

LIVE & LIFE IN PALMAS

AUGUST/SEPTEMBER 2009 VOL. 2 NUM. 4



Golf Paradise



GOLF FASHIONISTAS

Our Mayor, our neighbor...

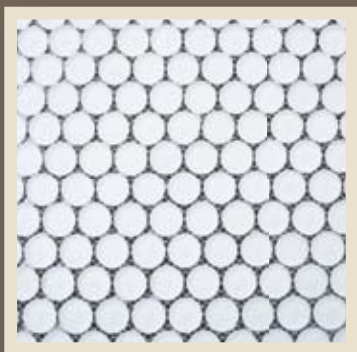
***Mexican Night with
Fernando Allende***

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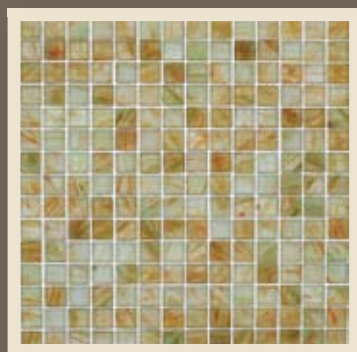




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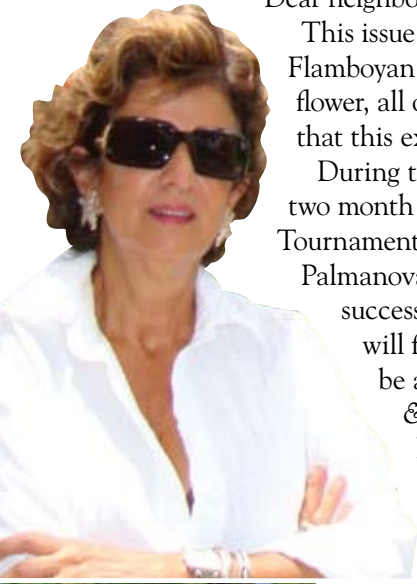
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Dear neighbors and friends

This issue harvests a wonderful summer that, as you all have noticed, has been a very colorful one. The Flamboyant trees, the Queen of the Flowers, the oak trees, the "Cruz de Malta", the "Isabel Segunda" flower, all of them have blessed us with an amazing showcase of colors and forms. George Mulligan stated that this extraordinary blossom is due to the amount of rain we have received this year.

During this summer Palmas has been effervescent with great activities and events. During the last two months we have had: PHA Summer Splash Kayak & Sail Day, The first PHA Beach Volleyball Tournament, The Fathers Day Golf and The Member & Guest Tournament, A Mexican Night at Palmanova with Fernando Allende, a Concert at the Country Club, Remembering the 80's, and a very successful Nike Golf & Tennis Camp with Gigi Fernández, as well as many others. In this issue you will find a summary and photos of all these events. The good news is that from now on, you will be able to see the photos published in the magazine and those that were not published in our *Live & Life in Palmas* web page – www.LLPalmas.com. I hope you enjoy this new issue the same way I have. Now it is ready for press. See you around in Paradise. ▲



Lissette Rosado, Editor live.lifeinpalmas@gmail.com



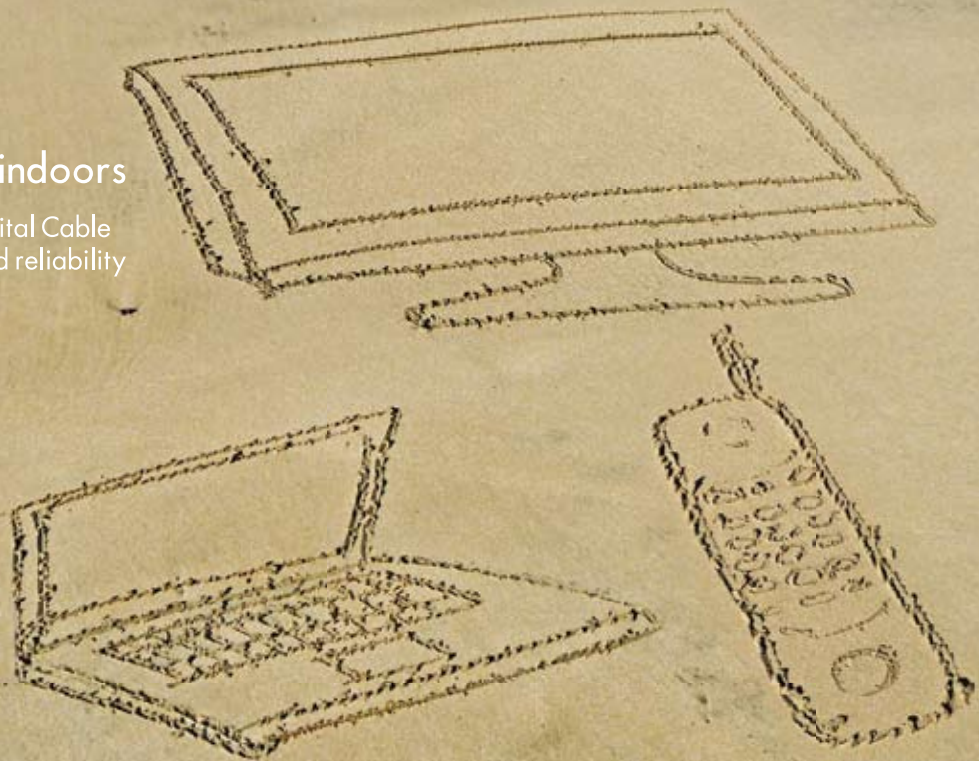
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You can send us your comments to

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or call **787-765-2190**.

Live & Life in Palmas is a co-production of **Palmas del Mar Homeowners Association** and **Rosado & Morales, Inc.**

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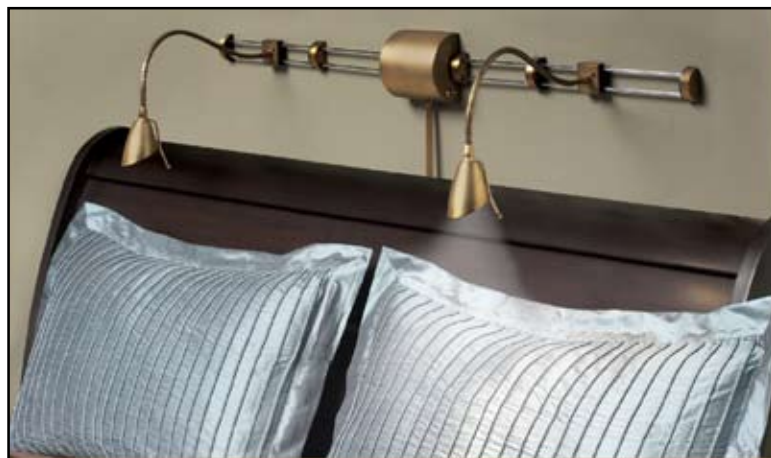
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PALMAS ENTREPRENEURS

for the world

by Lissette Rosado

Nancy Cruz and her husband Jeff Dixon are real animal lovers and now they are making their passion a business. Perfect! That's the way it should be. If you love deeply what you do, the odds are that you will be successful. "I was always frustrated when travelling because I couldn't find a toy-venir (from souvenir) for my dogs. I thought then about creating a dog related business, but years went by and it was not until the company I used to work for moved to México that I made my dream a reality," said Nancy.

With her husband Jeff, Nancy began to do research two years ago and to design these beautiful toys for dogs which they have called "Pawz Around the World", because that's their goal: that this product could be distributed everywhere in the planet and I can see it happening. "Puerto Rico Tourism Company reports approximately 3 million tourists a year and studies reveal that in the States, 36% of all households have at least 1 dog. This means approximately 360,000 dog owning families visiting PR each year," said Jeff.

Nancy's background is numbers; she used to be a comptroller for a big company. Jeff's background, on the other hand, is in engineering and design. The two make a perfect combination. Nancy was born in NY and raised in Aguadilla. Jeff is from California but has been in PR for twenty years. How did they meet? In the bottom of the ocean! They met in an advance scuba diving class in Puerto Rico. It was meant to be. They had a mission to create Paws. They married and eventually moved to Palmas in search of a better quality of life. (It seems like a common goal for most of us that have made Palmas our home!)

"Our goal is to share our enthusiasm for our canine family members, offer unique pet products which combine a love for animals and travel, and to increase awareness about the responsibility of pet ownership and treatment," said



I was always frustrated that when travelling because I couldn't find a *toy-venir* (from souvenir) for my dogs.



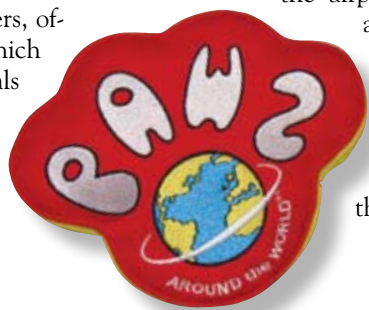
Nancy. She explained that they have also created "Pawz for Dogs", a non-profit organization through which they contribute cash, products, time, advertising support and services to animal shelters, humane society and other animals related organizations. This is because a portion of the profits from every purchase of a Pawz product are donated to a local animal shelter.

At the present they have three different designs: the paw, the cruise ship and the airplane. "All of them are made from high quality materials: heavy canvas and nylon outer shell for durability, 100% polyester fill and three "squeaky" de-

vices in every toy to keep your pet entertained for hours," said Nancy, who has two beautiful whippet dogs herself.

Every Pawz pet toy is designed and beautifully embodied with the official Pawz logo and location of your vacation. This means that you can bring your dog a "toyvenir" from San Francisco, Las Vegas, and coming soon from Paris. After all, who's happier to see you when you return home from a vacation that you beloved pet? In Palmas, Pawz toys are available at Par Avion in Palmanova.

Nancy and Jeff are also looking for retailers interested in carrying their products for an extra income. They are offering a very attractive introductory offer. So, if you are a retailer yourself or know of anybody that could be interested call Nancy 787-850-0088. Lets help them spread the news...Palmas Pawz needs to reach the world! ▲





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GOLF

Fashionistas



**Frank Bonelly and
Enid Catarineau**

Annie Rivera

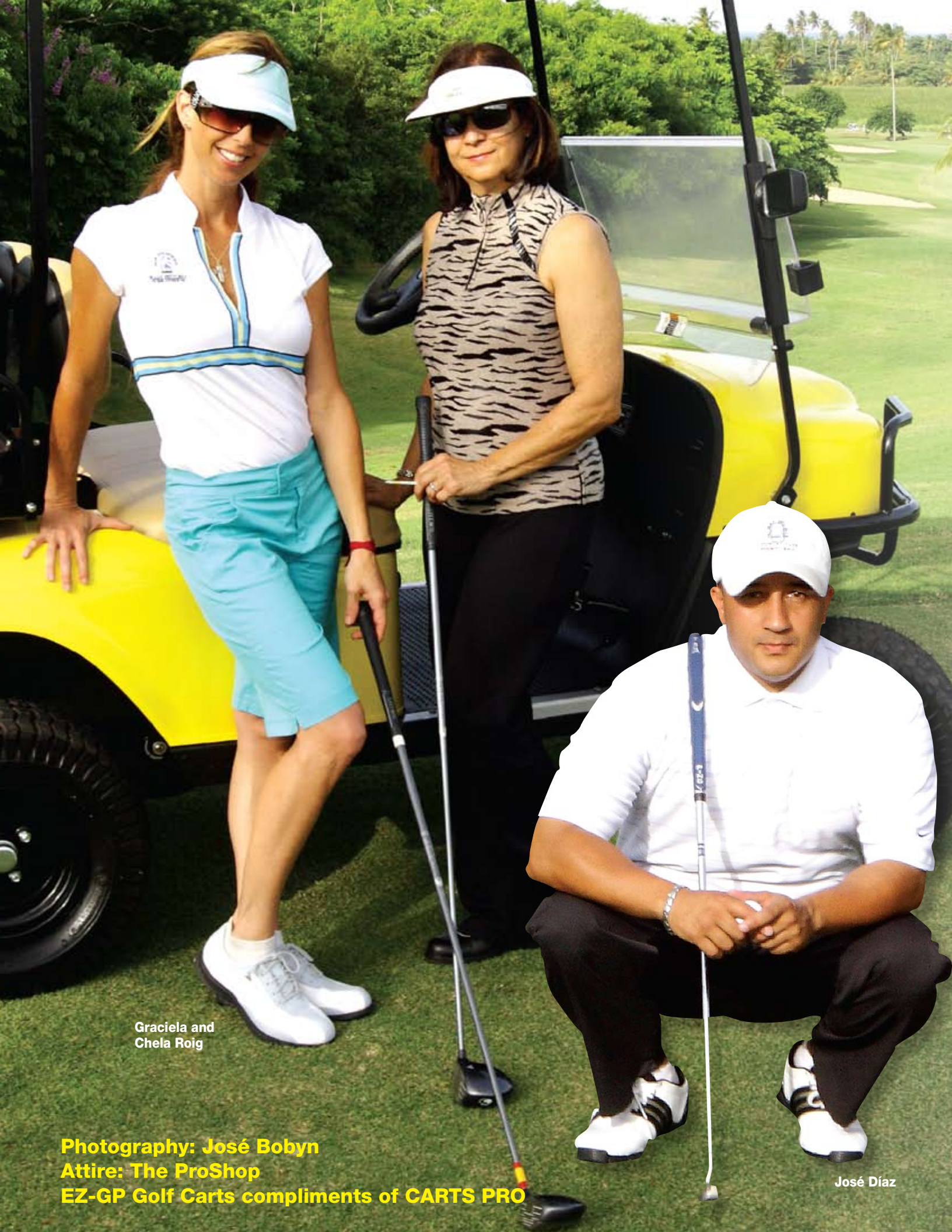
by Lissette Rosado

Golf Fashion trends for both men and women are focused on performance fabrics that keep the body cool. Blending cotton with polyester or in some cases more natural fibers (such as coconut), shirts and pants today are designed to breathe and keep the body cool in hot tropical weather.

Pro shop top sellers for men are Adidas and Nike.

For ladies, we look at both synthetic performance and style. Jamie Saddock is the top seller. She offers the best combos for shirts and pants for ladies. Bright colors and modern designs for a very fashionable look! For the ladies you also find at The Pro Shop nice belts and socks to compliment ladies shirts. Belts are becoming a big hit with golfers! For the more traditional look with the mercerized cotton, Ashworth and Ben Hogan for men and EP Pro for ladies are available.

Here, in this golf fashion review, some of our Palmas Top Models: Annie Rivera, Enid Catarineau, Frank Bonelly, Chela & Graciela Roig, Jannine Lavergne, Margarita Nido y Esteban Santiago. Any international contracts please contact Live & Life in Palmas, the official agent for these highly coveted models. ▲



Graciela and
Chela Roig

Photography: José Bobyn
Attire: The ProShop
EZ-GP Golf Carts compliments of CARTS PRO

José Díaz



Margarita Nido and Jannine Laverge



Esteban Santiago





THE PRESIDENT says...

Ask me if I am proud of my community and watch me answer you with a broad smile. Every day that passes it never ceases to amaze me of the great community we live-in and how fortunate we are to be in a place like Palmas del Mar. But what it makes ours an amazing place, is principally the people who make up our community and the way they respond to its needs and their willingness to contribute in any way they can to make our community the dream we all seek.

From picking up litter to contributing their in kind, as well as financial resources in the creation of parks, the installation of solar luminaries, benches and trash-cans, the sponsoring of major community entertaining events and the establishing of our own unique, first-of-its kind, PHA-TV channel system, our residents and the leadership of PHA have become a formidable force of progress and achievement in our community. That trend fills me with enormous pride and great hope for the future that lies ahead.

For, in spite of the economic woes of our country, Palmas del Mar continues to forge ahead thanks to the help of the people who make our community. The pages in the issues of our magazine are full of examples of our residents and collaborators who have stepped to the plate to help us accelerate our pace in reaching our goals.

You too can join the many others that are saying present in helping us push ahead our community. Be part of our great Palmas del Mar team donating your time, skills and resources and watch the community flourish.

Am I proud of my community and of our people? You bet I am!!!

what it makes ours an amazing place, is principally the people who make up our community and the way they respond to its needs and their willingness to contribute in any way they can to make our community the dream we all seek.



During the course of the past two years, there has been a fast proliferation of incidents with golf carts emitting loud music to the point of creating a nuisance for the community and disturbing the peace and the comfort of our residents. In spite of PHA's best efforts requesting our community for temperance and specifically asking golf cart drivers to moderate the music, we have met little success in obtaining their cooperation.

In accordance with the Restrictive Covenants that govern the community of Palmas del Mar, no person shall make or permit any disturbing noises nor shall do or permit anything to be done which will interfere with the rights, comforts or convenience of any other person. Also, the Restrictive Covenants clearly state that no nuisance shall be allowed nor shall any use or practice be allowed which is a source of annoyance to residents and interferes with the peaceful possession and proper use of the properties by its residents. The Restrictive Covenants gives the PHA Board of Directors authority to promulgate rules and regulations to insure compliance with these Restrictive Covenants which requires every property owner and their family members, guests, visitors, employees and tenants to comply with such rules and regulations.

Therefore, following a careful evaluation of this situation by the PHA Security Committee and the PHA Board of Directors, effective September 15, 2009 PHA Security will begin to issue fines to owners of golf-carts emitting loud music which in the judgment of a Security Officer or any other person making the complaint constitutes a source of annoyance and violates the restrictions outlined in the PHA Covenants. A progressive system of fines (\$50, \$100 and \$150) will be imposed for these violations.

We want everyone, young and old, to enjoy everything our community has to offer. But we also need you to be mindful of the rights of others to enjoy the peace and tranquility that every homeowner deserves and that Palmas offers.

PLEASE HELP!

Our own Channel 77!



Welcome to PHA TV Channel 77 serving the community of Palmas del Mar. Yes, our TV Channel 77 is now on the air. This is a PHA dedicated

channel- the first of its kind in Puerto Rico – geared to serve the needs of our community and comes to you as a courtesy of your Palmas del Mar Homeowners Association in close collaboration with Liberty Cable Vision of Puerto Rico.

This service is another significant achievement of your homeowners association in its efforts to enhance the scope of services it offers to the community. PHA intends to use the channel as a communications tool to keep you informed about important community services, events and activities, as well as abreast of matters that have a bearing on the quality of life our residents. The channel will operate under the direct supervision and control

of PHA and of an oversight committee appointed by the PHA Board of Directors.

We will take a small step-by-step approach to grow the programming capacity of Channel 77 to insure any investments in this initiative are wisely made and in response to real community needs. Our next step in this new venture is to provide you with video streaming capability so you may access the channel through your computer at any location and learn what's going on at Palmas.

PHA wants to express its gratitude and recognition to Mr. José Alegría, President of Liberty Cable Vision of Puerto Rico, for Liberty's generosity in making this unique communications tool a reality in our community.

Again, welcome to your PHA TV Channel 77 servicing the community of Palmas del Mar.

Special Events!?

It is extremely important that everyone is aware of the rules before considering conducting an event or activity in Palmas that may disrupt the lifestyle and the quality of life of the Palmas del Mar community. Special events require ample advance planning and coordination with the PHA to insure there are no disruptions to the community and that all permits, emergency, safety, security, logistics, etc., aspects are properly evaluated before making a final decision on whether or not PHA endorses such an event.

In order to comply with the restrictions outlined in the Palmas Covenants which prohibit the creation of sources of annoyance, nuisances or disruptions to the comforts and peace of Palmas residents and to prevent unsafe and unsecured situations in the community, there are special guidelines that need to be followed when contemplating to conduct major or special events at Palmas del Mar. Organizations and/or individuals planning such type of activity must obtain PHA approval and comply with the terms specified in the PHA Agreement and Authorization to conduct a Special Event.

Please contact PHA at 787-285-6425 well in advance for guidance and coordination during the planning process and certainly prior to conducting a major special event in Palmas del Mar.

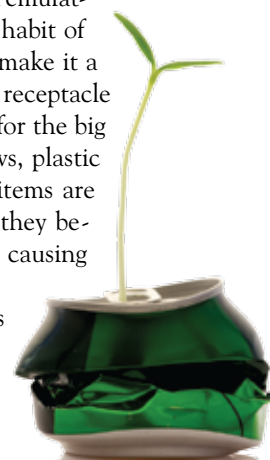


Walking and Picking

We thank Ted Kite, René Chinaea and Rafael Méndez for setting the example and giving us a model worth emulating. Just like Ted and Rafael, if you are in the habit of walking our trails and along the beach, please make it a habit to pick up any litter and place it in the next receptacle available to you along the way. Look not only for the big things but pay attention to items such as straws, plastic bottle caps, cigarette butts, etc. These small items are often more damaging to our eco-system since they become embedded in the ground and in the sand causing potential harm to our habitat.

Give us a hand. Help us keep our grounds clean and our beach areas pristine. Palmas is a beautiful place, let's keep it that way.

¡Take pride in your community!



Noche M Fernando



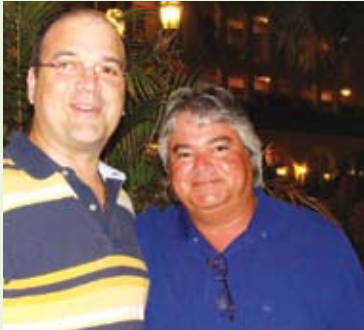
Mexicana

Allende y su Mariachi



WOW! What a wonderful way to end the summer!

Fernando Allende was spectacular and the Trio was a the perfect complement to mellow the mood of the night. "Fernando made this evening a true family event and the attendance was superb. I estimate that close to 800 persons attended the activity and I am sure everyone enjoyed the show, the food, and above all the opportunity to share happy moments with family, and friends" said Julio Bagué evidently proud of the outcome of the Noche Mejicana. "What makes me really proud of this event is that it was a genuine community effort. My special thanks to Fernando Allende for donating his time and to the unquestionable support of our sponsors. And last but not least, my sincere thanks to Tony Maldonado and his team for making this extraordinary event possible", finished Julio. And added "Keep it a secret, but we are already working on the next PHA event. We will let you know prior to the next issue of the PHA Live & Life magazine."



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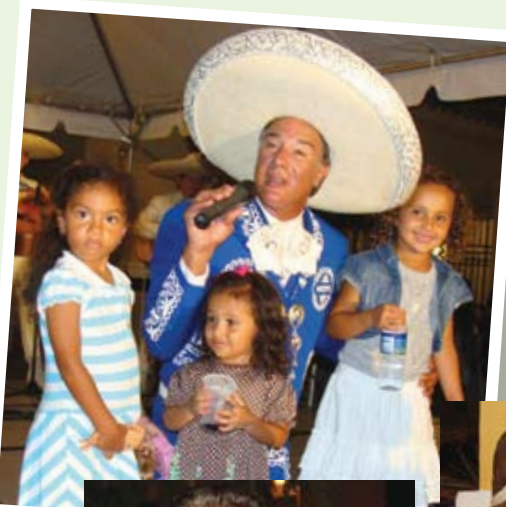
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Don Carlos

by Lisette Rosado

always at hole... 19!



Don Carlos China is an institution at the Country Club. He works at the Country Club Members Lounge, better known as “Hole 19”. (For those of you that don’t play golf, the course only has 18 holes). Don Carlos has been in Palmas for 22 years. He knows everybody by his or her name and everybody knows him. The Members Lounge is in one of the most visited places of the Golf Club. It is there that the game played is discussed and the frustrations liberated. Carlos welcomes each of them with his favorite drink and a big smile.

Carlos is from Toa Alta but moved to New York in his early adolescent years where he finished middle school and high school. “It was in Time Square where I acquired experience as a bartender. In 1975 I came back to the Island to work at Río Mar where I worked until 1987 when I moved to Palmas to stay. I love Palmas because it has always offered me security. This is like a big family. I have been here so many years that I have seen many of my actual clients grow up,” he said.

Carlos always has a smile on his face and is in the best disposition to please his clients. He spoils his clients to the point that he brings them coconut water for their whisky. “The day I don’t bring coconut water there is a crisis,” he said. Don Carlos also teases his clients and jokes with them about their game. “My clients are my friends. They come to the bar sometimes and talk to me about their problems,” he said.

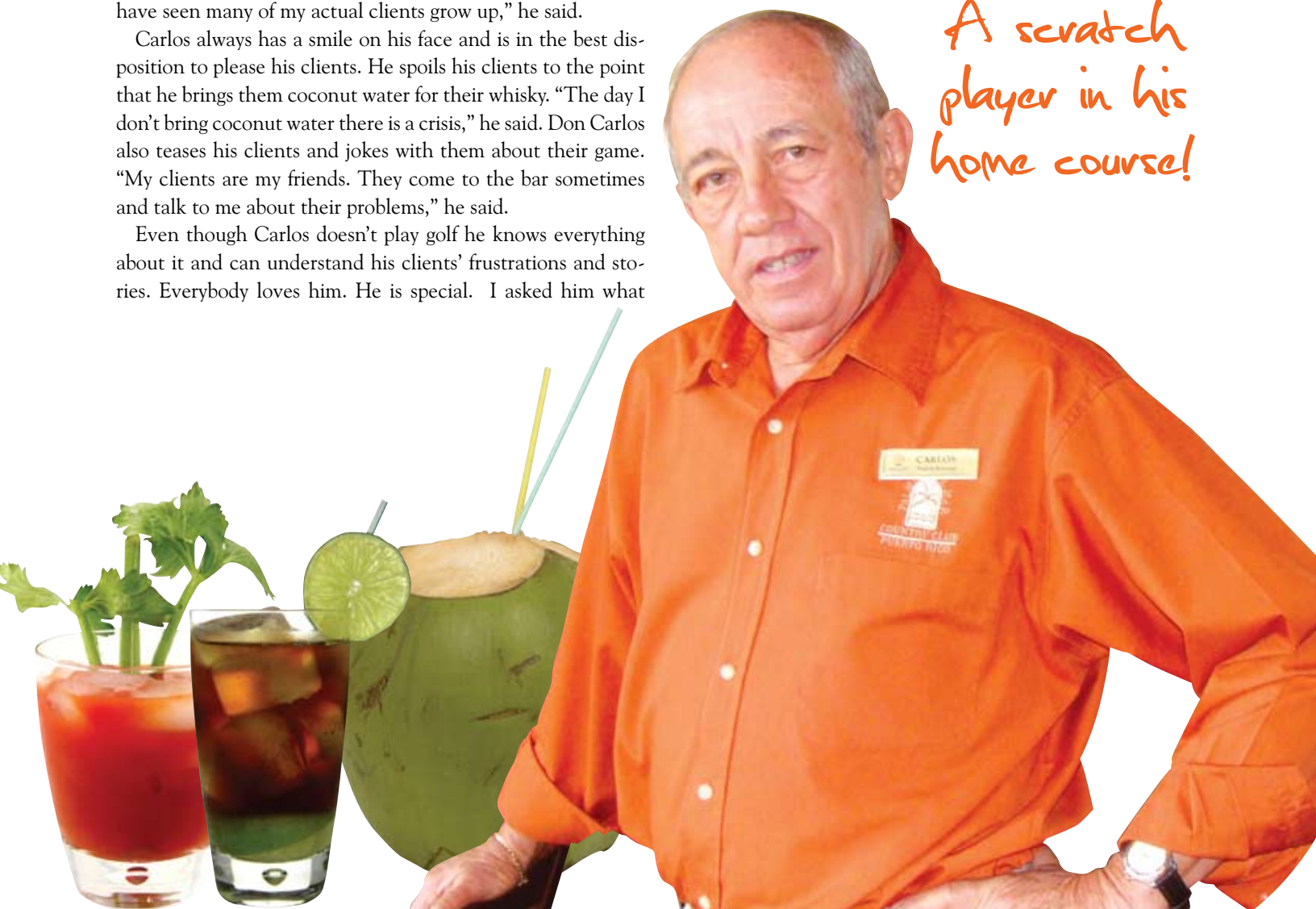
Even though Carlos doesn’t play golf he knows everything about it and can understand his clients’ frustrations and stories. Everybody loves him. He is special. I asked him what

his secret is for such success and he immediately answered: “Honesty and responsibility. I take great pride in protecting and taking care of the company that provides my bread and butter. My job is one of the best jobs if you don’t have a profession. You have the opportunity to meet so many people and you learn to relate with all of them.

His best drink? “I have several,” he said without hesitating. “My Cuba Libre is said to be the best in the World. My whisky with coconut water is famous even overseas and my Bloody Mary well...” I could attest to its deliciousness! But his best stroke is the most important one: his commitment in offering excellent service to his clients!

Don Carlos is another example of the excellence in our community, Palmas del Mar. ▲

A scratch player in his home course!



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CASA BONITA

...has a new home.



Marie Suárez and Ninoska Bonelly co-owners of Casa Bonita and best friends for more than 27 years moved their atelier to a new and bigger location at Anchor's Village where Remax used to be located. (Remax moved to a cozy office on top of Chez Daniel).

At their new home, Marie and Ninoska will have decoration pieces from art work, lamps, sconce, vases, among other treasures available. With the humor and creativity that characterize these inseparable friends and colleagues they explained that this new space will permit them to offer an extended service where their clients could buy a special gift or that lamp we have been searching for months or years. "Our client could be able also to order from our catalogs according to their needs and preferences," explained Marie and Ninoska.

Congratulation on this new venture! We are sure that with their exquisite taste and creativity this new atelier will become one of the favorite spots in Palmas. Next time you walk by, pay them a visit and relax... because the place is truly relaxing. ▲



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OUR FEMALE TEAMS ARE “IN”!

FOR THE REGIONALS

GO PALMAS, GO!

by Lisette Rosado



Category 3.0 team

They are all from the community; they practice with serious commitment and compete around the Island with other leagues. “Palmas has a big tennis tradition. We have always had a team and in two occasions have won the national championship and have competed in the USA,” said Evelyn Marrero, captain of the category 3.0 team. “Two years ago Palmas’ coed-team won the PR championship and represented PR and the Caribbean in Florida and ended up in second place,” added Evelyn.

At the present, the female (category 3.0) team is getting ready for the regional competitions and has very good chances to win. By the time this edition is published they will be competing.

“Tennis has given us the opportunity to have fun, exercise, peace, freedom, and friendship.

Tennis fulfills your life,” said another of the member of the team. As for the captain’s job, Evelyn explained that the function of the leader is to unify the group and motivate them to together represent Palmas del Mar.



Category 3.5 team

The female team category 3.5’s captain is Vicky López and they as well are in for the regional competitions. They are 14 women and all very good players. “Most of us started to play five years ago in a 2.5 category and now they are competing in the 3.5. “The most important part is to work as a team and remember that

the biggest limitation a tennis player has is his own mind,” said Vicky who has been captain of the team for five years. “My work is to choose the precise combination of players and the schedule when they are going to play and with whom; and of course, motivate the group and keep the team in high spirits,” she finished. ▲



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Kike ■ ■ ■ THE SILVER ANGEL

by Lissette Rosado

I will try to write this article as objectively as possible, but I can't promise anything because Kike is my friend and I love him very much. I feel a huge respect for him as a human being, for his values and for his actions. He is a true friend, a committed community member, a Good Samaritan, a good husband, an excellent father and very fun to be with. (He is a lot of fun!) See? I can't be objective. But being his friend gives me some authority and inside information to let you know all the kind of work that Kike does every day. I found about it by chance, because he is not around telling everybody what he does. One day, Kike was going to San Juan and I asked him for a ride. His answer was "yes" but added, "I can take you but I have to make a stop to cure my homeless in Río Piedras if you don't mind." At this point I didn't understand because I knew Kike was not a doctor, so I asked him to explain what all this story was about. "Well...", he said, "One

day Sor Ileana Silva from a program called "Amanece para los Hermanos sin Techo" (A Sunrise for Our Homeless Brothers) asked me to donate Nanosil, a very successful product I distribute which is a silver-based solution. It has proven to be very successful in healing ulcers for its anti-bacterial properties and I told her, "no problem I will donate a certain amount of the product". Immediately she told me: "No! I need you to come and help me, I don't have the time, and you have to cure them yourself!" I was in shock, "But I am not a doctor," I told her. Then she asked me to kneel and next thing she declared me a Doctor Honoris-Causa from the University of The Good Samaritan," he explained to me. And from that day on Kike visits the Proyecto Amanecer five days a week to clean the ulcers of the homeless and apply this wonderful product that cures their infected legs and arms. "The problem is that sometimes they don't come to the treatment sessions." I saw it with my own eyes how they call him doctor and how he knows them by their name and treats them with such a loving attitude. "It's impos-

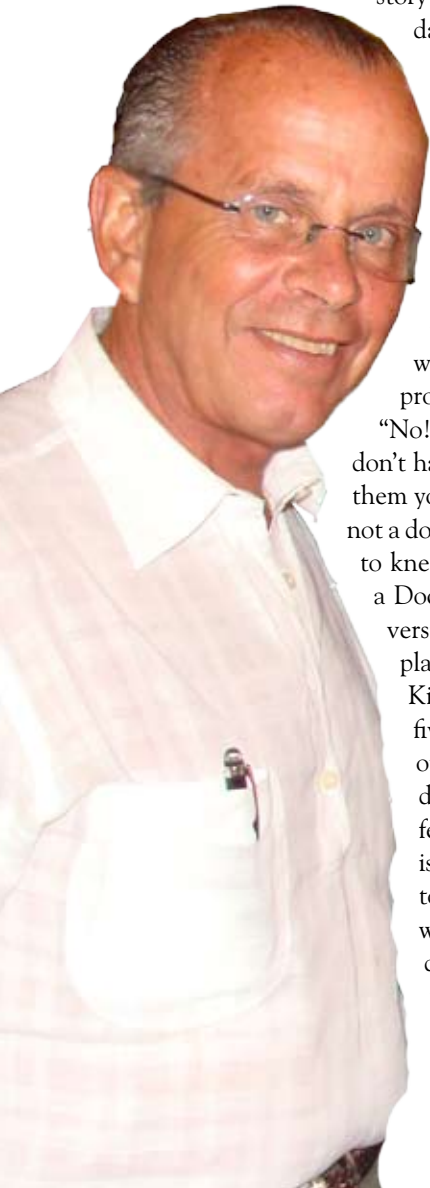


sible to walk with Kike through Old San Juan because all the homeless call him all the time," said Ivonne Cruz, his wife. By now I hope you understand why I can't be objective. Kike is a very special human being.

But this is not all, Kike founded back in 1982, a company call K Toro Garratón to distribute wheelchairs specialized and custom made for children and adults. But he not only distributes the chairs, he gets involved with "his" patients and goes overboard making possible that his patients have the maximum comfort and mobility that allows them to have a better quality of life. "When I founded my company I made a special emphasis on educating the health professional about the importance of early intervention and I have the satisfaction of having my patients tell me how this or that device has changed their lives". , explained Kike.

THE SILVER STORY

This is a very interesting one. Kike started distributing silver compression socks some years ago successfully because these socks not only had compression properties but also served as a fungicide and anti-bactericide, important qualities for people that have circulatory problems that even a mosquito bite could be mortal. But since Kike is always looking for ways to help "his patients" he figured out that if the silver socks works as an anti-bacte-



rial device, it will work perfectly as a cushion (thinking about people in wheelchairs), heel and elbow protectors and sheets. Actually when he had a surgery some years ago, Kike himself brought silver sheets to the hospital to prevent bacteria's from getting into his body! The stories of successes are many but Kike recalls one about this man that had spent about \$700,000 trying to save his legs from being amputated and with the silver socks he was able to kill the bacteria and cure his ulcer. "Today he is walking as you and me," he told me. What a satisfaction!

THE UNIVERSE CONSPIRES

Now... the second part of the story. Since the Universe conspires to make things happen, Kike's success story as the King of the Silver Socks reached the ears of a man that had developed a nano-silver solution with the well know anti-bacterial characteristics of silver. Kike brought the product called Nanosil and immediately became a big success. The stories are countless but the most famous one is the Sandra Zaiter's story. "When I found this silver solution I immediately thought about Sandra Zaiter because being in a wheel chair for many years she has recurrent pelvic ulcers. I called her and gave her the product to try it. In two weeks she was in my office looking for me. She told me to take off my shoes. I thought she was going to hit me with them," he laughed. But all she wanted was to kiss his feet (obviously a symbolic gesture). The success was so big that in less than a month the "Fondo del Seguro del Estado" approved Nanosil.



There are so many stories! If you talk to Kike about it and you have a good stomach, ask him to show you the photo album he has of his homeless patients. The results are impressive; I met some of them

and saw the before photos.

No need to say that I have become a fanatic user of Nanosil. Everything I solve it with Nanosil: a rash, a mosquito bite, a scratch etc. But not only that, I prescribe it to my friends and family!

We all have to be honored to have Kike as a member of our Palmas community. Yes I am proud to be his friend and NO I AM NOT being objective. ▲

Kike asked me to petition all of you!
His homeless patients need clothes.
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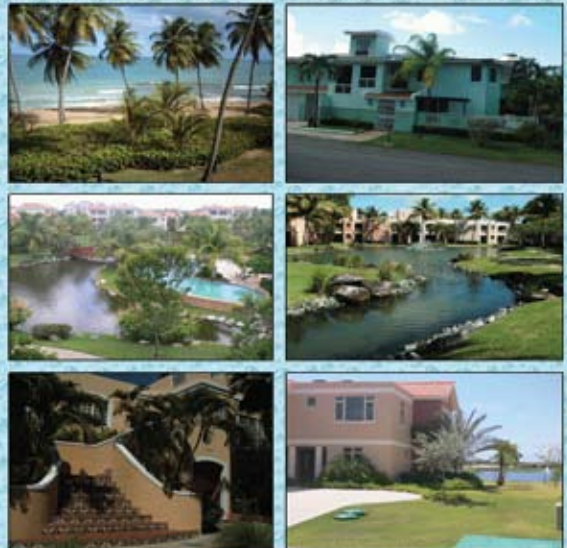
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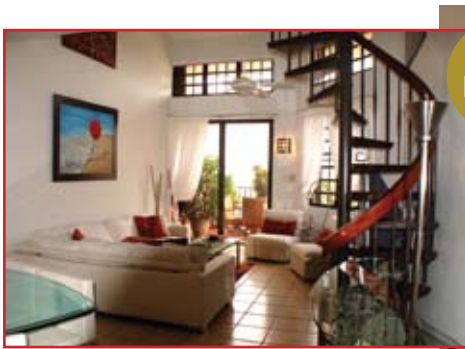


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editor's choice

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La Jolla... an architectural jewel by Jorge del Río

Your view from the balcony



Your view from the two bedrooms



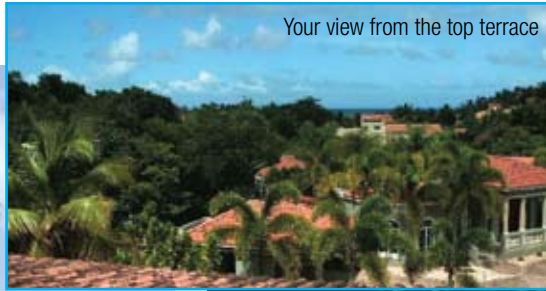
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editor's choice



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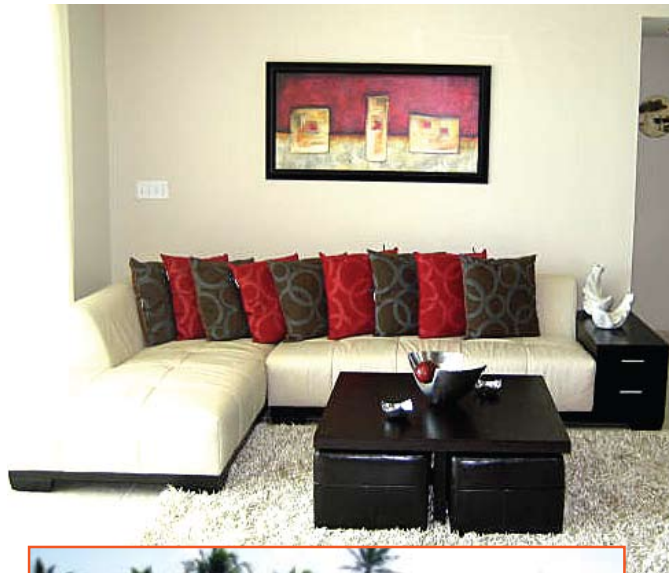
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Paradise is now online!

Good news! *Live & Life in Palmas* is going virtual taking our PHA magazine one step further to facilitate and improve even more our communication as a progressive community. "Palmas del Mar is growing as a cohesive community. An important element of this maturation process is in the area of communications. Your Association has developed an array of tools that complement each other to provide the community with the latest information of what is happening at Palmas. We started with a newsletter that grew into the popular PHA magazine *Live & Life in Palmas*' The newsletter was followed by the Electronic Billboard, the magazine and the PHA-TV channel 77, which by the way will be seen shortly at the PHA web site (www.palmasdelmarpha.com). Now, I am happy to report to you another milestone in the PHA array of communication tools: the PHA magazine *Live & Life in Palmas* will be on-line either thru the PHA web site or directly at www.LLPalmas.com. Feel proud... this is your community," stated Julio Bagué, PHA president.

Starting this month, you will be able to access *Live & Life in Palmas* from every corner of the world. You can even admire our impressive sunrises from your computer or cell phone. This page is also a window to the world that will allow Palmas to enter in a new dimension in the resort community.



From our Webmaster's desktop...A new window to the world

With the launching of the *Live & Life in Palmas* web page a new venue of opportunities opens for all of us at Palmas del Mar and for millions of people that surf the web. The portal will serve as a vehicle of keeping us linked and informed in a dynamic and innovative way. The portal offers several innovating tools such as:

- **THE PALMAS WEB CAM** - this service consist of two cameras, one of video streaming (live video) and a photographic one that gives you a "fresh" photo every minute. The last one could be accessed from your cell phone by accessing: www.LLPalmas.com/m
- **THE WEATHER** - a weather section synchronized with The National Center of Meteorology and more specifically to the Roosevelt Road station. This service will provide you with relevant and last minute information of our area and a link to the most important radars of the region.
- **CALENDAR OF ACTIVITIES** - Here residents and visitors will find all the activities and events going on in the community.
- **PHOTO GALLERY** - This portal has a very sophisticated Photo Gallery where only those registered will be able to access pictures of recent activities and even vote or comment on them.
- **VIDEO AREA** - This portal provides a free video uploading

service where you can share your YouTube.com videos. You will only have to send it via web link of your video.

- **PAST AND PRESENTS EDITIONS** - You missed some of the past *Live & Life in Palmas* editions? Or... you simply want to collect them? Don't worry... through this portal you will be able to download every single one.
- **ALERT SYSTEMS** - our automatic RSS system will notify you at your email of any new article posted or new editions. It's that easy! This system will be very useful in case of an emergency or special events.
- **CLASSIFIED ADS & DIRECTORY SERVICE** - a classified ads service completely free for Palmas Homeowners and residents. This will not include Real Estate Ads. A service directory will also be provided.
- **FACEBOOK Y TWITTER...** the latest...we have them all! Become fan of our page in Facebook or simply follow us on Twitter.com
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As our slogan says: "Paradise is Online!" That's the whole point... to make us closer as a community and show our friends and visitors the wonderful community we are. Share your ideas and comments about our portal with us. Write to us at comentarios@LLPalmas.com. Enjoy it!



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By Maritza Toste, President of First Class Services and a Palmas del Mar Homeowner

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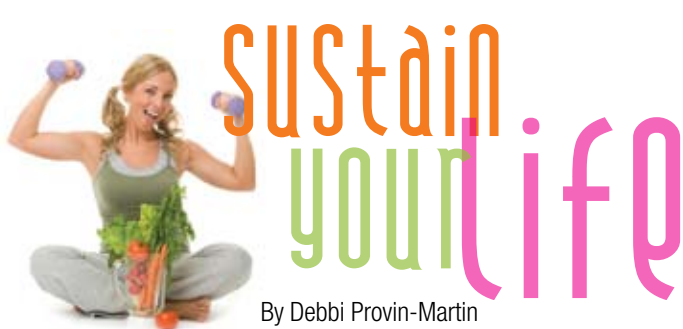


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By Debbi Provin-Martin

Control Your Cravings... don't let your cravings control you!

Cravings! We all have them. Unfortunately, many of us crave the foods that do the least to nourish our bodies. Do you find yourself grabbing whatever convenient processed food is most readily available? This is a sign that your body is out of balance. When we constantly eat highly processed carbohydrates our blood sugar swings up and down and this in turn causes cravings for more carbs which in turn causes weight gain. We start to burn carbs rather than fat...and most of us would rather burn the fat off! Here are a few tips to help your body burn fat rather than carbs:

- **Eat fresh whole foods** eat a fresh, yummy, sweet piece of fruit rather than cookies, candy or processed sugary snack bars.
- **Try to eat every few hours** choosing only fresh whole foods such as fruit, veggies, legumes, nuts and trail mixes.
- **Take vitamins** to help keep your body nourished as well.
- **Don't forget protein.** Eating protein at every meal and with snacks will cut the cravings as well.
- **And of course, move your body...** get that heart pumping!

My eldest son, for health reasons went on a detox diet a few years ago. It consisted of daily shakes packed with nutrients. He could eat only fish or poultry and only fresh fruits, veggies, nuts and legumes. At the end of this diet he had no cravings and mentioned how he could taste the sweetness in a piece of celery or raw lettuce! His taste buds came alive again! What a testament to eating nourishing food rather than empty, junk food. And the best part...this was a diet that he could eat for life...we all can!

Challenge Time! For one week...just one week... eat only fresh whole foods and protein. Fill the pantry with nourishing foods and throw out the junk food. Maybe you will control your cravings too!

In honor of my son Nate's, successful climb back to health, I will share "his" recipe for his favorite (gluten free, I might add) Lettuce Wraps.

Nate's Peanut Lettuce Wraps

- 4-6 Large, pliable lettuce leaves
- 4 Boneless, skinless chicken breasts cut into strips
- Shredded Veggies -- with the veggies be creative!... use whatever you have... such as shredded carrots, cabbage, thinly sliced onions, mushrooms, bell peppers, or zucchini

Peanut Sauce: 1 ½- Cups Peanut Butter; 1-Cup Coconut Milk; 4- TBL Honey; 1/4-Cup Soy Sauce; 3- TBL Fresh Grated Ginger; 1 ½- tsp cayenne pepper
4- tsp curry powder; Few squeezes of fresh lime juice

Mix all the above peanut sauce ingredients together. Marinate chicken in half of the peanut sauce. Refrigerate for 30 minutes.

- In mixing bowl add all the cut veggies and toss (do not include the lettuce).
- Soak lettuce leaves in icy water
- After chicken has marinated, discard peanut sauce and sauté chicken in 2 TBL olive oil until done...set aside covered to keep warm
- Add veggie mix and sauté for 3-4 minutes until just slightly tender.
- Remove lettuce from water and pat dry while veggies are sautéing

To assemble: To one lettuce leaf, add chicken, veggies, and peanut sauce, roll up and enjoy! Add whole or diced peanuts to the wrap for a nice crunchy texture!

Until next time, remember to take care of YOU and Sustain Your Life through nutrients and exercise! ▲

How to grow orchids... *the workshop!*

Let's do it...

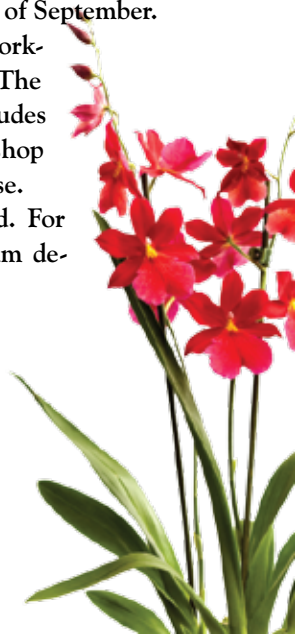
Like everything in life, growing orchids has its own science. There are some basics principles and secrets to grow healthy orchids. Dorilinda Ramírez, M.B.A., motivator, journalist and a connoisseur of orchid growing, explained that to be able to grow healthy orchids that bloom periodically you have to understand the anatomy of the plant. Like any other house plant they need water, light, fertilizer but orchids have some peculiarities. The real magic in orchid care is to have some experience, education and to prevent any problems. Once you know the principles and basic rules on orchid care it really doesn't take much time or knowledge to keep them healthy.

Some of the aspects to consider are:

- **Water** - Too much or too little kills slowly.
- **Air Circulation** - Required!
- **Humidity** - a challenge inside or outside.
- **Potting Mediums** - Bark, peat mixes, sphagnum moss, treefern, osmunda, lava rock, even old tires etc, etc.
- **Fertilizer** - Fertilizer is food and there is a co-relation between food and health.
- **Temperature**
- **Light** - orchid doesn't bloom if it's not receiving enough light.

To learn about these basic principles and more, Dorilinda and an agronomist will visit Palmas the 26th of September. from 11am to 2pm, to offer a three hour workshop on Orchid Growing and Blooming. The cost of this workshop will be \$75 and includes a handbook and a light "snack". The workshop will take place at the Villa Franca Club House.

An exposition of orchids is also included. For reservations call 787.602-0019. A minimum deposit for reservations will be required. ▲



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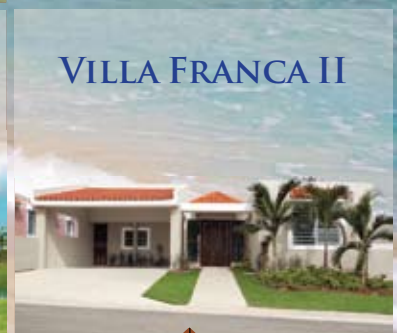
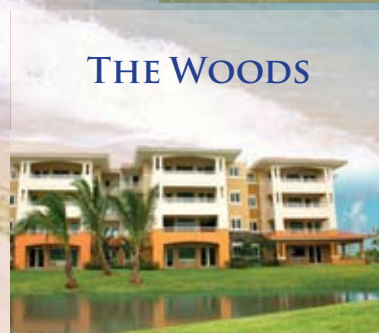
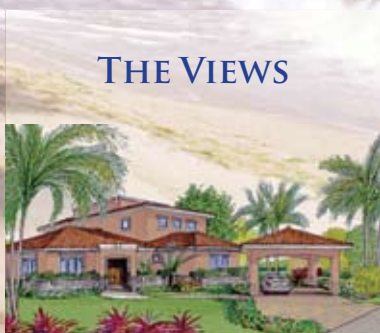
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Getting to know Marcelo

... our Mayor and neighbor.

Marcelo Trujillo Panisse, the Mayor of Humacao, is also one of our Palmas' community distinguished member. "We moved to Palmas 30 years ago when our kids were very small," said Rosa Elena Plumey, his beloved wife, co-worker and buddy. "I told him, the day he decided to become a politician, that I was going to be there with him by his side; he was not going to put me aside," said Rosa Elena and she meant it. Even though she doesn't receive a salary she is there for Marcelo all the time. She takes care of many municipality projects and gives him all the support he needs. On the other hand, Rosa Elena explained to us that Marcelo joined the political arena once their kids were adults and professional. "My first commitment was with my family and I was dedicated to my 2 sons and a daughter throughout their formative years. Once they were gone, I became a politician," our Mayor said proudly.

Marcelo is originally from a family of 5 brothers and sisters from Guayanilla but an adopted son of Humacao and Arecibo. He did his university studies with a sports scholarship at the Interamerican University of Ponce. He majored in social science and politics with a minor in physical education. During those years he was a great athlete. He played basketball, volleyball and baseball with the Interamerican University. Actually he played Puerto Rico's Superior Basketball League with Los Leones of Ponce. Later, he coached Los Capitanes of Quebradillas and Los Grises from Humacao. In 1971 Marcelo was elected one of the 10 most prominent young people of Puerto Rico. That same year he was elected coach of the year. (He didn't tell me about all these recognitions... Rosa Elena, his #1 fan, did). In 1991, when he was the owner of Los Grises of Humacao, they won the championship. In 1999 Marcelo was also President of Puerto Rico's Superior Basketball League.

After finishing his studies he worked as a professor for seven years at the Interamerican University in Arecibo. Later he worked with the Dupont Company and in 1978 he was hired by RJ Reynolds Tobacco Co. where he worked for 18 years in the department of human resources. In 1996 he retired but destiny had a different plan for him. A group of people called him to become part of the Municipal Assembly of Humacao. Shortly after, in 2001 to be exact, he was asked to run for Mayor for the town of Humacao--where he still serves today. "I didn't want him to be a politician, but then I thought that if he were to die I was going to feel guilty for not letting him achieve his dream," said Rosa Elena and laughs. But Marcelo clarified that he is not a politician that he is a public servant, which is different.

Rosa Elena met Marcelo when she was studying in Arecibo and Marcelo was a professor. They married after only a year of dating. "I am a man of action," he said and added that they have been married for 46 years. "Forty six years of absolute happiness," he stated proudly.

Going back to politics, Marcelo told us that one of the things he observed immediately after becoming mayor was the fact that



*"I am not
a politician,
I am a public
servant"*



PALMAS INSURANCE CORP.

in Humacao politicians would think small. "I want to make profound changes in Humacao; important infrastructural changes such as our new coliseum and Fine Arts theater that will be ready for 2010, among others, without leaving behind the smaller communities," he said. He went on to explain that they have been working with all the wards so that every community has its own game court and Cultural Center.



The Mayor's wife tells us that they have been working with a very ambitious project: The Electronic Library in all the wards with five computers in each community. The idea is that every child can have access to a computer, internet service, a photocopying machine and a volunteer that can help them look for information and do their homework.

Actually they are looking for volunteers to work in this project. "At the Junquito community, for example, the program has been a huge success. We can see how kids are more motivated and have significantly improved their grades," explained Rosa Elena.

Rosa Elena also gave us a scoop on a new Cancer Treatment Center that will be a part of the Oncology Hospital that will be established in Humacao to give support to cancer patients.

Marcelo has also implemented a scholarship program in a joint venture with the Cooperativa de Crédito Oriental for high school students who graduate with a GPA of 3.5 or more. These students receive \$300 plus an ATM card with \$50 credit as an incentive to promote savings.

As a Palmas resident, Marcelo is proud of what Palmas del Mar offers the Municipality of Humacao, not only monetarily, but because Palmas has become an important site for tourists visiting Humacao. Nevertheless, our mayor invites us to participate more in what Humacao has to offer as far as its rich cultural and natural resources. He mentioned that we as a Palmas residents should get to know and visit more La Casona, The Lito Peña Cultural Center, La Hermita Guzmán among many others. You could visit La Casona, Humacao's Tourist Department to find out more of what's going on in town.

There is also many fun and colorful festivals such as Santa Cecilia Festival, the Lancha Planua Festival, Festival Playero, Playa Los Goyines and the Festival de La Pana, coming soon (September 4-6) at Barrio Mariana. During the Christmas holiday Humacao also has the Fiestas Patronales and the "Encendido Navideño". *Live & Life at Palmas* will keep you posted. Look in this magazine for the Festival de La Pana article. I am not going to miss it!

Marcelo, Palmas is proud to have you both as part of our community and appreciate that you share with us all your plans and dreams for Humacao. We certainly want to see them come true.



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Live... Life... and Rest in Peace at Palmas Chapel Columbarium

As part of our new Sacred Family Chapel in Palmas del Mar, blessed on June 7, 2009, there is this special Morada Sacra Chapel, which allocates the columbarium. We are blessed with a privileged columbarium where the members of our community, as well as their families, will have the opportunity to choose the interior of our brand new church as their final resting place.

It is around and within the Church that some of the most important events of our lives take place: the birth of our children, the act of holy matrimony, our encounters and reconciliation with God and with our brothers and sisters, as well as respite in the time of death. Our columbarium is here so that one may choose to store their earthly remains physically and spiritually within the Church.

A columbarium is a conjunction of adorned alcoves destined for the allocation of urns which contain the incinerated remains (ashes) of our loved ones. Inscribed on each urn are the names of the deceased as well as their dates of birth and death. They provide a sacred place, of perennial, dignified beauty, where we can visit the remains of our family and friends on hallowed ground.

Our columbarium is a permanent fixture in the basement of the Chapel, composed by a series of over a thousand consecrated alcoves. Making this ever-so important investment relieves the pressures and stresses that accompany the moment of death, and it presents a more adequate alternative to a traditional burial. In addition, it provides substantial financial relief for the families of our deceased, as well as the knowledge that you will be contributing to the sustenance of the Sacred Family Chapel in our Palmas del Mar.

Come and visit our Chapel and Columbarium every Sunday from 9:00 a.m. to 1:00 p.m. We offer 0% interest for two years and a special 10% discount for columbaria reserved before September 30, 2009. Every Sunday we have mass in English at 9:30 am and in Spanish at 11:00 am.

For more information or to make an appointment please contact Ivette: 787-384-0556, 787-607-0907 or email us to columbariospalmasdelmar@hotmail.com ▲



The columbarium is a vault with niches that are in the Morada Sacra Chapel located on the first floor of the Sacred Family Chapel. Each niche can hold up to four urns with the ashes of four people.



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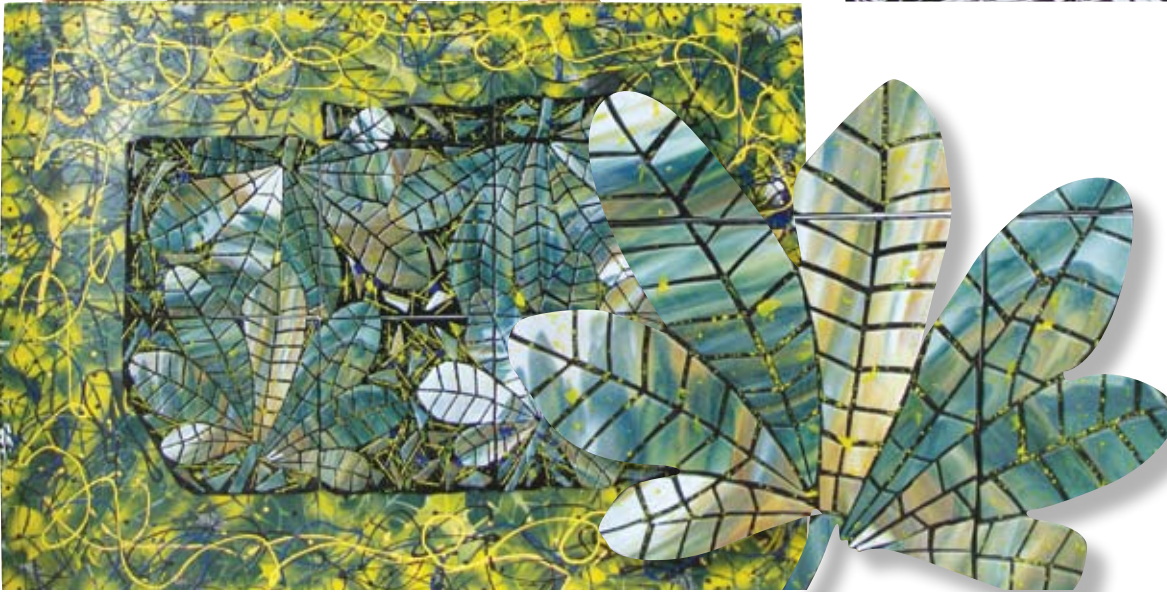
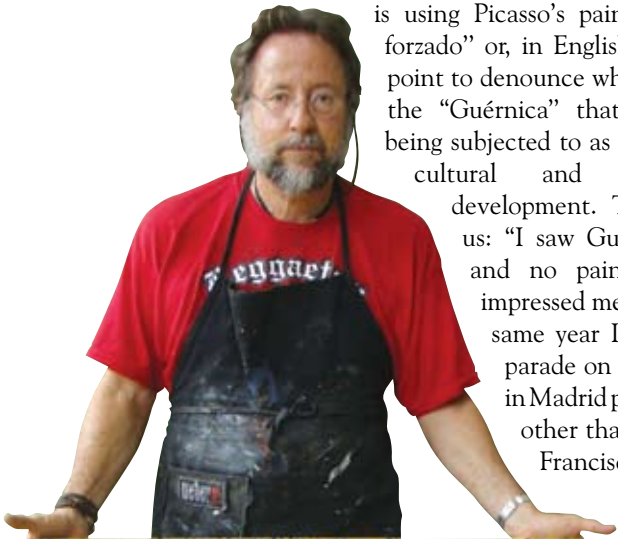
Ferraioli's and the Puerto Rican Guérnica.

...an homage ...a fusion ...a denunciation

by Lissette Rosado

Our in-house artist and good friend Eddie Ferraioli's most recent works in glass fusion and paint will be presented on September 10, 2009 at Petrus Gallery in Miramar. His work is based on the painting by Pablo Picasso depicting the bombing of Guérnica, Spain by German and Italian warplanes at the behest of the Spanish Nationalist forces on April 26, 1937 during the Spanish Civil War. Ferraioli is using Picasso's painting as a "pie forzado" or, in English, as a starting point to denounce what he considers the "Guérnica" that the island is being subjected to as far as its social, cultural and environmental development. The artist tells us: "I saw Guernica in 1972 and no painting has ever impressed me so much. That same year I saw a military parade on the "Gran Vía" in Madrid presided by none other than Generalissimo Francisco Franco. That seed has been

growing in me for the last 35 years. My exhibition is homage to that painting and my denunciation of the state of affairs in Puerto Rico which our news media so graphically reports every day." ▲



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Should we clone him?

yes we should!!

by Lisette Rosado

He has it all figured out. He divided the beach in five imaginary areas and he takes two hours every morning in each of the zones to pick up every single piece of trash. This means that in a week he has covered the entire beach.

His name is Ted Kyte and he comes from Los Angeles, California with his wife Mirna Castro every year and rents a villa in Crescent Beach for a month. Mirna is originally from Puerto Rico and on her 60th birthday she asked Ted to come to Palmas del Mar...that was 12 years ago.

As a retired pilot of TWA and the Air Force Fighter F-100, he is a man of missions; but this one is very different from his past missions...in a month he has to leave the beach "pristine". "It can be done," he said and explained to me how he does it. We went down to the beach from his apartment and he taught me his technique. "You look to the ground for any article that doesn't belong there, a red tab, a cigarette butt, a piece of rope, anything. Then when you bend to pick up something you try to pick up at least three things at a time," he showed me. "In a month you will see a huge difference," he stated and added that if he would live here he would do it all year around. Ted suggested that if we can find five volunteers that could adopt one of the each imaginary zones he has established our beaches could be "pristine". He even volunteered to "train" them.

"I have to point out that I found a big progress in how the beaches are being cleaned and want to recognize Chris Pennock and Tony Maldonado for the conditions of the beach shore," he stated and also mentioned that people have become more conscious and are putting



away the trash. Alleluja! Ted has put in his grain of salt since part of his mission is to talk and educate people.

Don't you agree that we have to clone him? I definitely think so. But in the meantime...do we have any volunteers? If you will like to be part of his mission call Tony Maldonado at PHA and start your own mission.

You could also emulate him in the golf path.

Thank you Ted! We really appreciate your dedication and commitment. I hope that next year you don't find even a cigarette butt in the sand. Let's do it! It would be an excellent way to recognize his work. ▲



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My trip to Paradise!

by Zenaida Sanjurjo



I have been working as an Assistant Editor for *Live & Life in Palmas* for almost two years. It's always exciting to read what happens in Palmas and see, through Lissette's eyes, what goes on in the community. The weird thing for me about my job is that I live on the other side of the island. . . . literally. I live in San Sebastián and teach at UPR-Aguadilla. I really don't get past UPR-Rio Piedras (which I drive to 3 times a week for my PhD), in other words, the East coast is basically uncharted territory as far as I am concerned. So, imagine how it has been for me to read and learn about Palmas when the last time I was there was circa 1995. My eyes in the East coast have been Lissette's since 2007.



Knowing this, Lissette invited me over for the weekend and I didn't think twice about going. I just told my husband that we had to be in Palmas because I was going to do some investigative journalism (I had to make up something to drag him down to Humacao!). What started out as a little white lie turned into Lissette asking me to write an article about my experiences.



My Friday began with a visit to **Las Tapas**. As soon as we walked in I told my husband that this all felt surreal to me. I had been there before, through the pictures in the magazine and when I saw **Julio Bagué** I felt like I was seeing a long lost friend. All the faces where familiar to me; I recognized everyone and could name them without ever being introduced. It was then that I realized how I was not only working for the magazine but I was as much of a reader as those that actually picked up the magazine in Palmas or received it by mail. . . I was a part of all this too.



I had the opportunity to meet some of the wonderful people I read about and talk to some of them. I even met **Chef Daniel** since he sat at our table and spoke to us for a while. No more pictures about Palmas, I was in Palmas!

That night we visited **The Cellar** where I got to meet Miguel and have some wine while I observed how Lissette's job is never done. She was constantly greeted while I was being forever introduced. I had a feeling that the weekend was going to be action packed and I was more than willing to see everything with my own eyes.

On Saturday I had the chance to drive around and see some of the homes and meet more people. Everything was so beautiful and so peaceful, now I know why I heard people complain about going to San Juan. . . oh yes, I heard the complaints, but you know what, I

don't blame them. After everything I saw throughout the day: school, pools, beach, church, gyms, yacht club. . . I didn't want to leave!

My day was coming to end but I couldn't leave without meeting **Sue Sue at The Blue Hawaii**. My dinner was fabulous and I got to really see Sue Sue in action, with all her warmth and energy! I really had to leave Saturday so I couldn't really "hang out" although I was dying to see what Bohemian Nights was all about and guess what. . . I DID! But my night had to come to an end so after half an hour I had to go. . . awww! Not really what I wanted to happen.

But guess what? I came back the next weekend with some college friends. And guess what? I was the tour guide with all the inside scoop of what was going on where. . . yes me, the one who lives in San Sebastián. I gave them such an excellent tour that they are going to look into buying property in Palmas.

Any suggestion of what do you think I should visit next in Palmas? I am game! Feel free to email me at zenaida.sanjurjo@upr.edu or zenaida70@gmail.com HOPE TO HEAR FROM YOU!!! Maybe I will have another good reason to write another article. I like this!



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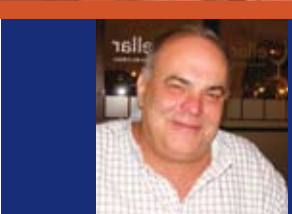
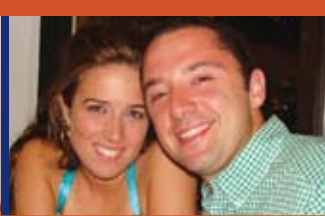
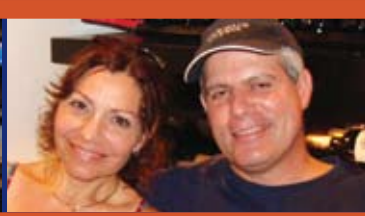
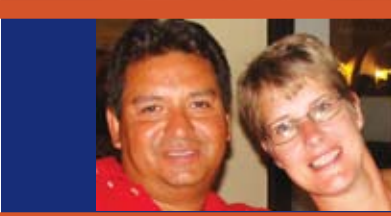


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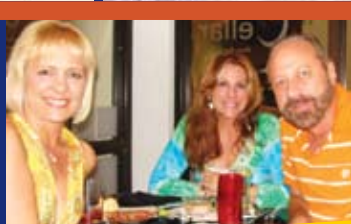
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Vieques...from the other side

by Lissette Rosado

It was a beautiful day, a little too early for me but I had made a commitment with Joseph and I had to make it. I made the effort and I didn't regret it. I arrived to the Yacht Club to meet Joseph Leroy, president of East Puerto Rico Diving, and my scuba diving buddies for the day. Some were from California, some from Texas and some from Arizona. Seeing Palmas from the other side (from sea to land) is a beautiful experience, I always see the boats leaving and entering Palmas from my porch. This time it was the opposite, very different, breathless!

East Puerto Rico Diving is the Dive and Snorkel Charter Company based in the Palmas Yacht Club. They offer PADI Instruction ranging from 1-day resort-style "Discovery Dives" to complete Scuba Certifications. East Diving also features both Day and Night Scuba trips and full boat charters and snorkeling trips, most often to Vieques' beaches.

Joseph LeRoy, a very experienced diver and passionate for the sea, states that the Palmas area has one of the best diving spots in the Caribbean. "We absolutely love the diving found here and wanted to share what we believe is "the best-kept secret in the Caribbean". We believe this area ranks among the best in Puerto Rico and easily rivals spots found elsewhere in the Caribbean. Our guests enjoy relaxed, non-crowded diving, rarely even seeing another boat! Visibility can be excellent at 100'+. The unusual structures and pristine reefs are alive with an incredible variety of healthy corals, sponges, fishes and other "critters." It is not unusual to see turtles, eagle rays, eels and more on a single dive. We've even had dolphins share dives with us!"

East Puerto Rico Diving was created by a small group of divers and diving professionals like Joseph, who are familiar with the undiscovered and non-crowded, spectacular diving located in the area between Palmas and Vieques. "Our company is locally-owned with certified, experienced staff committed to providing the highest level of customer service. Rusty and Donald, our Captains, are Coast Guard Certified. Brad and I are PADI Certified Instructors. Our 37' boat, "Longest Dive", is Coast Guard Certified for 22 passengers plus 2 crew," stated Joseph Leroy.

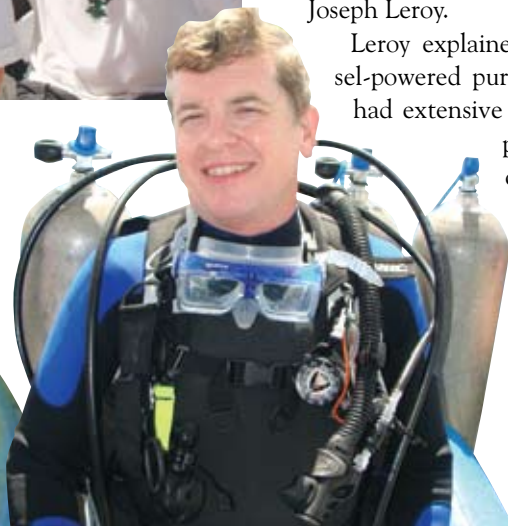
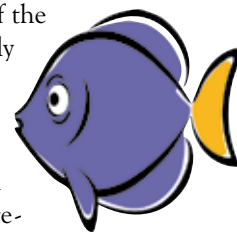
Leroy explained that they bought a twin-turbo-diesel-powered purpose-built dive boat in Key West and had extensive upgrades done. "The boat has a swim platform at a comfortable height and a custom-built extra-deep dive ladder to make the entries and exits of the water easy," Leroy explained.

To find out more about East PR Diving you can visit:

Visit their website! www.eastpuertoricodiving.com ▲



Joseph LeRoy from East Puerto Rico Diving explaining to the group what we were about to see.



of my porch!



A very sad note...

I can't explain my concern and sorrow when the other day, (after writing this article) I saw a black ribbon in the Yacht Club and asked who had died. My ears could not believe the answer: Joseph LeRoy! I could not be possible. I had just gone on a trip with him and he looked healthy and happy. But yes, it is true and all who knew him feel very, very sorry for his sudden departure. Even though I hadn't known him for a long time I could tell he was a very genuine and transparent person, a trustful man. This article is homage of his life in the sea. "East Puerto Rico Diving will continue to operate under the same standards of excellence that Joseph always established!" Linda, his wife, told me with a broken voice but a strong will. Joseph, the fish and the corals will miss you. I hope you enjoy this from the other World. ▲



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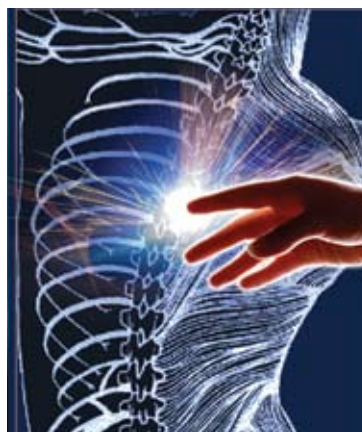
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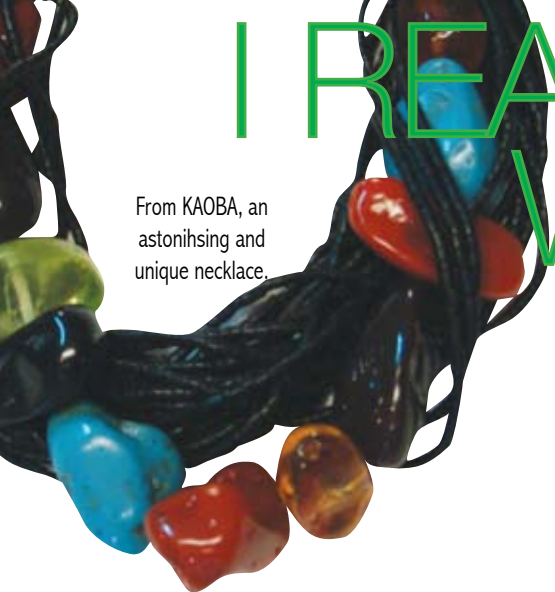
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SUMMER WITH THE STARS TENNIS & GOLF SUMMER CAMPS

TENNIS...LOOKING GOOD!

The Nike Jr Summer Camp with Gigi Fernández was a huge success. It was a historical event to have a tennis legend such as Gigi Fernández directing a summer camp in Palmas del Mar Country Club. The first session started July 13th to the 18th and we had 85 tennis players and 27 golfers. A second session was opened for the tennis camp on the 19th of July to the 23rd with 32 participants. Having junior players ranging in ages from 9 to 17 and all levels was a great experience and opportunity for every camper. Evidently with this turnout of golf and tennis players we are about to see a new generation of athletes among us.

At this moment an adult tennis camp with Gigi is being planned for the first weekend of October.

Our golf clinics had 27 juniors and were coached by Georgie Rodríguez, Max Alverio, Isander Álvarez, and Jose Díaz. Jane Geddes, US Women's Open Champion in 1986, gave a one hour clinic on the fundamentals of the game. The camp concluded with a fun team golf tournament and awards ceremony.



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As every year, Chez Daniel closed its doors for a month to take a very well deserved vacation in France. This year, they closed in June, but stayed in Puerto Rico with a mission: the remodeling of Chez Daniel. The remodeling activity took place behind closed doors, inconspicuously and quietly. We were all wondering what would be the end result. Well, as all they do...everything was beautifully designed with refined taste and so very French! Of course, it's the same Chez Daniel Restaurant of always...cozy, unpretentious, yet elegant and homy. Congratulations for a job well done. We are happy to have you back!



Ricardo Reguero and family enjoying a quiet lunch at Chez Daniel.



ANGELES & DIAMANTES

...an Italian TV series filmed at the Yacht Club.

by Lissette Rosado

The new Yacht Club became the scene, again, for a motion picture. This time an action-comedy series, "Angeles y Diamantes" that will be aired in Italy's Channel 5, on prime time, during the winter of 2009-2010 or spring 2010. The main characters are three gorgeous young women: one Italian military police-woman (GIORGIA), one policewoman (LAURA) and one customs officer (CHIARA) who under orders of the DIA are sent to Puerto Rico to arrest a dangerous criminal and succeed to frustrate an international complot.



Jerry Nava, Atabex Rivera and Javier Lorenzo.



Carlos Zayas, very well known cameraman.

The truth is that the "dangerous criminal", John Gavi, aka Giovanni Gavetti, is a fascinating gentleman thief who has stolen in Italy a large amount of diamonds in order to become associated with the American mafia in an ambitious project designed to build on the island of Puerto Rico a new Las Vegas, including prostitution, gambling and other money laundering activities.

The girls finally arrest Gavi and recover the diamonds, that's when the game gets dangerous and the three girls put their

lives at risk. Thanks to the corruption of policemen and some local politicians, Gavi is released from jail and the girls become involved in new, more dangerous adventure that leads them into the middle of the jungle, to shantytowns, to luxurious villas, 5 star hotels and mega yachts.

Among those who help the three splendid heroines there is a Puerto Rican boy, 8-10 years old, Carlos, a tiny delinquent, two faced, cute and tender; Giuseppe, with whom Giorgia falls in love with, except she later discovers he is a priest, and Steven, chief of security of the hotel where the three girls live, gets involved, against his will, in dangerous incursions



The main actress and the stunt woman, Atabex Rivera from the Yacht Club.

and breathtaking actions. Between Gavi and Chiara the fight continues, punches and all, and between them a dangerous attraction is born. The film is a co-production of Fidia Films and MEDIASET.

As in the other movie filmed in Palmas, Jerry Navas, the Yacht Club Dock Master, worked as a marine coordinator and assistant production crew and one of the employees of the Yacht Club, Atabex Rivera was the stunt woman of the main actress in one of the action scenes.

Palmas is becoming a famous spot for the filming of movies.

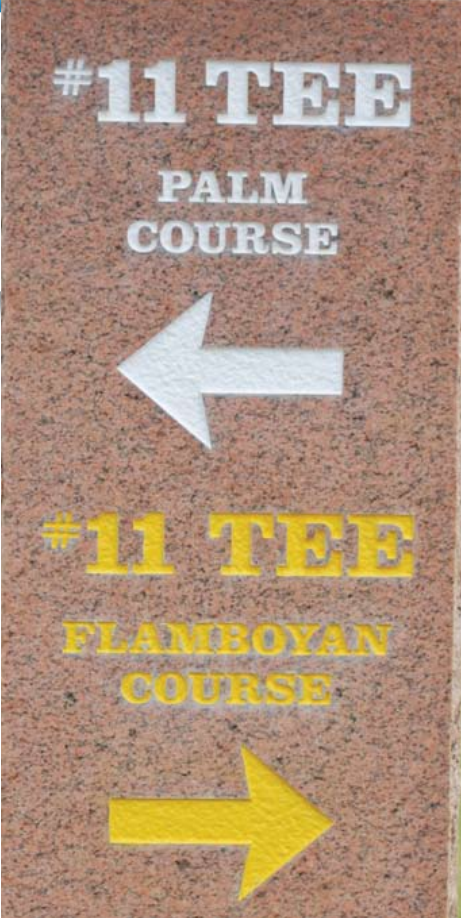
Maybe someday they will start looking for local Palmas talent! I will let you know for the casting. I will be there too, you never know. ▲



Palmas 2009 GOLF TOURNAMENT



As expected, the Palmas Del Mar Member Guest was a smashing success. 210 players competed in a flighted round robin match play tournament over three days on both courses. Although the competition was fierce and fun, the parties after play stole the show. Our kickoff party started Thursday night with a cocktail reception and night time putting and chipping contest. The Beach Club was the scene of action for Friday night and of course our family picnic on Saturday was attended by over 400 people. All 17 flight winners participated in a Sunday shootout for an overall champion team won by Guillermo Toledo and Fernando De Zengotita. Sunday's awards ceremony on the Country Club back lawn was a perfect ending to one of the best golf tournaments on the island!





member & guest

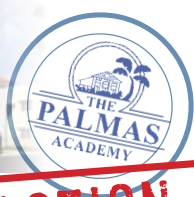


To see more photos of this activity visit www.lpalmas.com



and the parties!





IN ACTION...

Palmas Academy's new facilities...a step ahead in excellence



A new era for The Palmas Academy will begin during the next academic year. The new school facilities, buildings 2 and 3, will soon be completed. The new climate controlled air conditioned buildings will



house 21 classrooms, including science labs for biology, physics and chemistry, a computer lab and an art classroom. There will be two conference rooms, and the state of the art secondary school library with reading and studying areas, computer stations, audiovisual storage and educational resources. Assembly and multipurpose rooms with ceiling mounted multi-functional digital projector and screen complete the new facilities. With 13 administrative and student support offices and additional restrooms and drinking fountains the new Palmas Academy is ready for future growth. Although all the facilities will not be ready by August, they will be made functional gradually during the year. There is no doubt that the new facilities are a step ahead in the Academy's commitment for, as the school administration puts it, "Excellence in education and quality of life". The school is still open for enrollment for the next academic year. ▲



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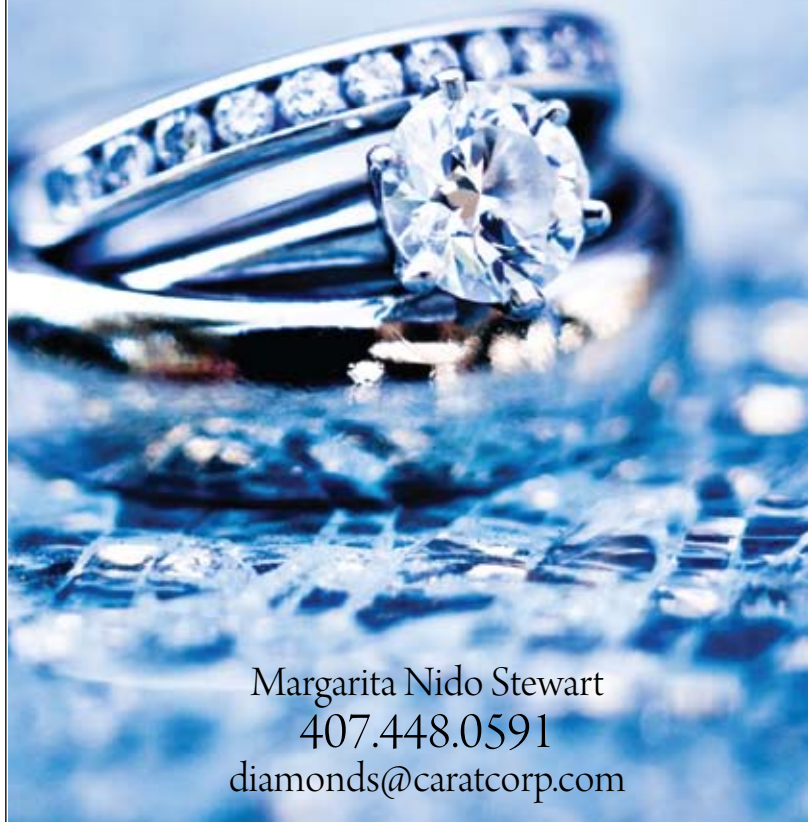
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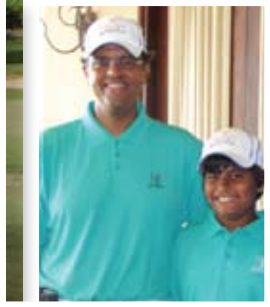
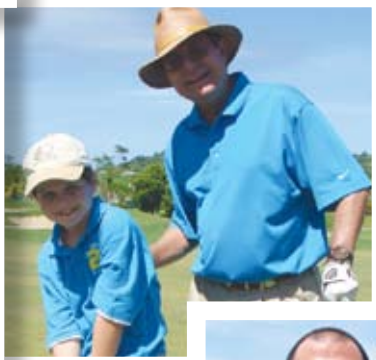


**Father's
...memories
are made
of this!**

**Day
Golf**



**Tournament
2009**

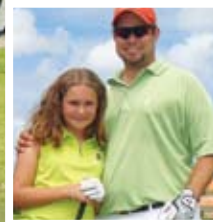
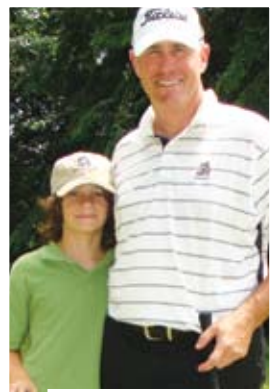
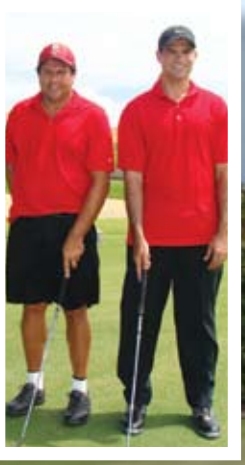




Our annual Fathers Day Tournament hosted over 80 participants. Juniors, young and old, competed in a fun filled two person scramble followed by an awards luncheon. Over 30 young juniors participated and supported Dad in the junior flight and of course our junior adult golfers came out to play with Dad as well. As always, this is a great tournament celebrating a special day!



74 PARTICIPANTS 28 FATHERS 17 SMALL KIDS 29 YOUNG ADULTS



To see more photos of this activity visit www.LLpalmas.com



Age is not a problem for **Luis Humberto Torres** at 81, he is still a running machine!

You have probably seen him around jogging up and down Palmas. What you probably don't know is the incredible background and history of this 81 year old man that still runs marathons.

Luis Humberto ran:

- 44 times the St. Blas Marathon (winning 2nd place twice)
- 27 times the Fathers Day Marathon of Aibonito
- 9 times the Boston Marathon
- 8 the Teodoro Moscoso Marathon!

These are just the most famous ones.

On the other hand, Luis has competed in the Central American Olympics Games in Venezuela, Jamaica, PR, Cuba and Panamá and has traveled around PR and the world (Germany, New Zealand, Australia, Italy, Spain, Mexico etc.) This summer he will be participating in the National Master Olympics Games in Wisconsin and then in the International Olympics Masters in Finland in the 5,000 m cross country and 1,500 m with obstacles. He is amazing! Still, at 80, he established records in a lot of running categories! By the time this magazine is printed he has probably won two more medals.

Against all odds

But if you think his athletic trajectory is amazing, his life is unimaginable. Luis Humberto was born to a poor family from Las Piedras, PR. He initially went to school up to the ninth grade. Then he started working in the sugar cane fields. Later he went to San Juan and worked as a messenger making \$9.00 a week. Years later, back around 1950, Luis moved to New York pursuing love. Love didn't work well for him but he found a passion that became his life essence ...running! When he moved to NY he started working in a cafeteria and this changed his life forever. "In the summer of 1954 the owner of the cafeteria sent me to Philadelphia to work in a summer camp. One day I finished my work and the fathers of the kids from camp were playing hand ball. They were all professionals-- doctors, lawyers etc.--and one of them (the one that invited me to play) was very impressed by how I ran and jumped for the ball. He befriended me and counseled that when back in NY I should practice a sport, which I did. Back in NY I read somewhere about a Puerto Rican Athletic Club. There I met Rodolfo Méndez, a very well recognized athlete that helped me a lot. Little by little I kept progressing and one day I beat Rodolfo. That was a big success for me! He kept helping me and that's when we signed-up for my first Boston Marathon and I arrived #14 overall!" he recalled proudly.

Eventually Luis Humberto returned to Puerto Rico and decided to finish high school, which he did by the age of 27 in 1958. But he kept running and in 1964 established a record

by Lissette Rosado

in the Patillas to Arroyo marathon with a time of 1:11:30. Running marathons at Syracuse he met Dr. Luis F. Sambolín, Director of the Athletic Department of the Interamerican University, another person that was crucial in his life. Dr. Sambolín helped him get an athletic grant to study at the Interamerican University.

Luis had asked for a grant before to the University of Puerto Rico and was denied due to his age (he was already 31). "They thought I didn't have the capacity to study, that I was too old," he remembered. But Luis Humberto proved them wrong! He not only graduated with a BA in Physical Education but he completed two Masters Degree: one in education and one in Physical Education. In 1961 he ran from San Germán to Las Piedras to celebrate his graduation! Yes! Thank God he had so many angels in his path. It makes me think how many great talents like Luis are lost in the road of life because nobody gives them a hand!

The rest is history! He worked then as a Physical Education professor, was Head Coach of the Interamerican Team that won seven championships establishing an all time inter-collegiate record. He later applied for a grant to complete a doctoral degree but unfortunately was denied and he didn't have the means at that time to pay for it. But...he became a famous coach and athlete and, in 1961, after graduation he married a young lady of Las Piedras, Elisa Martínez Crespo to whom he is still happily married to. They have two children: Luis Jr. who also has a Masters Degree in Physical Education and runs with him frequently and Lizandra, who has a doctoral degree in Political Science from the UNAM (National Autonomous University of Mexico) and is writing a book on Luis Humberto Torres' memoirs that is about to be published. I can wait to read it! Don't miss it because this article is just a taste of what this incredible man has gone through and his achievements.

Today, Luis Humberto is the Palmas Academy athletic coach for elementary and high school and a very well loved one. I was witness of how he was greeted by the students when they saw him the day of the interview.

I have to thank Dr. Chamorro who insisted that I should meet him. He gave me a big privilege. ▲



...a much anticipated celebration!

The heart and center of faith and communion of the Community of Palmas del Mar

By P. Floyd

With these words the Bishop of the Diocese Fajardo-Humacao, Reverend Eusebio Ramos Morales, dedicated the Sacred Family Chapel of the Sweet Name of Jesus Co-Cathedral in Palmas del Mar, Humacao on June 6. This celebration gathered many people who have dreamed about this special moment in which many people can come and worship God.

The Mayor of Humacao, Marcelo Trujillo, the President of Palmas del Mar, Properties Inc, Jaime Morgan and the President of PHA, Julio Bague, many priests, nuns, and other guests were present as this chapel was blessed.

For almost 20 years a group of residents of our community in Palmas desired to have a place to

celebrate Mass and to worship the Lord. As we thank many people who are part of this community that have helped in this project, it is also important to remember those priests who have accompanied this community throughout the years especially the Benedictine and diocesan priests.

At the end of his homily our Bishop said: "This project must

take us continuously to grow as a family, to be a Community of faith and hope, to be the Church and to construct, with conscience and heart, the Community of faith of Palmas del Mar in the Diocese of Fajardo-Humacao."

Our celebrations are on Sundays at 9:30am in English and 11:00am in Spanish. ▲



SUMMER SPLASH



2009 SUMMER S

The Summer Splash Kayak & Sail Day was definitely a big success. The forecast called for a windy and rainy day, but... wrong! It was a beautiful day and even though there was a great deal of wind, children, adolescents and adults spent a wonderful day at the beach.

Our thanks to PHA, Nautifull and Coppertone who made this activity possible. We Palmeños sure know how to have fun!





SUMMER SPLASH KAYAK



And the winner of the Spitfire Kayak is..Daysie Díaz!



Lara Tapia, one of our Palmas' residents, emanates peace as soon as you start talking to her. You can tell she is in full control of herself. Her body language says it all. "Yoga becomes a lifestyle because it starts to change your way of thinking," she said and explained how the simple task of learning how to breath and oxygenate your body forces you to become more acquainted with yourself (without even beginning to talk about the obvious health benefits).

"Learning to breath helps you to enjoy life, to live the present. Yoga is a way to reach your spirit through your body," explained Lara. The word yoga means "union" in Sanskrit, the language of ancient India where yoga originated. It is the union that occurs between the mind, body and spirit. "It works for everybody, no matter the age or gender. In children it helps to develop the neurological and motor capacities, balance, focus and it is a fun way to learn discipline. It helps them to develop better body awareness, self-control, flexibility and coordination. Yoga has also been shown to help the hyperactive and attention-deficit child as well as autistic conditions. Yoga helps them channel these impulses in a positive way. In couples, on the other hand, it helps them to have a more conscious relationship," said Lara and added that sometimes couples live their lives without communicating on the spiritual level, trapped in the day to day routine and problems. "Yoga helps couples connect. Yoga is a means for deepening communication and harmony on many levels," Lara stated. Obviously all aspects of the relationship benefit from Yoga, including intimacy.

Palmas as scenery

Yoga leads to a better quality of life. You will feel more ener-

Taking Palmas' quality of life one step further...

by Lissette Rosado



getic, centered... and in control! Eventually it can make you a happier person, which you transmit to your family and kids. Its helps you to be more relaxed even in the midst of this stress stricken environment. You can even practice yoga in a traffic jam! I've done it and it works. You feel elevated and your perspective completely changes. It's just a matter of breathing and concentrating on yourself.

Lara is offered yoga for kids in Palmas' summer camp and she is also available for private or group classes. "Palmas is a perfect scenery for yoga, it is taking Palmas' quality of life one step further," she said. You can contact her at 787- 638-9360. ▲





PHA MOVIE NIGHTS SCHEDULE

7:30 P.M. AT PHA ASSEMBLY ROOMS
AUGUST 8, & SEPTEMBER 5, 2009



The Chorus/Synopsis_ 1949, post-War France – In a dark room, doom-filled school for troubled boys where hope itself in short supply, a mild-mannered new teacher has just arrived, only to find himself surrounded by prepubescent thieves and unapologetic rebels. Or are they? When Clement Mathieu introduces these supposedly hard-core delinquents to something they've never experienced before – the freedom and joy of music – he discovers there is far more to these children than anyone dared to believe.



Priceless /Synopsis

In the south of France, Jean, a shy young bartender, is mistaken for a millionaire by a beautiful, scheming opportunist named Irene. When Irene discovers his true identity, she abandons him, only to find that a love-struck Jean has no intention of letting her get away. Jean's comical attempts to gain her affections gradually evolve into setting himself up as a gigolo at a luxury hotel, until Irene finally starts to warm to her persistent, persuasive suitor.

Benefiting the construction of the new Catholic Church. For more information call 787.342.4407
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787.645.4101
\$150. per inscription



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DON'T MISS IT!
August/September

ORCHID WORKSHOP

September 26th, 11AM - 2PM
at the Villa France Club House.
\$75 includes a handbook and light snack.



On July 22, 2009 the Club celebrated the installation of it's new board. The new board members: President, Melissa Ealy; 2nd VP, Margie Miglietta; Secretary, Beth Frasher; Corr. Secretary, Sue O'Brien; Head Caller, Marie McDonald and Activity Coordinator, Barbara DePaul.

PALMAS COMMUNITY CHURCH


Palmas Community Church is a supporter of African mission. Come and hear from Zimbabwean National. We meet at Palmas Academy Cafeteria Sunday Worship: 10:15 AM Children Classes provided When: August 2nd and 9th For more information call: 787-206-8602

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