



*Your
Community Resource*

The Woodlands Word @ Rivendell

August 2018

Document Review Committee Update

By Mike Bergman

The Document Review Committee is in the final stages of updating the Rivendell Declarations, Articles of Incorporation, Bylaws, and Rules and Regulations. The Committee has worked diligently for most of a year to revise our documents. References to the original builder's rules have been removed. These have been replaced by current guidelines of Florida Regulation 720. Our revised guidelines will then be legal and enforceable.

Our attorney, Paul Olah, has completed his examination of the Committee's suggested document changes and has recommended a number of alterations to ensure the documents' legality. The Document Review Committee will get to work immediately to implement Mr. Olah's suggestions. Tentatively, in November, we expect to present the document changes to you, our homeowners, for a vote to adopt the changes. Prior to the projected November ballot vote, Gary Mruz, our webmaster, will post the revisions to our web site. Other communications might include e-mails from the HOA Board, notices on *Nextdoor Rivendell* and information in *The Woodlands Word*. In September, the Documents Revision Committee plans to hold a **Town Hall** type meeting where our homeowners can ask questions and voice concerns about the project. This will be **YOUR** meeting. We want **YOUR** input. Volunteers from the community will follow up to address your concerns.

Attending the Town Hall meeting is important and will also be an opportunity to update your homeowner contact information sheet (also available in this issue).

In November, please VOTE YES in favor of the document changes.

Highlights of July 11 Board Meeting By Carol Heckert; Reviewed by Larry Dobias

Attending: Ray Capuano, Larry Dobias, Peter Strauss, Beth Miller (Lighthouse)

Manager's Report: (Beth Miller)

- New trapper caught a nuisance alligator and a raccoon. People should keep pets away from ponds. Call Beth Miller at Lighthouse to report animal encroachment.
- 3 rental forms for one-year rentals turned-in to Lighthouse.
- Vandalism at vacant house on Placid Lake Drive; police investigating.
- Checking for violations every 2 weeks; residents cooperating with new violation process.

Treasurer's Report: (Larry Dobias)

- Money spent in 1st half of year: \$168,257.
- Pool project finalized at a cost of \$110,000, with money coming from reserves. Thanks to Scott Christie, Larry Dobias, Sally Hawkins, Greg Volack for their contributions.

ARC: All requests approved for last 2 months.

Maintenance: (Larry Dobias)

- Money intended for new trees will be used for tree maintenance instead. Many trees need trimming and some need removal. Motion approved for Treetops to trim trees for \$8,980.
- Schedule suggested for ongoing maintenance needs.
- Scott Christie taking the summer off as committee chair. Volunteers needed.

Progress Report: Rivendell Ponds and Preserves Committee

By Frank Freestone

Over the last seven months, Larry Dobias and I have been gathering information from multiple credible sources to appraise the current condition of our ponds and to define sustainable pond management. The essence of our inquiries has been summarized in three previous *Woodlands Word* articles published in December 2017, April 2018, and June 2018. In brief, concerns have been raised regarding the condition of our ponds, including erosion and how we manage algal growth. We are also concerned that failure to take timely action for erosion control will have serious financial consequences, as has been discovered by neighboring communities to their dismay. Additionally, our community has specific responsibilities regarding the management of our preserves. On May

2, the Board of Directors passed a motion creating a Ponds and Preserves Committee (P&P). This reports progress to early June.

Since May 2, Larry and I have participated in numerous meetings, phone calls and emails, primarily with representatives of neighboring communities, to gather more information. Additionally, the June *Woodlands Word* article was prepared, along with several detailed planning documents for use by the Committee. The Maintenance Committee was briefed on June 30 and a kickoff meeting for the P&P Committee took place on July 3. As a result of that meeting, we now have four

(Continued on pg.6)

(Highlights of Board Meeting continued from pg.1)

Communications: (Barb Gahry)

- New rental policy will be published in the Woodlands Word.

Document Review: (Joe Sefack)

- Committee reviewing attorney’s document after we sent our revisions to him. Document received is inconsistent with requested revisions. Committee will meet with attorney again after revisions to his document are completed. Discussion about not accepting new charges for time he will need to correct his oversights.

Ponds and Preserves: (Frank Freestone)

- Kickoff meeting July 3. Mission to have a more sustainable approach to control erosion, control algae, attract wildlife. Stressed the need to begin controlling erosion now or face huge costs later.
- 4 teams formed: Contracts & Permits, Measurement & Records, Community Outreach, Planning Team.
- Will use Egret Pond, across from the pool, as a test case for erosion control with a no-mow zone this year, adding water plants next year.

Old Business

- Bridge beautification project: Board requested a less expensive plan from landscaper.

New Business

- Security at pool discussed, as teenagers are swimming after hours. Beth to get proposals for monitored video cameras and/or proximity lights.
- Investigating communication with homeowners by texting, especially in case of emergency. Lighthouse will need all cell phone numbers. Rivendell can subscribe to a service at 5 cents a message.
- County has marked some sidewalks needing repairs. Homeowners should alert Board if a sidewalk needs inspection. County is responsible for repairs.

Next meeting: Wednesday, Sept.12.

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Next Rivendell Board Meeting

Wednesday, September 12, 2018
6pm

OUR SAVIOR LUTHERAN CHURCH
2705 N Tamiami Trail, Nokomis

Any changes to this date will be
posted on the website
www.rivendellcommunity.com

Next Maintenance Committee Meeting

The Maintenance Committee meets the last Wednesday of each month at 7pm in the Cottages Clubhouse

Watch Out!



Keep our kids safe!!
Remember to watch for stopped school buses, crossing guards and PLEASE, slow down in school zones!



The Rivendell Community Web Site is available at

WWW.RIVENDELLCOMMUNITY.COM

Please contact Lighthouse Property Management for the password to the RESIDENTS section or check your annual voting ballot/proxy mailer.

Bird Fallout at Fort DeSoto Park, St. Petersburg

By Norma Lee Rhines

Some birds travel great distances over the Gulf of Mexico to get to Florida and run out of energy when they encounter high winds. A tropical storm hit the Fort De Soto area in April resulting in what is called a "Bird Fallout" or "Migration Fallout." As a result of this storm, locating birds was extremely easy for a group of birders who arrived a few days after the storm at Fort De Soto. Numerous Indigo Buntings were resting on the ground, posing on Mulberry Trees were the brilliant red Scarlet Tanagers, and perched on a picnic table was the

wonderful Hooded Warbler. Warblers are hard to spot since they are always on the move, darting from limb to limb but the beautiful bright yellow Prothonotary Warbler posed for us on the ground under some hanging leaves for 30 minutes before moving on. I go every year to De Soto Park during the spring migration, but this year was a real winner.

Be sure to view the COLOR photos in the *Woodlands Word* on the website: www.rivendellcommunity.com



Hooded Warbler-Louis Sharp



Indigo Bunting-Dennis Main



Painted Buntings-Lenee Owens



Prothonotary Warbler-Dennis Main



Scarlett Tanager-Dennis Main



Wood Thrush-Dennis Main

Common Courtesy - Where Has it Gone?

By Nancy Dobias



It's interesting what people will steal within Rivendell. On two different occasions flowering bushes were removed from the traffic islands of Rainbow Point. This morning when Larry and I stopped at the pool to close the restroom doors (ONE MORE TIME), Larry noticed that the small "trash bin" bought for the men's restroom was gone. Larry had asked me to look for something small for the restrooms and I had seen red plastic flower pots at Target that I thought would fill the bill and also provide a nice accent color to the rooms. I bought two - one for each restroom. Rivendell is now down to one. Whether the person who stole the one in the men's room will come back to snatch the one in the ladies' restroom remains to be seen. It's not like they cost a lot of money.

Suggestions for Pool Usage:

Because we don't have paid employees to pick up after us, it's up to us to keep our pool area neat, clean, attractive and safe. Please keep the following in mind:

1. Leaving the restroom doors open to allow the floor to dry doesn't help as it just allows rain to get into the restroom. **If you are the last person to leave the pool, please make sure all doors are closed.**



2. After putting the table umbrella up to have a shady place, **please put the umbrella down when you leave.** The winds may catch the umbrella and do damage if it storms.



3. **Please flush the toilet** after each use.

Many thanks to all the residents who are careful, considerate, and honest.

You are in the majority and we hope that majority will soon be 100%!

Editor's note: Following are additional suggestions from pool users:

4. If you move the pool furniture, **please put it back when you leave** the area.
5. **Please supervise your children** at all times when in the pool area.
6. Parents of babies, **please use diapers sold specifically for pool use.**
7. When people are swimming laps, **please note the lap line on the bottom of the pool** and try not to interfere with the swimmers.
8. **Please do not put pool furniture in front of either of the life rings;** in an emergency, a delay in getting to them could be costly.



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RESIDENTS HELPING RESIDENTS

CAVALIER KING CHARLES OWNERS! Do you have a well-mannered, potty-trained Cavalier and would like to reciprocate sitting services while away, or use in case of emergency? Must be current on all shots & flea/ heartworm protected. No monies involved, just assurance that our babies are taken care of and loved. Apollo would love to have a new friend. Call **Anita** at **941-321-0452**.

CERTIFIED HEALTH COACHES: Dr. Maggi Verhagen & Deb Holton-Smith RN BSN offer "solutions to optimal health" with their simple 5 + 1 program. Join the BeSLIM Club plan with our portion controlled meals and lose an average of 10 lbs per month. Our coaching is FREE. Call to see if this is a good fit for you! Better Together, Neighbors!!! For consult call Deb at 845-661-9883 or email for information GetSLIM@Holton-Smith.com

COMPUTER REPAIR AND INSTRUCTION PLUS OTHER HOME ELECTRONICS (TABLETS, SMART PHONES, TV, Etc): I have been providing computer services to Rivendell and the surrounding neighborhoods for 6+ years! For Rivendell and Willowbend residents I offer a special \$20 an hour rate. I also offer a flat charge for any computer virus repair taking over two hours. I am a Rivendell resident with 35+ years computer & home automation experience. Call **Gary Mruz 941-786- 6019** or email gary.mruz@gmail.com

COMPUTER REPAIR, TECH SUPPORT, AND TECHNOLOGY TUTOR: Setup-Build-Troubleshoot-Repair all your technology needs including virus removal, home technology installations and computer equipment. Learn more about all your devices. I have been a Rivendell resident for 12 years, attended Pine View School, and graduated UCF with a degree in Information Technology. For Rivendell residents only, my fee is \$25 per hour. Contact: **Ben McClannahan Cell: 727-410-2413** Email: Bmclann04@gmail.com

HOUSE PAINTING, HANDYMAN WORK, & HOME WATCH SERVICES: Rivendell resident with 30 years of experience enjoys assisting neighbors with economical, meticulous, professional quality house painting - interior & exterior. Also help with general home upkeep - light electrical, plumbing & carpentry jobs, etc. Are you a snowbird or landlord? I can watch your home or help with rental upkeep (home detailing & deep cleaning for move-ins or move-outs). References provided upon request. Call **Charles Tanguy: 941-539-5647** or email ctanguy@verizon.net

IS YOUR LAMPPOST LIGHT STAYING ON or NOT LIGHTING AT ALL? Rivendell resident **Bill Bloom** will repair your problem. Replacing a sensor is \$45 and includes all parts, labor, and cleaning. Replacing a burned out bulb is \$18 and includes a new bulb and cleaning. Call **941-587-8439**.

MAILBOX RESTORATION: A total makeover for a great first impression of your home. Rustoleum painted mailbox, flag, & new vinyl numbers - only \$50. I do custom interior & exterior painting, pool/lanai makeovers, and other "fix-it" projects to restore your home. References available upon request. Call **Vic** at **LUNA RESTORE 941-735-2324**.

MATHEMATICS TUTORING: Calculus & Statistics, specializing in AP. Retired math teacher with 30+ years in public & private schools. Rivendell resident. Your home or ours! Multiple student discount available. Ref: Who's Who in American Education, NJ Governor's Teacher Award. Call **Carol: 941-866-0270** or email gdontheroad@yahoo.com

PERSONAL WELLNESS COACH, PERSONAL TRAINER, PILATES AND YOGA INSTRUCTOR: Kelly McClannahan is a Rivendell resident since 2004. She is a certified Health Coach with the Dr. Sears Wellness Institute and a Certified Personal Trainer through NASM. I offer several tiers of coaching including nutritional coaching in which I will teach you simple changes you can make nutritionally for better health and weight loss. In addition, if you'd like to add fitness, we can group or personal train. I also offer cabinet makeovers and healthy cooking lessons in your home. Call me for information and details: **727-423-8208** or email kellymclannahan@yahoo.com

PETSIITTER, HOUSESITTER: An adult resident of Rivendell for 15 years, I love cats, dogs, birds, & bunnies. Also very qualified to take care of your home while you are away. A dependable daily (for pets), bi-weekly, weekly, or monthly visit can be scheduled. Or I can stay at your home. My experience & references provide peace of mind that your pets and/or house are being well-cared for. Call **Carolanne Haddock** at **941-539-6176**.

PETSIITTER SERVICE, HOUSESITTER SERVICE: Rivendell resident and Pine View high school student who loves pets and has previous experience walking neighbors' dogs, will walk your dogs and care for any of your pets. As well, she can visit and care for your home daily or weekly to carry out chores such as water plants, check and send home updates while you are away etc. Have references. Please call **Erica** at **(941) 786-8478**.

POOL MAINTENANCE: Leslie Casanova, Rivendell resident, is the owner of a Pool Maintenance and Service company, Kraken Pool Service Inc., which services over 140 customers in the area. We offer full service weekly pool maintenance & bi-weekly programs. For Rivendell residents only, we offer a special price of \$39 for the first month of service to new customers. There are different options for service starting at \$57 per month. Please call **941-993-5548** or email info@krakenpools.com

READING SPECIALIST/EDUCATIONAL CONSULTANT: I am a certified Orton-Gillingham and Barton-trained tutor and Dyslexia Screener/Consultant with 30 years of experience teaching reading and working with students struggling with Dyslexia or learning differences. I will come to your home. Please call **Renee Huntley 941-408-5652** or email reneehuntley02@gmail.com

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 marilynprobert@gmail.com

(Progress Report continued from pg.1)

teams focused on key activity areas and near-term deliverables (products or outcomes) are being planned. Among the planning materials are a mission statement, a vision forward and an organizational structure.

The mission of the Ponds and Preserves Committee is to make substantiated, evidenced-based and financially-sound recommendations to the Board regarding the management of our ponds and preserves. This includes overseeing necessary steps to meet our regulatory requirements as well as making recommendations for managing our ponds and preserves as practical and aesthetic assets of the community.

The vision of the Committee is to implement a stepwise, multi-year program to change our pond management procedures to a more sustainable and fiscally-responsible approach by implementing "natural shorelines." This will include low-maintenance grass zones and shoreline plantings in the ponds, coupled with control of algae using low-toxicity approaches. The primary focus will be on erosion control, with a concurrent commitment to algae control and wildlife support. The appearance of the shorelines needs to satisfy the community desire for aesthetically-pleasing ponds. Additionally, the Committee will oversee the contracted management of our Preserves.

The committee will address needed near-term actions (done over several years in a phased approach) as well as develop a longer-term plan or Standard Operating Procedure that can be incorporated into our documents to ensure that sensible changes that have been made are sustained over the course of numerous future Boards of Directors. The Committee is organized into four Key Activity Areas:

The Contracts and Permits Team will a) watch over the work of our contractors who provide services for our preserves and our ponds, as well as b) prepare for the upcoming, required and regularly-scheduled engineering inspection of our weirs and grates. This oversight is to assure that our preserves and our system of ponds that is our stormwater management system are all in compliance with our permit conditions. Additionally, oversight of our ponds contractor will be needed as we develop new assignments and changes to the Scope of Work of the contract in order to change our pond management procedures. The Board Liaison, Larry Dobias, is the only person authorized to provide direction to our contractors.

The Measurements and Records Team will oversee a) our measures of success, including measurements of future erosion rates, regularly-scheduled surveys of birdlife in the community and water quality in the ponds, and b) careful record-keeping, including a photographic record of current conditions as well as changing conditions with time, and documentation of committee activities. A plan for a regularly-scheduled bird survey will be the first product for this team.

The Community Outreach Team will participate in a carefully-planned, vigorous community outreach effort to: a) ensure that all community members are aware of committee operations, b) educate the community on the challenges facing Rivendell for mitigation, c) listen to constructive ideas and concerns (and adjust accordingly), and d) solicit community support. The Team will actively coordinate with the Commu-

nications Committee. A Community Outreach Plan will be the first deliverable of this Team.

The Planning Team will write proposed motions for consideration by the Board of Directors, beginning with two pilot projects in 2019 and possibly other near-term ideas. These proposed motions will be the primary output of the Committee. If implemented, these motions will result in the desired changes. A plan and estimate for the pilot project, as well as a longer-term estimate for the entire project will be the first product of this team.

In addition to those of us who intend to provide continuous support, we may, from time to time, enlist the support of others who would be willing to help the committee on an occasional basis. For example, if there is someone in the community who has a drone with a camera, we would greatly appreciate your help to get low-altitude aerial photos of our ponds and preserves. Additionally, we are on the lookout for someone with a canoe or kayak interested in sampling selected ponds for water quality, using the Lakewatch protocol. Finally, we are looking for someone who has a waterproof metal detector who would be willing to use it occasionally (to measure future erosion) on behalf of the Committee. If you can help us, please contact me at paddlemania@verizon.net.



Savor Sarasota

Savor Sarasota restaurant promotion event has technically ended, but several participating eateries are continuing to offer Savor Sarasota menus. Some are offering multi-course meals for \$16 for lunch and \$32 for dinner. Check the Visit Sarasota County website.

Book Group Schedule

By Pam Babbitt

On August 13 *Behold the Dreamer* by Imbolo Mbue will be discussed. Mirinda Roy will host the group at 757 Placid Lake Drive. Please call Mirinda if you will be attending, 918-2740.

The Book Group meets on the second Monday of the month at 7:30pm; please notify the month's hostess if you plan to participate. Books are selected based on recommendations from group members who have read the book. Members take turns volunteering to either lead a book discussion or host the group in their home. Future schedule:

September 17: (note date change from usual date of Sept. 10) *The Tea Girl of Hummingbird Lane* by Lisa See.

October 8: *The Girl Who Wrote in Silk* – by Kelli Estes.

November 12: *Sing for Your Life: A Story of Race, Music, and Family* by Daniel Bergner



When does it End?

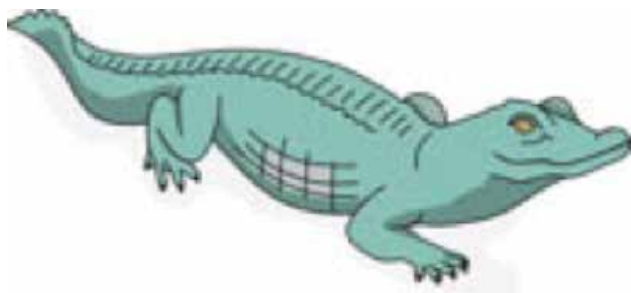
By Larry Dobias, Board Member

In the State of Florida, alligators are a protected species. It is illegal to feed, harass or agitate an alligator in any way. These activities have the potential to create an aggressive animal that not only endangers the individual causing the problem, but everyone who encounters that alligator in the future.

In the past six weeks, this Board has received numerous phone calls about what was called a nuisance alligator. These homeowners were contacted by a Board member to determine why the alligator was characterized as a nuisance. In every case, the complaint involved a dog that was allowed to roam in the backyard located by a pond. The alligator is a predator and a dog or any pet in the vicinity is prey. It does not matter if the dog is within a fence or the homeowner is nearby; you cannot react fast enough to protect your pet. I have yet to see a fence in this community robust enough to stop an alligator. For homeowners who have invisible fences, you may have a great view, but consider what you are doing to your pet and that alligator. You have not only endangered your pet, but you also have "encouraged" that alligator to stay nearby and wait for the right moment. Are you setting up your pet? Are you setting up a child? Once the alligator has seen your pet (i.e. food), it will return looking for an opportunity to have lunch. Leaving a pet outside exposes a pet to the natural instinct of the alligator. The alligator associates your yard with food. You have "taught" that alligator to be a danger to everyone it encounters.

Alligators have an inherent fear of humans. They typically do not want to bother adults - we are too big. However, remember that alligators are predators. Pets and children are easy prey to an alligator. Please keep your pets and children away from ponds. Just as you do not let your pets and children play near streets, you should not let your children and pets play near ponds. Both pose a danger, and both should be avoided. Please be responsible.

In situations where an alligator is deemed too aggressive to be in our community, trappers will be called, and the alligator will be removed and killed. Remember the problem will not end with the death of that alligator. Our region is populated with alligators; therefore, other alligators will replace the one that was killed. If residents don't begin to share ownership of what they are doing to contribute to this problem, we never will see an end to nuisance alligators and the continual slaughter of alligators will never cease. It ends when homeowners begin to act responsibly around alligators.



2017 Small Business of the Year



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American Conference of Audioprosthology

Outtakes

I wanted to share a funny moment that occurred in our office.

A while ago, I was busy helping a client, while Karen was at the front desk. A longtime client walked in yelling that she couldn't hear. When someone cannot hear, they tend to raise their own voice. They don't know how loud they are being.

Think about when your ears are plugged up and then you unplug them. Afterwards you realize how loud you had been talking. Multiply that by ten.

Karen has days with very sensitive hearing due to a medical condition. I knew this was one of her ultra-sensitive hearing days. Our client knew nothing about Karen's condition.

This client is one of our most profound hard of hearing clients. She couldn't hear, so she was yelling. If you have met Karen, you know she will just smile and try to help.

I know Karen's head is about to split open. I've watched the pain she gets when she has sensitive hearing days and the tv is at a normal volume. Now a client is yelling...

The hearing aids needed a cleaning. If you have been around us for a while, you have come to learn that Karen's stomach gets queasy around earwax. A yelling client was challenging Karen's sensitive hearing and a dirty hearing aid was challenging her stomach.

Karen cleaned the hearing aids. After cleaning the aids, Karen made sure the mics and speakers are working by holding the hearing aid up to her own ear, so she could listen for feedback....

Remember when I mentioned this client has a profound loss...

The feedback squeal knocked Karen out of the chair.

I saw it coming but there was nothing I could do to prevent it. It happened so quickly.

It was funny. It was one of those, 'it's funny until someone gets hurt, then it's hysterical' moments.

If your family thinks you talk too loud, it may be time to get your hearing checked.

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Architectural Review Committee Report - June 26, 2018

Meeting called to order 6:01 PM

Quorum present: Maureen Emmons, Richard Jurick, Wayne Davis, John Greco

Absent: Susan Lanza

ARC Requests June 2018

	Request	Address	Assigned To	Second	Status
1	Replace roof - shingle	502 Meadow Sweet Cir	John Greco	Richard Jurick	Approved
2	Paint house same color	711 Shadow Bay Way	Wayne Davis	John Greco	Approved
3	Replace garage door	742 Anna Hope Lane	Richard Jurick	Maureen Emmons	Approved
4	Remove 4 spruce trees	738 Fordingbridge Way	Maureen Emmons	Richard Jurick	Approved (a)
5	Remove bottle brush tree, trim oak	731 Fordingbridge Way	Maureen Emmons	John Greco	Approved
6	Install hurricane windows	731 Fordingbridge Way	Maureen Emmons	Wayne Davis	Approved (b)
7	Remove/replace palm tree	1120 Millpond Ct	Maureen Emmons	John Greco	Approved
8	Replace front door	828 Golden Pond Ct	Maureen Emmons	Wayne Davis	Approved

(a) One dissenting vote.

(b) New windows must be the same color and style as original windows.

Meeting adjourned: 6:31.

Cutoff for the **August 28** meeting is **August 21**.

Next Architectural Review Committee (ARC) Meeting

The ARC meets the last Tuesday of each month at 6pm in the Cottages Clubhouse

**ARC applications are due to Lighthouse Management
seven days prior to the meeting.**

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VOTE AUGUST 28TH

Contact Information Sheet

Homeowners must complete and return the Contact Information Sheet (CIS) included in this issue or available on our website: www.rivendellcommunity.com

This sheet includes emergency contact information (remember Hurricane Irma September 2017) and provides correct and needed information for Lighthouse Property Management, (LHM). The information will also be useful for the Rivendell Community Directory; however, you may opt out of having some of your information printed in the directory.

Please complete and return to Lighthouse Property Management
16 Church Street, Osprey FL 34229

Board Approved April 2018

Rivendell Member Contact Information

Owner(s): _____
Last First

Last First

Rivendell Address _____
Number Street Name

Other Address _____
Number Street Name

City State Zip Code

Email Address 1 _____

Email Address 2 _____

Phone Number(s) _____
Land Line

Cell 1

Cell 2

EMERGENCY CONTACT

Name

Address

Phone

Email address

Directory Preferences

Publish Your Land Line? _____
Yes No

Publish Your Cell Phone? _____
Yes No

Publish Your Email? _____
Yes No

Return to Lighthouse Property Management
16 Church Street, Osprey FL 34229

How to Protect Yourself: Health Fraud

Source: The Florida Attorney General's Office

Every year people trying to improve their health are taken advantage of by those trying to capitalize on the trend toward better lifestyles. Whether people are spending money on diet pills, smoking cures, health clubs, exercise equipment, vitamins, cancer or AIDS cures or low-calorie foods, it seems there is always someone out there to promise a miracle in exchange for money. Below is some information to help you distinguish between a scam and the real thing.

Always check with your doctor.

Always check with your doctor before you purchase and try diet pills, start an exercise regimen or begin taking an assortment of vitamins. Many diet pills contain ingredients that can be harmful to individuals with high blood pressure, heart disease or diabetes, or pregnant women. Someone who does not exercise at all should be wary of a fast-talking, high-pressure sales pitch from a health club and should consult with their physician as to whether such an exercise regimen is appropriate for their current physical condition. Also, some vitamin plans may be unnecessary, since many of the foods you eat everyday already offer a good supply of vitamins and other nutrients.

Beware body wraps, cellulite creams and sculpting massages.

Body wraps, cellulite creams, sculpting massages and other such quick "fat reducers" are only temporary measures, at best, and have no long term effects on body fat. The only sure way to lose weight and reduce fat is to eat healthier and exercise more. There are no magic pills, patches, potions or creams that can do this for you.

Be wary of food labels that claim to be "lite" and have "less fat than..."

The Food and Drug Administration has established standards governing food manufacturers, but you still need to read labels and carefully consider the comparisons made. For instance, a product that claims to have "1/3 less fat than potato chips" is not necessarily low in fat. And a "lite" frozen dinner with only 290 calories may not provide you with enough nutrients, or may not satisfy your appetite, so you end up eating more than you otherwise would.

Be skeptical of "cures" for devastating diseases or addictions.

"Cures" for devastating diseases such as cancer and AIDS are constantly being promoted, relying on desperate people to pay whatever it might take to obtain such a cure. Checking with a doctor and national organizations such as the American Cancer Society or the American Foundation for AIDS Research can help confirm that the promotion is nothing but a hoax promising a miracle. Similarly products touted as cures for alcohol or drug addictions are often methods by which a company can charge a monthly fee for pills that turn out to be vitamins or information that is available for free from various intervention programs. Look into accredited rehabilitation centers or a local program such as Alcoholics or Narcotics Anonymous. For these conditions, there is no one-size-fits-all magic cure.

File a complaint.

If you believe you have been the victim of a product or company's fraudulent health claims, file a complaint with the Attorney General's Office online at www.myfloridalegal.com or by phone toll-free at 1-866-9-NO-SCAM.

Rivendell Rental Policy

The Board of Directors, as of May 2017, passed a rental policy for the Master Association that is consistent for all Rivendell neighborhoods. Home rentals shall be for a minimum of 90 days, no more than twice a year. Rentals must be for single family, residential use with NO commercial activity permitted. The Owner, Rental Agent, and Renter must complete a Rental Notice and Acknowledgement form for Lighthouse Property Management prior to the move-in date (form is available on the Rivendell website). By signing the form, both Renter and Owner agree to abide by all Rivendell Community Association deed restrictions and standing rules. The deed restrictions and standing rules are available on the Rivendell website as well as in the Rivendell Resident Directory. Upon request, Lighthouse will do a background check on a potential Renter for a fee.

An Owner is fully responsible for the Renter's compliance with the Rivendell deed restrictions and standing rules. Noncompliance can result in a fine to the Owner.

It is the Owner's responsibility to inform a Realtor of this policy if the home is placed for sale.

Rivendell Community Contacts

<p>Committees</p> <p>Communication Committee Chair: Barb Gahry (barbgahry@gmail.com) Board Liaison: John Fitzgibbon Block Captains: Cindy Schmidl Newsletter: Linda Pearlstein, Marilyn Probert, Pam Babbitt, Kay Mruz Directory: Kay Mruz Reporters: Catherine Middleton, Mike Bergman, Norma Lee Rhines, Lesley Sterling, Carol Heckert Webmaster: Gary Mruz</p> <p>Architectural Review Committee (ARC) Chair: Maureen Emmons (mauremmons@ymail.com) Board Liaison: OPEN Members: Wayne Davis, Richard Jurik, Susan Lanza, John Greco</p> <p>Maintenance Committee (MC) Chair: Scott Christie (scottchristie@verizon.net) Board Liaison: Larry Dobias Members: Dave Gill, Carole Myles, Ken Heckert, Sallie Hawkins, Kevin Humbert, Greg Volack</p> <p>Documents Committee Chair: Joe Sefack (jr.sefack@gmail.com) Board Liaison: John Fitzgibbon Members: Ken Heckert, Mike Bergman, Carol Heckert, Robert Thierfelder, Steve Bragg, Kenneth Alarie, Gary Mruz</p> <p>Ponds & Preserves Committee Chair: Frank Freestone (paddlemania@verizon.net) Board Liaison: Larry Dobias Members: Dave Gill, John Greco, Ken Heckert, Carolyn Kenney, Sue Remy, Norma Lee Rhines, Melle Lee Warren</p>	<p style="text-align: center;">Rivendell Board of Directors</p> <p>Ray Capuano, President (raycapuano1@gmail.com)</p> <p>Peter Strauss, Vice President (peters Strauss@yahoo.com)</p> <p>Larry Dobias, Treasurer (dobiasle@gmail.com)</p> <p>John Fitzgibbon, Secretary (john.fitz48@gmail.com)</p> <p>OPEN DIRECTOR, Director At Large</p> <p style="text-align: center;">Sub-Association Boards of Directors</p> <p>The Cottages: Robert Volk, President; John Martin, 1st Vice President; Chris Smith, 2nd Vice President; Robert Metelko, Treasurer; Kathy Webber, Secretary.</p> <p>Patio Homes: Bob Thierfelder, President; Dan Tavares, Secretary; Dave Rollinson, Treasurer.</p> <p>The Villas: Dianne Enger, President; Mary Poremba, VP/Secretary; Sherry Sholtis, Treasurer.</p> <p>Lighthouse Property Management: 941-966-6844 x604 Property Manager: Beth Miller (bethmiller@mgmt.tv) Assistant Property Manager: Lexi Robinson (Lexirobinson@mgmt.tv)</p> <p>Rivendell Website www.rivendellcommunity.com Contact Lighthouse Management for password to RESIDENTS section.</p>
<p>Deadline: Submit articles and information to Marilyn Probert (marilynprobert@gmail.com) by the tenth of the month.</p>	<p>Sarasota County Sheriff Non-emergency Number: 316-1201 Please use this number for non-emergencies</p>



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