done in higher ed. That did the trick. Thompson signed on as CEO and helped architect I.M. Pei realize the site's amazing design.

I'm this left-brain guy in this right-brain world. I never expected the career path I had. But none of it felt like a job because I've enjoyed myself so much.

Eventually, another headhunter offered him the chance to run the Flint Cultural Center. Because Thompson had recently seen the film *Roger and Me* about the economically hard-hit city, he resisted. Then he learned that the campus held nine impressive cultural institutions that needed a new nonprofit to shape all the parts so they could work together more effectively. Thompson got right to work raising money to build and unify the new brand.



AT RINGLING: FROM SCHOOL TO COLLEGE

Thompson began to miss higher ed, so when it was offered, he accepted the job of president of the Ringling School of Art and Design. Through the next two decades, he transformed it into a college, and doubled the number of students on campus. He also developed cutting-edge new majors like Entertainment Design, Creative Writing, and Virtual Reality Development, and upgraded Ringling College into "the most wired campus in America," according to US News and World Report in 2014.

"I'm stunned by the work ethic of the students and faculty," he said. "I love seeing the ideas and creativity that permeate this place. It's a palpable energy."

Indeed, creativity is Thompson's not-so-secret passion. He aspires for Ringling College to be a top-of-mind, pre-eminent art and design institution. And the pathway to achieving that goal is through fostering creativity, which, to him, "is a whole way of thinking and looking at things and doing things differently. It also has to manifest something. It's not some amorphous cloud. It creates positive outcomes."

Thompson's nowhere near ready to retire, but whenever that happens, he hopes people remember him for keeping Ringling financially stable, that he shepherded it to pre-eminence, and that – he said with a laugh – "didn't screw it up."

"I'm this left-brain guy in this right-brain world," he added. "I never expected the career path I had. But none of it felt like a job because I've enjoyed myself so much."

BY RYAN VAN CLEAVE | PHOTO BY DAN WAGNER

[SPOTLIGHT]

BRIAN POLIZZI

Head Geek at The Dark Side



In 2005, Brian Polizzi quit his job as a senior network administrator at a law firm, bought the inventory of a failing local comic book and game store, sold his house in New Orleans, and moved to Sarasota to launch The Dark Side. He quite literally hoped it'd all be fun and games, but "I quickly found out I had to run it like a business."

By 2010, The Dark Side moved from its original downtown site to its current 5,000-square-foot location near Beneva Rd. and Fruitville Ave. that, pre-pandemic, bustled nightly with gamers and geek culture fans. Regulations limit how many can shop on-site these days, and the gaming tables have been closed since March 2020, but internet sales remain strong thanks to a resurgence of interest in comic books as investments.

"We're dedicated to helping people find the stories, games, and collectibles that really click with them," Polizzi said.

Ryan Van Cleave | Photo by Kim Collister

[SPOTLIGHT]

ROBERT DE WARREN

An Artistic Tour De Force



Dancer, director, choreographer and educator Robert de Warren was born in Uruguay to British parents. He trained at the Royal Ballet School in London before joining the Royal Ballet itself. What followed was a five-decade career that took him across four continents as he worked with ballet giants such as Rudolf Nureyev, Dame Ninette de Valois, and John Field.

Many fondly remember de Warren as the driving force behind the Sarasota Ballet from its earliest days. “It took me thirteen years to develop that fledgling company to the top-rate professional company it is today.”

Now 87, de Warren lectures on dance both locally and nationwide. He also tutors ballet students to help them achieve success like he knew during his own career. “You have to adapt the system and artistry of dance to this new physical interpretation of ballet,” he noted. “(Ballet dancers) must have the depth of interpretation the road requires, and that’s what I teach them.”

Ryan Van Cleave | Photo by Matt Houston

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[AGENDA]

arts &

NOTE: Scheduled events often experience cancellations and rescheduling. Please make sure to double-check all for the most up-to-date information before you go.

JUNE
1 - 14

SAVOR SARASOTA

Sarasota restaurants prepare multi-course, prix-fixe menus for lunch and dinner

Find participating restaurants:
visitsarasota.com/savor-sarasota/restaurants,
\$16-\$32



Try a taste of area restaurants during the 16th annual Savor Sarasota.
[PHOTO COURTESY OF VISITSARASOTA.COM]

5 - 6

ST. ARMANDS BOAT SHOW

St. Armand's Circle, 10 a.m., Free
388-1554, starmandscircleassoc.com

6/8 - 7/28

KIDS' SUMMER BEACH RUNS

One-mile beach in two locations –
Tuesday/Wednesday through 7/28
Siesta Key Pavilion & Brohard Beach
5:30 p.m., Free, 861-7275

9

LICHENSTEIN NIGHTS

VIRTUAL OPTION AVAILABLE

Evening viewing of art,
gardens and outdoor performance by Urbanite Theatre
Marie Selby Botanical
Gardens, Sarasota
6–8 p.m., \$45-\$50
Live Stream, \$10-\$20
366-5731, selby.org

9 - 14

US ROWING 2021 YOUTH NATIONAL CHAMPIONSHIPS

Nathan Benderson Park
8 a.m., Free
358-7275, nathanbendersonpark.org



Art and performance add to a special evening at Marie Selby Botanical Gardens.
[COURTESY PHOTO]

10

VIRTUAL EVENT MUSIC LEGENDS

Learn how a musical review is
created with Brandon Wardell &
Carole J. Bufford.
Florida Studio Theatre, 11 a.m., Free
366-9000, floridastudiotheatre.org

12

VIRTUAL EVENT THE PARKINSON'S EXPO

Featuring expert lectures and more
Neuro Challenge Foundation for Parkinson's, Free
926-6413, neurochallenge.org/Expo

culture

12 - 13

ST. ARMANDS CRAFT FESTIVAL

St. Armand's Circle Park, 10 a.m., Free
388-1554, starmandscircleassoc.com

12 - 19

SARASOTA MUSIC FESTIVAL

VIRTUAL OPTION AVAILABLE

Annual festival features four concerts and one lecture
Sarasota Orchestra, Live at Holly Hall and streaming options
953-3434, sarasotaorchestra.org/festival

18

FATHERS & FENDERS CAR SHOW

Collector classics and antique cars
Five Points Park, Downtown Sarasota
9 a.m.

20

BILL MAHER: LIVE STAND UP TOUR

Van Wezel Performing Arts Hall, 7 p.m., \$87, 263-6799, vanwezel.org

25 - 26

VIRTUAL OPTION AVAILABLE

SARASOTA CONTEMPORARY DANCE "IN THE ROUND"

SCD emerging choreographers perform works in progress
SCD Home Studio, 7 p.m., \$20
Virtual Access on June 26, \$5-\$15
260-8485, sarasotacontemporarydance.org

25 - 27

SARASOTA POWERBOAT GRAND PRIX FESTIVAL

Lido Beach, 10 a.m., Free
487-7905, sarasotapowerboatgrandprix.org

26 - 27

REPTICON SARASOTA

Everything reptile
Robarts Arena, various times and prices
863-268-4273
repticon.com/florida/sarasota

JULY 10

SARASOTA INTERNATIONAL DRAGON BOAT FESTIVAL

Nathan Benderson Park, Price to compete, Free for spectators
416-962-8899, gwndragonboat.com

12 - 14

SARASOTA IMPROV FESTIVAL

Non-stop comedy at FST
Florida Studio Theatre, various times
\$10-\$79
366-9000, floridastudiotheatre.org

16

VIRTUAL OPTION AVAILABLE

SARASOTA CONTEMPORARY DANCE "IN THE ROUND" PERFORMANCES

SCD emerging choreographers perform works in progress
Sarasota Contemporary Dance Studio
7 p.m., \$20
Virtual Access on July 17, \$5-\$15
260-8485, sarasotacontemporarydance.org

24 - 25

SARASOTA MYSTIC FAIRE

Lecturers, psychics, healers and vendors
Sarasota Municipal Auditorium, 10 a.m., \$7-\$10
239-949-3387, mysticfares.com

AUGUST 3 - 7

SARASOTA SLAM

Annual Fishing Tournament
Marina Jack, various times and prices
907-4133
sarasotaslamm.com



A fleet of powerboats are off to the races at the Sarasota Powerboat Grand Prix Festival.
[PHOTO BY THOMAS BENDER]

What's Playing on your Tabletop?

A combination of more free time, less social activity, and nostalgia for times gone by has catalyzed the popularity of board games and toys. It's no wonder – a good game can keep kids busy, adults engaged, and foster togetherness in families. Here's a look at what's trending locally.



BUSY HANDS

Popping and glopping toys are flying out the doors of downtown Sarasota's Toy Lab (toylabsarasota.com). "Anything fidgety or tactile for kids is super popular," said store manager and co-owner Crystal Petrik.

Pop Bubble Fidget and Super Nee Doh-The Groovy Glob are fun stress-relievers for kids and adults (\$5-\$30)

WORDS & PLAY

Scrabble remains ever popular – especially with versions to suit any player's lifestyle.

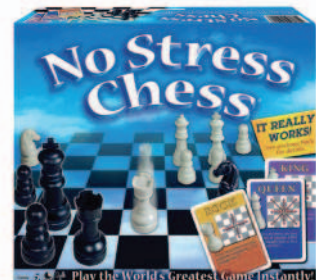
Every letter counts, whether its Tile Lock Scrabble (pictured), Scrabble Slam, or Scrabble To Go (\$17-\$30)



GAMES & GAMBITS

While Netflix's The Queen's Gambit made chess a must-have game, it also made playing look easy. Spoiler alert: it's not!

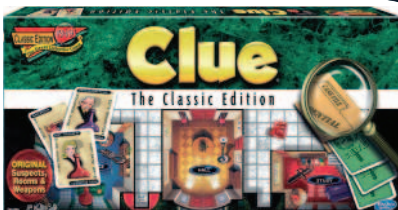
No Stress Chess is an easy way to learn standard chess (\$12.99)



CHILDHOOD CLASSICS

Board games remembered from childhood spark an emotional connection that parents want to revisit and share with their kids.

Candy Land and Clue are popular with kids – young and old! (\$17-\$28).



The Art & Science of Astrology



WHAT TO LOOK FORWARD TO: The Sun in Gemini supports surprising and positive events in our lives from Tuesday, June 1 to the full moon on Thursday, June 24.

A new moon solar eclipse gives us the ok to get up and out to somewhere new on Thursday, June 10. It's a great day to start a four-day weekend to a favorite nearby destination – just be sure to get the car serviced before you begin.

WHAT TO WATCH OUT FOR: As Saturn (self-discipline and restriction) squares Uranus (innovation, upgrade and sudden change) on Sunday June 13 and Saturday June 19, things may get tough. Taking a look at how we impose structure and deal with change should help.

POWER DAYS: It's a day for artistic creativity and great compassion when Venus (love and attraction) makes a harmonious trine to Neptune (faith and meditation) on Monday June 21. The dreamy quality of this transit is also

wonderful for romantic dates and will last through the summer solstice weekend of June 19 and 20.

Relish a day of positive, upbeat feelings on Wednesday, June 23. Enjoy the sheer harmony with others or use the energy for presenting an attractive solution to group needs at work.

STAY IN BED DAYS: Power struggles and disagreements can lead to deep misunderstandings on Saturday, June 5 as Mars squares mighty Pluto.

Watch out Sunday, June 13 as our energy levels will be low and we may feel unable to handle the demands of even the simplest tasks. Give yourself a restful day off with no meetings or phone calls.

JUNE

JULY

WHAT TO LOOK FORWARD TO: Discover a renewed sense of hope for the future when the New Moon enters Cancer on Friday, July 9. Use the energy to make constructive change in your life.

WHAT TO WATCH OUT FOR: Mars in Leo will oppose Saturn in Aquarius on Thursday, July 1. This irritable transit can lead to road rage and ego conflicts. Let others know you're hurt or offended, rather than hold it all inside.

Mars makes two very harsh aspects to outer planets surrounding the July 4 weekend. Do your best to avoid travel and celebrations in crowded places.

POWER DAYS: A great day to sign a contract or conclude a deal will be Monday, July 12, as Mercury (communications), newly arrived in Cancer, makes a harmonious trine aspect to Jupiter in Pisces.

The Full Moon in Aquarius on July 23 is bursting with good vibes and signals good times with friends. Whatever your plans, take July 22-23 off to enjoy.

STAY IN BED DAYS: With Mars making a challenging square to Uranus on Saturday, July 3 impulsiveness can run high and accidents can happen – especially if we're holding back from expressing our need for creative change.

AUGUST

WHAT TO LOOK FORWARD TO: The first twelve days of August will be a very social time as the Sun travels alongside Mercury (communication) in the sign of loving Leo.

A major highlight is Sunday August 8 when the new moon makes a harmonious trine to "wounded healer" asteroid Chiron – bringing with it a feeling of relief and simple pleasure.

WHAT TO WATCH OUT FOR: Look out for potential upset on Friday, August 6 as the Sun in Leo makes a challenging square to Uranus (sudden change). Expect routines to be broken by minor calamities and restlessness to run high.

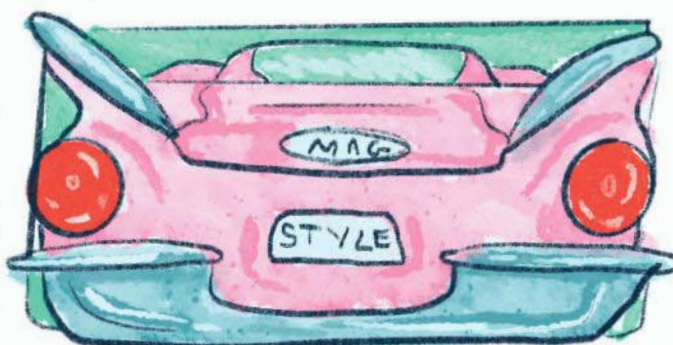
POWER DAYS: The positive energy generated – when the Sun in Leo opposes Jupiter (expansion and abundance) – on Thursday, August 19 – will be optimistic and downright joyful. It's a day to celebrate life. Just don't spend out of your budget when you're feeling this good.

It's time to be courageous and try an exciting new activity that can lead to personal growth on Sunday, August 22, when Mars makes an energetic yet harmonious trine to Uranus (innovation) on the Aquarius full moon.

STAY IN BED DAYS: The one really tough day this month is Monday, August 2, when the Sun in Leo in opposition to Saturn can bring a strong sense of loneliness and unfulfillment. The good news is this aspect will pass quickly. Sunnier days lie ahead.

[END NOTE]

How To Survive Summer



BY EMILY LEINFUSS | ILLUSTRATION BY OLIVIA JUNGHANS

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