

# SROQ<sup>TM</sup>

TRANSFORMING LIVE LOCAL. LOVE LOCAL SARASOTA | BRADENTON

BRAND  
STORY  
FEATURE

MARIE SELBY  
BOTANICAL  
GARDENS,  
THE RINGLING  
& LIGHTHOUSE  
VISION LOSS  
EDUCATION  
CENTER

## SUMMER SIZZLERS

SEIZE THE SUMMER WITH 26 SCORCHING-HOT EXPERIENCES

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REVIVED AND WITH  
A NEW PERSONA

MORRIS  
CODE

PASSION PROJECT  
ON ANNA MARIA



JULY/AUG 2019 | \$4.00 US



SOME LIKE IT HOT. WHO WE KIDDING? MOST OF US DO. THAT'S WHY WE CALL THIS CITY OF EQUATORIAL PROXIMITY OUR STOMPING GROUNDS. AND AS THE UV INDEX INCREASES, AND ARTICLES OF CLOTHING DECREASE, WE FIND INVIGORATING WAYS TO NOT ONLY BEAT THE HEAT, BUT SEIZE IT. EMBRACE A SIZZLING FORAY OF MIDSUMMER EVENTS, ACTIVITIES AND TRENDS—FROM SATISFYING SALADS, WATERBOUND FITNESS, ECO-SAVING INITIATIVES, GEOCACHING TREASURES, THEATER AND GALLERY ROUNDUPS, FLORIDA BEACH READS, EPIC SANDCASTLES, BABY SEA TURTLES AND BALMY METEOR SHOWERS—SEAR THE STREETS OF THE SUNCOAST WITH THESE 26 SCORCHERS.

## THE FLOPPY HAT PHENOMENON

Big hats are back. Picture *Pretty Woman* walking down the street or Audrey Hepburn as *Our Fair Lady*. Functional and fashionable, these floppy tops not only shade all the right places but add the chic intrigue that every woman wants. Imagine it: head down, hat on, a bewitching gaze emerges from a sleek brim. Ladies, this is Rom-Com 101. Visit local, fashion watering holes to buy the essentials for these summer days. Stripes and solids, flamboyant and subtle, toyo straw or braided straw or striped straw or plain, old straw—find the flop for you. *O.Liang*



## AQUA STRONG

Swim aerobics have come leaps and dives, from being seen strictly as an afternoon exercise for seniors with styrofoam noodles in assisted living facilities. Shara Cohen of **AquaStrongSRQ** breaks the stigma of the Aquatic Fitness market and is “creating more awareness about the incredible benefits of aquatic exercise and encouraging people to make the pool their gym,” she says. After extreme shoulder surgery, Cohen discovered that the water was a supportive, gentle rehabilitation environment that enabled her to push her body further with less pain, and less stress on her joints. Through drag resistance training, she gained back strength, full range of motion and took her fitness to another level. Since partnering with Hydrex Revolution, she is now a certified trainer of leading equipment brands Aqualogix and Aquastrongth. Having developed a wide range of low-impact, rejuvenating workout programs that cater to all demographics, her pool-based conditioning and muscle-toning routines help people of all ages, endurance levels and ailments optimize performance and reach their fitness goals. “In such a supportive environment, the water allows you to exercise in a way that land-based exercise does not,” she notes. “It is challenging yet therapeutic, invigorating and so much fun!” Whether you are recovering from an injury or looking for a new method of cross-training to improve your sports performance, you’ll want Cohen’s drag resistance training to be part of your regular cardio regimen. *B.Mattie Aquastrongsrq.com, aquastrongsrq@gmail.com, 941-479-9490.*

**Previous page, clockwise from left to right:** Odiva Floppy Beach Hat, \$24, Molly and Zoey, 466 John Ringling Blvd., Sarasota, 941-388-0330. Jaessa Leone Eloise striped hat, \$125, Influence, 474 John Ringling Blvd., Sarasota, 941-343-2315. The Matter Company Joia Hat, \$18, Molly and Zoey. Eugenia Kim Eubun Sunhat in Your Dreams, \$478, L. Boutique, 556 South Pineapple Ave., Sarasota, 941-906-1350. Michael Stars Hat Black with tassels (one size), \$74, and Michael Stars Hat Natural One with bow, \$74, Foxy Lady, 481 John Ringling Blvd., Sarasota, 941-388-5239.