



The Woodlands Word @ Rivendell

Your
Community Resource

APRIL 2013



Celebrate Earth Day on April 21, 2013



MAINTENANCE COMMITTEE REPORT, March 6, 2013

By Jim Stepien, Chair

Editor's Note: An article concerning Rivendell appeared in the March 7, 2013 issue of The Herald Tribune. It was written by Tribune columnist Eric Ernst.

As a result of a recent event, and before I present the report for the Maintenance Committee's (MC) last meeting, I would like to clarify what the Board and MC believe is our responsibility to the Rivendell community as a whole.

The original developers and Sarasota County had a vision for the Woodlands of Rivendell that was and is still unique - "A Naturally **Balanced** Neighborhood".

The RCA Board and the MC realize that we live in a unique community with over 50 percent of our community consisting of common use areas, lakes/ponds, preserves, and wetlands that we as a community are responsible for maintaining. To reflect the community's stewardship responsibilities, we currently employ three well respected and successful contractors to maintain our common areas, lakes/ponds, preserves and wetlands. Over the past year, our lakes/ponds have been clear and free of algae, filled with fish and visited by a variety of wildlife while still meeting or exceeding all SFWMD requirements. Our efforts to maintain our preserve and wetland areas have also met with praise from the officials charged with enforcing county environmental ordinances.

Our approach has been one of balance; we firmly believe that our community can be environmentally

(Continued on pg. 2)

We Need Your Input

The Woodlands Word would like your input! The focus of our newsletter is to highlight the people and activities in and around Rivendell. If you have visited any exciting places in our surrounding area, we would like to hear about it. Are you involved in any local groups or charities? We would like to hear about it. If you have done something exciting or interesting in your lifetime, we would like to hear about it. If you would like to submit an article, please send it to siestakeysunset6@gmail.com no later than the 10th of each month.

Special Thanks

We would like to give special thanks to the leader of our Block Captains, Cindy Schmidl, and the following Block Captains and others who helped to distribute the Rivendell Directory:

Rosanne Beatty, Roz Bergman, Janet Berntsen, Bill Brenner, Ruth Callahan, Margaret Flynn, Carol Gathy, David Gill, Janet Hall, Sally Hawkins, Carol and Ken Heckert, Philip Jones, Barbara Speicher, Rosa Jones, Mary Kennedy, Charles and Janet Kiplinger, Tom Maynard, Joan Moscoe, Dennis and Sherill Pavlock, Bo Potter, Fred Rhines, Janet Romig, Allen Roeter, Mirinda Roy, Kathi Schneider, Jack Terry, Diane Tomer, Barbara Valdahl, Nancy Wettlaufer, and Deborah Yohn.



(Maintenance Committee Continued from pg. 1)

friendly while still being a beautifully maintained home for 498 families. Discontinuing the maintenance of our common areas or allowing planned water access easements to become overgrown does not represent a balanced approach. Please let the Board and the MC know if you support this balanced approach to maintaining OUR community.

Please continue reading the MC meeting report for planned actions to improve our community's natural beauty.

The MC meeting took place March 6th at the Cottages Clubhouse. We reviewed the status of maintenance items over the past month:

Landscape

No issues - weed control completed.

Pool

- The main pump impeller broke and was repaired.
- The autofill valve needs repair - parts are ordered.
- Water fountain needs repair - plumber will evaluate.
- New shutoff valve for shower - plumber will evaluate.
- Heat pump controls have intermittent problems - looking at alternatives.

Lakes/Ponds

No issues, all are clean and healthy.

Preserves/Wetlands

No issues, invasive plants are being controlled.

Other

1. Main well pump - unable to run at full flow. Contractor will provide recommendation.
2. Notice Board in Crescent Park - door broken. Obtaining estimate to repair or replace.
3. Landscape lights on entrance islands - need repair and cleaning.

New items discussed

1. Cottages homeowner gave a presentation for a privacy fence along Old Venice Road - MC discussed and will pass on to the Board.
2. Southwest Pools will provide a recommendation to ease pool mechanical access problems.
3. Discussed the Rivendell alleyways and will forward maps and comments to the Board.
4. MC members will be reviewing any large trees (oaks and pines) on common land that are overhanging private residences. Then obtain estimates to trim.
5. Aquatic Systems to provide recommendation for replanting the front lake littoral zones.
6. Replacement tree plantings and possibility of planting more trees in certain common areas - further review and discussion are needed.
7. Park and lake/pond signs current status - damaged and missing. Should they be replaced and if so should design change - further review and discussion are needed.

The next MC meeting is scheduled for 7:00PM, April 3, 2013 at the Cottages Clubhouse.

Maintenance Report	1
We Need Your Input	1
Special Thanks	1
Renaissance Woman: Anita Sarno	3
Places to Go	
Ringling Rose Garden	4
Celery Fields of Sarasota	5
A Wimbledon Experience	6
Earth Day Lighting Tips	7
Book Group Schedule	8
Residents Helping Residents	9
Medical News You Can Use	10
Restaurant Review: Mamma Mia	11
Arts and Events in Sarasota	12-13
ARC Minutes	14
Who We Are	15

Rivendell Committee Chairs
 Volunteers on committees who are interested in becoming committee Chairs need to submit their intent to Lighthouse Management.
 The Board needs to know who is interested so they can vote Chairs at the next meeting.

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.

Anita Sarno

By Mike Bergman



Renaissance Woman:

That's what you might call a very busy woman who paints, sings in several choruses, writes, reads, and travels to exotic locales. Not to mention visiting with her son and daughter, and doting on her six grandchildren. Anita and

husband Paul spend the summer and fall at their home in Connecticut, and the winter and spring here in Rivendell.

While up north, Anita performs with the critically acclaimed **Collegiate Chorale** in New York City. She has been singing alto with the group of 150 voices for the past 44 years. They perform all the major chorale works and operas with the finest orchestras, and with soloists from the Metropolitan Opera. In Sarasota Anita sings with the **Key Chorale**. In March, the group sang four times at the **Sarasota Circus**. In case you missed that, they will sing "**Annalise**," the story of Anne Frank, at the Players Theater in Sarasota on April 14th. Anita and some other members of the Key Chorale have joined with **Musica Sacra Cantorum** to sing **Bloch's Sacred Service**. That performance will be at the **St. Boniface** church on Siesta Key on April 28.

That's enough to occupy most of us, but amid all the training and rehearsing, Anita finds time to oil paint. She's been taking classes at the **Venice Art Center**, where she's a juried exhibitor. This complements her painting and exhibiting at the **Rowayton Art Center** in Connecticut.



Her stunning landscapes, still lifes, and family portraits are painted from life, or from her own photos. Anita is a member of the **Artists Circle**, in

Connecticut, the **Women Contemporary Artists** in Sarasota, and the **Pen Women**, an organization of professional artists, writers, and composers.

Anita gets her musical and artistic talents from her parents, and her wanderlust for exotic locations from her husband, Paul. Paul Sarno is an expert on the Asian country, Myanmar, formerly known as Burma. He has learned to speak the native tongue, can dress the part, and teaches about that country at USF, and in Connecticut. He's vacationed there ten times, and been a tour guide on several of those occasions. Somehow, Anita has found time to accompany him on most of these trips. She also manages to squeeze in a memoir writing class and the Rivendell Book Club. In between all this, Anita can be found doing counted cross-stitch or needle-point. Just to keep busy.

**Rivendell Directory 2013
scheduled for April delivery
by your Block Captain**



Please contact Barb Gahry at 941-586-3936 or bgahry@aol.com to change your phone number, email address, or to make other changes to the Directory

The Impulsive Traveler: In Sarasota, stop and smell Mrs. Ringling's roses

Submitted by Linda Pearlstein; excerpted *The Washington Post* By Judy Wells, 2-28-13

Before ground was broken for their Venetian-style Sarasota mansion, Ca' d'Zan, before all the paintings, tapestries and sculpture that would form the collection of the John and Mable Ringling Museum of Art were bought, Mable Ringling started her rose garden. **The Italianate wagon wheel of heady aromatic roses that was completed in 1913 turns 100 this month, making it the oldest tended rose garden in Florida.**

John Ringling was a tall, blunt, all-business lover of excitement; he had the grandiose, perfect traits for a circus magnate. His Ohio farm girl wife was a pretty, petite and gracious lover of flowers, who was also an avid reader and a quick and lifelong learner. The couple traveled throughout Europe. While John scouted new acts for the family's "Greatest Show on Earth," Mable spent her time in museums honing her taste. Together they bought what pleased them, especially in Italy.

Mable decorated all their homes — in addition to Ca' d'Zan, there was a 100-acre estate in Alpine, N.J., now part of Palisades Interstate Park; 636 Fifth Ave., now Rockefeller Center; a property in Chicago; and the neo-classical Worcester Home on Bird Key, part of a chain of barrier islands between mainland Sarasota and the Gulf of Mexico. The Ringlings also owned 100,000 acres in Oklahoma and Montana.

They began wintering in Sarasota in 1911. When working with architects and craftsmen, Mable was as determined as her husband to have it her way. She must have been, to envision a formal rose garden in the 20-acre jungle of mangrove swamp, rattlesnakes, water moccasins and alligators along Sarasota Bay that they selected for their winter estate.

"We have records of her working wearing a gun on her hip and high boots," said Ron McCarty, curator of Ca' d'Zan for 32 years. "She was quite a woman."

Mable hated snakes, but they weren't going to stop progress on her rose garden. There was nothing like it in the Sarasota of those days, a quiet

enclave of 800 souls when the Ringlings arrived.

Not that the Ringlings and the Florida land boom allowed it to stay that way for long. John became the area's largest landowner and built the causeway from Sarasota to St. Armands, Longboat, Lido and Bird keys, which he then developed. After creating the John and Mable Ringling Museum of Art, he was instrumental in founding what has become the Ringling College of Art and Design.



Mable was elected first president of the first Sarasota garden club, the Founders Circle, and strongly supported beautifying the city growing around their winter home. She was elected president of the Sarasota Woman's Club a year later. She commissioned the New York architect responsible for the exterior of the Metropolitan Museum of Art to design their art museum in Sarasota.

The Ringlings loved entertaining. It was nothing for Mable to hold concerts or tea parties for 500 at Ca' d'Zan (which means House of John in Venetian dialect), their 56-room, 36,000-square-foot mansion. They threw picnic parties for the town, carting hundreds of children and their parents to Lido Beach for food and games.



**Chuck Rizzo
Quality
PAINTING
& Home Repair**

***Interior Exterior Painting * Crack Repair
* Wallpaper Removal * Pool Deck * Garage Floors
Home Projects * NO JOB TOO SMALL !**

941-468-2580 *Licensed & Insured*
Quality Work & Dependable! References Provided

Places to Go: Celery Fields of Sarasota By Pam Babbitt; Photos by Brian Babbitt

Some people may prefer the Strawberry Fields of NY City, but in Celery Fields of Sarasota you will find wildlife of a different kind!



Is that a hawk on top of the gazebo?

This Sarasota Audubon project is adding walking and biking trails, fishing, kayaking, and wildlife viewing for the entire community. The location of the 300+ acre site, the boardwalks, and the diverse bird species, as well as its public ownership by Sarasota County make the Celery Fields an ideal location for wildlife watching and passive recreational use.

Birders can begin their walk at the gazebo and then continue into the fields north of Palmer Boulevard. Many species can be seen on both sides of Palmer Boulevard and on Raymond Road. After searching the ponds along the south side of Palmer Boulevard, return to your car and drive to the end of Raymond

Road to spend time at all of the ponds. April and May should be good months to view birds migrating north. Some of the birds that have been seen include: American Crows, Red-winged Blackbirds, Tree Swallows, American Coots, Sandhill Cranes (just can't see enough of those...), Savannah Sparrows, Palm Warblers, plus all the usual herons, egrets and ibis. There may be ducks, including Mergansers, Shovelers, Bluewinged Teal, Ring-necked and Lesser Scaup. If you are fortunate you might see a Limpkin, a Northern Harrier and a Red-shouldered Hawk, along with ospreys and eagles. Sometimes a variety of shore birds, including Yellowlegs, Least Sandpipers, and Black-necked Stilts may be seen.



Or in a Palm Tree?

Directions to the Celery Fields

From I-75 take Exit 210, Fruitville Road east. Make a right at Coburn Road light and follow road as it curves past the Fruitville Library. The Celery Fields will be on your left; Ackerman Lake will be on your right. To get to the gazebo, proceed about 1 mile south from Ackerman Lake and make a left onto Palmer Boulevard. After about 1 mile, make a left into the small parking lot near the gazebo. Depending on construction, the County may have some roads or areas posted with no parking, but you should always be able to find a spot somewhere in the area.



The elevation at Celery Fields provides a view of Sarasota.

A WIMBLEDON EXPERIENCE With Tom and Marilyn Probert

Would you like to see the tennis matches at Wimbledon but don't have tickets? Don't despair: where there's a will there's a way, and we'll tell you how we managed it. We got up at 4:00 a.m. and our hired car picked us up at 5. London's subway system, the Underground, will get you there but, at least for us, not as early. We arrived at Gate 5 at 5:45 a.m. and were greeted by a cheerful steward who issued us queue cards, which indicated our place in line, and also a pamphlet entitled "A Guide to Queuing." The Brits take queuing very seriously. The All England Club sets aside 1500 bracelets for the hardy first arrivals. Depending on your place on the queue, the lucky first 500 bracelets entitle the wearer to buy tickets for Centre Court, the next 500 for Court 1, and the last 500 for Court 2. The top seeds are assigned to these courts. We were thrilled to see that our queue card numbers were 1498 and 1499. We just made it! About 6,000 grounds passes are issued to the "latecomers" and they have access to courts 4 through 19. Tennis tournaments always have upsets, and these people are just as likely to see an exciting match as the seat holders. Many enjoy sitting on the grass on Henman Hill and watching the matches on a huge screen. Others like looking in on the practice courts and seeing their favorite stars in an informal setting.

I suppose you'd like to know how much this good time costs. The prices on the first two days of the tournament were 20 pounds for grounds passes, 36 pounds for Court 2, 39 pounds for Court 1, and 44 pounds for Centre Court. The exchange rate at that time was about \$1.60 American dollars to 1 British pound. I'll let you do the math. Of course, prices increase as the tournament progresses. To give you an idea of how much they can escalate. Centre Court tickets were 120 pounds for the men's final.

So here we were on the queue at 5:45 a.m., and the gates wouldn't open until 9:30 a.m. However, we chatted with our neighbors in line and bought coffee and snacks from vendors, so the time passed quite pleasantly. Volunteer stewards were friendly and helpful, and they made very sure that nobody violated the queue! At about 7 a.m. the line started to move, and we made slow, stop-and-go progress. At last Security came into sight, our bags were examined, and then on we went to the ticket booths where the ticket takers were not at all reluctant to take our cash. (Credit cards, debit cards, and checks were not accepted.) Then a walk over the Church Road Bridge and we entered the hallowed grounds. **Hurray!**

Wimbledon 2013 will be held from June 24 through July 7, 2013. Visit the official website for more information: http://www.wimbledon.com/en_GB/index.html

VISIT RIVENDELL'S WEB SITE

Stay informed about community activities. Access and submit ARC and other forms electronically. Read current and back issues of the Woodlands Word. Look at *Woodlands Word* photos in color. Find service provider recommendations.

Rivendell Website Instructions

Access the Rivendell website at:

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

To begin, click on Association Members Login. Your new Login ID is your 6-digit Lighthouse Management account number (including leading zeros) followed by your last name, for example "001234Smith." Don't know your account number? Call Lighthouse at 966-6844.

**Your temporary password is LHMTEMP123.
Follow the prompts to create your own password.**



Earth Day is April 21, 2013

Lighting Changes In The Next Few Years

As of January 1, 2012, traditional 100W incandescent light bulbs no longer met the energy efficiency standards. They are no longer manufactured and will be phased out of stores.

Similar standards will phase in for other types of light bulbs over the next three years. Traditional 75W incandescent light bulbs will no longer be available as of January 1, 2013. Traditional 40W and 60W incandescent light bulbs will no longer be available as of January 1, 2014. Various specialty light bulbs, such as appliance, heavy-duty, colored, and three-way bulbs, are exempt from the new standards.

When shopping for light bulbs, compare lumens to be sure you're getting the amount of light, or level of brightness, you want, referring to the Lighting Facts Label will help. This new label makes it easy to compare bulb brightness, color, life, and estimated operating cost for the year.

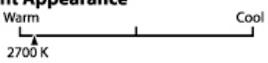
BUY LUMENS, NOT WATTS

For decades, we have used light bulbs based on how much energy they consumed (watts), regardless of how much light they provided (lumens). Lumens provide the amount of light you want, so when purchasing new bulbs, *think lumens, not watts*.

WHAT'S A LUMEN?

Lumens measure how much light emits from a bulb. More lumens mean it's a brighter light; fewer lumens mean it's a dimmer light. The brightness, or lumen levels, of the lights in a home may vary widely, so here's a **rule of thumb**:

- To replace a 100watt (W) incandescent bulb, look for a bulb that gives *about* 1600 lumens. If you want something dimmer, go for fewer lumens; if you prefer brighter light, look for more lumens.
- Replace a 75W bulb with an energy-saving bulb that gives you about 1100 lumens
- Replace a 60W bulb with an energy-saving bulb that gives you about 800 lumens
- Replace a 40W bulb with an energy-saving bulb that gives you about 450 lumens.

Lighting Facts Per Bulb	
Brightness	800 lumens
Estimated Yearly Energy Cost \$1.57	
<small>Based on 3 hrs/day, 11 c/kWh Cost depends on rates and use</small>	
Life	9 years
<small>Based on 3 hrs/day</small>	
Light Appearance	
<div style="display: flex; justify-content: space-between; align-items: center;"> Warm Cool </div> <div style="text-align: center; margin-top: 5px;">  </div>	
Energy Used	13 watts

*Source: Department of Energy at energy.gov

Do you know about energy vampires?

An energy vampire is an electrical device with two sharp, pointy teeth that latch into a wall socket. It drains electricity all day and all night, whether the device is on or off.

Energy vampires include: computers, computer speakers, printers, and computer-related equipment such as routers and fax machines. Other vampires are instant-on TVs (the larger the screen, the more energy used,) stereo speakers and surround sound systems, cable or satellite TV boxes, radios, DVD players, CD players, micro-waves, refrigerators, coffee makers, lamps, and any items that maintain a clock: microwave, programmable coffee maker, all digital clocks, and DVD/DVR machines.

You can help save energy by unplugging energy vampires during extended vacations.

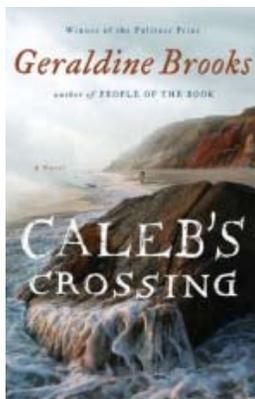


Book Group Schedule

By Marilyn Probert

The Book Group will meet on Monday, April 8, to discuss *Unbroken: A World War II Story of Survival, Resilience, and Redemption* by Laura Hillenbrand, the best-selling author of *Seabiscuit*. This is not another horse tale, however. This is the life story of Louis Zamperini, a former juvenile delinquent whose misadventures led him from a possible life of crime to college, where he excelled in long-distance running, and on to the Berlin Olympics in 1936. He enlisted in the U.S. Air Force in 1941 and survived the crash of his search plane in 1943 only to be captured by the Japanese after 47 days adrift on a life raft. At war's end Hillenbrand describes Louis's difficulties in adapting to civilian life and how he finally found his niche.

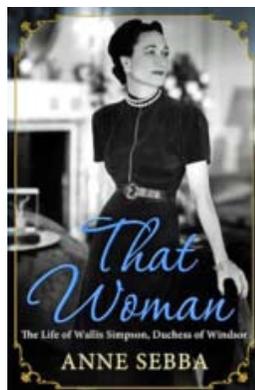
Elaine Roeter will lead the discussion at the home of Linda Pearlstein, 1085 Mallard Marsh Drive. Linda's phone number is 966-1533.



Caleb's Crossing: A Novel by Geraldine Brooks will be the topic at the May meeting. Set in the 1660s in what is now known as Martha's Vineyard, 12-year-old Bethia Mayfield meets Caleb, the son of a local Wampanoag chieftain. Soon they are drawn into each other's worlds as Bethia's father, a Calvinist minister, tries to convert the locals. Narrated by Bethia, the book, based on a true story, tells of Caleb's crossing of cultures when he becomes the first Native American to attend Harvard College.

The discussion will be led by Anita Sarno at Pat Sobczak's home at 803 Placid Lake Drive, phone 918-4633.

That Woman: The Life of Wallis Simpson, Duchess of York by Anne Sebba will be debated in June. Ms. Sebba explores the life of "That Woman" (said with a sneer) and tries to explain the circumstances that made Wallis so alluring that the King of England believed that he couldn't possibly rule without her at his side.



Book Group gatherings are open to all Rivendell residents. We meet at 7:30 p.m. on the second Monday of the month; please call the month's hostess if you plan to attend.



Advertising in the Woodlands Word

1. Publisher information for paid advertising:

For business ads, contact our newsletter's publisher, *On Trac Publishing/Teledrex*. Please call Joan Hildebrandt or Jean Hall at 941-723-5003 (800-434-9879). Advertisers may obtain advertising rates online at <http://www.ontracnewsletters.com> or <http://www.teledrex.com>

2. Free Classified Ads for small personal items for sale or wanted:

Small classified ads are for items such as garage sales, childcare opportunities, dog walking, etc. These ads usually run for just one month. However, young residents who are offering their services for babysitting, computer help, etc. can run an ad multiple times. Please send your written ad to Judy at judysokal@gmail.com by the 10th of the month in order to make the deadline for the next month's issue.

RESIDENTS HELPING RESIDENTS

“Residents Helping Residents” is a new feature of our newsletter. It will help replace the previous “Service Provider Recommendation” and “Classified Ads” columns. The “Residents Helping Residents” will feature services and special prices that are provided to and by Rivendell Residents only. 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.**

LAMPOST 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.**

THERAPY DOG VISITS: I have a white German Shepherd Therapy Dog available for FREE visits to anyone in the neighborhood who is disabled or would like a therapy dog visit. Our Geno is a three-year old Canine Good Citizen and trained Therapy Dog. **Diane Pastva, 412-596-9633.** dep_78@hotmail.com

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

PET SITTING AND GENERAL HELP: **Eve Day, 941-780-2912.** College student and long-time Rivendell resident who has successfully provided pet sitting services for three years. Will also run errands, help with routine office or household work, etc. Will follow all instructions and pricing is very reasonable. Letters of recommendation are available.

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!

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.**

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 Kay at
siestakeysunset6@gmail.com



RSG PLUMBING, LLC
RALPH GUMBS
(941)483-0030

RESIDENT OF RIVENDELL
MASTER PLUMBER
35 YEARS EXPERIENCE
LICENSED AND INSURED
CFC# 1428703
WWW.RSGPLUMBING.WEBS.COM

- Toilet Repair
- Water Heater
- Drain Cleaning
- Re-Pipes
- Drain Pipe Replacement
- Water Filtration
- Service Specialists

10% Off

Senior & Veteran
Discount

\$550

40 Gallon Electric
Water Heater
Installation
(Easy Access, Permit and
electrical upgrade extra, if necessary)

FREE ESTIMATES

“Done Right the First Time.”

Medical News You Can Use

Popular drink ingredient gets closer look

Submitted by Ed Lin, excerpted from

The Herald Tribune, 12-13-12 by Stephanie Strom of The New York Times <http://health.heraldtribune.com/author/nytimes>

UPDATE: On the January 30, 2013 episode of the Today Show, Sarah and Dr. Oz announced that PepsiCo is now working on removing the ingredient from its products.

Sarah Kavanagh started an online petition asking PepsiCo to change Gatorade's formula. (Credit: James Edward Bates, for The New York Times)

Sarah Kavanagh, 15, of Hattiesburg, Miss., and her little brother were looking forward to bottles of Gatorade. Sarah, a vegetarian, checked the label and one ingredient, brominated vegetable oil (BVO), caught her eye. "I wanted to know what it was, so I Googled it, and a page listed possible side effects, including neurological disorders and altered thyroid hormones."

Sarah started a petition on Change.org, a non-profit website. She hoped her campaign would persuade PepsiCo, Gatorade's maker, to change the drink's formula.

In fact, about 10 percent of drinks sold in the United States contain brominated vegetable oil, including Mountain Dew, also made by PepsiCo; Powerade, Fanta Orange and Fresca from Coca-Cola; and Squirt and Sunkist Peach Soda, made by the Dr Pepper Snapple Group.

The ingredient is added to citrus drinks to keep the fruit flavoring evenly distributed; without it, the flavoring would separate. Use of the substance in the U.S. has been debated for more than three decades, but the European Union and Japan have banned the substance from foods, thus requiring use of other ingredients. Since BVO is banned in other countries, there is a replacement for it. However, companies say the switch would be costly.

Brominated vegetable oil contains bromine, the element found in brominated flame-retardants, which are used in things like upholstered furniture and children's products. Brominated flame-retardants can build up in the body and in breast milk. Animal and some human studies have linked them to neurological impairment, reduced fertility, changes in thyroid hormones and earlier puberty.

Limited studies of BVO found buildups of bromine in fatty tissues. Rats that ingested large quantities developed heart lesions.

Previously Congress exempted two groups of additives, those already sanctioned by the FDA or those experts deemed "generally recognized as safe." The second exemption is that a company can create a new additive, publish safety data and pay a law firm or consulting firm to vet it to establish it as "generally recognized as safe" — without ever having notified the FDA. The FDA is aware of the controversy surrounding BVO, and took the ingredient off its list of substances "generally recognized as safe" in 1970. Safety data was then given to the FDA from 1971 to 1974. In 1977, the FDA determined that the evidence supported the safe use of BVO in fruit-flavored beverages up to 15 parts per million.



Sarah Kavanagh started an online petition asking PepsiCo to change Gatorade's formula. (Credit: James Edward Bates, for the **New York Times**)

Meanwhile, no further testing has been done. While most people have limited exposure to BVO, an article in *Scientific American* found that people who binge on sodas and other drinks containing the ingredient experience skin lesions, nerve disorders and memory loss. Dr. Jacobson, of the Center for Science in the Public Interest, said some studies show that BVO collects in fatty tissues, raising questions about what its effect might be during weight loss. Dr. Jacobson said the longest studies of the ingredient covered only four months, while most food additives are usually tested for two years; therefore making it impossible to establish a safe level of consumption.

**Restaurant Review:
Oh Mamma Mia
By Pam Babbitt**



Chef and owner Giuseppe Urbano has created a menu with classic techniques and recipes. His food is simply wonderful and the prices are moderate.

Oh *Mamma Mia!* is located at the end of the Gulf Gate strip mall with not enough room for everyone who wants to dine there, so reservations are a must. You'll be able to watch the chefs cook thanks to a mirror above the prep board. In order to prepare and appreciate the Italian dining experience, allow at least 2 hours. The restaurant is closed on Sunday and Monday and open for dinner Tuesday through Saturday starting at 5:30pm.



Oh Mamma Mia!
2324 Gulf Gate Drive
941-706-2821

<http://ohmammamiarestaurant.com>

Michael Saunders & Company

Licensed Real Estate Broker

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
www.michaelsaunders.com

8660 S Tamiami Trail
Sarasota, FL 34238

Director's Circle Award Winner

Experience Exceptional Service

REMINDER

Please Support

**The advertisers of the
Woodlands Word and the
Rivendell Directory by shopping
at or using their services!**



Designing Women Events

April 3 Ambassadors' Guild Membership Drive – "Designed to Get Involved" Complimentary Admission 6-8pm RSVP to Judy Greene 941-544-7612

April 10 Ambassadors' Guild Fundraiser "Fifty Shades of Giving" \$50 Wine & tapas. 6-9pm, Mattison's Forty-One, 7275 South Tamiami Trail, Sarasota, 941-366-5293.

April 24 Ambassadors' Guild Evening Performing Arts Winter-Spring Series \$35 Circus Sarasota. Starts 6:30pm. Refreshments. Private shopping 5-6:30pm, 941-366-5293.

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



ARTS and EVENTS IN SARASOTA Mark Your Calendar



Selby Garden Spring Music Series

The festivities will take place from 1-3 pm every Sunday from April 7 – May 12.

April 7 – The Missing Links play 60s pop, sing and dance to hits from the Summer of Love.

April 14 – soulRcoaster takes the audience on a musical ride that span generations.

April 21 – Moving Ethos Dance Company performs to **Marc Mannino**, classical guitarist.

April 28 – Hip Pockets featuring performers from the South County Jazz Club .

Admission: Admission to the Spring Music Series is included in admission to the Gardens.

Members are FREE; Member Guests \$5; Adults \$17; Children 11 & under FREE.

Disclaimer: This is a fundraiser to benefit Selby Gardens' education, horticulture and research efforts. Guest passes, coupons, and reciprocal offers are not accepted. Folding chairs and lawn blankets are welcome, but no coolers please. Refreshments are available from Local Catering.

Suncoast Chorale A SPRIG OF THYME

April 12, 2013 – 7:30 p.m. • Trinity Presbyterian Church

April 14, 2013 – 3:30 p.m. • Venice Presbyterian Church

For more information call (888) 326-8403 or visit the website:

<http://suncoastchorale.com/Schedule/tabid/527/Default.aspx>

35th Annual Siesta Fiesta

April 13 & 14, 2013

Saturday & Sunday 10:00 AM - 5:00 PM

Siesta Key Village in Siesta Key (Sarasota) Artist Description Ocean Blvd & Beach Road will be closed off for the fair. Siesta Key is a one of a kind island community off the coast of Sarasota.

Free Admission

Kiwanis Fishathon at Oscar Scherer State Park

April 6, 2013. 8am to 1pm

Description: The Kiwanis Club of Venice and the Florida Fish and Wildlife Conservation Commission will sponsor a Fishathon. Open to the first 100 kids age 5-12 and their parents.

Poles, bait, tackle and lunch will be provided. Prizes will be given in several categories.

Fees: Free admission. **Contact:** Call the park at 941-650-4679

Directions: Oscar Scherer State Park is located on U.S.41, six miles south of Sarasota.



ARTS and EVENTS IN SARASOTA Mark Your Calendar



Earth Day at Oscar Scherer State Park

April 21, 2013. 10am to 5pm



Description: Celebrate Earth Day at Oscar Scherer State Park with live music, kids activities, environmental booths and lots of other great activities.

Admission: free. **Contact:** 941-650-4679. Photo Contest Guidelines & Entry Forms available on-line. The Venice Audubon Society will also have a booth with displays as well as materials with which kids can make pinecone bird feeders.

Night Paddle at Oscar Scherer State Park

April 27 - Paddle starts ½ hour before sunset.

Description: Enjoy a beautiful full moon paddle along South Creek. To register call 941-483-5956.

Fees: \$10 per person. **Contact:** Call the park at 941-650-4679

Directions: Oscar Scherer State Park is located on U.S.41, six miles south of Sarasota.

Key Chorale of Sarasota

Annelies – Inspired by The Diary of Anne Frank

This powerful musical drama returns to Sarasota in what will be an unforgettable experience.

April 24, 2013, Sunday. 2:00 PM \$30.00

April 24, 2013, Sunday, 7:30 PM \$30.00

Location: The Players Theater, Sarasota

Phone: 941-921-4845 • Email: info@keychorale.org

Venice Audubon Center Programs

April 23: VAAS Annual Meeting and What's Happening to Florida Scrub-Jays in Our Community?

by Jon Thaxton, an expert on Florida Scrub-Jay habitat and behavior. Jon will present a program designed to help all of us understand these endangered birds and how to protect them and the scrub habitat. The meeting will be at the Venice Audubon Center, 4002 S. Tamiami Trail. The social period begins at 6:00 PM and the general meeting and program follow at 6:30 PM.

Full Moon Walk at Crowley Nature Center

Crowley Nature Center provides a guided moonlit hike out to their tower for the moonrise!

April 25 and 26 from 7-9 pm

Reservations required – can reserve on-line

\$20 adults \$10 youth 6-12

ADDRESS: 16405 Myakka Road, Sarasota, FL 34240

DIRECTIONS: Interstate I-75



Take exit #210 Fruitville Road and drive EAST 10 miles to the dead end.

Turn right on Myakka road. Go 3 miles; Crowley is on your left. If you travel over the bridge to the north entrance of Myakka State Park, you missed Crowley.

Minutes Architectural Review Committee 02/26/2013

Attendees: Gwenda Stepien – Committee Chair, Mickie Konner, Mary Marryott, Janet Berntsen

The ARC meeting was called to order at 6:00 PM with a quorum of 4 Committee members present. The minutes of the prior ARC meeting were reviewed and agreed as written.

The following applications were reviewed and decided for action.

	ADDRESS	WORKPLAN	RESOLUTION
1.	506 Meadow Sweet Circle	Change House Number and outside lights	Resolved: Approved Motion: Mickie Konner 2 nd : Mary Marryott Note: Approved by Cottages Board
2.	1072 Mallard Marsh Drive	Remove diseased Pineapple Tree replace tree with another Palm Tree & repair landscaping that will be damaged when tree is removed.	Resolved: Approved Motion: Gwen Stepien 2 nd : Mickie Konner
3.	1004 Oak Meadow Lane	Remove Washingtonian Palm Replace with another Palm	Resolved: Approved Motion: Mickie Konner 2 nd : Mary Marryott
4.	566 Meadow Sweet Circle	Repaint House Gray, Trim White, Door Turquoise. Change exterior lights to Black carriage lights.	Resolved: Approved Motion: Gwen Stepien 2 nd : Mary Marryott Note: Approved by Cottages Board
5.	1159 Mallard Marsh Drive	Install Solar pool heating panels.	Resolved: Approved Motion: Gwen Stepien 2 nd : Mickie Konner
6.	569 Meadow Sweet Circle	Paint house beige, Trim front and back door creamy white	Resolved: Approved. Motion: Gwen Stepien 2 nd : Mickie Konner Note: Approved by Cottages Board
7.	705 Crane Prairie Way	Paint house (body, trim and doors) with existing colors	Resolved: Approved Motion: Mary Marryott 2 nd : Gwen Stepien

ARC meeting adjourned at 6:30 pm.

Next Meeting March 26, 2013

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

RCA Committees 4/2013

Communications

(carolheckert@verizon.net)

Board Liaison, Bobby Merrill

Chair, Carol Heckert, Interim

Directory, Barb Gahry

Block Captains, Cindy Schmidl

Newsletter: Linda Pearlstein, Kay Mruz, Marilyn Probert, Norma Lee Rhines, and Mike Bergman - Reporter Representative

Reporters: Mary Kennedy, Ed Lin, Judy Sokal

Architectural Review (ARC)

(gwendaarc@gmail.com)

Board Liaison, Nancy Schubert

Chair, Gwen Stepien

Shirley Borean, Mickie Konner, Mary Marryott

Maintenance Committee (combining Landscape/Environmental & Pool)

(jimstepien@gmail.com)

Board Liaison, Walter Perkowski

Chair, Jim Stepien

Bill Bloom, Nigel Day, Dave Gill, Sallie Hawkins, Carol Heckert, Carole Myles, Carl Schubert, Nancy Schubert

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 Kay Mruz (siestakeysunset6@gmail.com) by the tenth of the month.

Rivendell Board of Directors

Curt Kennedy, president

(curtkennedy@hotmail.com)

Nancy Schubert, vice-president

(nancy@nschubert.com)

Liaison to Architectural Review (ARC)

Walter Perkowski, secretary

(walter@SRQmoves.com)

Liaison to Maintenance

Bobby Merrill, treasurer

(bobbymerrill3@aol.com)

Liaison to Communications

TBA, director

Sub-Association Officers

The Cottages Board of Directors

RU1NA = Rivendell Unit 1 Neighborhood Association

Mickie Konner, President

Carole Myles, 1st Vice President

Bill Vanik, 2nd Vice President

Margery Arendt, Treasurer

Mike Georgopolis, Secretary

Patio Homes Board of Directors

Edward Diggs, President

Jayne Irene, Secretary

Bruce Whalen, Treasurer

The Villas Board of Directors

Dianne Enger, President

Ruth Sellick, Vice-President

Sherry Sholtis, Secretary-Treasurer

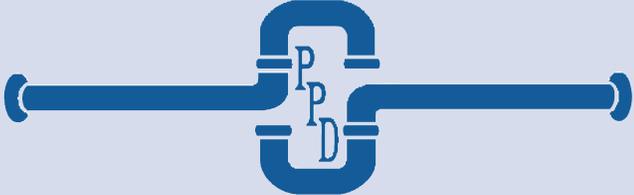
Published by On Trac Publishing, 723-5003

Delivered by Observer, 366-3468

Sarasota County Sheriff
Non-emergency Contact number for our area is: 316-1201
Please use this number for non-emergencies

Question? Complaint? Concern?
Lighthouse Property Management: 966-6844
Property Manager: Kyanne Merrill, kyannemerrill@mgmt.tv
Assistant: Shannon Banks, shannonbanks@mgmt.tv

PROFESSIONAL



PLUMBING & DESIGN, INC.

(941) 484-4444

"Call The Professionals"

- ☑ On Time or it's FREE Guarantee
- ☑ 100% Satisfaction Guarantee
- ☑ Better Business Bureau A+ Rated
- ☑ Family owned and operated since 1985

◆ Service / Drain Cleaning / Re-Piping / Pipe Lining ◆

\$10.00 OFF Service

PROFESSIONAL PLUMBING Cannot be used on minimum service charge and cannot be combined with any other discounts. PROFESSIONAL PLUMBING

SENIOR & MILITARY DISCOUNT!



RESPECT THE EARTH ...RECYCLE!

TARGET YOUR MARKET!
Call us today to get your ad in one of our community newsletters!

941-723-5003
or Toll free 800-434-9879



ON TRAC PUBLISHING
P.O. Box 985
Bradenton, FL 34206

A subsidiary of Teledrex, Inc.

www.teledrex.com email: joan@teledrex.com

EXPERIENCED • PROFESSIONAL • COURTEOUS

experience • service • results



BG
BARBARA GAHRY
GRI, REALTOR®

(941) 586-3936 CELL
(941) 966-8000 Office
www.BarbarsProperties.com
BGahry@comcast.net

Michael Saunders & Company
Licensed Real Estate Broker

(941) 966-8000 MAIN OFFICE
WWW.MichaelSaunders.com
8860 S. Tamiami Trail
Sarasota, FL 34238

Rivendell
RESIDENT & AGENT