



The Woodlands Word @ Rivendell

Your
Community Resource

JUNE 2013



Alexandra De Stefanis, Dr. Polizzi, Norma Lee Rhines

Alexandra De Stefanis and Norma Lee Rhines assist a local Writer with publication on Italian Art and a Sicilian Novel

Rivendell residents Alexandra and Norma Lee teamed up to research and photograph an important art collection of Italian paintings of the 19th century for local author and friend Dr. Joseph Antinoro-Polizzi for his new book.

While searching for more information on a particular painting, *The Marriage in Basilicata*, by Giacomo Di Chirico (1844-1883), a name popped up that Alexandra found very familiar.

(Continued on pg.3)

Maintenance Committee Report May 1, 2013

By Jim Stepien

I can again report that we had no significant maintenance issues during the past month, and our community also received much needed rain that has helped to raise the level of our lakes and ponds.

At our May 1st meeting we reviewed the status of the following on-going projects:

- Documentation of RCA assets is progressing with the electrical mapping completed. The lake/pond and preserve/wetland mapping is being finalized, the pool equipment inventory is nearing completion and work has begun on the irrigation mapping.
- The committee reviewed and agreed upon a plan for additional tree plantings in various parks and other common lands. A proposal will be presented to the Board at the next Board Meeting.
- The committee is continuing to review options for replacing the lake and park signage throughout the community.
- The proposed redesign of the Placid Lake median at Rivendell Blvd. was reviewed

(Continued on pg.2)

Seeking Rivendell Resident Owners to fill Board Position Will be appointed by current Board

Qualifications for Board membership include resident owners with the ability to work well with others, good judgment, and a desire to serve the community.

If you are interested in serving the Rivendell community, please submit a Letter of Intent (a brief statement highlighting your interest and qualifications), along with a short biographical sketch and your photo to

Kyanne Merrill at Lighthouse Property Management
kyanemerrill@mgmt.tv 966-6844

(Maintenance Report continued from pg.1)

and approved by the committee and will be presented to the Board at the next Board Meeting.

Landscape Status:

The Board-authorized trimming of trees located on common land that have limbs overhanging private residences has been completed. Most of the trees are located on the southern side of Rivendell Boulevard from the entrance to the bridge.

Pool Status:

Pool heaters are being monitored for intermittent control problems.

Lakes/Ponds Status:

1. The lakes and ponds have had a slight increase in algae that is being treated by our contractor. The algae level is normal at this time of the year and can be seen throughout many communities in the county.
2. As we reported previously, the littoral zones in Rivendell Lake and Gator Lake have been treated to remove invasive grasses and are now ready to be planted with beneficial plants that meet all government guidelines. Our contractor’s proposal will be presented at the next Board Meeting. Our contractor has suggested planting pickerel weed, duckweed and other beneficial plants that will also be aesthetically pleasing to our homeowners as well as visitors to our community.

Preserves/Wetlands Status:

The community’s annual review of our preserves and wetlands has taken place. The review found our preserves and wetlands in compliance with all governmental regulations and guidelines. It was noted that we did have a very small problem with a few homeowners dumping yard debris into the preserves behind their homes. The homeowners have been notified to have the debris removed expeditiously.

Other Status:

1. We have asked LHM to contact the county regarding some raised slabs on our sidewalks. Please continue to report these trip hazards to LHM.
2. We have also asked that LHM contact the county regarding the community’s street crosswalk markings; they are in need of repainting.

Please report any problems you notice to Lighthouse Property Management at 966-6844.

**Next MC meeting: June 5, 2013 at 7pm
in the Cottages Clubhouse.**

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**Rivendell Board Meeting
NEXT BOARD MEETING
To Be Announced**

*Dates, times, and locations of Board and
Committee meetings are based on the
information available at the time of publication.*

DID YOU KNOW?

**Amended Deed Restrictions and
Standing Rules**

**Refer to pages 6-14 of
2013 Rivendell Directory**

(Italian Art continued from pg.1)

The Marriage depicts a wedding scene involving nobility from Foggia, Italy. The family of the Duke in the picture had an estate outside the city of Foggia (Apulia). Alexandra's grandfather was the retained veterinarian who tended the Duke's horses and they would go to the palace together when she was a child to deliver the Duke's bill.

Norma Lee also discovered some similarities with her own family narrative while talking with Dr. Polizzi about his earlier novel, *The Golden Orrery*. This story of three generations of Sicilians parallels the experiences of her own grandparents, who left Sicily for America in 1903 with hopes of a better life.



The Fordingbridge duo made several visits to the author's home to photograph all his prints, taking advantage of natural lighting. They moved the paintings to different corners of the house and tilted them

at various angles to get the best possible images. Photographing the collection was a challenge as the prints were under glass. Norma Lee then spent hours back at her computer cropping the digitized photos for the final published images.

The New Flowering - A Cameo of Women depicted in Ottocento Italian Art: Pictures and Commentary by Dr. Polizzi's book, is based on his private collection, which was first exhibited at Manatee Community College (State College of Florida) Art Gallery, and next, at the Allegro Music

Academy in Sarasota. It offers an introduction to the Italian *Ottocento* painters who captured traditional themes and subjects during the mid-1800s.



Meditation by Raffaele Giannetti

North Americans have had little opportunity to come to know the Italian *Ottocento* painters. Their beautiful works adorn museums and major art galleries, particularly in Italy. Many of these are still in private collections and inaccessible to the public. This book introduces some of those artists and their works.

Many *Ottocento* paintings, including several of those in *The New Flowering*, can be accessed in full color online at www.artnet.com (plus the name of the desired artist). Dr. Polizzi's books can be found on Amazon and Barnes & Noble's websites.



The Marriage by Giacomo Di Chirico

Wildlife in Rivendell

No, we are not talking about the Aerobics Group at the Community Pool or dinner parties on lanais...



George and Nancy Wettlaufer photographed this family of deer by Placid Lake behind their home in April. There was a fifth deer, but a little further away.



Many residents have been photographing the Sandhill Crane sitting atop the "floating nest" by the Rivendell Lake bridge.

Hurricane Shutter Regulations Summarized

Clear (Lexan) hurricane shutters may remain up on the front of a house or street side of a corner house throughout the hurricane season, which lasts from June 1 to November 30.

Clear shutters or those painted to match the house or trim may remain up on other parts of the house that are visible from a street, alley or other home.

Any other shutters that are visible from a street, alley or other home may go up within 10 days of the expected arrival of a hurricane, and must come down within 2 weeks following a hurricane.

Because the amended hurricane shutter restriction gives every homeowner the ability to protect his or her house, whether here or away, the new deed restriction will be strictly enforced.

(For exact wording consult ***Rivendell Community Directory 2013***, p.9, 4.09 Hurricane Shutters)

Florida Battles Slimy Invasion By Exotic Snails

Adapted by Ed Lin from a Reuters news article, 4/14/13. Edited by Judy Sokal.

South Florida is fighting a growing infestation of one of the world's most destructive invasive species: the giant African land snail can grow as big as a rat and can gnaw through stucco and plaster. "More than 1,000 of the mollusks are being caught each week in Miami-Dade and 117,000 in total since the first snail was spotted by a homeowner in September 2011," said Denise Feiber, a spokeswoman for the Florida Dept. of Agriculture & Consumer Services.

Feiber added that residents will likely begin encountering them more often, crunching them underfoot as the snails emerge from underground hibernation at the start of the state's rainy season. The snails attack "over 500 known species of plants ... pretty much anything that's in their path and green." In some Caribbean countries, such as Barbados, which are overrun with the creatures, the snails' shells blow out tires on the highway and turn into hurling projectiles from lawnmower blades, while their slime and excrement coat walls and pavement. A typical snail can produce about 1,200 eggs a year and the creatures are a particular pest in homes because of their fondness for stucco, devoured for the calcium content they need for their shells.



Experts gathered last week in Gainesville, Florida for a Giant African Land Snail Science Symposium, to seek the best ways to eradicate the mollusks, including use of stronger bait approved recently by the federal government. Investigators were trying to trace the snail infestation, but many exotic species come into the United States unintentionally in freight or in tourists' baggage. Authorities are expanding a series of announcements on buses, billboards and in movie theaters urging the public to be on the lookout.

The last known Florida invasion of the giant mollusks occurred in 1966, when a boy returning to Miami from a vacation in Hawaii brought back three of them, possibly in his jacket pockets. His grandmother eventually released the snails into her garden where the population grew in seven years to 17,000 snails. The state spent \$1 million and 10 years eradicating them. Many people unfamiliar with the danger viewed the snails as cute pets but don't realize the devastation they can create if they are released into the environment where they thrive because they don't have any natural enemies.

Sarasota County Fertilizer Ordinance

Sarasota County's fertilizer ordinance 2007-062,
aims to cut down on the amount of pollution getting into area waterways.

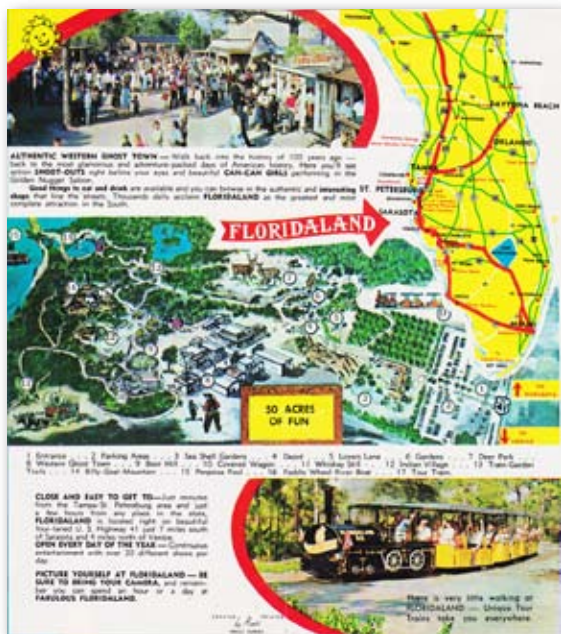
- It prohibits applying fertilizers that contains nitrogen or phosphorus between June 1 and September 30.
- It sets a fertilizer-free zone within 10 feet of any body of water.
- It requires training for commercial applicators.
- It has penalties for violators.

http://www.scgov.net/environmentalservices/water/SurfaceWater/documents/1756_001.pdf

Osprey's Lost Tourist Attraction

By Kay Mruz

Long before Disney World, Florida's highways were dotted with a variety of tourist attractions. Located near Florida's major highways, (U.S. 1, U.S. 27 and U.S. 41) these attractions provided a unique experience for in-state residents and out-of-state tourists. The Sarasota area was once home to Texas Jim's Sarasota Reptile Farm and Zoo, Sunshine Springs and Gardens, Circus Hall of Fame, Museum of the Cross, and Floridaland. Located just across the road from Rivendell on fifty acres now occupied by Bentley's Hotel, the neighborhood of South Bay, a shopping complex, and a CVS, Floridaland was Osprey's entry into the race for tourism dollars.



Ohhh for the Good Old Days...

Boasting "Everything Under the Sun," Floridaland opened its doors on Christmas Day in 1964. Admission was \$2.50 for adults and \$1.50 for children. Guests were greeted at the entrance by colorful tropical birds, and once inside you were free to explore a western ghost town. Several times a day you could enjoy a "wild west" show and a good "old fashioned" gunfight. After the show visitors could wander into the Golden Nugget Saloon to hear Miss Kitty sing accompanied by an old time piano player, or watch can-can girls. Floridaland was also home to Billy Goat Mountain, a deer park, an Indian village, a botanical garden, a Lover's Lane, a dolphin show, a porpoise and sea lion pool, and a train ride (actually a tram

made to look like a train). Out in the bay you could ride a sternwheeler riverboat named the Harbor Queen. Floridaland, at the time, was the largest theme park in Florida and claimed 5,000 visitors a day. In 1967 a Holiday Inn opened next door, and a sky-glider ride was added to transport visitors from the hotel to Floridaland and back. It also gave riders a birds-eye view of the park's attractions. An orchid walk that featured a rare black orchid was also added to the park that year. The Holiday Inn later became the Osprey Inn and is now known as Bentley's Hotel.



All Aboard The Harbor Queen

Floridaland closed its doors on July 2, 1971. Financial reasons, accusations of improper care and treatment of the park's dolphins and porpoises, and the opening of Walt Disney World resulted in Floridaland becoming another lost Florida tourist attraction.

Home Owners' Semi-Annual Association Fees Due June 1, 2013



2013 Hurricane Names

<http://www.nhc.noaa.gov/aboutnames>

There is a pre-approved list of names for Atlantic tropical storms and hurricanes. These lists have been generated by the National Hurricane Center and the names on each list alternate between male and female. There are six lists that continue to rotate. The lists only change when there is a hurricane that is so devastating, the name is retired and another name replaces it.

Hurricanes are named alphabetically from the list in chronological order. Thus the first tropical storm or hurricane of the year has a name that begins with "A" and the second is given the name that begins with "B." The lists contain names that begin from A to W, but exclude names that begin with a "Q" or "U."

The **2013 Hurricane Name List** is the same as the 2007 hurricane name list with the exception of three names that were devastating hurricanes in 2007 and thus retired.

Dean was replaced by Dorian,
Felix was replaced by Fernand, and
Noel was replaced by Nestor.

2013 Hurricane Names

Andrea
Barry
Chantal
Dean = Dorian
Erin
Felix = Fernand
Gabrielle
Humberto
Ingrid
Jerry
Karen
Lorenzo
Melissa
Noel = Nestor
Olga
Pablo
Rebekah
Sebastien
Tanya
Van
Wendy

Holiday Trash Collection Schedule for 4th of July

FYI - No trash will be collected on 4th of July, Thanksgiving Day, Christmas Day, or New Year's Day when these days fall on a Monday through Friday.

This year, July 4th falls on Thursday (our usual pick-up day), so collection will be delayed by 1 day and picked up on Friday, July 5th.

Collections will be delayed one day from the holiday continuing throughout the rest of the holiday week.

Any regular Friday collections delayed by a holiday will be done on Saturday.





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ARTS and EVENTS IN SARASOTA Mark Your Calendar



Selby Garden Classes

The Marie Selby Botanical Gardens offers classes all year. Classes include gardening, plant care, photography, art, yoga, and more. Call 941-366-5731 or visit the website for more information:

www.selby.org/learning/classes



Savor Sarasota ~ June 1-14, 2013

The Annual "Savor Sarasota" Restaurant Week will run two full weeks, from June 1-14, 2013. This dining event features multi-course menus at \$15 per person for lunch and \$29 per person for dinner. During the two-week event, the region's eateries that are showcased have helped the area earn the distinction of having one of the highest concentrations of Zagat-rated restaurants in Florida. The website provides a list of participating restaurants and menus – click on the tab: What's Cooking. <http://www.savorsarasota.com>

12th Annual St. Armands Circle Craft Festival June 8th & 9th, 2013 Saturday & Sunday 10 AM - 4 PM

Enjoy works from the state's best talent of crafters and long-time festival favorites along with the newest names on the contemporary craft scene. See jewelry, pottery, plant holders, soaps, and more. Also included will be a green market with orchids. Free Admission.

21st Annual Downtown Venice Craft Festival June 15th & 16th, 2013 Saturday & Sunday 10 AM - 4 PM

Some of the nation's best crafters will converge along Miami Avenue. Peruse booths filled with paintings, stained glass, photography, personalized products for children, and more! Stroll our Green Market for plants, handmade soaps, BBQ sauces, and orchids. Free Admission.

Venice Audubon Center Program



Carlton Reserve Birding Trip. Be amazed by the variety of bird species found at the T. Mabry Carlton Reserve. Join Sarasota County volunteer, Charlie Sample, for a birding nature journey on Friday, June 14th at 7:15 a.m. Do you have trouble hiking or walking? We will carpool into the Reserve, stop, and bird. See the innermost wilderness country of the Reserve. Space is limited and registration is required. Contact Charlie at 941-468-1231.

Did You Know?

There are valuable coupons for a variety of services and restaurants located at the back of your new

2013 Rivendell Community Directory.

(brown tab labeled Coupons)

Enjoy!



Designing Women Events

June 27 Ambassadors' Guild Summer Salon Luncheons. \$20. Speaker/deli lunch & live style show. Michael Mullan, M.D. PhD., CEO, Roskamp Institute. "Researching the Aging Brain – Use It or Lose It" 11:30am. Call 941-366-5293 to RSVP.
www.designingwomenboutique.org

**Van Wezel Performing Arts Center
 Friday Fest, June 21 at 5pm Yesterdayze**

The music from the decade that was the '60's impacted society like no other before or since. It remains in play today from radio to television advertising, and has never come and gone like so many other trends in modern music. **2013 Event Calendar:** <http://www.vanwezel.org>

To RSVP or for Sponsorship information, please call our event line. Visit our shop or visit us online. Your payment secures your reservation – Cash/Credit/Check

Event Line: 941-366-5293 1226 N. Tamiami Trail at 13th Street, Sarasota
www.designingwomenboutique.org

CLASSIFIED ADS

BEAGLE NEEDS HOME: Our 9-year-old beagle needs a new home because next school year our kids won't be around as much. Snickers needs more company than we can now give him, and he needs a midday walk that we're no longer reliably able to provide. He's an incredibly sweet and quiet dog. He loves to walk, but he's not terribly active. He's a perfect dog for an older person who would like an excuse to take a few walks a day. **Call Lori Yohann 266-2988.**

WANTED: Enea Pavimento 45x45 Ceramic Floor Tile: We need 3 boxes of Nassau White Pavimento ceramic floor tile by Enea. It was used in many homes in Rivendell. It is a light color tile with shell inlays. **Call Steve, 773-575-8656,** if you have any spare tile that fits this description. Thank you!

Michael Saunders & Company

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When buying or selling, let Linda's 19 years of experience in Ottawa, Canada, Northwest Indiana's Chicagoland Region, and Sarasota/Venice help you reach your objective. She is a professional, full-time, well-informed Realtor with many satisfied clients. Let her help you become one as well!



LINDA BASTIAN, GRI
 Realtor
 Resident of Rivendell

941-966-8000
Cell 321-6203

E-mail: LindaBastian@michaelsaunders.com
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8660 S Tamiami Trail
Sarasota, FL 34238

Director's Circle Award Winner

Experience Exceptional Service

English Definitions fit for the Dictionary

These Definitions fit so well they should be in the Dictionary!

ADULT: A person who has stopped growing at both ends and is now growing in the middle.

BEAUTY PARLOR: A place where women curl up and dye.

CHICKENS: The only animals you eat before they are born and after they are dead.

COMMITTEE: A body that keeps minutes and wastes hours.

DUST: Mud with the juice squeezed out.

EGOTIST: Someone who is usually me-deep in conversation.

HANDKERCHIEF: Cold Storage.

INFLATION: Cutting money in half without damaging the paper.

MOSQUITO: An insect that makes you like flies better.

RAISIN: A grape with a sunburn.

SECRET: Something you tell to one person at a time.

SKELETON: A bunch of bones with the person scraped off.

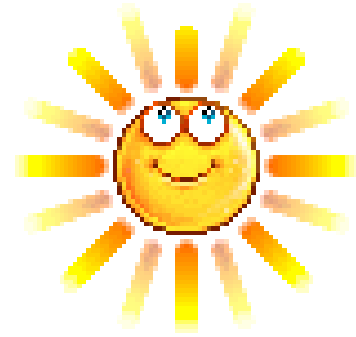
TOOTHACHE: The pain that drives you to extraction.

TOMORROW: One of the greatest labor saving devices of today.

YAWN: An honest opinion openly expressed.

And **OUR Personal Favorite!**

WRINKLES: Something other people have, similar to my character lines.



Overnight parking on Rivendell streets is prohibited

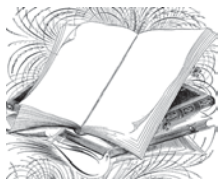


4.01 Community Association Restrictions

Please refer to the *Amended Deed Restrictions for Rivendell*, page 7 in the *2013 Rivendell Directory*

(i) (C) No motor vehicle shall be parked anywhere other than on paved or other areas designated for that purpose, such as driveways or in garages. Parking on yards, lawns or landscaped areas, alleyway access easements, or in community common area or neighborhood common area is prohibited. Parking of any motor vehicle on streets and roads within the community is expressly limited to durations not to exceed four (4) hours, and in all events, **overnight parking on streets and roads is strictly prohibited.**

(E) Any vehicles parked in violation of this paragraph or section shall be subject to being towed away at the owner's expense, as well as any other remedy available to the Association. (*Please also see Standing Rule concerning Pickup Trucks approved on June 2006.*) Also refer to the September 2006 special issue on deed restrictions of the *Woodlands Word*.



Book Group Schedule By Marilyn Probert

The Book Group will meet on Monday, June 10, to discuss *That Woman, The Life of Wallis Simpson, Duchess of Windsor* by Anne Sebba. Ms. Sebba is the first female biographer to write extensively about the Duchess, and she paints a more sympathetic picture of her than has been seen in the past. Bessie Wallis Warfield grew up fatherless in Baltimore, and throughout her adult life she sought the financial security that had been missing from her childhood. After beginning an affair with this married woman, the future king of England became so enamored that he couldn't conceive of a life without her. Ms. Sebba has an interesting hypothesis to explain Wallis's allure, but you'll have to read the book to find out what it is!

Sallie Hawkins will host at her home at 716 Anna Hope Lane; please call her at 966-6916 if you'd like to attend.

We will not meet in July and August

The September 9th selection will be *The Light Between Oceans* by M. L. Stedman. This novel details the drama that ensued after Tom Sherburne, a lighthouse keeper on a remote island, found a boat washed ashore. In it were a dead man and a crying baby. Tom's wife, Isabel, had had several miscarriages and yearned to have children, so the appearance of this baby seemed like a dream come true. Complications that followed made it seem more like a nightmare, however.

On October 14th the topic will be *The Round House* by Louise Erdrich. This novel is a coming-of-age story of a thirteen-year-old Ojibwe boy whose family endures the ramifications of a terrible crime committed against one of their own.

All Rivendell residents are welcome at Book Group meetings. We meet at 7:30 p.m. on the second Monday of the month (except July and August). Please call the month's hostess if you plan to attend.

Residents Helping Residents

"Residents Helping Residents" replaces the previous "Service Provider Recommendation" and "Classified Ads" columns. The "Residents Helping Residents" features services and special prices that are provided to and by Rivendell Residents. It also includes our teen businesses. The Classified Ads Column will be printed when there is a one-time item for sale or something of a similar nature (Garage Sale).

BABYSITTER: Natasha Nielsen, Pine View School freshman, can watch your child while you go out or help with homework. Polite and responsible. **Call 941-966-1419.**

COMPUTER REPAIR AND INSTRUCTION: Very reasonable flat charge and hourly rates. Rivendell Resident **Gary Mruz** has thirty years computer experience. **Call 941-786-6019** or email gary.mruz@gmail.com

GUITAR LESSONS: Daniel Yohann, a Pine View junior, is offering private guitar lessons. Daniel is an accomplished guitarist and experienced teacher. One-half hour or one hour lessons are available. Reasonable rates. **Call 941-375-1242.**

LAMPPOST REPAIR: Rivendell Resident **Bill Bloom** is offering lamppost repair services. Is your lamppost light staying on? Charge is \$40 for parts, labor and cleaning. Replacing a burned out bulb is \$12 and this includes new bulb and cleaning. **Call 941-918-8386.**

MOTHER'S HELPER/BABYSITTER: Sivan Yohann, **966-7766.** Pine View student would love to play with your toddlers after school while you're trying to get dinner ready, or babysit your kids so you can have a well-deserved evening out! I am extremely friendly and responsible!

Rivendell Residents:

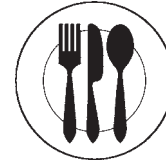
Please send your name, phone number, and a description of the service you can provide to other Rivendell residents.

Email your information to:
Marilyn at tpro38@yahoo.com



Recipe Roundup

Potpourri Soup from Deborah Berzins



The following soup recipe comes from the cookbook titled "Cooking Down East" by Marjorie Standish (who is considered the Julia Child of New England cooking):

From the author: "When I started writing my column Cooking Down East in the late 1940's, one of my first recipes sent to me was for "Potpourri Soup". A man from Dexter, Maine, sent the recipe. He was in the insurance business. It is one of the most popular of my soup recipes. It may be made with hamburger or venison burger if you have any..."

3 tbs. butter

3/4 lb. hamburger

3 small onions

1/3 cup barley

1 no.2 can tomatoes (I use the large can of diced/plain tomatoes)

1 1/2 quarts of water

1 tbs. salt

1/2 tsp. pepper

Whole pepper corns to taste (use about 15)

3 carrots diced (or sliced)

3 potatoes diced

3 stalks celery diced (or sliced)

1 tsp. steak sauce (A1)

1 tsp. Worcestershire sauce

Using a large soup kettle, fry the meat in melted butter until red color leaves it, crumbling meanwhile so that the meat is separated.

Add onions and cook for a few minutes longer. Add water, tomatoes, barley, salt and pepper. Cover and simmer gently over low heat for one hour.

Add vegetables, Worcestershire and steak sauce and bring back to steaming point over low heat. (I add vegetables the last 30 minutes of cooking time.)

I use instant barley (easier to find) and put it in the last 10 minutes.

Serve with corn bread or hot biscuits. Makes six servings of ample proportions.

Shingles and the Vaccine

Have you had the Shingles Vaccine?
You can usually get the vaccine after
the age of 60.

Talk to your physician about getting the
vaccine when you are "shingle free".

Visit the following web sites for more
information. Take care of yourself!

Shinglesinfo.com

Shingles - MayoClinic.com

The Architectural Review Committee (ARC)

meets the **last Tuesday** of each month at 6:00pm

Location: Cottages Clubhouse

Applications are due to Lighthouse Management by the **third Tuesday** of each month.

NOTE: The ARC recommends that applications be received one week before the next meeting.

Applications received after the monthly date will have to wait until following month.

REMINDER: If you are submitting an ARC Application Form for landscape changes, you must attach a copy of your Site Plan (also called a Survey of Lot or Plot Plan or Plat). Your application will NOT be reviewed without a copy and this would delay your work. The Site Plan should show names of specific plants and locations for proposed landscaping or fencing.

Dates, times, and locations of meetings are based on the information available at the time of publication.

Minutes Architectural Review Committee

April 30, 2013

Attendees: Gwenda Stepien – Committee Chair, Nancy Schubert – Board Liaison, Mary Marryott, Mickie Konner, Janet Berntsen
Guest: Dave Lewis

The ARC meeting was called to order at 6:00 PM with a quorum of 4 Committee members present.

The following applications were reviewed and decided for action.

ITEM	ADDRESS	WORKPLAN	RESOLUTION
1.	561 Meadow Sweet	Paint front door green	Resolved: Approved Motion: Gwen Stepien 2nd: Mickie Konner
2.	656 Clear Creek	Install solar panels	Resolved: Approved Motion: Janet Berntsen 2nd: Mickie Konner
3.	665 Clear Creek	Plant new flower beds	Resolved: Approved Motion: Gwen Stepien 2nd: Mickie Konner
4.	673 Clear Creek	4' white vinyl fence in backyard	Resolved: Approved Motion: Gwen Stepien 2nd: Mickey Konner
5.	751 Shadow Bay Way	Paint house same as original	Resolved: Approved Motion: Mary Marryott 2nd: Janet Berntsen
6.	806 Foothill Court	Remove oak tree back of house. Roots damaging house and lanai.	Resolved: Approved Motion: Mickie Konner 2nd: Mary Marryott
7.	806 Foothill Court	Paint house Ancient and trim Antique White	Resolved: Approved Motion: Mary Marryott 2nd: Mickie Konner
8.	1056 Scherer Way	Replace existing dying Indian Hawthorn bushes with new Fichus and	Resolved: Approved Motion: Gwen Stepien 2nd: Mickie Konner
9.	1132 Mallard Marsh	Solar panels	Resolved: Approved Motion: Mary Marryott 2nd: Janet Berntsen
10.	1172 Mallard Marsh	Repaint house and trim same as existing, paint door Sage	Resolved: Approved Motion: Gwen Stepien 2nd: Mickie Konner
11.	1163 Mallard Marsh	Power wash house, driveway. Paint house "Sociable", trim Creamy, door Marigold.	Resolved: Approved Motion: Mary Marryott 2nd: Mickie Konner
12.	746 Shadow Bay	Remove dead sod for entire yard and replace with St. Augustine grass. Clean up entire shrub area.	Resolved: Approved Motion: Janet Berntsen 2nd: Gwen Stepien
13.	866 Placid Lake Dr.	Paint house "Pageant" and trim "Cream". Replace garage lights with new.	Resolved: Approved Motion: Mickie Konner 2nd: Janet Berntsen
14.	990 Scherer Way	Add pool, re-sod grass, new landscaping.	Resolved: Approved Motion: Gwen Stepien 2nd: Mickie Konner
15.	699 Rivendell	Replace several windows with wind resistant style glass.	Resolved: Approved Motion: Mickie Konner 2nd: Gwen Stepien
16.	1159 Mallard Marsh	New landscaping at back of house.	Resolved: Denied Motion: Mickie Konner 2nd: Gwen Stepien Note: Need new drawing showing dimensions of right side with 5ft easement.

ARC meeting adjourned at 7:00 pm. **Next Meeting: June 25, 2013**

DID YOU KNOW?

Busted: Seven myths about obesity, and why they're wrong

Submitted by Ed Lin, edited by Judy Sokal, excerpted from *Today Health* by Maggie Fox, NBC News http://todayhealth.today.com/_news/2013/01/30/16775992-busted-seven-myths-about-obesity-and-why-theyre-wrong?lite

Obesity researchers joined forces to bust myths about weight loss in a paper published in the *New England Journal of Medicine*. They say they don't want people to stop trying, but there are some misguided policies. Plus they want people to evaluate claims before repeating them to others.

"Everyone's trying to do something about obesity," says David Allison of the University of Alabama at Birmingham. "But if they are sending messages... based on erroneous understanding... people may be wasting time and money and not pursuing the right things." Researchers explored Internet posts, books and government health advisories, and settled on seven common beliefs that are not only incorrect, but often illogical, even though they've been endorsed by experts:

- Small, sustained changes in energy intake or expenditure will produce large, long-term weight changes. It's not only untrue, the researchers say, but illogical.
- Setting realistic goals for weight loss is important, because otherwise patients will become frustrated and lose less weight. So-called realistic goals may actually be too modest.
- Large, rapid weight loss is associated with poorer long-term weight-loss outcomes, as compared with slow, gradual weight loss. Not true.
- It is important to assess...diet readiness in order to help patients who request weight-loss treatment. The researchers note that studies show people who sign up for weight-loss programs may say they are ready, but often actually lose little weight.
- Physical education classes...play an important role in reducing or preventing childhood obesity. The researchers say most PE classes do little to get kids moving.
- Breast-feeding is protective against obesity. Studies show that there's little correlation.
- A bout of sexual activity burns 100 to 300 calories per person. Not true, and no way to test.

None of these seven myths has been shown to be true.

Not every diet expert is happy with the study and many can't understand the point of the paper unless it's to say that the only things that work are drugs, bariatric surgery, and meal replacements.



The first myth attacked, is that doing a little something every day will add up to pounds lost over the years. It's the idea that if someone burns even 100 extra calories a day, he or she will lose a pound every 35 days. Over five years that person should lose 50 pounds, but studies have shown the true weight loss over five years is 10 pounds. That doesn't mean that exercise won't help people lose weight, or that people shouldn't try to exercise. Exercise even without weight loss improves health...people should demand good evidence before changing policies or dispensing advice.

The team also identified six common presumptions, which, while they haven't been proven wrong, also haven't been proven to be true. These include the idea that eating breakfast helps people lose weight, that children develop eating and exercise habits at an early age, that eating more fruits and vegetables will displace more calorie-laden food to help lose weight, that environments help make people obese, that snacking causes weight gain, and that yo-yo dieting can kill you.



So what does work? Drugs do, for people who are very obese. So does surgery to make the stomach smaller. The companies that make the devices used for surgery and surgical centers are conducting randomized, controlled clinical trials to determine what works. The article points out that the best public policy solutions should be driven by facts.

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Access the Rivendell website at:

http://www.lighthousepropertymanagement.net/portal_login.html

Your input and feedback are always encouraged and welcomed.

Deadline: Submit articles and information to Judy Sokal (judysokal@gmail.com) by the tenth of the month.

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