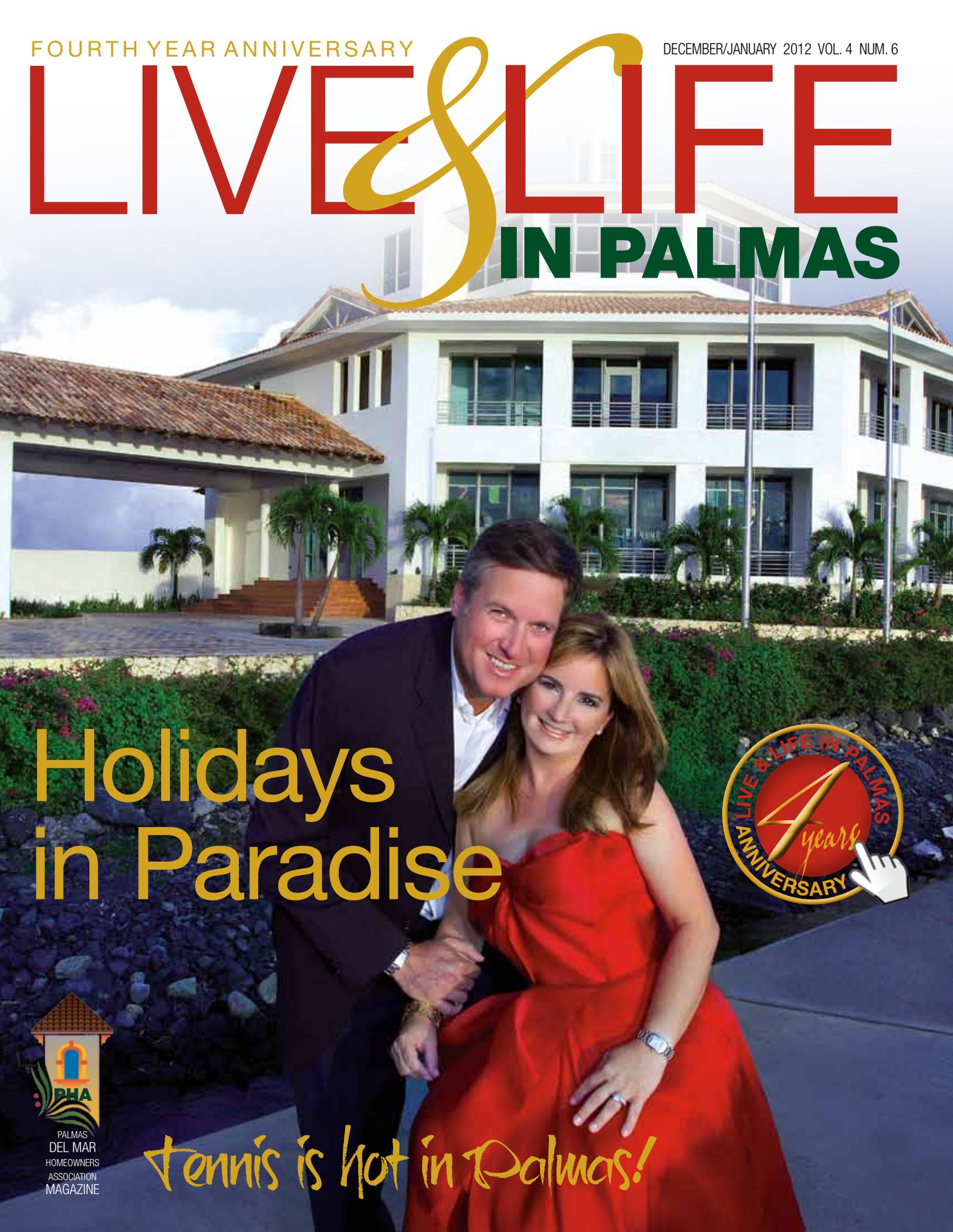


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DECEMBER/JANUARY 2012 VOL. 4 NUM. 6

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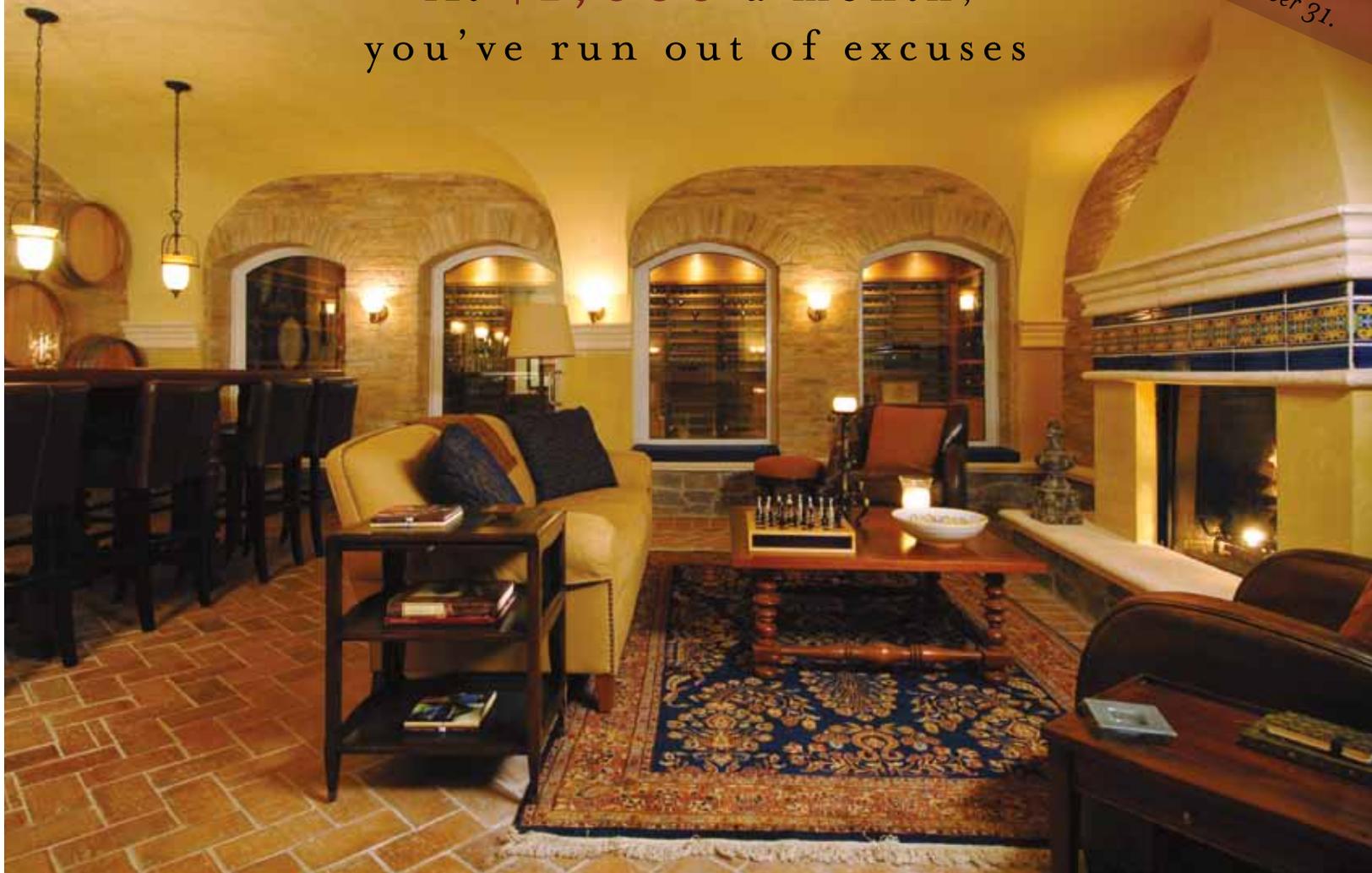
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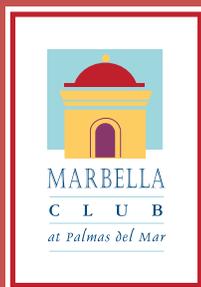
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editor's corner



Dear friend

Here I am...writing the editor's letter after many late nights spent working until four and five o'clock in the morning. This letter is always the last thing I write and I am always exhausted but filled with satisfaction by another accomplished edition. It's been four years now including this edition. It hasn't been easy; believe it or not, this is a lot of work and many of my hours are spent in front of the computer, not to mention the amount of photos I take for every edition. If you think there are many photos in the magazine just imagine how many I have stored in my computer. For those of you that are familiar with cyber sizes, the average size of each file for the magazine is approximately 14 gigs! And ... I don't throw away any photo or document because I have a very strong historical conscience. This magazine in the future is going to be part of our written history. Some times I go through the first editions and I already see so many changes and paths taken! Humbly, I think *Live & Life in Palmas* has served to bring us closer and to promote, as well as reinforce, a sense of belonging and pride about being a *Palmeño*. For me that's a big satisfaction and this compensates all the hard work.

I also have to thank all the PHA team who believed in me from day one and works hand by hand with me in this project. A special thanks to Tony Maldonado, (to whom I write emails at three and four o'clock in the morning); and to Servando Díaz and Daysie Díaz, who always support and encourage me.

And last but not least to my "partner in crime", Sandra Rodríguez, my graphic designer who has lost many nights with me; Zenaida Sanjurjo, my Assisant Editor; my business partner Sylvia Morales; and to my buddy, Obed Borrero, who has become my brother.

Now let's enjoy all the beauty of Christmas. Let's be grateful for all we have, for all our blessings including living in such a Paradise called Palmas del Mar. We also have to celebrate our PAC's first anniversary. We have come a long way but, if you haven't joined the PAC yet, I strongly encourage you to sign-up and protect your property value. Besides, it is so much fun! It's vital to have a sense of belonging--it is healthy and important in life. Let's keep working hard to make Palmas a better place to live life...our life.

Lissette Rosado, Editor live.lifeinpalmas@gmail.com



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Model Offset Printing (MOP), Humacao

(787)850-3000



Live & Life in Palmas is a bi-monthly publication intended to reach the Palmas community and its visitors with the purpose to inform and communicate.

You can send us your comments to

live.lifeinpalmas@gmail.com

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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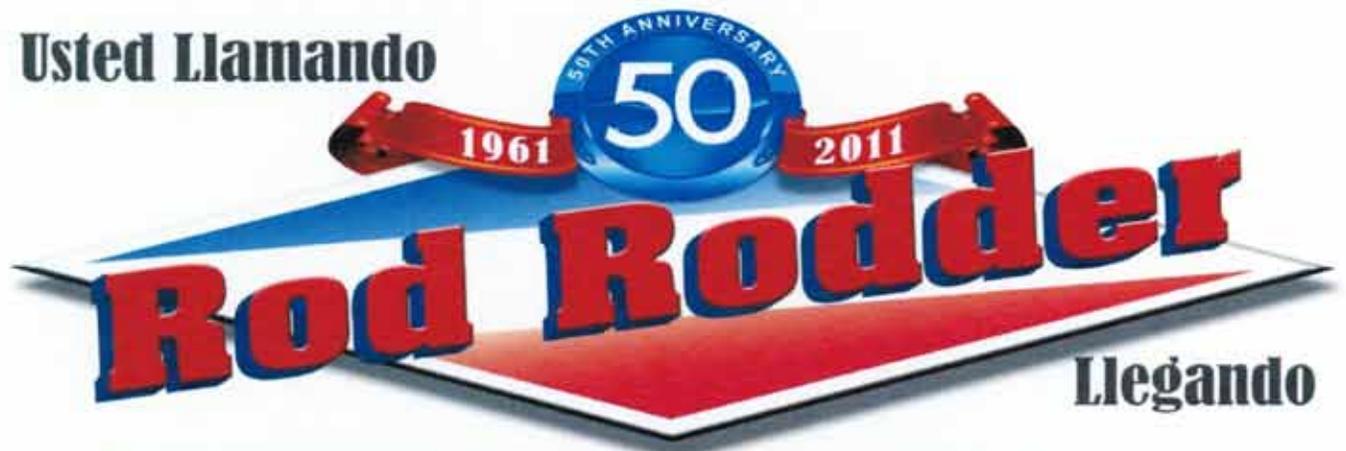


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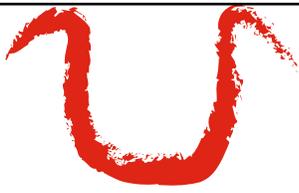
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What I have discovered being member of the PAC

By Ginnette Rosado and René China

I bet that you also felt sad and dismayed when entering the Palmas gate and seeing the high grass and abandoned golf fields. It also felt helpless when seeing the deteriorated facilities of the tennis courts, the Golf Club and the Beach Club.

However, that began to change when a community grass roots initiative endeavor to rescue our valued life style and ultimately our whole Palmas community. PAC was created as a feasible answer. For the latter to work, the support of all Palmas homeowners was needed.

Given the current tough economic environment, we knew that it was going to be a sacrifice for us to participate in this effort and become a PAC Member. But... we knew that if we want it to keep our "refuge" and our property value we had to be part of the solution. We thought that we really didn't needed the PAC facilities because our daughters are already gone. We join and started using the facilities to make the most of our membership.

We started using the Beach Club, which we immediately adopted as ours because from the very beginning all the employees treat us very well. We then realize how easy was now to go to the beach. We didn't have to pack towels, chairs or coolers. Neither un-pack and clean all the sand when back from the beach. Having lunch at the Beach Club is really convenient because is variety in choices and prices and for those of you that dosen't know it, is cheaper than many fast foods.

Then we discover the ping pong tables and decided to remember old times when in High School. We discover that there something that time dosen't change and we are enjoying a lot a sport we though we have forgotten.

Para ponernos un poco en forma, we started going to the gym for half an hour, nowadays we spent an hour and sometimes an hour and a half.

Another sport that we have started to practice again is the tennis. But the true is that we ask for the farthest courts to be sure nobody see how bad in shape we still are. But... be aware some day we can surprise you and we will be playing one tournament.

Then... we prove our self wrong. We have enjoy so much belong to the PAC! If tomorrow we could not belong any longer for some reason we would not know what to do. God let us enjoy it many years for our self and for our community. If you haven't join the PAC is a good time now. Ask Santa to give you the PAC membership and start the new year enjoying all the amenities and fun activities our Club offers us. Be part of the solution! And if you are a member recruit your neighbors.



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Family Recipes

By: Lisette Rosado

to share the love during at Christmas

It all started with a couple of phone calls to ask for family recipes to share with our community in our magazine for Christmas and as everything in Palmas, it became a party. Lola Roig triggers the idea and everybody follows. Marie Cosculluela and Ninoska offers to decorate the table and everybody got involved. They not only send me the recipes (some of them family recipes that never being share) but they made the plates fully and we ate them to. As always, Lucette Vasse offers her help and arrange the Salon Rouge for us to meet after the photo section. We had a great time and everything, but everything was absolutely delicious. If you follow the recipes you to could be able to enjoy this delicacies.



Marie & Ninoska, the inseparable owners of Casa Bonita were responsables for the table arrangement. Casa Bonita will be celebrating the 25 anniversary in 2012. Good and fun people! And so creative!!! Congratulations.



The after party at Le Salon Rouge/Tapas were we taste all this delicacies and share among friends.



Two easy to do arragements for the center table made by Marie and Ninoska from Casa Bonita.

RECIPES RECIPES RECIPES

Imperial Cheese Roll

Ingredients

½ cup Chives
4 tablespoons mayonnaise
4 ounces roasted peppers
2-3 blocks cream cheese

Procedure

Prepare the filling of your choice, and mix with the ingredients mentioned above, about 1-¼ cups. Stretch out some plastic film about 24" long on a flat surface. Cut a second strip of the same size and over lap it. Spread the cream cheese over the film with a spatula, forming a rectangle as big as possible, about a ¼ to ½ inch thick. Spread the filling over the flattened cream cheese, avoiding the edges. Start rolling with the film, pulling the film back as you roll. Secure the edges and refrigerate before plating for 2 hours or more. Never place in freezer. Serve with toast or crackers.

This is an original recipe that has been in the family for many years, and until now, it had never been shared. The filling has been left to your imagination and taste. There are countless fillings to be used, including vegetarian ones. This is great for the holiday gatherings, and special occasions. Enjoy!



Janet Rodríguez

Antipasto

En una sartén grande se dora a fuego lento en aceite de oliva regular

2 latas de atún, sacar aceite y guardar
1 lata de sardinas, sacar aceite y guardar
1 cebolla amarilla, picada
2 ajos machacados
1 lata de tomates naturales pelados
1 lata de petit pois/zanahorias

2 cdas de ketchup
aceitunas/alcaparras (a gusto)
pimienta en pepas (opcional)
pote de alcachofas picadas
1 pisca de Woostershire a gusto
o una pisca de vinagre de cidra
una cucharada de azúcar

Dejar enfriar colocar en molde, y/o en potes de cristal.

recetas de mi juventud

Lola Roig



Christmas Nut Cake

(Preheat oven 350*)

Filling

1 cup of nuts
¼ cup sugar
1/3 cup brown sugar
1 tsp cinnamon
½ cup of butter (room temperature)

Cake

2 cups flour (PRESTO)
½ cup butter (room temperature)
1 cup sugar
1 tsp vanilla
2 eggs
1 cup sour cream

Mix eggs, butter, sugar and vanilla and gradually add flour alternating with sour cream

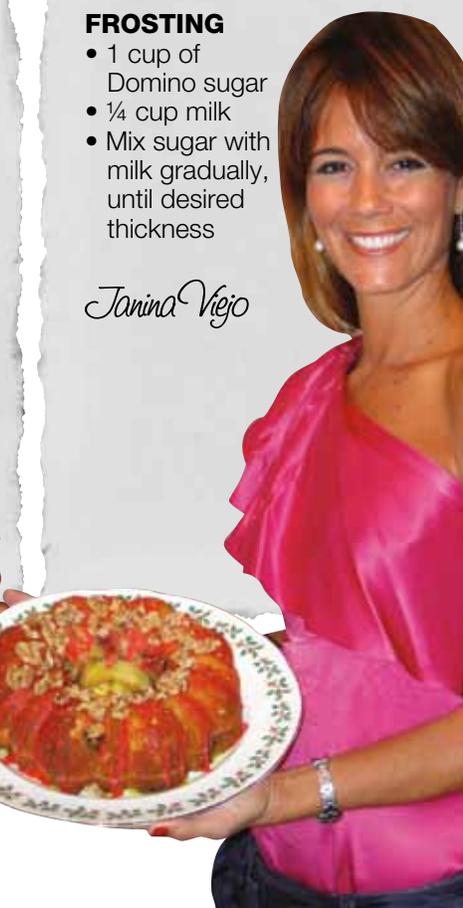
Pour ½ of the cake mix in a greased bundt cake pan, add the filling and top with the other ½ of the cake mix

Bake for 45-50 minutes

FROSTING

- 1 cup of Domino sugar
- ¼ cup milk
- Mix sugar with milk gradually, until desired thickness

Janina Viejo



RECIPES RECIPES RECIPES

Black Pudding surprises for Christmas

PUFF PASTRIES

Cut them in 2x2 sq.inches

Use a small spoon to fill them with black pudding(morcillas).

Add any sweet preserve like apple or guava and some white cheese to the stuffing.

Close the pastry in shape you like

Stir one egg with little water and cover the puff to seal.

Place pastry in oven in grease baking pan.

Bake pastries 350 degrees for 20 to 25 min. until golden.

Tensy Ramirez



Heavenly Hash

Ingredients

- ¼ Cup Crisco Vegetable Shortening
- 1 ½ Cup Sugar
- ¼ Teaspoon Vanilla Essence
- 4 Eggs – Well beaten
- 2 Cups All-purpose flour
- 2 Teaspoons Baking Powder
- 1 Cup Chopped Walnuts
- ½ Cup Raisins
- 1 Cup Pitted Dates (Chopped into 3 pieces)
- 1 Cup Pecans
- ½ Cup Almonds

Procedure

Beat the sugar with the butter, shortening and vanilla essence.

Add the eggs one by one.

Add the flour, then the dates, raisins, and nuts.

Beat by hand with a wooden spoon.

Bake in a greased pie dish for ½ hour or until done – at 300 °F.

Decorate the top with whole almonds and pecans.

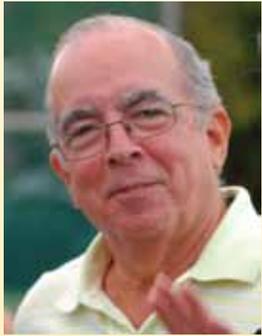
This Heavenly Hash is a Christmas favorite our family. The recipe has been past down to different family members with the yearning to preserve the tradition, and commit to memory, the love and care while preparing this dish of my mother in law, Abi, for family and friends.

*Carmen B. Rodríguez
(Lula)*





THE PRESIDENT says...



As 2011 draws to a close, I want to wish you and your family a joyful Christmas season and may the new year be loaded with many blessings, good health and good fortune. Indeed 2011 was a challenging yet fruitful year whereby the community showed it's resilience and proved with deeds it's positive "can-do" attitude. I am sure the new year will be packing new opportunities to give us the chance to demonstrate again our mettle. We will be ready.

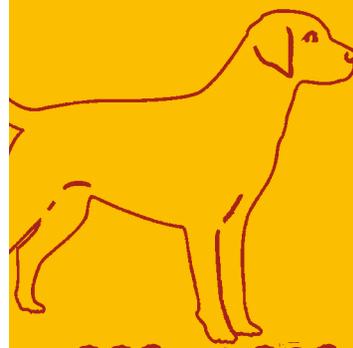
One of the more important tasks that every member of the Association will be involved with this coming year is amending the governing documents of our community. Nearly fifteen years have elapsed since the last time these documents, known as the restrictive covenants of the Association, were updated. A lot of things have transpired in those years that makes our community vastly different from what it was in 1997. Accordingly, we intend to amend these documents to reflect the maturity of our community and it's current state of affairs and to incorporate in them the many decisions, changes and policies that have been implemented by the Association for the betterment of our community.

Among the most important amendments that will be made is the modification of the PHA Board of Directors structure to give the community a broader representation and participation in the direction of its affairs. This means adding two new Directors to the Board and the creation of two new voting residential districts. Simultaneously, we will be reducing the presence of Palmas del Mar Properties at the Board by the same number reflecting their diminishing role in the affairs of the Association and in the community; something that had been proposed by them as early as December 1997 upon their withdrawal of approximately 1700 acres of land from the governance of the Association. Also, will be removing certain privileges retained by Palmas Properties in those documents that no longer have a reason for being at this date and age.

Please be attentive to our future communications regarding the amendments of our governing documents. Your specific vote of approval to this crucial matter is of utmost importance in furthering the transformation of our community and taking it to new heights of progress and prosperity. I am counting on your unwavering support.

Merry Christmas!

Servando
Servando



LOOSE DOGS

Palmas residents and visitors are reminded that the restrictive covenants of our community prohibit dogs from running loose anywhere in Palmas del Mar. All dogs must be leashed and their owners responsible for cleaning after their pets.

Often dogs are seen running loose on the beach or in the residential areas scaring children, beach-goers, joggers and walkers. Please keep in mind that a dog may be very docile with the owner but you cannot guarantee how he will react to a stranger or to another person.

Please enjoy the company of your pet while helping to keep the entire community safe and happy.



Soon a new access control pass system will be implemented. The new passes are to be displayed hung from the rear-view mirror at all times. The objective is for you to be able to readily recognize visitors and service personnel vehicles within your residential areas. Should you notice a vehicle in your residential area without the appropriate pass correctly displayed, please contact the Security Department at 787-852-7745/852-7775 immediately.

Please help us keep our community safe and secure.



Golf cart SAFETY

Parents keep ignoring that a golf cart in the hands of an inexperienced person or a child can be very dangerous to their safety and the safety of others. We continue to witness accidents where youngsters are being seriously hurt as a result of driving a golf-cart without previous experience, training or even parent's permission.

The minimum age requirement to drive a golf cart in Palmas del Mar is 16 years. However, parents and cart-owners must recognize that having this age does not necessarily provide a person with the skills and experience needed to drive such a vehicle. Time and again we see reckless driving by individuals that see golf-carts as mere toys. **WRONG!** Our experience has proven that a golf-cart in the hands of an inexperienced person can be very deadly and extremely dangerous.

Please help us to keep our community and your family free from unwanted accidents by insuring golf carts are driven in a responsible manner by experienced and qualified persons. Should you notice someone driving a golf cart recklessly or that you feel is not qualified to handle such a vehicle, write down its decal number and call security immediately at 787-852-7745/852-7775.



Community Action By Janina Viejo

The Fisherman Village Beach Cleaning Day



Hey! Let's face it! The beach at the fisherman's village IS Palma's calmest beach! Why not take advantage of that? It is a beautiful spot! The view is amazing:

the marina, the fishermen's "yolas", the open sea, the fishing dock, the breakwater, in fact, every little detail of its surroundings creates a picture perfect background.

What if we could keep it clean so children can play in the sand while older ones enjoy a sunset? I decided to take action! Taking advantage of PR's official Beach Cleaning Day on September 17, I asked PHA for help. They immediately supported my idea so I organized a Beach Clean up day on October 1, 2011. There was music, gloves, trash bags, water and heavy machinery. All this sponsored by PHA, Waste Management, Pennock, Bonna Terra and the Shipyard.

Students from The Palmas Academy were there accumulating hours of community service, and

fishermen and neighbors came early in the morning with their working shoes and gardening tools on hand! And off we went to work!!!! It was a very beautiful sight to see a community working together! Thank you all for your help! It was a success! We collected so much garbage that the 20 mt truck had to make 7 trips to the dumpster! Now, let's keep it clean! Remember, it is part of Palma's paradise!



PHA PARRANDA

This year, the 30th Annual PHA Xmas Parranda will be held on Saturday, December 17th. Different to previous years, registration and judging of decorated golf carts will start at 4:30 p.m. to allow extra time for the process and will end at 5:30 p.m. Once the judges select the first three best decorated carts, the parade will start and drive through certain areas of Palmas until they reach the Beach Club, which is the final destination. At the Beach Club, there will be music for dancing by Tropicana Orchestra, pleneros, typical food (for purchase), cash bar and cash prize awards for the best decorated golf carts and regime or residential areas. So make sure you don't miss the party this year!!



THREE KINGS CELEBRATION



The 2nd PHA Three Kings celebration will be held on Friday, January 6th "Official Three Kings Holiday" at the Candelerio Restaurant located at the Equestrian Center. The Event will start at 9:00 a.m. with a horse parade led by the Three Kings. The parade will start at the Entrance to Guayanés in direction to the Equestrian Center. Golf carts are invited to participate in the parade following the horses.

Official celebration will start at 11:00 a.m. with typical puertorrican music for entertainment at the Equestrian Center. This year parents can also bring their gifts in advance to our PHA office so that they can be given to their children directly by the Three Kings. Food will be available for purchase from the recently inaugurated Candelerio Restaurant. A special typical holiday menu will be available at a modest price.

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BOSQUE DE PTEROCARPUS

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In order to carry out the task of overseeing the restoration project and the conservation program of the Pterocarpus Forest at Palmas del Mar and its fund raising support efforts, the following persons have generously accepted the Palmas del Mar Homeowners Association (PHA) invitation to conform the initial Pterocarpus Forest Board of Trustees. This group of outstanding citizens, leaders in their respective fields of endeavor, have all concurred in the importance, success and perpetuity of this project as an ever-lasting gift of our generation to future generations and to mankind as a whole. They are:

Mr. Samuel Jové, Chairman	Mr. José Soto
Mr. Gabriel Espasas	Dr. José Nassar
Mrs. Mary Jo Espasas	Mr. Jon Brightman
Mr. James Cohen	Mr. Luis Benabe
Mrs. Joanne Cohen	Mr. Luis Muñiz
Mr. Felipe Benedict	Mr. David Oschman
Mr. Manuel Morales	Mr. Juan Bravo III
Mr. Luis Pérez Giusti	Mr. Luis Ortiz Segura
Mr. Peter Palermo	Mr. Fernando Lloveras
Mr. David Chafey	Mr. Servando Díaz
Dr. Dennis Alicea	Mr. Antonio Maldonado

A new entity, separate but supported by PHA (the PHA Forest Organization), will be formed to operate under the guidance of the Board of Trustees. Title of the Forest and other Forest amenities will remain with PHA while the Puerto Rico Conservation Trust will provide technical advice and guidance. The goal is to have the Forest managed, operated and maintained in a manner that will guarantee its perpetuity as a viable and available natural preserve for years to come.

Forest Fund Project UPDATE

The community of Palmas del Mar is one that takes care of its responsibilities with proactive action. This has been amply demonstrated throughout its existence with outstanding results in every major undertaking it has approached.

The restoration and the conservation of the Pterocarpus Forest at Palmas del Mar, Humacao, Puerto Rico, is a community initiative that, once more, gives proof of a social commitment by the Palmas community that extends well beyond its boundaries. The Forest is a patrimony that belongs to all of us and so it's the responsibility of preserving this magnificent nature's gift.

Through an aggressive, well-structured and planned green effort, the Palmas del Mar Homeowners Association, now responsible for maintaining this natural resource in optimum conditions, has initiated the restoration and conservation efforts required to protect the Pterocarpus Forest for generations to come. This initiative requires the decisive support of many people and organizations beyond the Homeowners Association.

The Palmas del Mar Homeowners Association is not a stranger to this type of initiative as it has already successfully established several other collaborative conservation programs. The Palmas del Mar Habitat Conservation Plan and the Palmas del Mar Reforestation Program, joint efforts being conducted with federal and state agencies, are prime examples of the Association's track record in this type of endeavor.

The integration of citizens, the private business sector and the government is essential to insure that needed resources are gathered to carry out this initiative. Immediate benefits that will result from this initiative will be the establishment of a study and research preserve, a new eco-tourism attraction and a boost to Palmas del Mar properties.

Together we can preserve our natural resources... a legacy for future generations!

FOREST FUND DONATION CATEGORIES AND DONORS AS OF NOVEMBER 30, 2011

MAGA (\$0-\$50)	ROBLE (\$51-\$175)	AUSUBO (\$176-\$250)	GUAYACAN (\$251-\$499)	CEIBA (\$500-\$999)	PTEROCARPUS (\$1,000 AND UP)
Angel Rodriguez Fred Austin Carmen Del Valle Ivonne Cruz Eugenio China & Ginnette Rosado	Alberto Escoto Franklin Earle Arnaldo Colón Jose A. Morales Fred Martínez Barbara Novogradac Héctor Ortiz Colón Raymond Emmert Maria E. Suárez Eva Candelario Edd Siler Myrna Ramos Harry Jiménez Gerardo Vicéns	Carmen Castro Carlos J. Homs Shell Castle Assoc. Jose O. Morales Maria Greene Victor Kelly Ricardo Collazo Bernard Van Goethem Thomas Whipple Crescent Cove Club	Miguel Santiago Jeff White Jorge Manrique Eric Grafals Carlos García Rafael Méndez	Allen Meek Robert Handschuh Palmas Hill Partners Michael Wertz Asoc. Res. Villa Franca Samuel Jové Frank Torres	Grace Gigante Rivera Antonio Maldonado Gordon MacDonald James Cohen Jon/Bar S. Brightman Jeff Smith Mary Jo & Gabriel Espasas Larry & Jean Perry Empresas Santana Ralph's Supermaket Manuel/Ana Morales René Pinto Lugo José Nassar, MD Pablo López, MD Ana Mendez Enid Ortiz Ricard
PLEDGES		Ricardo De Varona	Julio Bagué Rey Encarnación Victor Nieto	Rita Molinelli Servando Díaz	

Flight of the Seagulls



By now you should have seen the beautiful art piece that has been placed at the renovated and re-landscaped Palmas Drive traffic circle. This work titled, “The Flight of the Seagulls” or “Gaviotas en Vuelo”, is the product of the artistic hands and mind of Rafael (Sonny) Rodríguez. Sonny is a well-known Puerto Rican artist whose artistic pieces include, among others “El Duelo Gallero” (30’ high) at the Centro Internacional de Mercadeo, “Marbella Dragons” in Palmas del Mar, “Contra Viento y Marea” at the Centro de Mercadeo de Buchanan, “Christ Resurrected” (26’ high) in Dorado, “Monument to the Soldier” at the 65th Infantry Avenue, “Ondulación Elíptica” in Caguas, “Capricho de Mujer” in Gurabo and the bust of Don Cholito at the Agrelot Coliseum in San Juan.

The Flight of the Seagulls is a gift from Sonny to the Palmas del Mar community to provide our residents and visitors with an elegant memory of Palmas del Mar. Sonny’s was a long-time resident of Palmas and his daughter Yamilette, lives in Palmas Plantation and his granddaughter Demi is a student at the Palmas Academy. Another granddaughter, Amy, is a graduate of the Palmas Academy.

For more information on Sonny Rodríguez’s creative profile, please refer to the interview-article by Lisette in this edition.



PAC's First Member Tennis League!

The Palmas Athletic Club proudly presents its first member tennis league! They are: the PAC Athletic Suns (yellow Team), the PAC Blue Marlins (blue team), the Red Hot Chilly Packers (red team) and the PAC Storms (green team).

Each team is made up different category members running from 2.0 to all the way to our Pros, including boys and girls. The enthusiasm, spirit and cheering is ON!!!! The nights at the tennis Club are a complete different experience with this league going on.

The courts seem more alive than ever. Players are competitive, teammates are supportive, crowds are cheering and the whole community is enjoying the games.

A special thanks to José (Pepito) Vazquez for all his help and effort he has put in to make this event happen and to the Pros for being part of it.

Let's keep TENNIS a family exercise and make it part of our living and life in Palmas del Mar!!!!!!



good news

PAC MEMBERS

- New benefits
- More alternatives
- A broader fitness proposal!



FITNESS CLASSES:

- Kickboxing
- Cardio XCO
- Zumba
- Flexibar
- Water Zumba
- Salsa
- Power Yoga
- Personal Training
- Suspension Body Weight Training
- One on One Pilates
- Spinning- starting on January

The PAC Fitness Center is currently managed by two of the most renowned trainers in Puerto Rico: Jackie Rodríguez, master trainer and XCO representative in Puerto Rico and the Caribbean and Miss Puerto Rico Universe trainer for the last three years. Juan Vélez, certified trainer with vast experience and knowledge who is going to be the manager of the Fitness Center.

Buy your class tickets today and...

get fit!

• PAC MEMBERS-only \$69.99
12 tickets/classes

• Non members - \$120.00-
12 tickets/classes.

You can buy your tickets at any PAC outlet.



2 BE FIT
by Jackie

Halloween at Palmas...

UNPRESIDENTED!



This year Halloween weekend at Palmas was absolutely outstanding. There was so many parties and so many good costumes! It all started on Wednesday with the Enchanted Court at the Tennis court. Excellent!!! Bravo for the tennis team. Then on Friday the Center Court Halloween party with prizes for the best costumes was a lot of fun. That same night Chihuahua has their re-opening and Halloween Party. A blast! Saturday during the day PAC for the kids - Pumping Carving, Magician Show and costumes Competition. A truly family affair. Saturday night, Chez Daniel Halloween party, as every year was a lot of fun with great prizes (even stays at the Panama Ritz Carton) and excellent costumes. Over? No! Sunday afternoon was the Enchanted House Party at the PHA meeting rooms completely transformed for the occasion. Great job, a big applause for the PHA team. And... as tradition Monday, October 31 the trick or treat Halloween day!! Palmas know to have fun. But...don't try this at home we are trained professionals!



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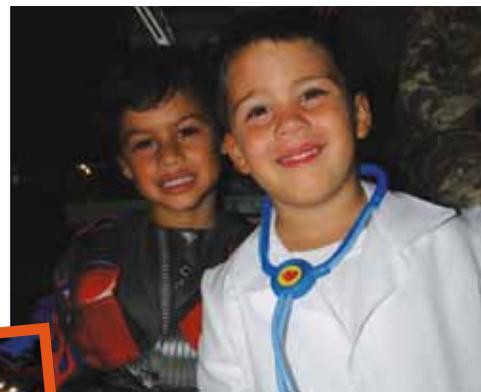
Located in Club Villa on the hill between Club Cala and Palmanova





THE ENCHANTED COURT

The first activity of the Halloween parties, on Wednesday night. Outstanding, really creative and fun. I love the way they integrated tennis to the games and activities. Very creative, well thought out and executed. Bravo for the tennis team!!!





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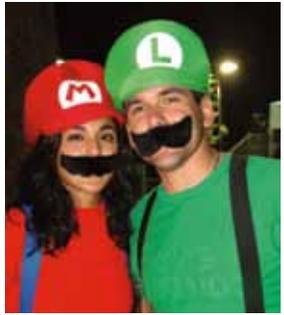
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halloween

at the center court

Friday night. Good party and an excellent costume contests. The decision for the judges was not easy, there were a lot of good costumes and representations.



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HALLOWEEN AT CHIHUAHUA

Also on Friday night, Chihuahua Restaurant has their Halloween party and the re-opening of their new place at Palmanova. A blast! The photos speak for themselves. The best...René itself, always fun and creative.



PUMPKING CARVING MAGICIAN SHOW CUSTO



SATURDAY AFTERNOON

Halloween

AT THE



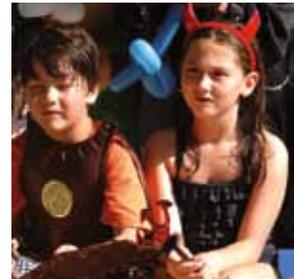
MS CONTEST MUSIC CANDIES & LOTS OF FUN!

PUMPKIN CARVING

winners



BEACH CLUB



The big secrets... behind the **Marbella Gates**



Most Palmas del Mar residents and guests have seen the Marbella Club Cinderella castle-like gates. And, if you haven't, by all means, drive down and check them out. They are unlike any other entrance to a community in Palmas del Mar, let alone Puerto Rico! What many of you might not know is what lies ahead beyond those gates. And we are not talking only about the prime location (the longest distance to the beach is 40 steps), or the inspiring architecture, nor the privileged seclusion that affords ultimate privacy. It is, more importantly, about what The Marbella Club offers to residents and guests alike in amenities and, furthermore, in experiences.

Amenities equal life-enhancing moments. (We can all use some of that!) Sure, it is a privilege to be at the beach, even if most of the time we take it for granted and don't fully realize how lucky we are. It is pleasurable, indeed, to be able to enjoy the two themed swimming pools that are not your typical hole-in-the-ground but, rather, artistic sites that actually transport you to a different place. It certainly doesn't hurt to have a gym conveniently on-site. But add to that the ultimate convenience of having both a Pool Attendant and a Residential Concierge at your service to take care of your needs and wants. (Make no mistake, you do deserve that!)...Talk about living the good life...at last...after all that hard work...But I think we will all agree that what everybody is really searching for is quality. And I don't just mean quality finishes (that's a given). It is quality of life. A quality that, unfortunately, you seldom enjoy except in a one-of-a-kind place like The Marbella Club.

When I say amenities equal quality, I think about taking a stroll around this community with its inspiring landscaping: colorful flowers, a blossoming flamboyán, over-the-top design, the happy chirps of birds...I think about the timeless charm of its fountain-decked courtyards. I think about the dragon-decked pool which, by the way, is an actual sculpture commissioned to local artist Sonny Rodríguez, full of mysterious seductiveness that entrances young and old alike. I think about the beautifully handcrafted hammocks underneath a palm tree by the ocean to take a nap (is there a more quintessential Caribbean experience?).

But to top all this, The Marbella Club has an amenity unlike any other: the Cava. The Cava is not a wine cellar (albeit it is technically one, for the purist), nor a locker room for fine wines (again, it is indeed that), nor a storage area. Much more than that, it is the coziest, most charming and unique lounge, which happens to have a temperature-controlled area to store your precious wines. Every single person that has had the privilege of seeing it calls it the wow factor. With good reason.

Well, picture this: after a delightful day at the beach and pools (did I neglect to mention the beach-front jacuzzi?), you freshen up and, instead of wondering how to wrap up a lovely day, you know exactly what to do, because it is right there. You go the Cava, sit by the fire (yes, folks, there is a real working fireplace) and recap the day with people that you want and love to spend time with. You will also probably meet some new ones that you will come to love!

And that, my friends, is what it's all about.

Feeling happy and relaxed, enjoying good times, reaping the rewards of so much hard work. Crossing those fancy, beautiful gates means gaining access to what is really important: living and enjoying your life to the fullest. Just right now. Not someday. Not in the future. Now.



A Sparkling

2012

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palmas del mar, pr

* Fees applies until December 15, after that date:

\$160. adults, children 3-12 -\$60.

300 people maximum.





SATURDAY NIGHT Halloween at Chez Daniel

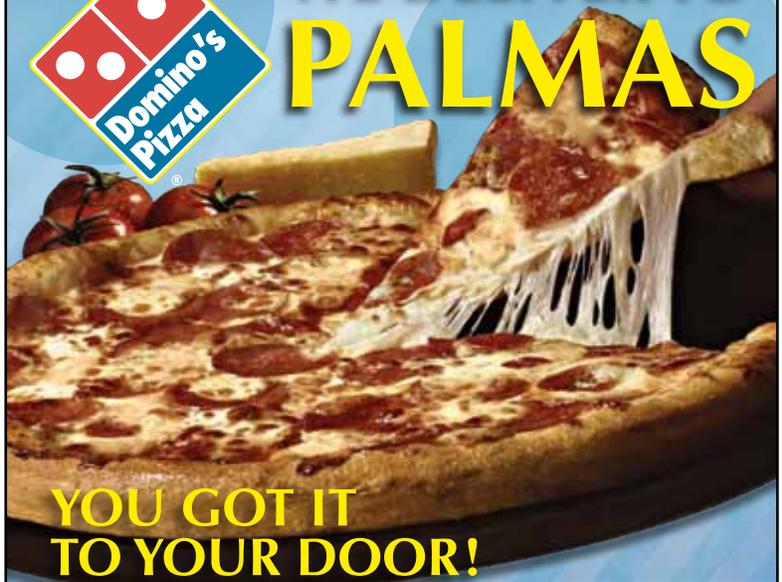


As always, Chez Daniel's Halloween party was a success! Good food, good drinks, excellent costumes and the big surprise of the night, Marilyn Monroe (Aureli Arnould). The prizes and the raffle were outstanding, champagne, wine baskets, airline tickets, and two trips to the Panamá Ritz Carlton. If you missed it this year, be sure you don't miss it next year.





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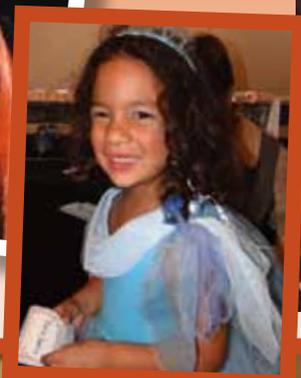
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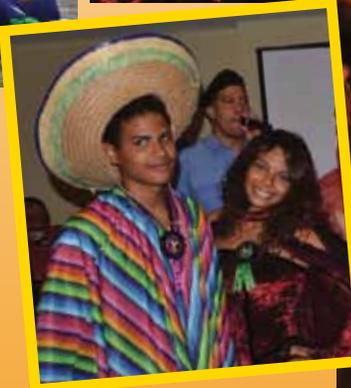
PHA Haunted House Party



Thanks to the hard work of our PHA team, led by Daysie Díaz, and our major sponsors, PHA and Domino's Pizza, the Haunted House Halloween Party held on Sunday, October 30th was an absolute success. Everyone had a lot of fun, especially children who enjoyed their glow in the dark gadgets and inflatables. Prizes and awards were given to the best costumes thanks to the contribution and donations of Bambola store in Hato Rey, Farmacia Ruiz Belvis in Humacao and F. Pujals & Co in San Juan. This is getting better every year!!!







Rafael Durand Pla

Vias Car Rental President

Rafael Durand is one of our successful business Palmenos. He has been around for many years, Rafael is a Palmeno all the way true. "I have been in Palmas since 1998, first at Beach Villa and then in Palmas Doradas, where I intended to live when retired. I am going nowhere else", said Rafael Durand without a doubt on his voice. "I am a PHA and a PAC member and one of the people that contributed to make this project (PAC) a reality. I have also belonged to the Business Association for all this year.

It was back in 1990 when he saw that Palmas was growing like the foam that he saw the need of the car rental services in Palmas. "This year we are celebrating the 22 years of service to Palmas and we are very proud of our service and our fleet", said Durand and added that to show this solidarity and commitment to Palmas he is offering the corporate rate discount on car rentals to all PAC members. But not only that, Rafael also has a Boutique Hotel at Isla Verde, Hotel Villa del Sol and he is giving PAC members a rate of \$90 a night per room for two (regular price \$120). Be sure you give your PAC

card number when you reserve and show your PAC member card at the front desk at the check in. This is an ideal alternative for a weekend in San Juan escape. One of those nights you have an activity in San Juan and don't want to drive back to Palmas. He also has two suites available for as much as six people for only \$150 per night for PAC members. This are good news for us, the Palmenos who live full time in Palmas and once in a while will like to spend some time in San Juan.

Rafael has one son and two daughters, one of which has also a villa at Palmas. "She is also a PAC member and with their sons enjoy a lot the Beach Club and the golf courses. I encourage everybody that haven't join the PAC to sign in and in that way protect their property values. We saw a glimpse of what could happen if we don't achieve our goals and at the end is so much fun", said Rafael Durand that you can tell is very committed with our community. Happy 22 anniversary and many more years of success and prosperity!!



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Finally the... Halloween Day!

Finally the Halloween activities were coming to the end. It was the sixth Halloween event at Palmas!!! I thought that the kids were going to be tired of dressing up. Was I wrong! They were out and with the same enthusiasm as the first party. I have to say that some adults were even worse than the kids. An example is Geraldine Rivera (here at the upper right side of the page) who dressed up with three different costumes during the Palmas Halloween Marathon.



Who said they were going to be tired for when the real Halloween day came? Geraldine Rivera proved them wrong! She dress up with different customs and make-up until the last day. Good spirit!



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la nueva fragancia

Wonderstruck

Taylor Swift

el comienzo de algo mágico



New Year's Eve

looking good at the Yacht Club...
with Chef Juan Carlos Vicens!

By: Lissette Rosado

Chef Juan Carlos Vicens, will be again this year in charge of the New Years Eves dinner at the Yacht Club! Last year was superb! Everybody agreed how good the food was. This year, he promised will surpass the expectatives." I want to impress everybody, we are going to go beyond and above the call of duty, same as last year... but better", he stated. Wow!! That sound good!

"We will have a great variety of food stations: from our famous carving stations with our exclusive glace sauces, signature Hors d'oeuvres such as our artisanian "alcapurrias", the wonton cups with Thai Chicken, smoke salmon, caviar, sea food appetizers, a big variety of salads, pastas, grill vegetables, and our exotic ten meats paella, plus our outstanding desserts, among many more delicatcies. Everything made from scratch with the best ingredients in an artisanian way. In my kitchen is completely forbidden the use of convenients foods. It's a no-no!" said Juan Carlos with emphasis.

Juan Carlos graduate from the Culinary Institute of America and posses a vast culinary experience, being the Executive Chef of the San Juan Nautical Club for 17 years. At the Palmas Yacht Club, has being in charge for more than a year for all special activities such as weddings, birthdays, and corporate activities and seminars.

Juan Carlos is a very committed chef with clear goal of not only full satisfaction from his client but to exced their expectatives. "Juan Carlos has many followers, like me, he did my wedding catering and I trust him for all my Yacht Club activities", said Maribel Muñiz, from the Yacht Club. Those of you that went to my birthday party are witness also of how delicious the Hors d'oeuvres were. The 2012 is looking good at the Yacht Club!



Beauty Update

with Dra Lissette Bouret

By: Lissette Rosado



We are so lucky to have her so close by! Not every resort community has, within walking distance, a family physician who also happens to be a beauty expert with the latest in technology--the skin tightening machine she uses is the only one in Puerto Rico. Everybody is talking about it. The other day, at one of our restaurants, a group of us (men and women) were making confessions of all the little touch ups we have been getting done at Lissette's. It was hilarious! Even the men were bragging about how young and fresh they look.

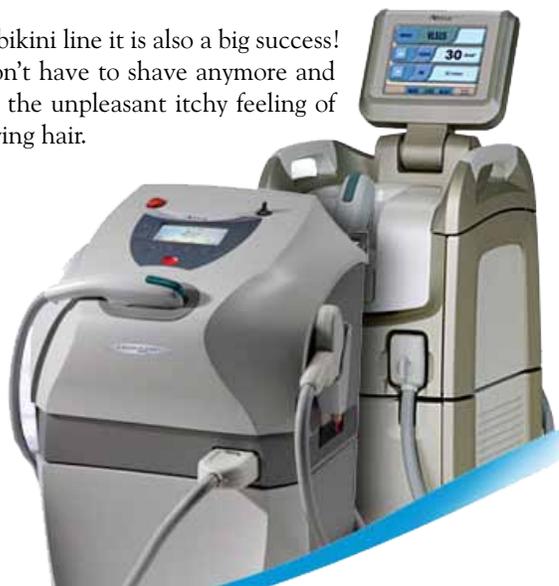
As promised in the last edition, I will be reporting different treatments available at Dr. Bouret's beauty corner as well as my improvement and experience.

Pain Free/Hair Free Hair Removal System

As all of you know, body hair is no longer in fashion...actually it is strongly repudiated by the younger generations. Back in the day for example, man with hair on their chest or arms was considered sexy. Not any more! Nobody wants hair on his or her body.

Aware of this need Dr. Bouret brings to Palmas a pain free and permanent hair removal system with the latest in technology. "In five to seven treatments we can eliminate the hair from the treated area," she explained and added that the Harmony Advanced Fluorescence Technique (AFT) for hair removal works for all skin types and the broadest range of hair colors. Pain-Free, Hair-Free combines cutting-edge medical laser technology with the comfort and convenience of a trip to the med spa. "This breakthrough revolutionary technology is considered one of the most comfortable hair removal options available on the market today. Another of the advantages found in this new technique is that there is very little discomfort compared with electrolysis and there is absolutely no downtime. Hair removal is possible now anywhere on the face and body." This is a big step, for example, for women with unwanted hair on their face because the process won't harm your skin.

For the bikini line it is also a big success! You don't have to shave anymore and have the unpleasant itchy feeling of growing hair.



The 360 experience

The Laser 360 photo rejuvenation program is a combination of three different treatments aimed to improve skin color, tone, texture and tightening. In my case Dr. Bouret gave me a:

SKIN TIGHTENING session (my third one) with the Accent Elite device (the only one in Puerto Rico). This treatment is aimed to treat the telltale signs of aging including jowl and neck laxity, sogginess under the eyes, droopy brow lines and naso-labial folds. How does it work? This machine produces a deep dermal heating that triggers new collagen development, better circulation, lymphatic drainage and an increase in skin firmness. And believe me it works! I can clearly see the results without pain or surgery!

HARMONY LASER -Laser Treatment for Vascular & Pigmented Lesions used to treat spots caused by sun exposure or aging. By exposing a pigmented lesion to short pulses of visible light, the temperature in the highly concentrated melanin can be raised sharply, enough to shatter the cells containing the melanin. The body then replaces these cells with new cells generated by the surrounding untreated area. Three to four days after the treatment your dark spot becomes a "scab", then they fall and the spot disappears like real magic.

SKIN SURFACING - A mini peeling to smooth the texture of the skin by removing the damaged outer layers such as fine lines, large pores, acne scars, chicken pox scars among other imperfections.

THE RESULTS

For me the results are evident. I am really impressed with the outcome and by the time this magazine is printed, I will have had my fifth treatment and I will be ready and looking younger in 2012!



In the next issue we are going to be talking about the fillers. Here a preview of the magic behind those little syringes. In the photo, Linda LeRoy before and after. Beautiful job!



NOW OPEN



IN THE PALMAS DEL MAR REAL ESTATE CENTER



- Oceano Beach Resorts is preparing to market Palmas del Mar, its homes and vacation opportunities using over fifty web sites; affiliate offices throughout the united states, 50,000 targeted emails per month and many other marketing opportunities.

- Oceano Beach Resorts is currently seeking homes that are available for sale – seeking homes for our investors and buyers as well as homes to be marketed through our international web based platform with over fifty back-linked web sites.

- Oceano Beach Resorts is currently seeking homes for our resort services program. We are looking for premier vacation homes for vacationers and prospective visiting homebuyers.

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about our community projects, learn how to protect your home values, and learn how the new resort sales and marketing services can benefit you.



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The man behind the seagulls



Danny Rivera, Sonny, Lucesita and Paquito Cordero back in the 60's



A 26 feet Christ sculpture for a church at Dorado. An impressive face to face portrait of Sonny and Christ.



The beautiful (inside/out) chalet Sonny designed and constructed himself.



Doña Maria, an impressive painting of Maria, a lady that used to pick up cans at Palmas. Many of you will remember her.

By now most of you have seen the new seagull sculpture in Palmas Drive's turn-around circle. Beautiful! It is an exquisite interpretation of the seagulls in flight, very pertinent to our sea environment and very well complemented with the fountain and landscaping. Chapeau!

To get to know more about this artwork and its artist I visited the sculptor, Sonny Rodríguez. A surprise awaited me. He is indeed an excellent sculptor but...that's not one eighth of what this talented man can do! He is a plastic artist, a painter, a singer (in the 60's he used to sing with Les Cavaliers, at La Nueva Ola with Alfred D Herger among many others) nowadays he could sing from popular music to Opera without any problem, a musician (he plays around seven instruments), "an architect" (he designed and constructed the extraordinary chalet where he lives), a stage designer, a landscape designer, MC (master of ceremony), a composer and a script writer among many others. "He is also a 'lawyer,'" Millie, his wife, told me. "He writes for himself all the legal contracts, in such a way that even his lawyers friends believes a lawyer has written them". Millie also told me about his talent as a musician. He started playing the Accordion by borrowing one from a friend to see how he was going to be able to manage it. "Three month later he was buying his own and now, he can play more than 300 songs".

At the Albergue Olímpico he designed the gazebos and the miniature golf area with ponds, fake stones and a lot of palms trees that look like an idyllic countryside. And those of you that are old enough you should remember El Alambique, well... it was Sony who created and designed it.

This man is amazing! The best part? He is an autodidact in all this matters. His talents are impressive and I can testify to this... I saw his artwork; his musical instruments and I heard him playing at Daniel's "Beujolais Nouveau" presentation. I saw his sculptures, his beautiful home, and many photos of his impressive and multidisciplinary career that speaks for itself. I think "The Boricuazo" should know about Sonny. He probably does.

Connection to Palmas

Sonny certainly is not a stranger to Palmas. He has had and still has many ties to Palmas. Sonny was the owner of the first Palmas Pizza - Pizza Nostra. "I came to Palmas once invited by a friend and thought that Palmas needed a pizza place". Next thing, without knowing anything about pizza, he opened the successful Pizza Nostra restaurant. "I was friends with a pizza maker and I asked him to give me the recipe for the crust. The sauces we invented by trial and error." Later on he added breakfast, sandwiches, BBQ chicken and more. Some years later he sold the pizza place and created "El Mercadito", a convenient store at Palmanova, which was also very successful.

Sonny also owned two villas at Palmas at different times and is the designer of the famous Marbella pool dragons.

And guess what? He is the father of Yamilet Pennock and the grandfather of Demi and Amy Pennock! ▲



The making of...

Like everything in life, things are not easy. In order to install the sculpture it was necessary to remove the big palm trees with cranes, establish the water and electrical connection and re-design the landscaping. Pennock Garden was in charge of this part under the supervision of George Mulligan. The results are visible. The landscape complements and enhances the artwork in a very harmonic way. Good job George! Well done. ▲



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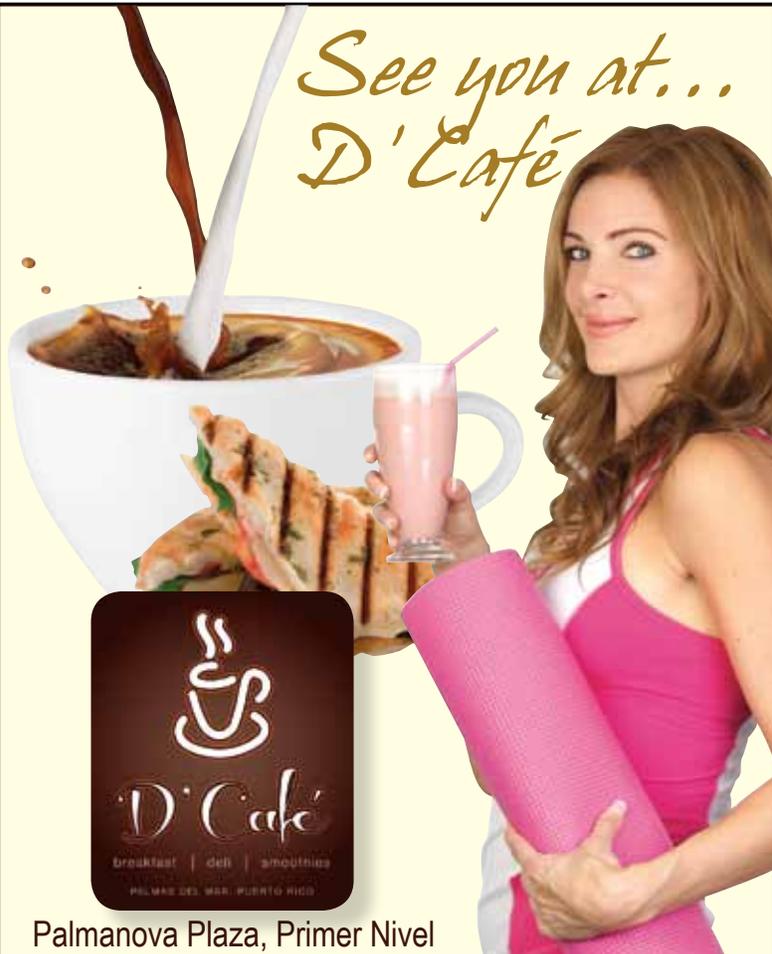
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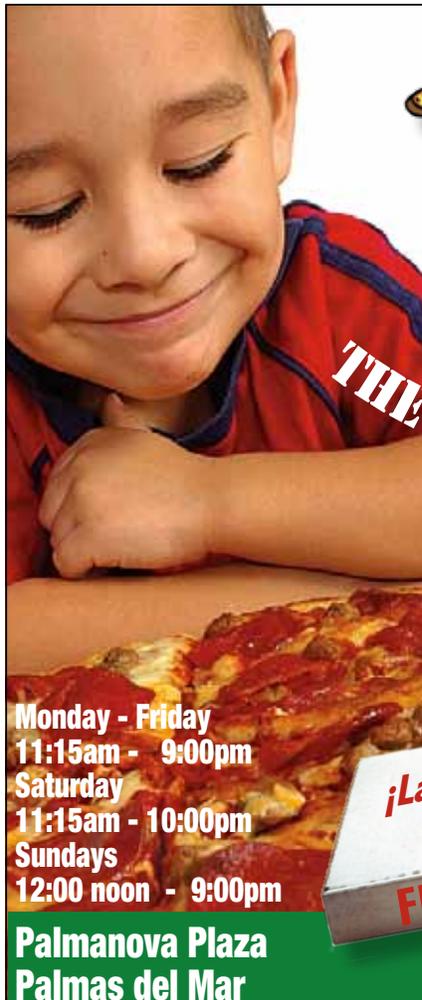
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Is your computer **SLOW?**

If you find that your computer is running low, try using these free tools and tune-up your computer.

By: Obed Borrero

Clean the Start Up

First you must identify if your computer is starting up or loading programs you don't really need. Many times, when you install programs or peripherals like printers, a file is installed with the purpose of updating or promoting when the computer is turned on. After some time, these programs pile up and cause your computer to start up 20 or 30 applications when it is turned on. Therefore, your computer is slower and heavier. There are several applications that allow you cleaning and managing what programs will start up when you turn on the computer. I recommend you to install one of these two programs because if you install them both they could cause a conflict. Once installed, it will enable you to see the list of programs that are loaded or that start up when you turn on your computer. Choose those that are required, the rest can be disabled.

- Autoruns for Windows v11

<http://technet.microsoft.com/en-us/sysinternals/bb963902.aspx>

- Win Patrol <http://www.winpatrol.com/download.html>

Clean unnecessary files

After cleaning your computer Start up or list of startup programs, let's clean the computer from temporal files, cookies and unnecessary files that pile up with time. Download and install the following program and run what is known as the wizard or automatic setup.

- CCleaner - <http://www.piriform.com/ccleaner/builds>

Optimize your computer

After having cleaned the list of start up programs and the unnecessary files in your computer we still have to run a program that optimizes the computer in order to make it work as if new. Download and install the following program and run what is known as the wizard or automatic setup.

- Glary Utilities

<http://www.glarysoft.com/products/utilities/glary-utilities/>

The best thing about all these tools is that they are free and very easy to use. Besides, they could save you a lot of trouble. If you use these three (3) tools as I recommended before, it is very likely that your computer works much faster.

If you have any question you can reach me through:
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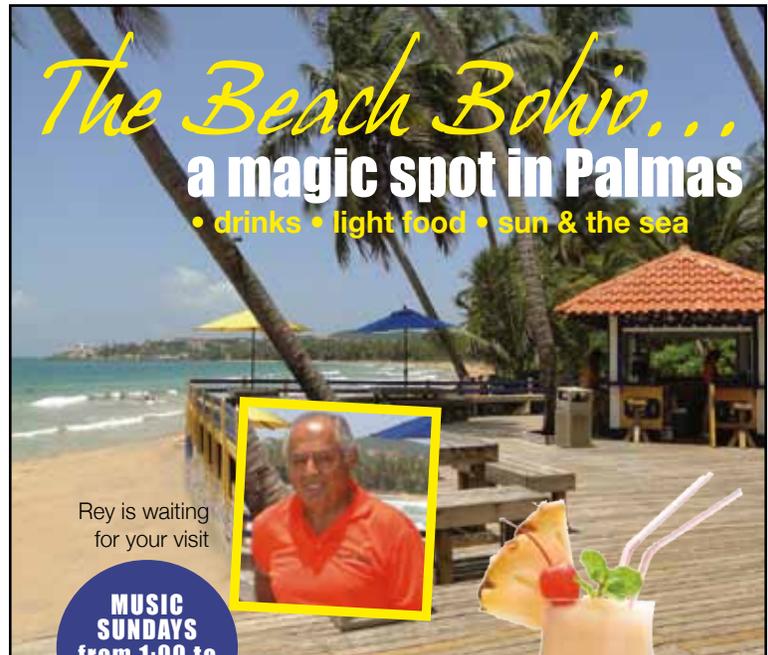


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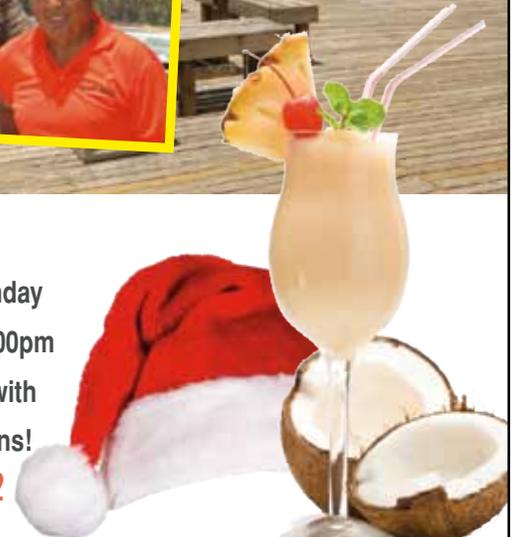


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The University of El Turabo Museum... *a must visit!*

Museo y Centro de Estudios Humanísticos MCEH Dra. Josefina Camacho de La Nuez

In 1981, the MCEH was born and conceived as an archeology, history and ethnography museum. As a result, it has collected and preserved precious and representative folk art and pre-Columbian artifacts. However, its role has evolved in time, and the MCEH has become a premier regional center for the study, dissemination and exchange of Puerto Rico's culture, past and present. Its very location—in a historical house of the region's leading sugar mill—symbolizes its historical and cultural grounding. In 2004 the museum changed its name to Museo y Centro de Estudios Humanísticos Dra. Josefina Camacho de La Nuez in memoriam of a great educator and humanist with a diverse academic interests which includes music, English language and philosophy.

MCEH's priority has been to protect and study the valuable archeological heritage of eastern Puerto Rico. Its scholarly publications are disseminated and greatly appreciated, and its collection is a subject of study among the world's foremost specialists of the Greater Caribbean region. The collection includes carvings, sculptures, burial remains, and tri-dimensional pieces of pottery—many of them whole, a rarity. These represent the remains of various native cultures and their distinct eras, including the Taíno and, most notably, the Igneri.

The MCEH is both a generator of anthropological and cultural resources, as well as an exhibitor and interpreter of the work done by others. The MCEH has undertaken several major excavations, one of which unearthed an extraordinary find: the 2,000 year-old Punta Candelero settlement, featuring the most important ancient skeletal remains in Puerto Rico and, indeed, the largest archeological find on the Island.

Punta Candelero site considered as one of most significant archaeological locations in the Caribbean.

The MCEH is the permanent home of this unique and priceless collection, the richest and oldest remains of the Igneri culture, which appears to have lasted only until 200 BC. Objects at the site strongly suggest and document a previously unknown migration of Caribbean people. As a result, the Punta Candelero site generally considered as one of the four most significant archaeological locations in the Caribbean. This collection is essential in the understanding of how and when the Greater and Lesser Antilles were populated, and often is requested by other local and Stateside institutions and universities.

Every year, the museum organize and host workshops in art, sculpture, photography, drawing (for children), popular and classical music concerts, art contests, and training in art management and administration, as well as a cultural summer camp for children. The new building will have a substantial multiplying effect not only in the number of visitors and events, but also in the type, scope and impact of such activities, exhibits and cultural and educational initiatives.

Besides numerous other affiliations and collaborations in Puerto Rico, MCEH is particularly proud and privileged to have subscribed an affiliation agreement with the Smithsonian Institution for collections exchange, development of educational programs and technical assistance and training in museum science, museum management and administration, exhibit design and development, and conservation of museum resources.

Last October the museum inaugurated the second phase expansion of its facilities



Punta Candelero archaeological collection





The art collection of Fundación de Arte Sacro Antonio y Lola Roig.

which provides an additional 26,000 sq.f. of six exhibition galleries: Sala Ana G. Méndez, Sala Valle del Turabo, Sala de Exhibiciones Itinerantes, Sala de Arte Sacro which includes part of the art collection of Fundación de Arte Sacro Antonio y Lola Roig, Sala de Artesanías, Sala de Arqueología, and one Education and Creative Gallery. In addition the new facilities include a Café, a state of the art store and open spaces areas.

The new building is conceived as a straight-forward solution to the obvious problem of lack of space to care for and display MCEH collections. Yet its impact is far greater, since the MCEH's mission extends beyond the display and storage of priceless antiquities and relics. The Center/Museum and the University react proactively to the needs and interests of students, scholars, and the community at large, sponsoring art exhibits, literature and music programs, workshops, seminars and lectures, research and publications; and works with local artists to strengthen and create new audiences. A key target audience is the region's elementary and high school student population --whose attendance has increased steadily and now accounts for approximately half of all MCEH visitors—to expose them to the arts, culture, history, archaeology and other disciplines, as well as to the meaning, purpose and offerings of the University. As result, the new building is purposed to become a key cultural encounter and exchange forum to further enhance the Humanities in the region.



FREE INDIVIDUAL MEMBERSHIP FOR PALMAS

The University of EL Turabo is offering the Palmas community a free individual membership. Connect to www.sociosmceh.org and get a free membership by entering the code UB02E2GA to apply for your membership. For more information contact 787-743-7979, ext. 4020 or 4010



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Increasing your home value *...in less than thirty minutes!*

By: Eric S Swider, Managing Partner & CEO
GSI Asset Management

In order to understand how you can truly increase your home value in less than thirty minutes, we have to determine what creates value in our homes. Real home values cannot be created by using a new paint job or a renovated kitchen alone and in a deflationary home value market, these items are only commodities; items that anyone can apply to their home.

So we have to create something unique that in every market condition will never fail to add value to our homes or our community. So what can we do in less than thirty minutes that will increase our home values? There is only one thing that will increase the value of your home in every market and that is demand. Demand for your home, for your community. So the question is, how do we create demand in less than thirty minutes?

Recently; Gallup and the John S. and James L. Knight Foundation launched the Knight Soul of the Community project to answer this dilemma; what makes a community a desirable place to live? What draws people to stake their future in it? Are communities with more attached residents better off? This was a study of 43,000 people in 43 communities that lasted over three years.

The items that consistently topped the list of what makes a community attractive were as follows; Openness (how welcome does someone feel), Beauty,

social gatherings, safety, civic opportunities and schools among others.

Just like any community Palmas Del Mar faces the challenge of stabilizing and increasing home values. In a resort community, the visitors not only support our local businesses but they also end up being our neighbors. They are the ones that create our demand. We are fortunate that we have so many opportunities to market our community to visitors. When a visitor drives through the front gate, the first resident they meet

becomes the Community marketing tool and determines whether or not the visitor creates demand to dine, shop or live in the community.

Below is a list of items you can complete in less than thirty minutes that will immediately help increase the value of your community and your home. These items are exceptionally important since we live in a resort community.



- **Smile; let a visitor or a vacationer in Palmas know they are welcome, greet them with a friendly smile. They just may be here to purchase your friends home who needs to find a buyer.**
- **Make the community a warm and inviting community; slow down, take an extra moment to smile at a neighbor.**
- **When you see litter, clean it up.**
- **Talk to your Regime board, make sure repairs and maintenance are being performed.**
- **Get involved; volunteer at your school or church.**
- **Organize or participate in a community clean up day.**
- **Mow the vacant lot next to your home.**



If you see an area that needs some attention, a fresh coat of paint, some landscaping or maybe some pressure washing; grab a few friends and have fun beautifying your community. If it is an item in a community common area; please make sure to report it to your regime as well as to the PHA. Smile, slow down and wave; let a pedestrian cross with a warm smile, and ask your neighbor to obey the speed limit.

These are all items that take less than thirty minutes and if everyone in the community were to take thirty minutes once a month not only will demand increase for our community but it will be demand from the character of people you would like to have as neighbors.

The residents of Palmas Del Mar need to let the world know, we are on a campaign to make everyone feel; this is a welcome, open and diverse resort community. We are embarking on a campaign to keep our community clean; green and beautiful. welcoming community that takes pride in cleanliness, maintenance and safety. Visitors and homeowners alike set the tone for a friendly community that is in demand. Every time someone visits, they will notice; a peaceful environment with noise ordinances; slow moving traffic meanders through the community and the landscaping is well maintained and cared for. Pedestrians and bicycles share the community paths with Golf carts; this is how you increase values in less than thirty minutes.



the new Candelero restaurant

The Restaurant Candelero, by the Equestrian Center just re-open it's doors to offer a great variety of meat and sea food at the grill with a little smoke flavor. The good news is that Luis Rosado, the chef of the old Candelero is back after being the chef at the Fortaleza kitchen for several years. At the opening we had the opportunity to enjoy many of his delicacies paired with excellent wines.



Gold Medal for Tito Aponte!

Victor Rafael Aponte Taboas, better known by Tito Aponte just win the gold medal in the Catamaran category of the XVI Panamerican Games in Puerto Vallarta, Mexico. Wow! Palmas is very proud of you!

We have all seen him growing up at Palmas side to side to his older brother Ivan, also a great sailor. I believe Tito was wrapped with a sail when born and sparkle with salt on her skin. I remember seeing him coming out of the water in the Optimist boats when he was almost a toddler. "Yes, I started to sail when I was four and to compete at ten", confirmed our gold sail champion. Tito competed in the Hobie Cat 16 category and win with his partner, Enrique "Quique" Figueroa, the gold medal of this category. "We practice hard for a whole year, I think we practice more than anybody and that gave us confidence", he said and added: "But I prayed a lot. Our competitors were very close!", he said and laughed with his big smile and good sense of humor.

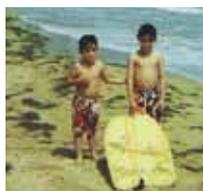
Talking about the sea conditions at Puerto Vallarta Tito said that we prefer our waters. "The water is not as blue and clear as in Puerto Rico because there are many rivers around and there was much bigger waves and strong currents. But there is a lot of marine life. There was so many turtles that we had to be alert not to bump into them!"

He came to the interview with his brother Ivan and his sister Aura, twelve, also a good sailor, I also saw her once coming out of the open sea when she was around six or seven. She was so skinny and small it looks like a wet little lizard I told her and we all laugh. But it's true I remember thinking that. His brother Ivan also obtained a privilege 6 position on the Sunfish category at the Games. They are all so warm and talkative that it was a delight to talk to them.

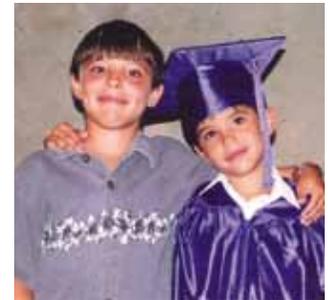
"When we received the medal, I was in shock, I didn't know what to do. I thought to myself: I win wow! There I became a public figure everybody wanted to take a photo with me and I signed autographs", he recalls proudly.

"I screamed and suddenly all my friends started calling me, it was great", said on her side, Aura who said maybe one day she will also compete.

The future? "Continue sailing", said Tito. Ivan on his part has plans to study medicine and is starting this next semester his pre-medicine at Mayaguez. But, that could change. I understand he is being



Tito Aponte with his older brother Ivan, his mentor in sailing and his buddy!



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Adamari López... Mira Quien Baila

Winner



Adamari 's all friends and Palmas neighbors got together in Pura Vida Rest to see the final of Mira quien Baila. The results are well known but if you miss that moment this photo, taken from the

TV talks by itself. She won by one million votes ! The votes were from the audience and she wins eventhough she was competing with the singer Pricilla Ángel, from Mexico, a country with a

population of 112 million. She was indisputably the best all accross the competition. Adamaris has angel and her personality and sparkle sets her apart from the rest of the competitors, she is the best!!

Adamari was representing the Susan G. Komen Foundation and the \$50,000 she wins are going to the Foundation. We are so proud of you Adamaris!



Benny's Interior

UPHOLSTERY INTERIOR & EXTERIOR

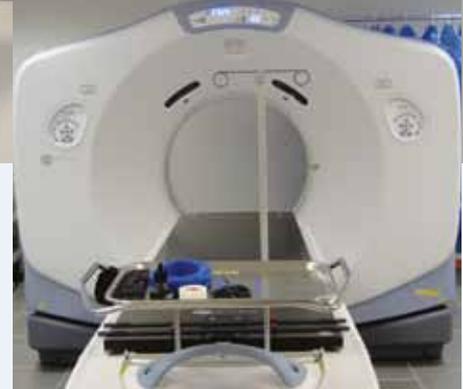
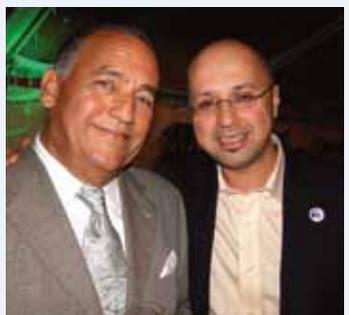
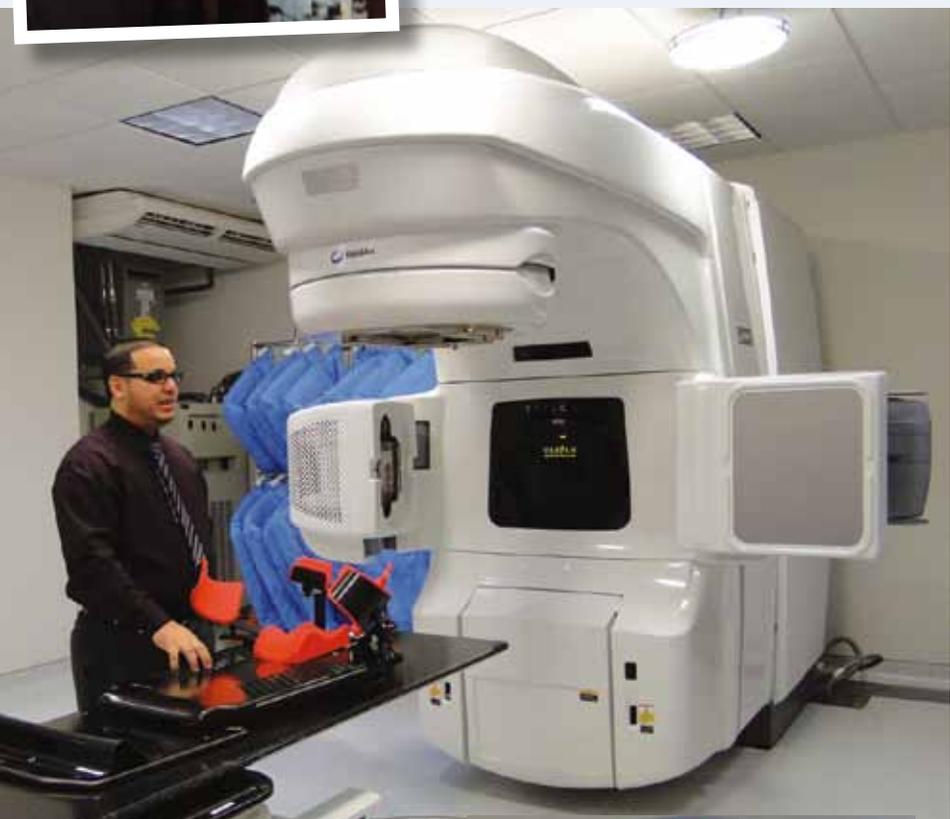
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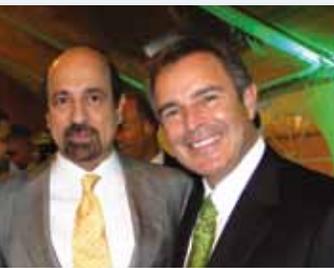


The East Radiation Therapy Institute (IRE, by its Spanish initials - Instituto de Radioterapia del Este) just opened their doors in Humacao with the best equipment in Puerto Rico, Latin America and the Caribbean for radiation therapy for cancer. It is the first and only radiation therapy center equipped with the latest radiation therapy technology to treat cancer in a shorter period of time, more precisely and offering better possibilities for success.

"Our institute is equipped with state-of-the-art technology, including the "Varian Trilogy Rapid Arc" which is the only Computerized Linear Accelerator machine. This machine enables external irradiation of the affected area, adjusts to every patient and reduces the length of one session of treatment to a ten percent of the regular time a session would take if using other equipment without harming the healthy cells and achieving a shorter, more precise and effective treatment that benefits the patient", said Doctor Carlos Remedios, Medical Director of the East Radiation Therapy Institute (IRE),



The IRE also has other top-notch technologies including, but not limited to the Respiratory Gating; the Stereotactic Radiosurgery and the Stereotactic Body Radiosurgery that allow performing radiosurgery on tumors that cannot receive a surgical treatment due to their location in critical intracranial and body areas; the method known as Intensity-Modulated Radiation Therapy; the system with the highest Resolution of 4D Digitally Reconstructed Radiographies; an evolutionary 6 dimensional robotic treatment table, equipment owned only by ten (10) of the most prestigious radiation therapy centers in the United States; and a CT scan that makes 16 cuts unlike traditional machines that make 2 or 4 cuts.



According to the most recent statistics of the Health Department, during the last decades cancer has been the second killer in Puerto Rico and around 2 050 new cases are diagnosed annually. The IRE is equipped with the latest radiation technology in order to treat the existing variety of cancers offering more possibilities of success and having the patient's welfare as its priority. These modern technologies represent a unique opportunity of treatment for many patients who otherwise could not be treated for cancer.

In the past, patients had to travel to the United States to undergo these treatments. Now, not only patients from Puerto Rico but also from the United States, Central and South America have the opportunity to receive the most sophisticated treatment in Humacao.

"The quality, capacity and advantages of this technology are unbelievable. It is a huge and considerable breakthrough for cancer patients because they can enjoy a better quality of life, and that is our goal at IRE: to take advantage of state-of-the-art technology and use it in benefit of our patients, thus helping them to make the most of their lives", stressed doctor Remedios

With the slogan We'll go hand in hand with you!, and the symbol of the "pink promise", the committed team of IRE makes a deal of love with all of its patients, a genuine promise of providing an exceptional service counting on the human factor and with respect.

Let's hope we don't need them but... if we do, it's good to know it's so close to home. IRE is located at calle Antonio López #55 (very close to the Roig Museum. If you want more informatin about this revolucionary center go to www.irecontigo.com or call them at [787.719.2300](tel:787.719.2300).





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Appetizers

- Coconut shrimps • Chorizos al vino
- Brocheta de camarones y tocineta en salsa de rum BBQ
- Mahi nuggets • Alitas

Y los famosos hamburgers siguen!!!!



The Yacht Club



The Best Member & Guest... Ever



Talking about tennis fever...

The first PAC Member & Guest tennis tournament was an amazing weekend. The sun was shining and the courts were full. A total of 150 players including members and their guests of all categories and juniors gathered at the court.

Opening Friday night with a great cocktail sponsored by the Center Court Bar & Grill, Coca-Cola and Don Q, all the players enjoyed great food and live music.

Games started early on Saturday morning and all the players ended the night at the Country Club with a great party. Players, giving their tennis shoes a break, put on their dancing shoes and partied all night long. The plenarios surprised the crowd and it was fun, fun,

The semi finals and finals went on Sunday morning and after a hard day at the court. The first PAC Member & Guest Tennis Tournament ended with a special Awards Ceremony (trophies by artist Sofia Vizcarrondo) and a spectacular raffle.

It was truly and amazing weekend. We thank everyone who participated and collaborated to make this event happen. Once again, PAC aced it!





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6. Bajo un palmar / Pedro Flores
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9. Bello amanecer / Tito Henríquez
10. El despertar / Rubén Fuentes y María Roth
11. Tu vives en mi pensamiento / Eladio Torres
12. O Sole mio / Eduardo di Capua
13. Alondras en el bosque (acompañado por la soprano Larisa Martínez) / Carlos Padilla
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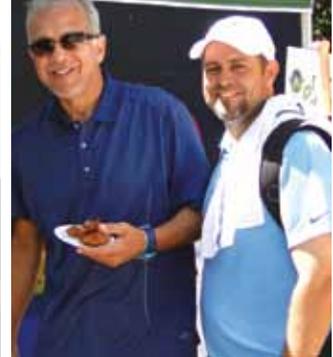
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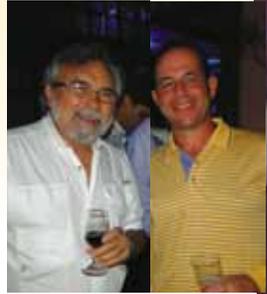
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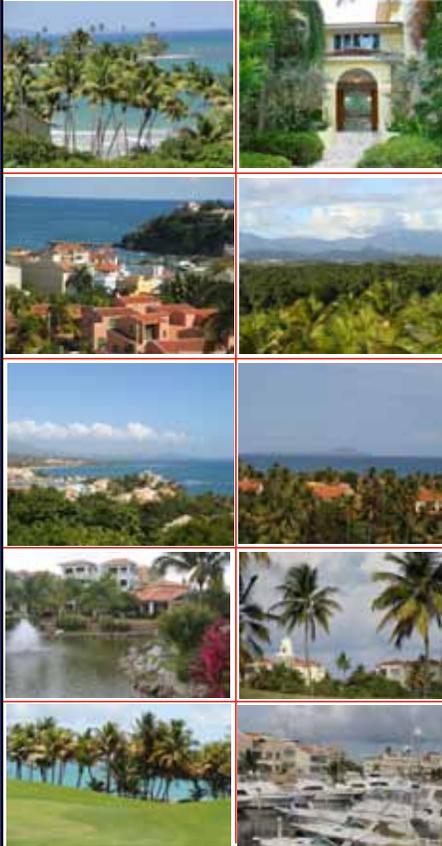
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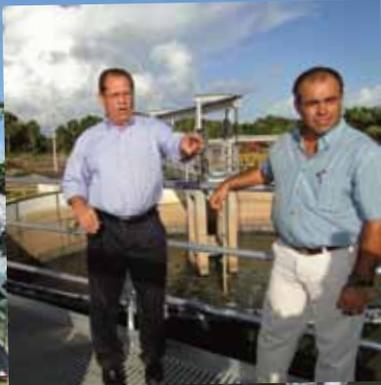
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Our Palmas del Mar Utility Company (PDMU) at the forefront of state-of-art technology: Waste Water Treatment Plant



New 300,000 Equalization Tank



As part of their continuous improvement culture, PDMU Utility Corp. recently “turned on” the switch on a new Waste Water Pre-treatment System.

This new equipment allows the operation to improve the storage capacity of the received effluent and to go beyond the environmental compliance standards. The system, designed by CMA Engineers & Architects, is a combination of a new Grit Removal Unit (GRU), a 300,000 gallons Equalization Tank and a new pump station with the required ancillary equipment and electronic controls. With the system, PDMU manages all solids/grit that comes from the raw sewage into the WWTP Treatment Plant and separates them, avoiding sedimentation problems at the Equalization Tank and on the treatment chambers. The GRU receives the influent that is pumped from five (5) sewer pump stations located through Palmas del Mar.

With the help of a centrifugal Gear Head, the solids are deposited at the bottom of a 12ft semi conical container. On a cyclical automatic system, the solids are carried from the bin to a separation container using a 7.5 HP grit pump. At the separation container, a continuous grit separator, separates and moves the solids along a channel that discharges the material on a disposal container. The remaining used water is pumped back into the Equalization Tank.



Grit Removal



Grit Removal Unit (GRU)



Influent received from Sewer Pump Stations

At the Equalization Tank, used water is stored and aerated, allowing an oxygenation level before getting into the WWTP plant for treatment. This water is moved from the tank to the Treatment Plant WWTP by three (3) alternating pumps that allows a continuous flow to the treatment chambers.

Alternating Pumps



Control Panels



The influent comes from the external pump stations on a non-regular intermittent mode, the Equalization Tank serves not only as a storage element, but as a flow controlling tank, in order to maintain the biological treatment working uniformly and on a continuous basis.

The project was completed in April 2011 after nine (9) months of construction by AIREKO. "Since that date, our WWTP Treatment Plant has experienced an improvement on the quality of produced effluent, that translates into less chemicals used before making it available for the irrigation of the Golf Courses and green areas. Also, the new Equalization Tank has increased our storage capacity, allowing a quicker treatment time, having then more effluent available to be treated before being stored into the irrigation ponds." – Indicated Rey Encarnación, Executive Director of PDM Utility Corp.

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PAC Fitness Fever!



No excuses for being out of shape. Our PAC Fitness Center just contracted Jackie Rodríguez, one of the most recognized fitness trainers of Puerto Rico and the Caribbean to be in charge of the Club facilities. Jackie among others recognitions is being selected to represent Puerto Rico at the FIBO, a leading International Trade Show for Fitness Wellness and Health in Europe to be held on April 2012. Jackie is being selected as the official trainer of Miss Universe Puerto Rico (who is going to be training at our

PAC facilities!).

PAC is getting better by the minute! If you haven't visit the Fitness Center lately, stop by and find out all what is new for you. The classes will be paid by tickets and they are fantastic deals available. PAC MEMBERS - only \$69.99 - 12 tickets/classes - Non members- - \$120.00- 12 tickets/classes. You can buy your tickets at any PAC outlet.

New equipment, new and improved classes and the expertise of Jackie and Juan Vélez, certified and excellent Personal Trainer with vast experience, who is going to be the manager of the Fitness Center.

Among the novelties of the Fitness Center is the Suspension Body Weight Training Machine (the only in Puerto Rico), intended for group or personal training.

Now XCO & Flexi Bar at the PAC Fitness Center

As part of this renovation, the XCO fever arrives to the PAC facilities. As many of you have already know, this modality has become very popular in Puerto Rico because its results (I could give faith). The XCO Trainer is suitable for everyone because it is very easy to learn and can be adjusted to individual needs. When shifting the oscillating mass inside the XCO Trainer forward and backward, you receive an instant acoustic feedback while you're working out!

Another advantage of training with XCO Trainer is the positive effect it has on core strength. The core muscles are all of the deep muscles of the body that attach to the spine and whose role is to support and stabilise the entire spinal column. A strong core leads to greater spinal stability, fewer injuries (especially to the back) and better physical performance. XCO Trainer, automatically activates the core muscles, stabilizing the hips and spine throughout the workout.



The Suspension Body Weight Training Machine



XCO Training at the Beach Club



ZUMBA

Flexi-Bar

- The advantages of XCO Trainer
- 33% more of calorie consumption
- Total-body workout
- Exercises arms, shoulders, abdomen and back
- Softens hardened muscles
- Ideal fat-burning effect
- Body-toning effect
- Recognized therapeutic method
- Dosage can be adjusted to individual needs
- Improves rhythmic perception



AQUA AEROBICS



Power Yoga class



Personal Training

Another of the important services that will be offer at the Fitness Center will be the Personal Training service, wich I strongly recommend. " Having a PT helps us set our work out goals and keeps us motivated. We need the push to work harder so we can achieve more and avoid the comfort zone. It is great to have clear targets to reach as it relates to physical condition.", stated Amarylis Alsina. "The PT designs the exercise plan according to our goals and needs. Having the right PT, makes a big difference. They are not all created equal and we are happy to say that ours is fantastic. Taking the PT sessions along with someone else as a buddy also is a big plus. It adds another level of committment and also competitiveness which helps with the engagement and motivation. In our case we buddy up (as husband and wife) and we have a lot of fun challenging each other during the sessions. We give each other feedback and push each other to work out harder. At the end of the PT sessions we feel very satisfied and accomplished... and we are very happy when we see ourselves reach our physical condition goals!" finished José Pagán, Amarylis husband.

FITNESS MENU

- Kickboxing • Cardio XCO
- Zumba • Flexibar
- Water Zumba • Salsa
- Power Yoga • Personal Training
- Suspension Body Weight Training • One on One Pilates

Starting on January

- Spinning



**One on One
Personnal Pilates
PT with Betssy**

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Alida's NEW PAINTINGS



Our dear friend an Palmas neighbor, Alida Ortíz just sent us two of her new painting inspired in the last year Three Kings Parade. One is a painting of Pilar Bajandas and the other is a scene of the amazones on their horses. Both presents a lush and exuberant potrait of the Caribbean light and colors. Thank you for letting us share your art with our community and reminder that this year Three Kings Parade is going to take place on the Three Kings day, the six of January. Hope to see you there. It's and outstanding activity and I am sure that this year is going to be even better than last year.





editor's choice



Crescent Beach

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editor's choice



Exquisite...just step in!

You need only to bring your toothbrush...This beautifully furnished and supremely comfortable apartment with its luxury decor in subtle hues, Venetian plaster walls and elegant textures reflects simply one of the most desired locations in the resort community of Palmas del Mar. This luxury apartment with 3 bedrooms plus den, en suite bathrooms in two of the bedrooms plus additional guest bath offer the perfect get a way. A corner apartment with Caribbean sea views, sandy beach, walk to Gym, Cava or any of the two pools in the community; an elegant pool and a fun themed dragon pool for family fun. Your concierge is here to service you for years to come. visit our web site: www.cpmrealtyp.com Being offered @ \$1,150,500 for a limited time only - 2/12 For more information call **CPM Realtors** 787.850.4401



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news FROM OUR WYNDHAM HOTEL



In a meeting with Eric Burgos and Ivan Pavlic I found out what it's going on at the Wyndham Hotel. As many of you know, the hotel is being renovated and at this time of the year all the renovation should be finished, including the Amalgama Restaurant. "We have been working hard and have many plans for this coming season", said Eric and Ivan explained the details and all the promotions:



CIRCLES Wine Bar..

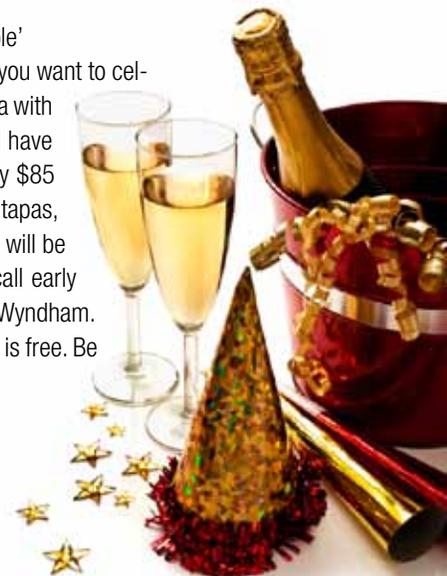
- **Ladies Nights** - Wednesday -Cosmopolitan & Madras free from 6-9 pm
- **Thursdays** - two for one
- **and Fridays!** - Veuve Clicquot for only \$55. with the purchase of two tapas. Not bad!!
- **Sundays** - from 5 pm on with the purchase of a bottle of wine you get one free.

"The Wine Bar is fully renovated with more than 100 labels and a new tapas concept very similar to Europe. With every drink you will receive a complimentary tapa such as "Jamón Serrano, chesse and olives etc"

The New Years Eves Party

"This year we are having a very special party with tropical live music, "pleneros", "batucada", begigantes and other surprises during the night. The New Years Eves party will be at the Ballroom with an extravaganza buffet. The cost of the dinner is \$99 pp and includes one bottle of champagne for every four people. There will be a kids menu available for \$38. that includes

ilimited soda. For the adults there will be a cash bar available' But that's not all... if you don't feel like going to dinner and you want to celebrate at the Hotel there will be another party at the lobby area with a DJ that includes a video show. At the lobby the Hotel will have cash bar and the tables for four could be reserved for only \$85 per table of four. This price includes typical Puertorrican tapas, un sparkling wine bottle and the "asopao" at midnight. There will be only around twenty tables available, if you are interested call early to ensure your space. Well there is a lot happening at the Wyndham. Stop by and find out by yourself! And by the way the parking is free. Be sure they stamp your ticket.





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last minute news

WANTED



Boys and Girls from 7 to 11 years old interested in participating in the PAC's First Anniversary Ping-Pong Tournament, next Sunday, December the 4th, 2011, from 2:00 to 4:00 pm.



A blessing for PAC for its First Year Anniversary!

Almost at the closing of this magazine, Christ Pennock stopped me in the middle of the road one morning to show me this beautiful sight. I was truly moved. This rainbow started at the golf course and ended exactly at the entrance of the Club House. It was like a message from Mother Nature. We would like to share it with all of you.

Update

By: Denise Valledor

Toys & food for the less fortunate



Palmas Ladies Community Club & PHA asks for your help in this giving season by donating TOYS & FOOD -unwrapped and non-perishable in benefit of The Community of Buena Vista, The Community of Guayanes, Casa Ronald Mc Donald and the Evangelical School of Deaf. From October 31st to December 23rd, 2011 the drop-off site will be the PHA Office from 8 to 5pm and Saturdays from 9 am to 1 pm. For more information call Melissa 239.821.6043 / 787.656.9061.

Be a Chica Chic!



They are Carolina Aranguren and Annette Castro. They just started a new business they have named: Chica Chic. Knowing Carolina is a perfect name, she is always so chic and elegant. "We are committed to create one of a kind invitation for your event whether it is a birthday party, housewarming, Meet and Greet, Quinceañera, wine tasting, family dinner, baptism or wedding. You name the event and we create the invitation! We make sure to include details to guarantee each project is a unique work of art and double its use as a memento," said Carolina. And to said the thruth they are really unique. Your invitation is not going to be ignore! They run in prices from \$3.00 to \$11.00 each. Next time you have a party, call them at (787)248-0588 / (787)667-7570. Be a chica chic!

It's been a wonderful first semester at The Palmas Academy filled with many activities of which I'd like to share some with you. August began with our 2012 senior entrance in which all seniors including myself were greeted one by one by all students and faculty. What a nice tradition! In September the Parent and Teacher Organization (PTO) surprised us by sponsoring a welcome back party at the Yacht Club.

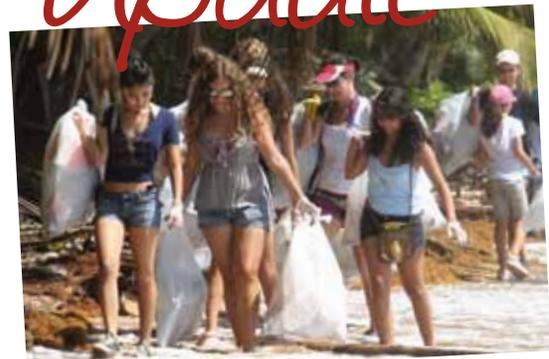
In the other hand, our community service coordinator, Jannette Schuck, took us on a beach cleaning day, to the Susan G Koman 5k marathon for breast cancer awareness, a blood donating day and ended with a thanksgiving lunch for the battered woman of the "Casa de la Bondad". The lunch, held by the TPA Juniors, was very emotive an meaningful since a group of woman survivors of domestic violence share with us the table. The TPA band played music for them accompanied by our band singer and Mrs. Rosario, our elementary school principal. During the semester, our TPA counselor, Dr. Maria Mangual better known as Choqui, organized several relevant activities such as: college fairs, the red ribbon week, and the a DEA (Drug Enforcement Administration) presentation aimed to prevent drug use among students. We are all so lucky to have her as our counselor!

October ended with our 13th Annual Golf Tournament which was a huge success thanks to the help of parents, friends, and sponsors. November 3 and 4 was very special as we held our TPA Volleyball Tournament during which our Dolphins proudly represented us. We want to congratulate our champions: Girls Juvenile Volleyball, Boys Mini Volleyball, Boys Jr. Varsity and our Sub-champions; Girls Mini Volleyball.

And...last weekend was the play, The Nightmare Before Christmas and its was also a huge success! Even though it rained both days' people, teachers, and students showed up to support the drama club and watched the play. It was fun, exciting, dark, and absolutely wonderful. I, myself was part of the scenery crew and we worked so hard every day after school; it was nice to see the impressions on the audience face. Jonathan Mendez (11th grader) who was the main character Jack did amazing and so did Jianna Pagan (11th grader) in the role of Sally. We are all glad that our hard work and dedication has paid off, and we can't wait for the play next semester.



The DEA conference



The beach cleaning day.



Working on the stage



The Nightmare Before Christmas play.



Lunch with Casa de la Bondad



de Roma a Palmas del Mar

Monsenor Octavio Ruíz Arenas



El sábado 12 de noviembre llegó desde Roma a Puerto Rico Monsenor Octavio Ruíz Arenas , Arzobispo emérito de Villavicencio en Colombia, actualmente Secretario general del Pontificio Consejo para la Promoción de la Nueva Evangelización, que es el Dicasterio de la Santa Sede creado por Benedicto XVI el 21 de septiembre de 2010, con el fin de impulsar el anuncio del Evangelio en aquellos países de antigua tradición cristiana, en los que se ha ido perdiendo la fe y se han dejado invadir de un ambiente secularista, que ha relagado a Dios de la vida y de la actividad humana.

Monsenor Octavio Ruíz ha venido desde el Vaticano para la celebración del Quinto Centenario de la llegada del primer obispo católico al continente americano que había sido nombrado por el Papa Julio II para la diócesis de Puerto Rico. Presidirá la celebración eucarística conjuntamente con todos los obispos de la Conferencia Episcopal Puertorriqueña en el Estadio Solá Morales, de Caguas, a las 10:00 de la mañana. Asimismo tendrá un encuentro en la Universidad Católica y un día de reflexión sobre la Nueva Evangelización, en la diócesis de Ponce, con los sacerdotes, seminaristas y agentes de pastoral, que están colaborando con el Movimiento Retiros Parroquiales Juan XXIII.

El Arzobispo fue recibido en Palmas del Mar por Isabel y Ramón Sepulveda los cuales lo acogieron en su residencia de Costa Verde. El domingo 13 de noviembre en la Capilla la Sagrada Familia concelebró una misa a las 2:30 pm en compañía del Padre Campo Emilio Ariza y luego compartió con un grupo de amigos en el restaurante Chez Daniel.



the making of... our cover!



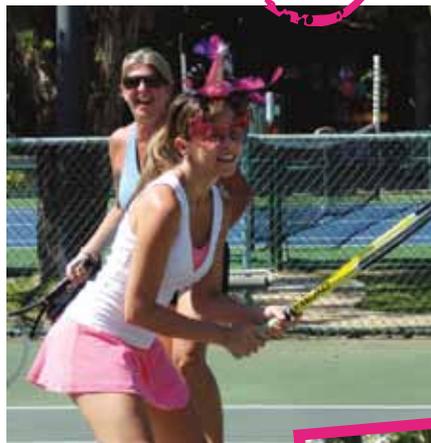
As usual, our beauty salon Bellissima Beute (antes Keilas) was in charge of the hair and make-up of our top model, Maribel Muñiz. Aracelis did a wonderful job as you can see in the cover. Both the hair and the make-up looks natural yet dramatic. Juano also got his hair cut at Bellissima Beute.

The photo shooting was in charge of our official cover photographer, José Bobyn.

At the end we did some extra photos at the Yacht Club rocks. Impressive!



IMARAS' dream come true!



Have ever notice how cute the woman tennis uniforms are? They are so feminine and sexy! Many of us, that doesn't know how to play and doesn't have the slightest intention to do it will love to wear them and seat around the Center Court looking so cute. Well...your dream could become true. Imara Camacho has created a new and fashionable way of belongs to a tennis league. The Tennis Couture 0.0. I'am on! But... if you play tennis don't even try to apply. You are not going to be admitted.

That's why for Imaras B-Day her friends (who all play good tennis) organize a Cardio Tennis class with Angel (a real one) as part of the intention of being accepted in the Tennis Couture 0.0 League. But no way! Tennis Couture is about fashion. No sweat, no running, no picking up balls, no stress. Congratulations Imara for a dream come true.



tennis COUTURE



PALMAS ACADEMY

By Alfonso Cruz Feliciano

Talent

Let your voice be heard!

After 16 years, mine finally was heard. Thanks to the citizen forums, it was definitely heard. October 22, 2011; I formed part of the citizen forums in Humacao. At first I went only as a spectator, but once there I knew, I had to talk. I presented my proposal: Technology for all. Which basically is a course I developed to teach elderly people how to use the computer. I will begin this course in my hometown, Yabucoa, in January 2012.



My goal for this project is to create specific locations in Puerto Rico where these courses will be held. This project targets the improvement of our elderly's life.

Why? You might ask. Because of the Internet, the Internet when used correctly is a tool that facilitates your life. Once the elderly are exposed to the internet their life will be easier in many forms, for example: they would be able to manage their bank accounts from home without having to go to the bank. It will also

improve their social life since they will be able to contact family members using Skype and other platforms. In Puerto Rico only 20% of our elderly use the Internet. I hope that Technology for all will contribute to raise that percentage significantly.

So, if you have something constructive to say don't hesitate. Go to the next citizen forum. There you will definitely be heard. Don't miss out on the opportunity to make yourself heard while contributing to the benefit of the community. For more information visit their web site: www.agendaciudadanapr.com

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CASA DE LA BONDAD

It's a matter of life or death

At the closing of this magazine I received a terrible news, *Casa de La Bondad* is being closed for lack of funds. This is terrible! So many woman and children has being save and are living now in a peace and with dignity due to the support *Casa de La Bondad* has giving them for more than 19 years. I can give faith of the work *Casa de La Bondad* has done for many years because I have very close to me a woman that survive two murder attempts of his ex-husband. A wonderful, very hard worker and talented woman with five beautiful and well educated kids! She is my employee, my assistant, my friend and my consultant. She is wonderful, she knows how to fix everything, and there is nothing impossible for her. I met Maria (fake name for security reasons) through one of my sisters, Glenda, who was on the board of Casa de La Bondad. But my emotional links to Casa de La Bondad started the same first day I sleep in my villa in Palmas for the first time.

Life brought me close

When I bought my villa at Palmas it was rented so when my tenant left I renew my villa and the same day I was going to sleep for the first time on it, my sister Glenda called me asking me for a big favor. I had everything planned, I brought flowers, incense, candles, I clean the house myself (with the help of my good friend and art director, Sandra), it was part of the empowerment (that's my witch side, I like rituals). I was ready to make of that night a very special one for myself. Sandra have left and I was in my porch enjoying the breeze and the meaning this stepping stone when the phone ringed. It was my sister Glenda with a petition: One of the woman of Casa de La Bondad and her small son needed shelter for the night. Silence of my part. Suddenly all my big plans were falling apart! But then, the common sense and woman solidarity feelings arouse (Whit

my sister insistence, I have to admit) but then, I thought to myself: "What better housewarming that helping somebody in need?" The rest is history and it was a magical night. We stayed up until very late and the horror stories I heard was like taken out of an horror movie. The sad part is that those stories are not in the movie, they are the stories of so many woman and their children who are living in hell. They are hopeless and institution like Casa de La Bondad are their only hope. Casa de La Bondad offers individual and group counseling to both woman and children as well as parenting classes to mothers and tutorials sessions with the school-age children because they believe education is essential for the eradication of domestic violence. Since 2004, through a federal grant, Casa de La Bondad had also offers transitional housing to hundred of participant. This was the case of Maria that is alive because Casa de La Bondad offer her shelter with her five kids in two occasion. Maria entered Casa de La Bondad with her five kids, stays there for some time, they help her find a house and her ex husband find out where she was and attempted to kill her again. She when back to Casa de La Bondad and they help her again. Today she has a new life with her five kids very well educated and happy. If it was'nt for Casa de la Bondad, Maria could have being dead. I wish you all know this woman! She is amazing so her children, than even though all they being through, are emotionally healthy and very well educated. There many Marias out there and we can make the difference. Make a donation today, It's a matter of live or died. You can make a contribution to account #0101458707 at the Cooperativa de Ahorro y Crédito de Las Piedras. For more information or to offer any help you can call (787)852-7265/ 2087



5K

PALMAS
Run or walk for
Casa de la Bondad

April 1, 2012 at 5:30

More details soon!



The above installation was presented in the Humacao Plaza. Approximately, 50 wedding dresses were exhibited, representative of 50 woman that have died as a result of domestic violence. In front of each wedding dress a bouquet of flowers, a candle and the name of the victim was placed.

A soiree of wine • music • good food • friends

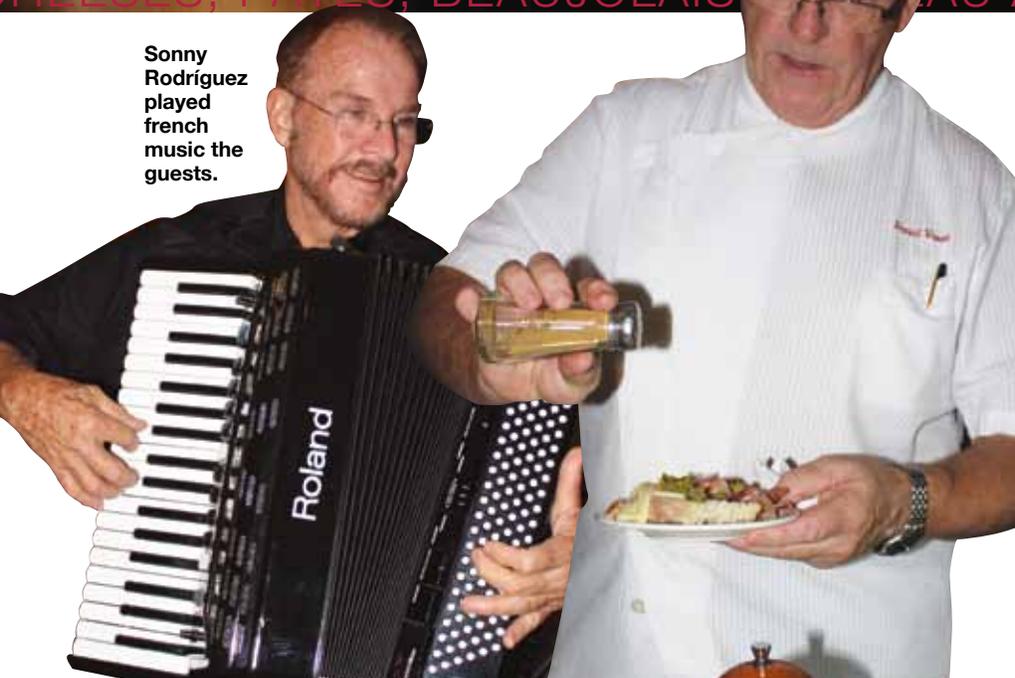


Beaujolais Nouveau arrives at Chez Daniel

In benefit of the
"Instituto del Ciego de Humacao"
\$ 60.00 pp. (tip and taxes Included)

CHEESES, PATES, BEAUJOLAIS WINE AND ACORDEON PARTY.

Sonny Rodriguez played french music the guests.



le touche final du chef

DON'T MISS IT!

DECEMBER



Saturday, December 10th from 7:00 pm
Re-inaguration of the TIKI Bar
and Full Moon Party at the Yacht Club



Saturday, December 17th
PHA Annual Golf Cart Parranda.

Contrary to previous years, registration of decorated golf carts will start at 4:30 pm instead of 5:00 pm to allow some extra time for the process and will end at 5:30 pm for judging purposes.

JANUARY 2012



January 6th "Official Three Kings Holiday"

The 2nd PHA Three Kings celebration will be held on Friday, January 6th "Official Three Kings Holiday" at the Candelero Restaurant located at the Equestrian Center. The event will begin at 9:00 am with a parade of horses led by our Three Kings.

FEBRUARY 2012



Superbowl XLVI, Sunday Feb. 5, 2012
at Amalgama Restaurant;
Giant Screen TV 2 Plasmas,
Happy Hour and lots of fun.



January 7th
Three Kings Full Moon Party!!



Saturday, February 11th at 7:30 p.m.

At the Palmas Real Estate Center The "Soldier's Song" - video, a romantic off-Broadway musical, the story of a young Puerto Rican singer-songwriter who falls madly in love, goes off to serve in Iraq and how it all works out. Written by Joanne Cohen (the book) and Jim Cohen (the music), both long-time Palmas snowbirds. For adults & children 10 years old or older. Dessert and wine will be served after. A \$10 contribution to the Palmas Women's Club and Casa de la Bondad will be asked for at the entrance. For more information, visit www.soldierssongmusical.com

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