

Prestancia Pipeline

THE PRESTANCIA COMMUNITY ASSOCIATION NEWSLETTER

FEBRUARY 2009

Viva Vista!

While the holiday season is now behind us, La Vista neighbors wanted to share this photo of their Decorating Team in action. Each year they hold a Decorating Party where neighbors get into the season by gathering at our newly re-designed entry walls, and putting up festive garlands and bows. Residents of La Vista are sure that anyone venturing down their way during the holidays in December and into early January saw and admired their efforts. La Vista gets the prize for the **Best Decorated** neighborhood in Prestancia, and hereby issues a challenge to any association to try and top them in 2009!



La Vista is also embarked on a total repainting project for all the homes in the neighborhood. Owners now have a palette of four colors to choose from. Green awnings and their famous turquoise tile are being tastefully replaced. La Vista invites Prestancia residents to drive through Calle Facil and see the progress.



*Russ Seifert,
PCA President*

And Now, A Word From Our President

"The sky is falling! The sky is falling!"

Do you remember those famous lines by Chicken Little in the children's book years ago? Those same lines could be spoken today. The stock market crashed. The housing market is non-existent. Foreclosures are everywhere. Retirement savings are being lost. People we trusted turn out to be people we should not have trusted. We are involved in two wars. Obviously Chicken Little was right.

Wait just a minute. Take a ride up Prestancia Boulevard early in the morning. Perched up on a tree just north of Boca Point sits a majestic bald eagle surveying his domain. If you are lucky he will take flight and spread those giant wings and glide right over your automobile. The early morning sun will glisten from his white head. Don't look too long or you might hit a rabbit or a squirrel running across the road. Perhaps a family of sandhill cranes will meander across to peck for breakfast on the other side. Off to the right is a lake with wetlands, beautiful trees, green bushes, and shrubs everywhere. We're are in the middle of winter and the northern half of our country is suffering through freezing weather. Here you can see beautiful, colorful flowers everywhere. Mounds of red, pink, and white wherever you look. This, my friends, is Prestancia, our little piece of heaven right in the middle of all this chaos. Enjoy it. Your are an important part of it.

There is not another place that I would rather be than right here, right now. Take that, Chicken Little.

Neighborhood News

Mara Villa is ringing in the New Year with much-needed new mail boxes! I think you will agree this is a considerable improvement to our neighborhood. This is the first of three improvement projects we are planning for 2009.

Our first pool party of the year was kicked off on January 25, a cool, casual BBQ that was made effortless by the combined efforts of Andrea Martone and Olivia N. They are always up for a good time, and all the residents gladly stepped up to the plate, bringing scrumptious food and beverages.

On another happy note, Mara Villa will be celebrating the birth of Paige and Brennan McCarthy's baby in early February! This will be the first baby born in Mara Villa. Congratulations to the happy new parents.



Finally, it is that time of year when all of our friends and family are visiting — just a friendly reminder to please leave the guest parking spaces for our guests. The other guests that we have that visit us daily are our fine feathered friends the sandhill cranes. These wonderful creatures love to visit us for food, but unfortunately they cannot always tell which screen enclosure has the hand that feeds them, and they are very persistent — when no one comes they decide handle things in bird fashion and peck out the screens! Birds will be birds, so maybe we should let them hunt for food on their own.

— Dottie Baker, Mara Villa I

Dear Prestancia Residents:

The 2008–2009 club season calendar is in full swing at TPC Prestancia. We are excited about the new Sandhill Grill which opened this past November and would like to share the experience with Prestancia

residents. TPC Prestancia would like to extend a free Trial Social Membership to the residents of Prestancia for the month of February. With the Trial Social Membership, Prestancia residents may use the dining facilities which are open for daily lunch as well as dinner on Thursday and Friday evenings. We also have live entertainment on Thursday and Friday evenings. To activate your free Trial Social Membership, please contact Wendi Crisp at 941.922.2800.

We look forward to seeing you at the Club.

— Jim Poole, General Manager

Villa Fiore welcomed two new neighbors: Robert and The Honorable Nancy Donnellan, and Robert and Mary Sidman.

We wish to thank the Prestancia Board for the plantings along the Sarasota Square Boulevard, as it will enhance our view and help isolate us from the street. We also had the Prestancia Boulevard wall repaired and painted, which should keep the moisture out and improve its longevity.

As a last thought: during the last recession there were a few break-ins in Prestancia. Now, in this economic downturn, it is a good idea to use your alarm systems all the time.

— Barry August, Villa Fiore

Our snowbirds have all returned and Villa D'Este is back in full swing.

We continued our ongoing maintenance and improvement program with seal-coating our roads (yes, it was messy and annoying...but the roads look better) and installing attractive and sturdy new mailboxes. The monthly pool pavilion parties give a chance for friends to catch up, share news and just enjoy each others company. The Villa D'Este monthly book club continues their lively discussions of great and not-so-great literature. All Prestancia residents are welcome to participate. Call Phyllis Loewengart at 914.927.7578 for book, time, and place.

— Gordon Loewengart, Villa D'Este

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Keeping the Faith

A Profile of a Modern Day Energy Healer

Imagine the possibility of using insight and intuition about the human energy fields to help produce healing effects on yourself and on people around you.

“Neighborhood Healer” and Prestancia resident Dr. Ruth Duran has learned how to channel healing energy through her body to help her neighbors, her friends and her family. By taking control of her intuition and using her life force energy, she has learned to help people to get to a healthier place emotionally, spiritually and physically. Dr. Duran is known as a “holistic faith healer” and she is one of millions of people worldwide who have the ability to use body energies to heal.

Holistic faith healing does not use objective medicine. It uses subjective means to heal. Prayer is one example of subjective medicine. As a point of reference, thousands of years ago humans had to rely on faith, holistic, alternative, or prayer healing. Society did not have radiation, chemo, penicillin, or sulfa drugs, yet somehow humanity survived. All they had to work with was our mind and human body radiation. We saw this with many Indian tribes and cultures. Our ancestors were able to use their minds to direct human energy through mental picturing, visualizing the problem and imagining the solution.

Fast forward to 2009, and workshops are proliferating to help people use natural forms of therapies such as visualization and imagination (at the alpha level) for healing (trauma, stress, pain, emotional instability, and much more).

People are spending unimaginable thousands of dollars every year on medical care and are enduring much pain and suffering. But in modern times, faith healers and energy healers (known as Reiki) are becoming more and more recognized and accepted in society. It is well known that human energy heals. This is part of the alternative health movement. There are many health problems that can be arrested and corrected if human energy is correctly applied at the first sign of a symptom, and that is what Dr. Duran is able to do. A former manager at Du Pont (she holds a PhD in physical

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Health By Chocolate

By the time you read this, chances are you’ve been invited to at least one “chocolate party” in Prestancia or Sarasota where the latest rage is buying — and eating — chocolate everyday to stay healthy. The fact is that in a world that is turning to natural solutions for better health, a healthy chocolate called “Xoçai™” is the solution that people are swearing will give more energy, less cravings, aid weight loss, and relieve stress.

Xoçai is the first probiotic chocolate-based health supplement, with mass appeal that also is a fantastic business opportunity for millions across the world. Xoçai products are a powerhouse of nutrition and antioxidants, and they are pure and natural. They are the perfect delivery system for the antioxidants needed by one’s body, and they are void of most fat and sugar typically found in other chocolate products. Xoçai is positioned as the highest quality, healthy gourmet chocolate available today. Xoçai contains no preservatives, waxes, fillers, or caffeine, and it provides an abundance of antioxidants essential to optimal health. Xoçai is available in cookie format, power bars, chocolate drinks, Omega Squares, and nuggets.

To taste Xoçai, The Healthy Chocolate or to learn more about how you can start your own business opportunity by hosting chocolate parties, call Sandy Norton at: 941.539.1939 or write her at: sandy@sunshineeveryday.com.



Pictured, left to right, are Lynn Morris, Barbara Cohen, Sandy Norton, Susan Rigopulos, Debora Haag, Betti Gorenflo, and Teresa Fellows at a recent Xoçai party hosted by Norton, who says her motto is “from cacao beans to chocolate dreams.”



Lais and Karl Pfitzenreiter of The Manors love spending time with their eight-year-old orange cat Schoschi.



Margrit Dobbertin and Micky, of The Manors. Micky is a 9½-year-old West Highland terrier.



Sammy (a client) prepares for a Suds 'n Roses bath, complete with aromatherapy.

Prestancia Pets

Prestancia's Going to the Dogs... and Cats!

Did you know that pet ownership is proven to calm one's stress and helps one live longer? Just look around Prestancia at all the happy and healthy people there are! And did you notice that most share their lives with a pet? In this new column, we'll feature photos in every issue of people and their

pets. But we need your help in submitting a JPG (electronic photo) to the editor, with the name of your pet(s), your name and what community you live in. Please send materials for the next Pipeline deadline (May 1) to PipelineEditor@comcast.net or Julie4cats@gmail.com.



Jane and Alvin Rees live in The Estates with their cats Mrs. Tibbs and Oscar.

www.BeverlyHillsDog.net
941.822.0888

2030 Bispham Road (half a mile south of Stickney Point Road, just one block east of 41, Gulfgate)

SPECIAL OFFER FOR PRESTANCIA RESIDENTS:

Make an appointment for Suds 'n Roses grooming and get a complimentary full day of doggy day care. Please mention you saw this in the Prestancia Pipeline!



Kitty Hancock lives in The Manors with husband Stephen Marriott, four-year-old Scotty, and five-year-old golden retriever Sarahbelle.



Seen walking her dog Ruggles, a four-year-old Wheaton terrier, along Prestancia Boulevard is Phyllis Loewengart, who lives in Villa d'Este.



Beverly Hills Dog owner PeeJay Ovadia with her business partner, "Mr. Remy," her seven-year-old Chihuahua.

A Star for a Day

Beverly Hills Dog, Sarasota's Newest Dog and Cat Spa/Day Care, Debuts

Dirty laundry or a dirty dog? Then Beverly Hills Dog is for you! You have to see this delightful and whimsical building on Bispham (off Gulf Gate) to believe it, but for now envision this:

- A room where your dog is meticulously and lovingly groomed, including a special “suds and roses” doggie bath in an antique clawed-foot porcelain tub with soothing music and aromatherapy
- A soft bed where your pet is massaged and receives “pawdicures”
- A fenced-in, outside play area with synthetic grass and a separate potty area
- A room to “chill out” and watch TV with “animal movies” showing throughout the day
- Two indoor play rooms with fun toys
- A separate “Cat Nip Inn” and three-level “Cat Condo Suites” with soothing music and a large window view of bird stimulations
- Lots of nap and lap time and individual play time
- Short and long term boarding, including day care options
- Colorful walls, faux finishes, bright windows, tantalizing aromas, whimsical props
- A concierge-style dry cleaning service (for the humans in the household)



Welcome to Beverly Hills Dog, Sarasota's best facility for the “pampered pet.”

Your *Pipeline* editor stumbled across this gem when finding a short cut to Gulf Gate Boulevard off 41 South on Bispham. Owing two multi-poops with discriminating tastes, Beverly Hills Dog became my favorite home away from home. So much so, in fact, I wanted to be taken in myself and pampered for the day!

Lo and behold, a fellow New Yorker is the proprietor of this brilliant concept. Her name is PeeJay Ovadia and she's from Staten Island. A devotion to “all things animal” lured her into the business, and Sarasota was her city of choice. Hundreds of dog owners are grateful, including many Prestancians who drop off their pets to Beverly Hills Dog for any number of services they offer for a very fair price (\$40–\$45 for a bath and cut for small dogs; \$60 for large dogs). And if you work full time and are concerned about separation anxiety issues with your pet, PeeJay offers a full day for \$20 (7:30am–6pm, including food, outdoor play and an aromatherapy nap time session).



The Cat Nip Inn, with simulated birds hanging from the ceiling.

One of the play rooms. Owners can also log on the website and view their pets during the day via web cam.

Now if all this isn't enough, there's more! If you have dry cleaning needs, drop off your clothing along with your pet and you can satisfy two chores in one stop. PeeJay offers a dry cleaning drop off service where your clothes are taken to a local reputable establishment and are available when you come back to pick up poochie. A full concierge service!

A clean pet is a happy pet, and when you have that, you have a happy owner.

PS: I'm happy.

—Andrea Martone

Neighborhood News

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With the holiday season now behind us, La Vista neighbors submitted the front page *Pipeline* photo of our Decorating Team in action. Each year we hold a decorating party to get us in the holiday spirit after we have decorated our mailboxes and new walls. We had a wonderful turn out to help us look festive with our garlands and bows.

We hope that you were one of the many that drove around in Prestancia during December and saw all the lighted homes and front entrances.

Our Vista neighbors like to get together several times a year to keep in touch and get caught up on the news up and down the street. Many of us gathered at Momma Leoni's last fall and want to meet again at Cafe Bacci in early spring.

The painting has begun on two of our houses in the cul de sac. We will have a new look of soft compatible

colors, accented by our trim and awnings. Come take a look.

— Ruth Winand and Sean Skinner, La Vista

From Management: Please ensure that you are abiding by the following rules, intended to help keep Prestancia the desirable community that we all enjoy living in:

- Overnight parking on the street is prohibited throughout Prestancia.
- No truck, commercial vehicle, bus, recreational vehicle, mobile home, camper or trailer may be kept within Prestancia, except for any such vehicles which are completely enclosed in a garage.
- Please try to keep your garage door closed when not in use.

Thank you in anticipation of your co-operation.

— Clive Burnett, The Barlow Group

*The author of the following letter requested its publication in the **Pipeline** to keep everyone informed.*

Dear Palmer Ranch Homeowners and Association Boards,

After reading your last issue of *The Prestancia Pipeline* and the palm tree article ["TPPD: The Palm Tree Killer," *Prestancia Pipeline*, July 2008], I feel compelled to comment on the manner in which most landscapers in our area have been incorrectly and harmfully trimming our palm trees. We must stop allowing these landscapers to take off most of the fronds and instead follow the guidelines set out in the material I have provided.

I have spoken to Will Strickland of GardenMasters (the author of the article) and he agrees with the assessment that we are harming our palm trees, weakening them by over pruning which takes the food source from the palm for the winter season. We are in essence weakening our beautiful palms all over Palmer Ranch, thereby allowing the disease TPPD to be the opportunist that it is and

strike the weakened, over-trimmed palms which now abound throughout Palmer Ranch and particularly Prestancia. I have also spoken to the Agricultural Extension contact, Don Raney, who also agrees we are greatly harming all palms by allowing landscapers to maim them several times a year.

I feel we are in a vicious cycle of over-trimming which is only inviting disease and death. Yard maintenance companies must then be hired to buy and plant more palms and the process begins again. We must speak to those we hire to trim our palms and make sure they understand the correct way to trim, or hire someone who is certified and knows the consequences of over trimming.

Thank you for passing on this most valuable information along to our neighborhoods and owners.

Sincerely,
Gayle Wardner

An Evening of Clairvoyance April 22 at TPC

If you are a believer in the metaphysical, the “seen” and “unseen,” you won’t want to miss this unique event that pairs two nationally known psychics for an evening of psychic messages in a group setting.

Psychic medium Vicki Warren (author of *Coffee, Donuts & God*) trained with psychic Sylvia Browne before venturing off to host her own national seminars nationwide. She will be visiting Sarasota the week of April 22 for an appearance at Prestancia’s TPC Club, and the event will be repeated later in the week at Turtle Rock Community Center (in Palmer Ranch). Vicki Warren will be joined by Peggy Sue Skipper (author of *The Art of Conscious Evolution* and *Love Signs*), a nationally-known hand analysis expert and life coach. Skipper also hosted and produced a regional television show in multiple cities. Both personalities were keynote speakers for eight years on the Psychic & Spiritual Healing Cruises, as seen on NBC’s “Extra.”

The evening at TPC will be Wednesday, April 22 and seating is available **by advance reservations only**. It will include a buffet dessert table, coffee/tea and two hours of psychic and afterlife readings in front of a large group audience. A cash bar will be available.

This is an evening not to be missed and is an inspirational and thought-provoking night of entertainment for all — men and women. **Secure your reservations by sending a check made out to Intuitive Vision Network, 7339 Regina Royale, Sarasota, FL 34238** (located in Mara Villa, Prestancia). Include your first and last name, and the names of any guests. Reservations (no tickets) are **\$28 per person**. *An Evening of Clairvoyance* will include psychic readings (connecting to the afterlife, hand analysis, “Identifying Your Life Purpose,” and psychic information) in a group setting, including audience interaction, a Q & A period, gourmet buffet dessert table, and coffee/tea. A cash bar will be available. For more information about the event, please visit www.IntuitiveVision.com/clairvoyance.shtml or write andrea@intuitivevision.com. There will be limited admission at the door, so be sure to reserve your seat now to be assured a space!

Private one-one-one readings can be booked that night or in advance directly through the speakers by calling Vicki Warren (281.345.8990) or writing her at vicki@vickiwarren.com or Peggy Sue Skipper (832.628.5396) or writing her at emailpeg@majorproductions.biz. Readings will be held Country Inns & Suites in a private suite.

The events described above are for entertainment purposes and are not affiliated with the TPC Club except for rental of their facilities. Please do not call TPC for information or for reservations.

Ruth Duran: Keeping the Faith

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biochemistry and a minor in mathematics from Purdue University), she moved in 1997 to Prestancia from Delaware and has explored the fields of higher consciousness, metaphysics, Reiki, Quantum Touch™ Healing techniques, and spirituality. She is an Avatar™ graduate from Star’s Edge International, a current student and Master at the Ramtha School of Enlightenment — the Quintessential School of the Mind. She also participates in a weekly discussion group

that highlights the use of the life’s “laws” as they have been applied in our daily lives and how we can revise the outcome if required. She also studied with Silva International, Inc. which offers courses in Mind Development and Holistic Faith Healing.

While living in Florida, Dr. Duran has served as a treasurer of two boards of directors, one of Holistic Health works, Inc. and for the Church of Metaphysical Christianity.

While retired in Prestancia, she continues to explore areas of self-healing, quantum mechanics, energy healing, color and sound therapies, mind development, consciousness exploration and development. If any resident is interested in learning more about holistic healing, write Ruth at rwjduran@comcast.net. She resides in Mara Villa.