



News For And About Residents Of The Palencia Community

The Dog Days of Summer



Palencia

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PRESS

AUGUST 2020

Preventing Accidents And Saving Lives All In A Days Work For Palencia Lifeguards



Palencia's Lifeguards are Haven Hinkle, Jackson Wyatt, Ryan Dalton, Laric Pulak, Zoe Kurtz, Collin Long, Aiden Long, Paige Gaffney, and Parker Anderson. Not pictured: Mia Boggart, Jena Greenwalt, Max Jackson and Cody Herbruck.

The Palencia Lifeguards have been hard at work this summer. They have already had a few saves and multiple preventative actions. The group of thirteen have put in many training hours before, during and after their shifts. Each day they go over rescue and medical skills. On their breaks they are cleaning and sanitizing the facility and equipment.

"We recently had an evening of training that put their bodies and brains to the test," said Erin Gunia, Director of Amenities and Strategic Planning at Palencia. "With eleven events in succession, the lifeguards competed and worked together to complete a series of challenges ranging from aquatic rescues to spinal injury rescues to report writing. There was a final challenge combining both physical abilities and medical assessments. These guards pushed themselves and continue to do so each day. I am proud to have them in my department and feel confident in their aiding the residents of Palencia," Gunia said.

Vibes Cafe Now Open On Market Street



Gary Feldman, owner and chef of Vibes Cafe, cuts the ribbon to open Palencia's newest eatery at 701 Market Street. Also shown, from left, Mary Kilcullen, Vibes Manager, Tammy Tronolone, Barista and at right, Ben Feldman, Barista. Vibes Cafe is open for breakfast, lunch and dinner and serves beer and wine. The cafe offers custom meals made to order and free delivery to homes and businesses in Palencia, Kensington and Las Calinas. See article on Page 11.

Palencia Resident Michael Kypriss Named To FACA

To Be Inducted Into The Florida Athletic Coaches Hall Of Fame

Palencia resident and Nease High School Tennis coach Michael Kypriss was recently chosen as an inductee into the Florida Athletic Coaches Hall of Fame.

Kypriss, his wife Sherri and daughters Michelle and Caroline, moved to Palencia in 2016 after he spent 35 years coaching and teaching at Miami Killian Senior High School and helping the school win 17 state championships. Mike was not quite ready to "officially retire." After moving to Palencia, Kypriss applied for a substitute teaching job at Nease but instead was asked to coach Nease Panthers Tennis Team.

Kypriss' very impressive resume also includes being a former quarterback at the University of Kentucky and serving

Continued On Page 6

At right, Palencia Tennis team members, front row: Scott Leteris, Head Golf Pro, Michael Kypriss, Associate Golf Pro, Joanne Booher, Front Desk Mgr., Galina Boles, Asst Pro, Katherine Jakeway, Intern; Back row: Amy Bell, Front Desk, Jeff Golden, Head Golf Pro, Tom Salmon, Dir. of Tennis.



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Thought For The Day

Thus the metric system did not really catch on in the States, unless you count the increasing popularity of the nine-millimeter bullet. -Dave Barry

Words Of Wisdom

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St. Augustine Travel Club On Hiatus
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Help Us Honor Essential Workers

As our country has continued to battle the COVID-19 pandemic for nearly half a year now, we become more thankful for those working on the frontlines of the pandemic.

The Palencia Press would like to pay tribute to our essential workers and is seeking any residents or family members of residents who are working on the frontlines of the pandemic. Help us honor healthcare workers, grocery store workers, first responders, public safety workers, or anyone you think deserves a "shout out" and thank you for their efforts during this difficult time in our country.

Send us the essential workers name, place of employment, years on the job, any other information our readers would like to know about our local hero....and of course a photo. Send the information to thepaper@comcast.net by August 10th so we can get it into the upcoming issue.



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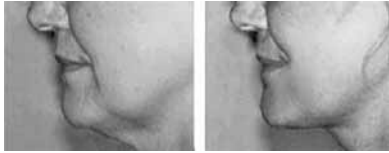
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The benefits of face/neck lift surgery go far beyond the tightening of sagging skin & fat. This procedure often helps individuals regain their lost self esteem when the face they see in the mirror no longer matches the youthful feeling within. Normally performed as an outpatient procedure with recovery time of 1-2 weeks, today's face/neck lift procedures not only address the sagging face and neck skin, but also rids the face of unwanted fat and tightens its muscular foundation for longer lasting results.

The eyes are the central point of facial expression. When they appear aged due to laxity of the skin or puffy due to herniation of excess fat, we may project an image of worry or fatigue. Blepharoplasty or Cosmetic Eyelid Surgery is a minor outpatient surgical procedure which can remove many signs of aging around the eye area. The procedure usually causes only minor discomfort and bruising which resolve within seven to ten days. The final result is flattering eyes that appear more rested and youthful.

LUNCHTIME LIPOSUCTION



Busy patients want a liposuction procedure that allows them to get back in the mix as fast as possible. Small Cannula Liposuction is performed under minimal oral sedation, using local anesthesia and the entire procedure can be done in the time frame of a long lunch break. Fit individuals with problem areas such as hips/flanks, saddlebags and lower abdomen pooch are ideal for this procedure. As a side benefit, the harvested fat may be used in some individuals to restore facial fat for a more youthful appearance.

R. Gregory Smith, MD is the director of Ponte Vedra and Palencia Cosmetic Surgery and has been performing Cosmetic Surgical procedures in the Ponte Vedra area since 1991.

Dr. Smith received his Cosmetic Plastic Surgery training in Paris from the world renowned Plastic Surgeon Dr. Paul Tessler. Recently, Dr. Smith moved his practice to The Palencia Community to better serve the areas of Nocatee, World Golf Village and St. Augustine as well as the southward expansion of Jacksonville and Ponte Vedra.

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Water Problems? Ask Polly!



Polly Swindull

Our neighbor just had a water softener and carbon filter installed in their home. I understand the benefits of the water softener, but what is the function of the carbon filter?

Carbon filters are used best to remove chlorine, taste, odor, color and other organic matter from your water. We all like clear water with no bad taste or odor. In my opinion the most important thing is that it removes chlorine from your water before it enters your house. Chlorine is absorbed by drinking your water and also is absorbed thru your skin when you shower. Chlorine is a toxic chemical that has been linked to many illnesses in the human body. Chlorine removal is very important and a carbon filter is the way.

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Ask A Certified Master Gardener August - Key Month For Fall Planting

By Norie Flowers, Palencia Resident
norie.flowers@outlook.com

Do you have landscape and/or gardening questions on which you would like help? I live in Palencia, so please email me at norie.flowers@outlook.com and I will answer you immediately.

Another avenue for gardening advice, as well as updates on festivals and events, is the Master Gardener Help Desk at 904-209-0430, Ext 4782, available most weekdays from 9 am to 12 noon, Monday through Friday when the St. Johns County Extension Center is open again.

When August rolls around, we begin to experience the fallout from so much rain, withering plants from excessive heat, and vegetable gardens offering up their last hot summer yield.

August, however, is important as the pivotal month to strategize and then launch your cool season garden with flowering plants and bulbs and/or vegetables and herbs that thrive in this time period. If you reserve an area of your landscape for a garden, construct a raised bed, or grow in pots, there are numerous options. You can still plant (in plant form only) end of the summer vegetables and combine them with their cool season counterparts, along with cool season flowering plants and bulbs. Don't be afraid to add both plants and seeds close together. It works well and reduces weeds.

If you are planting vegetables, pollination is generally necessary and, in order to attract bees, you can add one or more pollinator plants to your garden. Pollinator options include: Black-Eyed Susans, Cannas, Gaillardia, Marigolds, Nasturtiums, Pentas, Purple Coneflower, Salvias, and Sunflowers. There are also herbs that attract bees and they include Basil, Oregano, Mint, Rosemary and Cilantro.

Remember as well to plant flowers that attract butterflies! Some flower and shrub options include: Black-Eyed Susans, Bottlebrush, Coral Honeysuckle, Purple Coneflower, Milkweed, Hyssop, Asters, Liatris, and Coontie. Coonties serve as the sole host plant for larvae of the rare atala butterfly (*Eumaeus atala*), once thought to be extinct in Florida.

Coontie (*Zamia pumila*) looks like a small fern and is typically one to three feet tall. It has stiff, glossy, feather-like leaves attached to a thick, short, underground stem. Because of its high drought tolerance and moderate salt tolerance, Coontie is an excellent choice for coastal landscapes such as our marsh areas. It is also cold-hardy and does well in sun or shade.

Here is a breakdown of a variety of flowering plants and edibles that can be started at the end of the summer.

Vegetables: Some warm-season vegetables that can be planted now in plant form (versus seed) include lima beans, cucumbers, eggplant, and peppers. Cool-season crops offer an expansive variety and include: beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, kale, lettuce, green onions, and later in



the month of August, radishes, spinach, squash and swiss chard.

Herbs: Most herbs do well throughout the year in our climate. Some that can be planted in full sun now from plants (not seeds) include Bay laurel, ginger, Mexican tarragon, rosemary, and oregano. Others like sage, parsley and cilantro can also be planted now and prefer a partially shaded area.

Flowering Plants: Once your summer annuals start to fade, you can replace them with cool weather plants that can withstand cold temperatures such as: Pansies, Violets, Snapdragons, Nemesis, Diascia, Geraniums, Delphinium, Sweet Alyssum and Petunias.

Flower Bulbs: Many types of flowering bulbs can be planted year round and even in the late summer. They include such varieties as: Aztec Lily, Butterfly Lily, Rain Lily, Walking Iris, Amaryllis, Begonia, Caladiums, Cannas, Crinum, Dahlia; and, Gladiolus.

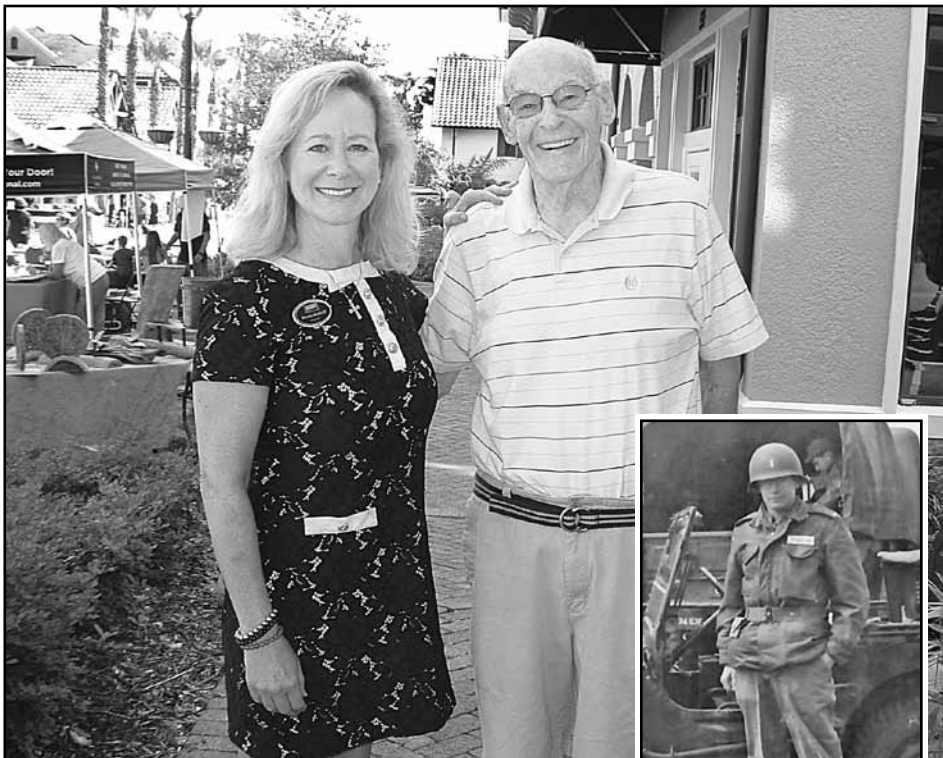
Keep in mind the changing sun patterns in your landscape to ensure the area you choose receives six hours of sun each day. Whatever you elect to plant in August, remember to add dark rich garden soil and/or Black Cow to your plot so your young plants and seeds will have the necessary nutrients to thrive. We have a number of Palencia residents who have raised beds and are growing an array of vegetables and flowers, so if you haven't experimented yet, try something you have never grown before or in a new venue. Gardening is pleasurable and you will enjoy the results!



Tip of the Month: If you have a vegetable and/or herb garden, or plan to start one, remember to use only non-harmful organic sprays on your crops and be careful when spraying bushes or trees with pesticides that are in close proximity to your edible garden.

Information contained in this article was derived from the University of Florida Institute for Food and Agricultural Sciences (IFAS) and the Turfgrass Producers of Florida.

Spotlight On Palencia People



Palencia resident Marny Midkiff with her dad, Jack Stanier visiting the Market Street shops. (Inset) Jack Stanier in 1953 Korea.

Honoring A Combat Veteran Of The Korean War

Father Of Palencia Resident Saw Conflict Up Close

The Korean War commenced on June 25, 1950 when troops from communist North Korea, which was supported by China and the Soviet Union, crossed the border into South Korea. Recognized as a North Korean invasion, the United Nations Security Council stepped in and, using a formation of troops from 21 countries, sought to repel the North Korean troops. The war lasted until a Korean Armistice Agreement was signed July 27, 1953. To this day, the two countries, technically still at war, have never signed a treaty to formally end the Korean conflict.

Jack Stanier's Story

In 1951, Jack Stanier was a 22-year old from Youngstown, Ohio who had just finished Lehigh University with a

degree in industrial engineering. All his colleagues were entering the service and Jack felt that might be the best place for him too. But, when he tried to enlist first in the U. S. Navy and then the Air Force, he found that his eyesight wasn't good enough for military service.

On a whim, Jack went down to the Army recruiting office in Youngstown and was surprised when they accepted him. What followed was a stint as a 2nd lieutenant with stop-offs in Japan and as a forward observer assigned to an artillery unit in Korea.

"I became part of the U.S. ground forces in Korea toward the end of the war, in 1953," Stanier said. "I was part of the service personnel who were flown

Continued On Page 6



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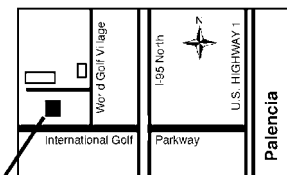


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* Some Cars Slightly Higher

Palencia Resident Michael Kypriss Named To FACA Hall Of Fame

Continued From Page 1

as offensive coordinator and tennis coach at Miami Killian.

"To win an honor that is voted on by my peers and coaches that are all over the state of Florida is the biggest recognition I could probably ever receive in my career," Kypriss told the *Palencia Press*. "I am truly grateful and honored."

During his 35-year coaching career, Kypriss' students included University of Miami's woman's tennis coach Paige Yaroshuk-Tews and Jean-Julien Rojer, a two-time Grand Slam doubles champion.

Kypriss honors also include being the National High School Federation of Coach's "Coach of the Year" in 2006, United States Professional Tennis Registry Coach of The Year for 2009 and National High School Athletic Coaches Association Coach of The Year for tennis in 2015.

Kypriss will be inducted into the Association's 45th Hall of Fame class on January 9th of next year at a special ceremony planned in Daytona Beach.



Michael Kypriss, center, with members of the Nease High School boys tennis team. Kypriss was recently chosen as an inductee into the Florida Athletic Coaches Hall of Fame.

"I want to be able to thank my family and all of the principals, administrators and coaches that I worked with throughout my career," Kypriss said.

Father Of Palencia Resident Is Korean War Veteran

Continued From Page 5



conflict. By the time the Korean Armistice was signed in 1953, the two Koreas had suffered three million war fatalities.

"Before U.S. troops, under the auspices of the United Nations, left the Demilitarized Zone, we brought in trucks equipped with large rakes to smooth the substantially rocky areas," said Stanier. "I remember someone came up to me and said 'Are they trying to make a National Park out of this place!'"

After the war, Stanier returned to the States and worked for Republic Steel for 28 years, with locations in New York,

from Japan to Pusan, South Korea to strengthen the UN troops and was on-line at the 38th parallel which divided North and South Korea."

"Our guns and personnel were dug into the side of a large hill in the Chorwan Valley," Stanier added. "Our main artillery was a 105mm howitzer canon. It was rough, hilly terrain on both sides of what would eventually become the Demilitarized Zone (DMZ). By the time my battalion moved into Korea, it had become a war of attrition; our mission was to wear down the enemy to the point of collapse through their continuous losses in personnel and material. Of course, we had the greater resources, but North Korea continued to fight dauntlessly, even with huge losses."

Chinese forces eventually crossed the Yalu River, which is the border with North Korea and China, and entered the

New Jersey, and New England. Along the way, he married and had four children, Elizabeth, Mary (now Marny Midkiff, a Palencia resident), John and Jim.

He retired from Republic Steel after 28 years and then owned and operated a Bed and Breakfast Inn on Lake Lure, North Carolina, near Asheville, for a number of years.

A true combat veteran of the Korean War, Jack Stanier is now 91-years-old and fully retired, living in Ponte Vedra.

Almost all the veterans who were stationed in Korea saw action and were put in harms way. We acknowledge the debt of gratitude that we owe them for the freedom of our country.

The *Palencia Press* would like to thank all those special men and women who have served our country or continue to serve today.

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St. Augustine Aquarium And Snorkel Adventure

By Jeff & Jami Lind, Palencia Residents
www.ourwonderfuljourney.com

Our nation's oldest city is filled with many destinations, sites and adventures, most of which have been around for years. There is a fairly new, fun stop, the St. Augustine Aquarium and Snorkel Adventure, located near the St. Augustine Outlet Malls, just east of I-95, on SR 16.

They have been open for about two years now and are slowly expanding their offerings, but still have a different and interesting experience to offer and are on track to grow, educate and entertain. Unlike most aquariums, that are at least subsidized by the city or state, the St. Augustine Aquarium and Snorkel Adventure is privately owned by local St. Augustine residents, Shawn and Kathy Heister. They have been passionate about marine biology since they were kids and are excited to share that excitement and energy with locals and tourists through their viable and sustainable public aquarium.

A Very Different Aquarium Experience

As soon as you enter the temporary building that houses the check-in and souvenir area at the St. Augustine Aquarium and Snorkel Adventure, you will realize that this is not your typical aquarium. While, what is here is just the beginning, phase one of at least three planned phases, you will see that it is not a big building filled with large aquariums of fish from all over the world. This is designed to be a more interactive experience and features Florida marine life. The first exhibit upon exiting the building is a collection of tanks with beau-



Puffer fish posing for a picture

tiful seahorses, starfish, urchins, crabs and more. In one tank there is a curious puffer fish that will follow you around when you are near his tank. He kind of stares at you with these big eyes. Also, wherever you are in the park, you will find helpful, knowledgeable employees, just waiting to share their knowledge and answer questions. You can tell that they all really enjoy what they do and have a passion for the fish.

Snorkeling Adventure

The next exhibit at the St. Augustine Aquarium and Snorkel Adventure is their 80,000-gallon snorkel adventure. There are glass windows along the sides, in several places, so you can see the fish or snorkelers, in case you don't want to get wet. A guide and snorkel gear is provided, so you can snorkel with the hundreds of reef fish and Rays. We didn't snorkel the day we were there because we were going right to dinner

afterwards, but I will definitely take a day when we have no definitive plans afterwards and go snorkel. I am thinking of going there one day in swim wear, snorkeling, then finishing the day at the beach. It looked like a lot of fun. We saw a family in the tank and the adults and kids were really having a great time. It is also a place to "test the waters," so to speak in case you or your family are planning a cruise or other snorkel adventure and you can see how you or the kids do in a controlled environment. There are very few aquariums in the U.S., that have a snorkeling option available. There are scheduled times for the snorkel adventure and an hour is allotted for getting into gear, snorkeling and then getting back out of the snorkel gear.

Shark And Stingray Cove

The last exhibit right now at the St. Augustine Aquarium and Snorkel Adventure, is the shark and stingray cove. There is one pool with three nurse sharks and a grouper. Nurse sharks are very docile, and you can touch or feed them at scheduled times. Liz was working that exhibit when we were there, and you could see the passion she has for the fish. I have seen dolphin shows but did not realize that the sharks could be trained as well. There are signs with different color geometric patterns that are assigned to each shark and they know their own "targets" and will go to them. They are also in the process of teaching the sharks to paint, with the use of different mechanisms. We saw a feeding while we were there and for these feedings, which are probably more for the audience than the sharks, they eat squid. They come up to feed and make a popping, sucking noise when they take them. There is a grouper in there as well that is real buddies with one of the sharks and he was also fed, but not at the same time and with different food than the sharks. I had no idea, but grouper can get as large as 800 pounds! This one is maybe 35 pounds now, and I thought he was big!

Right next to the shark pool is the pool with rays. There are quite a few rays in there of varying color and size. One of the bigger ones in the pool was very friendly and when he sees you standing right at the edge of the pool, he swims by, flat against the pools edge and waves at you, splashing a bit, as he swims down the side of the pool. He likes showing off and will make several passes as long as you stay in the area. Just behind the cove are a couple of sandboxes that have sharks teeth buried in them, in case anyone wants to hunt for shark's teeth. You can keep a shark's tooth as a souvenir, but they ask to take only one tooth per person.

The St. Augustine Aquarium and Snorkel Adventure, hosts field trips, birthday parties, weddings or any other social gatherings, as well as being open


Continued On Page 10



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Navigating Our Current Reality With Support From Palencia Elementary School

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

During times of immense uncertainty and inevitable change, many of us can feel paralyzed by the anticipation of what the future may bring. Anxiety can occur for all of us when we are asked to replace familiar routines with new ways of behaving, interacting and progressing. In these times, it is important to lean on those things in our lives that provide stability, assistance and a sense of community support. This is exactly why many of us feel Palencia Elementary School is such a special institution.

Most would agree that having a strong support system is the most effective way to overcome challenges and prosper. PES is such an essential piece of this system. Whether it be the loving encouragement from our administration and staff, the relentless work of our Parent Teacher Organization (PTO) or our students and parents providing support and inspiration to each other, PES is a constant in our lives that is a much-needed rock during this unprecedented time.

What makes PES so special?

Palencia Elementary School means something different to each of us, but for PES students, it's a source of routine, comfort, love and of course education. It's also a place where they can see their friends and have a connection to the outside world.

"I miss seeing my friends and teachers on Monday mornings and sharing about our weekend," fifth grader Lana Smuckler shared. "I love learning the ways of PES New Crew, going on field trips and playing kickball at recess. I even miss Miss E's math videos!"

"I miss fun holiday class parties and playing with friends at recess," Lana's third grade brother Holden added. "I love seeing what's on the PES rock in the mornings when I get to school. I love PES Field Day, doing math games and science with my class and I also love doing art projects with Mrs. Angus. I miss playing Hula Hut at PE and I miss walking home from school with my friends," he said.

There is also so much support that is provided from our amazing PTO team. There are numerous events planned to bring the community together including



Lana Smuckler, fifth grader at Palencia Elementary.

our Family Nights, Movie Night, Pirate 5K and Fun Run, just to name a few. The PTO also provides much deserved treats to our amazing staff on a regular basis, assists in fundraising for the school, and ensures that all students at PES can have a wonderful school experience. If you'd like to learn more about ways to get involved in the PTO, please join our Parent Pirate Crew by texting 81010 to @pesptocrew.


How can we support our children?

"It seems that each time we plug in to national news these days, we are flooded with the latest COVID-19 statistics and stories of pandemonium," PES Principal, Catherine Goodrich said. "The 'facts' will differ depending on the source and station. It's easy to feel confused, anxious, and or despondent. How can we, as adults, navigate beyond this current reality? How do we preserve descriptors readily associated with youth? Are our children happy-go-lucky, thriving, curious, active, etc...?"


"Alone, that can feel like a tall order," Goodrich stated. "Yet being part of a school community whose shared focus and passion are the safety, education, character development and happiness of our children, is a powerful force."

"During this time of uncertainty regarding returning to school, it is important to support your child and help

Continued On Page 9



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Navigating Our Current Reality

Continued From Page 8

ease their anxiety of the unknown," PES School Counselor, Tiffany Ellis said. "What they need most from their parents, is to feel safe, loved, and protected."

"There are many things you can do to ensure your child can cope with their uncertain feelings," Ellis said. "First, keeping to routines and remaining consistent can be very calming in times of anxiety and stress. Make time to listen and allow them to express themselves and be sure to validate their feelings. They need to know that it is okay to be concerned, worry about safety, and wonder when we will be back to 'normal.' Allow them to interact socially by connecting with family and friends via technology."



Catherine Goodrich, Principal, Palencia Elementary School.

"This will help ease their sense of isolation," she said. "Let them know that they are not alone, you will get through this time together, no matter what the school year looks like."

Ellis also shared the below helpful resources:

<https://floridahealthcovid19.gov/mental-health/>

<https://www.childrens.com/health-wellness/8-tips-for-managing-childrens-anxiety-about-covid-19>

<https://www.dallasnews.com/opinion/commentary/2020/06/28/kids-are-dealing-with-a-lot-of-uncertainty-this-summer-and-they-need-our-reassurance/>

In addition, George Freeman, St. Johns County ESE Program Specialist, discussed that there is going to be a lot of "feelings" when we return to school, whatever form that return might look like. He shared that the following is some guidance for helping to navigate difficult conversations:

1. It is normal to be concerned

about safety.

2. Different people may have different levels of concern.

3. The same person may experience different levels of concern on the same day.

4. It is natural to wonder what is the same and what is different.

5. It is okay that for the idea of "normal" to be a little different than before.

6. No one has ALL the answers.

Whatever your needs are, please utilize PES as a source of support, camaraderie and guidance. It is an amazing place filled with parents, teachers, staff and students, with the desire to make the best out of a challenging situation.

"Being part of a school community (teachers, parents, administrators, school counselors, support staff and business partners) whose shared focus and passion are the safety, education, character development and happiness of our children, is a powerful force," Goodrich said. "I am confident in the Palencia Elementary School community. Our school's culture and collective commitments to children have built a framework where students have a rapport with multiple caring adults as they grow and learn. TOGETHER, we are a resourceful, problem-solving, joy-creating bunch," she said.

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Tips For Creating A Study Area

By Maria Alejandra Rivera, Palencia Resident
www.yourorganizingstudio.com

As many families move to distance learning this school year, establishing a positive learning environment is essential. This should not only include a nice physical setting for your child to do their work, but also a functional routine that is conducive to your child's learning.

My three best tips for creating a study area are:

1. Have a distraction-free area dedicated to learning.

Some older children may already have a desk or area dedicated for homework. If not, you might have an extra bedroom or a nook in your home that would be perfect for your children to use. For families with younger children, setting up a space that allows parents to supervise (while still working from home) is vital.

The biggest goal for your child's workspace is to make it functional for them. Involving them while creating it and asking them what they want is the perfect way to create a space that caters to your child's educational needs.

2. Have all learning items within reach

Your child needs to have all their most frequently used utensils contained in one place. This way they spend less time looking for what they need and more time studying.



I bought this 360° rotating pencil holder with a lot of divisions for my daughter. I was able to paint it the same color as her furniture and apply a glaze finish for antiquing. I love the results. Now everything looks great, goes well with the room, and, most importantly, everything is organized!

3. Establish a routine / Build structure

Routines and structures help children thrive. It gives them a sense of security and helps them develop self-discipline. It's crucial to teach them how to organize at a young age.

Planning their days is vital, so they can visualize what they need to focus on during the day and for the week.

Like everything in life, there is no one style fits all approach to a distance learning environment. It would be best

if you considered your child's individual needs and learning style. As we all deal with the changes to our lives, it's important to have a lot of flexibility to optimize your child's

new normal to learning.

Don't hesitate to contact us if you need help to set up your child's room, playroom or study area!

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St. Augustine Aquarium & Snorkel Adventure

Continued From Page 7

to the general public. There is a concession stand available as well as picnic tables, and areas for games and fun. The Heister's also bring in seasonal entertainment such as Santa or the Easter Bunny in the snorkel area and recently had a mermaid in there.

Phase two will consist of ecosystem-specific habitats that will be housed in a new building. This building will also house the permanent gift shop and restrooms, enabling them to take down the current, temporary units to make room for the next phase. Phase 3 will have an 18th century shipwreck reef, surrounded by sharks and you will be able to dive in there, in a shark cage. The aquarium is also a vehicle for research and education,

as they have established relationships with research universities and organizations. You can help them, not only grow and develop the St. Augustine Aquarium and Snorkel Adventure, but further their mission of "marine conservation through education," by not only patronizing the park, but also through a giving program, where you can donate. There are also different sponsorship options, by being a corporate sponsor or adopting a fish or sponsoring a paver. The St. Augustine Aquarium and Snorkel Adventure is a great stop for locals and tourists alike.

Editors Note: Please call or visit the St. Augustine Aquarium's website for updated information during the COVID-19 pandemic.

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For People Who Like To Eat Well Vibes Cafe Opens In Palencia

Palencia's newest eatery, Vibes Cafe is open and serving breakfast, lunch and dinner at 701 Market Street, Suite 103a. The iconic cafe offers both takeout, delivery and outdoor seating for hungry customers.

Mornings, customers can drop by for coffee or tea and read the newspaper, or sit down for a breakfast of pancakes, eggs any style, or five kinds of omelettes. Breakfast sandwiches include bacon, egg and cheese on white, wheat or rye bread plus English muffins. Bagels, grits, home fries or fruit and oatmeal are also available.

Lunch sandwiches include turkey, ham, roast beef, salami or corned beef, homemade tuna salad or chicken salad and veggie subs.

Daily dinner specials are different every evening. Vibes will custom make any dish, with advanced notice, and deliver the meal to your door. Recent "family feast" meals have included Chicken Parmigiana with pasta and Ribeye Steaks with twice-baked potatoes.

Vibes owner, Gary Feldman says he is excited to invite residents inside so they can see the redecorated interior or sit on the deck and enjoy the scenery.

"We use only quality ingredients and we make sure everything tastes great and is seasoned properly," he said. "There is also a nice outdoor arrangement on the patio at Vibes Cafe which will put customers at ease as social distancing guidelines and protocols can be adhered to comfortably."



Vibes Cafe is located at 701 Market Street in Palencia.

Vibes offers beer and wine as well as soft drinks. Hours of operation are Monday through Thursday from 9:00 a.m. to 8:00 p.m., Friday and Saturday 9:00 a.m. to 9:00 p.m. Free delivery is available to Palencia, Kensington and Las Calinas neighborhoods.

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Whether you're a wine aficionado or someone who enjoys the occasional glass, Carrera Wine Cellar offers the most unique selection of wines in the area. The retail shop, located at 35 San Marco Ave. in St. Augustine, features over 250 imported and domestic wines, with many varieties under \$20, as well as many products for the wine enthusiast.

Currently open Tuesday through Saturday from 12:00 p.m. to 6:00 p.m. and Sunday from 12:00 p.m. to 4:00 p.m., Carrera Wine provides free local delivery including directly to your door in Palencia. Visit the website at www.carrerawinecellar.com, or call (904)-217-4751 and let Carrera Wine Cellar bring the party to you!

Many say Carrera is St. Augustine's favorite place for wine. Carrera Wine Cellar's philosophy is straightforward: Wine should be simple, fun, and shared. If you find wine a bit intimidating, let their knowledgeable staff assist you with purchasing that perfect bottle or case of wine. Classes on pairing food and wine, as well as wine blending are offered frequently. If you are looking for a more intimate space for a private gathering, inquire about their patio and attic lounge for your private gathering. Visit Carrera's website or Facebook page to see the upcoming events.



Left to right, Carol Ziller, Joe Ziller, Jessica Harrison and Josh Harrison from Carrera Wine Cellar.

Palencia Residents! Send Us Your Newsworthy Notes

Are there any anniversaries marriages, engagements, military members, school or athletic awards in your family? Drop us a note about your family's good news along with a photo, if available. You may email the information to the following address: thepaper@comcast.net. Deadline is the 10th of the month for the following months issue

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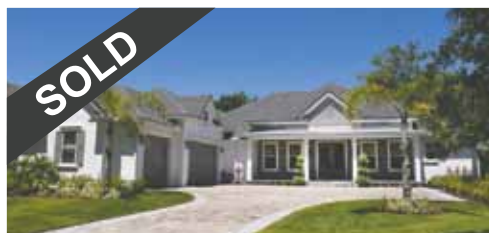


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Taking Care Of Your Landscape In Drought Conditions

By Heather Fritz, Palencia Resident
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The following information, presented by The Morton Arboretum, communicates the careful care of trees and shrubs in drought conditions. While Northeast Florida gets a deluge of afternoon showers, a significant amount of the rain water runs off the dry soil, rarely reaching the roots.

Weather extremes and the prospect of continued global warming require us to understand the special care trees need in the event of drought.

Drought stress develops in plants when the available soil water becomes limited. As this happens, young roots are killed outright, reducing the plant's ability to absorb sufficient water. The soil also becomes hard and compact as it dries, reducing oxygen to the roots. If landscape plants (trees, shrubs, and ground covers, especially evergreen types) do not receive adequate rainfall or supplemental watering, heavy plant loss is likely.

Water trees and shrubs during extremely dry soil conditions. If you have to choose, water your trees and not the grass since grass will turn green again when water is available. For water conservation, it is best to not water your lawn at all. Trees, on the other hand, will show subtle signs of drought, wilting or dropping leaves.

However, they can be seriously injured or die without water.

Summer is the most stressful time for landscape plants. Without enough moisture, plants can't function normally and are predisposed to damage by pests or disease. Generally speaking, those most at risk are newly planted or transplanted trees without extensive root systems or other plants with under-developed or damaged root systems.

When watering trees, shrubs and other landscape plants, remember that they absorb water and nutrients through their roots, most of which are in the upper one to two feet of soil. The goal is to keep plant roots moist, but not wet. Constantly saturated conditions also can damage roots.

Watering and other tips for plant care during drought:

- Depending on air temperatures, trees and shrubs need at least one inch of water applied every week to 10 days to cope with lack of rain. Larger, established trees have a wide-spreading root system and need not be watered as frequently, perhaps every two to three weeks. Let the top few inches of soil dry out between watering to avoid saturation and to allow roots and soil organisms to breathe.

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- Water slowly and deeply so water percolates down into the soil, electing one or two deep waterings as opposed to several light ones.

- Use soaker hoses and drip irrigation, effective watering tools because they discharge even streams of slow, trickling water directly to the root zone beneath trees and shrubs. When combined with a three or four-inch layer of organic mulch, plants can use nearly all of the water that's provided with little evaporation loss.

- Another effective means of watering a small tree is letting a hose run slowly at its base until the ground is moist. For large trees, let the hose run at various points around the tree's drip line—the imaginary line on the ground that encircles a tree's extended branches.

- Water shrubs at the plant base and under the spread of branches until soil is moistened to a depth of six to eight inches.

- When using a sprinkler system, place a container nearby to measure when you have distributed one inch of water to the soil.

- Plants vary in their ability to tolerate water stress. Prioritize watering, caring for newly transplanted trees and shrubs first, then those that have been in the ground from two to five years. Next, water "specimen" trees or important trees, then all other plants.

- Water strategically. Plants absorb more water in the early morning, before the warming sun causes evaporation.

- Avoid using fertilizer during drought conditions. Fertilizer salts can cause root injury when soil moisture is limited.

The Morton Arboretum is a non-profit organization that collects and studies trees, shrubs, and other plants from around the world. It is located in Lisle, Illinois.

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WELLNESS



Flooding And Self-Soothing

By Michael Brown, MSC, LMFT
904-289-2954

www.happycoupleshealthycommunities.com

Rita is upset because Mack has arrived home late from work again. Her complaint quickly becomes criticism: "You're always late from work. You'd rather be at the office than at home." Mack gets defensive and starts to protest: "I am not always late. I was home early yesterday and you didn't even notice or appreciate it." Rita escalates to contempt: "Oh, poor baby, do you want a medal for coming home early?" The conversation continues to escalate and, at some point, Mack shuts down and walks away, leaving Rita fuming and wanting to pursue Mack.

Does this ever happen in your relationship? What has happened here is that you have gone through the first three (Criticism, Defensiveness, and Contempt) of what Dr. John Gottman calls "the Four Horsemen of the Apocalypse," the four leading causes of separation or divorce, and arrived at the fourth, Stonewalling. Why does this happen? Probably because you are both feeling psychologically and physically overwhelmed, a sensation that we call flooding.

What happens in our bodies when we become flooded? When we monitor couples for bodily changes during a tense discussion, we see just how physically distressing flooding is. The most apparent physical reaction is that the heart speeds up—pounding away at more than 100 beats per minute—even as high as 165. (In contrast, a typical heart rate for a man who is about 30 is 76, and for a woman the same age, 82). Hormonal changes occur, too, including the secretion of adrenaline, which kicks in the "fight or flight response." Blood pressure also mounts. These changes are so dramatic that, unless the dynamic between them changes, they will end up divorced.

Recurring episodes of flooding lead to divorce for two reasons. First, they signal that at least one partner feels se-

vere emotional distress when dealing with the other. Second, the physical sensations of feeling flooded—the increased heart rate, sweating, and so on—make it virtually impossible to have a productive, problem-solving discussion. When your body goes into overdrive during a conflict discussion, it is responding to a very primitive alarm mechanism that we have inherited from our prehistoric ancestors. All those distressful reactions, like a pounding heart and sweating, occur because on a fundamental level your body perceives your current situation as dangerous.



When these physical stress reactions happen in the midst of a discussion with your mate, the consequences are disastrous. Your ability to process information is reduced, meaning it's harder to pay attention to what your partner is saying. Creative problem solving and your sense of

humor go out the window. You're left with the most reflexive, least intellectually sophisticated responses in your repertoire: to fight (act critical, defensive, or contemptuous) or flee (stonewall). Any chance of resolving the issue is gone. Most likely, the discussion will just worsen the situation.

When either partner begins to feel flooded routinely, the relationship is in serious trouble. Frequently feeling flooded leads almost inevitably to emotional distancing, which in turns leads to feeling lonely. Without help, the couple will end up divorced or living a dead marriage in which they maintain separate, parallel lives in the same home.

Therefore, it is critically important to recognize when you are flooded (if you have a smart watch, you can monitor your heart rate) and to take a break and do something to soothe yourself. Both partners need to agree that when one (or both) of you is flooded and calls for a break, you will honor that request.

We recommend that couples agree on a

Continued On Page 16



Michael Brown, MSC, LMFT

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Flooding And Self-Soothing

Continued From Page 15

neutral hand signal to request a break. The terms of the break should also be agreed upon. We recommend that a break be at least 20 minutes, because it takes the body at least that time to return to a normal state once you are flooded. You should also agree that, during the break, you will actively do something to soothe yourself, and that, at the end of the designated time, you will check in with each other to see if you are ready to talk or if you need more time.

What is the nature of a good break? First, as we have already mentioned, it must be at least twenty minutes long. Second, it cannot involve thinking “distressing maintaining” thoughts such as, “I don’t have to take this,” or “I am going to get even.” Men are more prone to distress maintaining thoughts, which prolong the flooding, and need to guard against them. Third, it must involve a truly relaxing activity, such as listening to calming music, taking a walk around the block, or doing a relaxation exercise.

There are a number of relaxation, mindfulness, and/or meditation exercises out there that you can use to soothe yourself. In fact, there are even relaxation or meditation apps available. However, there are three secrets to soothing yourself.

The first secret is to get control of your breathing. When you are flooded, you will find yourself either holding your breath or breathing shallowly. Sit or lie down comfortably. Alter your breathing

by taking deep, regular, even breaths. Take your time inhaling and exhaling.

The second secret is to find areas of muscle tension in your body. First tense each group of muscles and then relax them. Start with your legs, then move up your back, arms, shoulders, neck, and face, especially your jaw and forehead.

The third secret is to meditate, focusing your attention on one calming vision or idea. Try envisioning a very comforting place, like a forest or a beach. Imagine this place as vividly as you can as you calmly breathe.

We suggest that you practice self-soothing when things are going well, so that, when you need it, you can easily access it. And the next time you find yourself or your partner getting flooded, take a break and do something to calm yourself. Your relationship will be better for it.

Reference: Gottman, J.M., & Silver, N. (1999, 2015). *The Seven Principles for Making Marriage Work*. New York: Harmony Books.

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Bartram Park. Michael is currently offering couples, family, and individual therapy in-office and via secure video appointments. If you are interested in couples or family therapy, contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com.

The Dog Days of Summer Are Upon Us

The “Dog Days” are the hottest, muggiest days of summer. According to the Farmer’s Almanac, they traditionally take place from July 3rd to August 11th. The actual dates vary greatly from region to region, depending on latitude and climate.

In ancient times, when the night sky was unobscured by artificial lights, the Romans used the stars to keep track of the seasons. The brightest constellation, Canis Major (Large Dog), includes the “dog star”, Sirius. In the summer, Sirius used to rise and set with the sun, leading the ancient Romans to believe that it added heat to the sun. Although the period between July 3 and August 11 is typically the warmest period of the summer, the heat is not due to the added radiation from a far-away star, regardless of its brightness. The heat of summer is a direct result of the earth’s tilt. Spending time outdoors this time of year is uncomfortable, potentially dangerous, due to the intense heat. However, the chinch bugs are very active in St. Augustine grass, and the summer flowers need water. So, take care of those tasks early in the day and then retreat to the air conditioning to plan your fall planting.





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Speeds And Reads

Tips from Heather Manfredda
Assistant Golf Professional at The Palencia Golf Club
World Long Drive Champion
hmanfredda@hampton.golf

My intention was for all of us to be together a bit longer, play some more golf and have more clinics. As many of you know, I had a tragic accident in my family, so this will be my last article for the *Palencia Press*. Thank you all for reading my articles and supporting The Palencia Club.

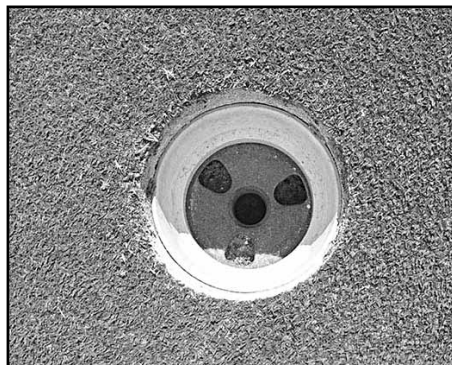
This month I am sending you off with what I feel is the most important scoring tip in golf. This month I will give you my best green reading and speed tips.

In order to get better, we must practice short putts often — Practice putts within 10 feet as much as you can. These are among the easiest putts to make, so you'll probably sink many of them. Watching all those putts go in breeds confidence. And confidence works wonders when it comes to putting. It's called practicing success.

When you putt, make sure you aim for the back of the hole - Do this on short putts. You know the putts I mean—the ones you take for granted, and then miss.

Work on your speed — Speed is the key to sinking more putts. If your putt is rolling at the wrong speed, it has little

chance of going in. Remember, the ball will only break when it starts to slow down.



How do you practice a straight putt into the back of the hole you ask? Well, here at The Palencia Club we have Bermuda grass greens. The benefit of Bermuda is that this grass grows quickly and has a lot of grain in it. This means when you are not sure if you're putting up or down hill, look for the shiny grass. If the grass is shiny you are putting down hill. If the grass is more dull, you are putting uphill. This is very important to help you learn the speed of your



Mike Weitz

When I press the brake pedal on my car, it feels as if the car is not stopping as fast as it did before.

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green. Reading the break of the green can also be challenging. So if you don't know which way it breaks, look at the cup itself and the side that has the "dead" looking edge is where the ball will break towards. The ball will always break over the clean side, hit against the fuzzy side, and then drop in.

Now that you know what to look for to help your speed, and your read, get out and practice. Enjoy the challenge, choose make-able putts and trust what you see. Equipment may or may not be a factor, but being fit for the right kind of putter and learning your stroke is also important. So without hesitation, I gladly bid you all farewell, best of luck, be well and stay healthy. Make birdies, enjoy the day, and be kind to one another.



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Based on my 34 years of experience in law enforcement, working for two of the country's largest police agencies in command-level, supervisory positions, as well as the US Department of State, I would like to announce to the Palencia Press subscribers that I am supporting Chris Strickland for St. Johns County sheriff.

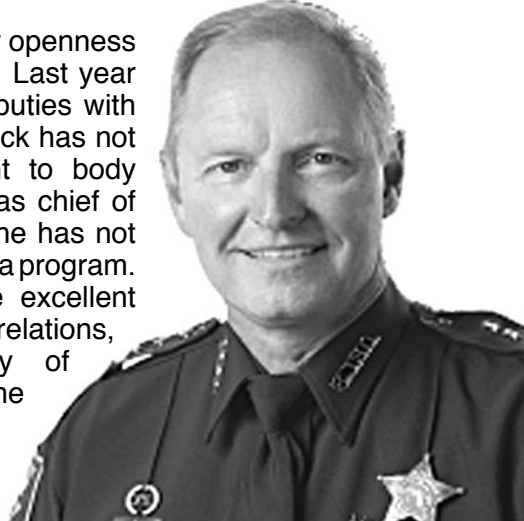
I have compared the qualifications and experience of the two current candidates: Chris Strickland and Rob Hardwick. This county needs proper administration of our sheriff's office. It is our primary law enforcement and public safety agency. With that in mind, I find that Strickland far and away exceeds his opponent. The only other qualified candidate has withdrawn and thrown his support behind the Strickland for Sheriff campaign.

Sheriff Neil Perry appointed Strickland a deputy sheriff when he was only 19 years old. Perry saw Strickland's dedication and realized Chris had great promise. Strickland rose through the ranks as the agency and the county grew. He advanced from deputy to sergeant to detective, lieutenant, to commander and finally to the highest-ranking uniformed career position, Director of the Office of Sheriff. As Director, he oversaw operations at the highest level of the agency. Strickland earned a Master of Public Administration degree and is a graduate of Georgia Command College.

Chris Strickland is uniquely qualified to be our next sheriff. In recent years, our sheriff's office has been plagued with scandals. Under Sheriff Shoar, we have witnessed the national embarrassment of mishandling in the Michelle O'Connell death investigation as well as the embezzlement of about three-quarters of a million dollars by Shoar's handpicked Director of Finance.

After 16-years of no accountability for his actions, Shoar and his family have donated thousands of dollars and are aggressively promoting Hardwick, who oversees an agency made up of about 21 officers, to be Shoar's successor. That is disturbing.

Chris Strickland has been for openness and honesty since day one. Last year he promised to equip all deputies with body-worn cameras. Hardwick has not made any firm commitment to body cameras, during his tenure as chief of St. Augustine Beach Police he has not implemented any body camera program. Chris Strickland will restore excellent police and community relations, insure fiscal accountability of taxpayer dollars and move the department into the future.



Strickland4Sheriff.com

Paid for by Chris Strickland, Rep. for St. Johns County Sheriff



**To SAT Or ACT?
 That Is The Question**

By Ginny Wirzbicki, Palencia Resident,
 College Planning Consultant
 904-742-4716

Should students take the SAT or ACT test? The answer is, "It depends." What it absolutely depends on is the student's preference and his or her testing profile.

Some students are adept at reasoning to an answer and, therefore, may find the SAT is their better choice. The SAT was originally designed as an IQ test to determine if a student was intelligent enough to go to college. This test also tends to be preferred by students interested in the Humanities type majors like Psychology, Government, History, English, Education, and other non-science related majors.

The ACT is a more straightforward, "what do you know?" type of test. Though students tend to refer to the ACT as easier, they will also talk about how fast-paced the test is. It is definitely a faster test, allowing a minute or less per question on the entire test. The ACT tends to be better for students who would prefer Math and Science related majors.

Super Scoring: Virtually all colleges and universities across the country super-score the SAT by cherry picking the students' best scores from the multiple tests that students take. For the ACT, most schools do not super score, but ACT, Inc., seems to have come up with a way to make that happen. Originally planned to begin in September of 2020, but now slated for December, students will be able to retake just one or up to three of the four sections rather than retaking the whole exam. The scores reported to the colleges will note that those sections were retakes, so the school will know; however, this should force the hand of the schools to accept the super score.

Bright Futures: Though some schools have moved to test optional, for rising seniors, planning to apply for a Bright Futures scholarship, you will still need the required test scores. (29 or 26 on the ACT, 1290 or 1170 on

the SAT) but will have until at least June 30, 2021, to make that happen.

Misconception: Students need to take both tests. WRONG! It is not necessary to submit both test scores. College admissions counselors will tell you to figure out which test is right for you

What are the main differences?

| SAT | ACT |
|---|--|
| Length: 3 hours and 15 minutes with breaks. Or 4 hours and 5 minutes if a student writes the optional essay, which is 50 minutes. | Length: 2 hours and 55 minutes (3 1/2 hours with breaks). Or just over 4 hours if the student writes the optional essay, which is 40 minutes. |
| Structure: 4 main sections including Reading, Writing/Grammar, and two Math sections. | Structure: 4 main sections including English/Grammar, Math, Reading and Science |
| For the Math, one section does not allow a calculator. Both sections have "grid-in" portions vs. just multiple choice. | For the Math, a calculator may be used, and all questions are multiple choice; but there are five answer choices versus four. |
| Scoring: Perfect score is 1600, breaking down into 800 for Math and 800 for Verbal. Essay can score from a Zero up to 12. | Scoring: Perfect score is 36, breaking down into 4 scores for each section that are added and then averaged. Essay can score from a Zero up to 12. |
| Subscores: | Subscores: |
| Writing: Expression of Ideas and Standard English Conventions Math: Problem Solving, Data Analysis, Algebra, and Advanced Math Reading: Words in Context and Command of Evidence | English: Production of Writing; Knowledge of Language & Standard English Conventions Math: 9 scores within Higher Prep Math, Integrating Skills, and Modeling. Covers: Number & Quantity; Algebra; Functions; Geometry; Probability & Statistics; Trigonometry Reading: Key Ideas & Details; Craft & Structure; Integration of Knowledge & Ideas Science: Interpretation of Data; Investigation; Evaluation of Models, Inferences & Results |
| Cross-Test Scores: Science and Social Studies. Because the SAT does not have a Science section, questions are sprinkled throughout the test. | No cross test scores |
| Pacing: Allows for more time to answer questions but is more complex. Students need to be good readers with strong vocabularies. | Pacing: Fast, but very standardized. Students may need to be willing to do a little skipping around to make best use of their time. |

and then pursue only that test. For assistance with a free, proctored SAT or ACT practice test to determine which test is right for you or for assistance with test preparation, Contact Horizon College Planning at 904-742-4716.

NEED DIRECTION?



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Palencia's "Active Reservation System" Helping To Keep Amenities Open During COVID Pandemic

At time of press, Florida was among the states seeing a surge in COVID-19 cases, with Palencia continuing to use its reservation system as a way to keep Palencia's amenities safely open for residents.

According to Marshall Creek CDD Manager Katie Hollis, in addition to implementing the reservation system for residents, the amenities staff are also continuing with their stringent cleaning measures.

Advanced reservations are required for the use of the adult and family pools and for use of the fitness center. Pool reservations are available each day in four two and one half hour time slots with Fitness center reservations available in 30 minute time slots. Those wanting to reserve a specific piece of cardio equipment can sign up while making reservations. Masks are required in the fitness center and residents will have a "non-contact" temperature check when entering the facility.

Residents are also asked to follow social distancing guidelines while using the boardwalks and playgrounds.



Palencia Fitness Center team members Caleb Cox and Kelli Dodd demonstrate how the social distancing and other health safety guidelines can keep us all safe during the pandemic.

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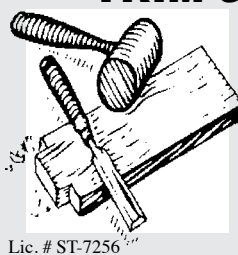
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You Can Help Stop The Spread Of The COVID-19 Virus



Wear a cloth face cover in public - Cover your mouth and nose with a cloth face cover when around others and out in public, such as the grocery store.

Do NOT use a facemask meant for a healthcare worker. Don't place a cloth face cover on young children under age 2, anyone who has trouble breathing, or any who is unable to remove the mask without assistance.

Why? You could spread COVID-19 to others even if you do not feel sick. The cloth face cover is meant to protect other people in case you are infected.

Rob Hardwick

For St. Johns County Sheriff

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Palencia Resident Launches Second Book

Are heaven and hell just mythological places?

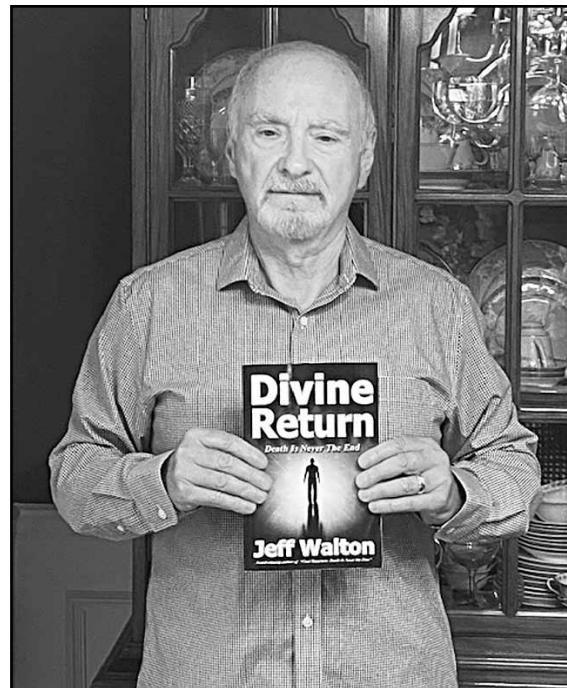
That question and many others are explored by local resident Jeff Walton in his new novel, *Divine Return: Death Is Never The End*. In the sequel to his multiple-award-winning novel *Final Departure: Death Is Never On Time*, Walton pulls the reader into the world of near-death experiences, satanic-ritual abuse, and the murderous global elite.

Drawing from his three-decade career as a NCIS special agent, Walton infuses the steely determination and cool analytical mindset of a veteran counterintelligence expert into Dan Lucas, NCIS special agent retired. Back for more adventure, and together, with a new partner, Dan tries to unravel the secrets of a bizarre murder, reveal the horrific abuse of a forgotten child, and expose the attempts at world domination by followers of Satan. Along the way, he shines a spotlight on the erosion of faith in some of America's Christian churches.

Based on facts and years of research, Walton weaves evidentiary material into the fabric of a gripping story that mirrors what's happening in the world today.

Walton comments: "A number of readers made clear they wanted more of *Final Departure*. They were drawn to the story line and were hungry for more facts about the veracity of the Bible. So I wrote what I consider to be an introspective novel that will ask the reader to examine their knowledge of what's really written in the Bible and how Bible prophecy is unfolding right before their eyes."

Divine Return is now on sale at Am-



Jeff Walton with his new novel, "Divine Return: Death Is Never The End."

azon.com in hardcover, paperback and eBook formats and also available online at Barnes & Noble and Books-A-Million.

Walton and his wife Tess are long time residents of Palencia. Together they manage Sunbrook Publishing, which is currently devoted to publishing Walton's works. Jeff also maintains a website, *Evidence for Eternity, Defeating Deception and Upholding Truth*, which has articles and commentary on the state of faith in the world today.

For more information, see Jeff's website at www.evidenceforeternity.com, or visit him on Facebook at [Jeff-waltonbooks](https://www.facebook.com/JtwaltonWalton) or follow him on twitter @ [JtwaltonWalton](https://twitter.com/JtwaltonWalton). You can contact him at jeffwaltonbooks@gmail.com.

Donations Needed For Family Of St. Augustine Mother Of Six Who Died Of COVID-19

St. Augustine resident Renada McGuire, 39, died July 4th from COVID-19 and according to a First Coast News Report, McGuire's oldest child is 19 and her youngest is just six years old. Her family says two of her children have disabilities, First Coast News reported.

"She was a beautiful person inside and out," her brother, Jorge Guerrero, told First Coast News. "She loved her kids so much. She would help anybody with anything. She was just an outstanding person."

A GoFundMe account has been set up for donations to the family. Palencia, if you would like to make a monetary donation, visit www.gofundme.com and search: Renada McGuire; or enter www.gofundme.com/f/renada-mcguire-lovin-mom-of-6-passed-away-of-covid. The family needs your help. A donation in any amount is welcomed.

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St. Johns County Sheriff's Corner

By David Shoar, St. Johns County Sheriff

Hurricane Awareness

With the extreme effects our area received during Hurricanes Matthew and Irma several years ago and the close proximity of Hurricane Dorian last year, I feel this is an excellent time to remind our citizens and visitors to develop a Hurricane plan.

Before those two devastating storms, it had been over 50 years since a hurricane struck the first coast directly from the east. That storm, Hurricane Dora has been the only one to strike our coast since records have been kept, dating back to 1851.

Hurricane season began June 1st and will continue until the end of November and meteorologists are calling for an above normal amount of storms this year. According to the NOAA, they predict a total of 13 to 19 named tropical storms, of which will be six to 10 hurricanes with winds greater than 74mph, and three to six major hurricanes with winds greater than 115mph. This season already had nearly three named storms before the first of June.

You should be familiar with the terms Hurricane Watch and Hurricane Warning. A Watch is issued when conditions are favorable that a hurricane could strike in 36 hours. A Warning is issued when hurricane force winds are expected to strike in 24 hours. By this time you should already have an emergency plan for yourself and family and begin implementation of that plan.

Some things to consider in your preliminary plans are:

- Take photos of your property from all angles, it may not look the same once the storm passes.
- Plan for elderly/handicapped/invalid care at a shelter or at home.
- Learn which routes will be safe during a storm.
- Learn where official shelters are located.
- Trim any dead wood from trees prior to the storm.
- Check for, fix or take note of loose items on your structures (shutters, screens, eaves, gutters, antennas, satellites).

Get and use a hurricane tracking chart

Plan what you and your family will do if you have to evacuate.

Get necessary supplies and secure them in safe area.

- Plan for pet care.
- Review your insurance coverage.
- Protect your important documents.
- Show others in the family how to turn off/on gas, electricity, and water.
- Make outside repairs.

When a Hurricane Watch for your area is issued you should do the following:

Listen to official bulletins on radio,

TV, or NOAA Weather Radio, and Internet for updates.

Check all supplies you already have to see if they are in satisfactory condition include batteries.

Fill gas tank of vehicles, check oil and tire pressure.

Inspect mobile home tie-downs.

Board, tape, cover windows and doors or skylights.

Secure boat.

Secure any objects and furniture that are outside.

Check on all medical supplies, special needs for elderly, handicapped, etc.

Plan to evacuate if necessary.

When a Hurricane Warning is issued here are some suggestions:



Stay tuned to TV, radio, Internet or NOAA Weather Radio.

Move valuables to higher location

Move furniture away from windows and cover.

Fill containers (bathtub, plastic jugs) with drinking water.

Use phones only in an emergency.

Bring in/secure pets (food & water).

Shut off water and electricity at main breaker switch.

Leave mobile homes.

Leave low areas. If evacuating--leave early.

Sometimes a hurricane path may not be predictable and evacuation orders could come at any time. If you are asked to evacuate, please do so early and know the route you will be taking. Remember there will be many folks taking the same route from a very large area so be sure to give yourself plenty of time to leave safely.

Finally, if you refuse to leave following an evacuation order, here are some safety tips for riding out the storm:

Make sure your building is well-constructed.

Turn the refrigerator to maximum cold.

Freeze water in plastic containers, if the electricity goes off you can use the ice to keep food cold in the refrigerator.

Turn off utilities if told to do so by the authorities.

Unplug small appliances.

Fill bathtub and containers with water.

Stay indoors.

Prepare for storm surge and pos-

Continued On Page 22

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Marshall Creek CDD Fishing Reminder

Fishing or otherwise trespassing in the limited common area in Marshall Creek CDD is not permitted (this is the area between the rear of a home and the lake). Walking, swimming, or boating in the lakes is not permitted. The St. Johns County Sheriff's department will now issue citations and may issue arrest warrants for violation of this trespass ordinance. Fishing is only permitted in the Marshall Creek CDD common areas and the county park pond off Palencia Village Drive. Thank you for helping us help the privacy of our neighbors.





GDV (Gastric Dilation And Volvulus) a.k.a “Bloat”

By Dr. Jacob Vencil, Veterinarian
Palencia Pet Clinic
904-824-1622

When I was a kid, my mother often cautioned my brother and I never to swim within 30 minutes after having a meal. Although she was never able to tell me what may occur if I broke the “30 minute rule,” the fear of those unknown consequences robbed me of hundreds of hours of childhood fun. Of course, that rule turned out to be a wives tale, although it was well-intentioned. Now as a veterinarian, I find myself giving advise that sounds relatively similar/silly, however, not heeding this advice may have very serious consequences that are all-too real.

Gastric dilation and volvulus (GDV) is a condition that affects primarily large breed dogs with deep chests such as Golden Retrievers, German Shepherds, Great Danes, and Weimaraner's. This emergency condition occurs whenever the stomach expands with food, water, and gas (dilation) and stretches the ligaments that holds the stomach into place. This allows the stomach to rotate (volvulus). This rotation leads to a one way valve being created in the stomach which allows gas to enter, but not escape. A rapid increase in pressure on the stomach wall ensues as the stomach continues to twist and tighten. Untreated, this pressure results in the necrosis or death of the stomach wall due to a lack of blood flow available to the tissue. Due to the rotation of the stomach, the main signs to look for are a suddenly swollen stomach and intractable vomiting or “dry heaving.”

In order to save the pet, immediate decompression of the stomach is

required, followed by a procedure to “tack” the stomach into place to prevent rotation from occurring again. The survival rate for GDV is around 90 percent if surgery is completed within the first hour but drops to 50 percent by the time that two hours has passed. The longer the stomach has been compromised, the more collateral damage is done to the heart and surrounding organs, sometimes requiring extensive surgery to remove part of the stomach wall or the spleen. Needless to say, time is of the essence.



Due to the limited time available to save a pet when this condition occurs, much research has been done regarding how to prevent this devastating condition from occurring in pets. Many veterinarians now prophylactically suture the stomach to the body wall at the time of spay or neuter in large and giant breed dogs to prevent GDV. This is a simple and safe procedure that has a definitive benefit to prevent an emergency surgery being required. Another recommendation that will reduce the risk of GDV is to limit exercise after eating a large meal and/or drinking a large volume. The stomach is more likely to twist when already dilated by a meal and then the jostling of playing/running occurs. Feeding smaller meals throughout the day instead of one larger meal also serves to decrease the risk of bloating. It is also thought that decreasing the speed with which a pet eats can decrease the risk of bloat, so a “slow feeder” bowl may decrease your chances of dealing with the deadly condition.

Hurricane Awareness

Continued From Page 21

sible flooding.

Plan what to do if the winds become too strong.

Stay away from windows and doors, even if covered.

Stay in a small interior room, hallway, or closet.

Close all inside doors, brace exterior doors.

If you have a two-story house, stay on the first floor.

Lie on the floor or under a table or other sturdy object.

Hurricane preparedness is critically important for the 2020 hurricane season, just as it is every year. Keep in mind, you may need to adjust any preparedness actions based on the latest health and safety guidelines from the CDC and your local officials. You can visit the National Hurricane Center's website at hurricanes.gov throughout the season to stay current on any watches and warnings.

Now is the time to go over your hur-

ricane preparedness plan. If you have not made any emergency plans, you should do them now. Planning ahead will save you unnecessary stress from not knowing what to do or not having the supplies you will need to get you through the hurricane watch, warning, storm, and aftermath. Print and post this list on the refrigerator or somewhere it will be easily seen.

Here are a couple of additional links you might be interested in the National Hurricane Center at <https://www.nhc.noaa.gov/>, and the St. Johns County Office of Emergency Management at <http://www.sjcemergencymanagement.org/>. Of course feel free to drop me a line at dshoar@sjso.org. It is our hope at the St. Johns County Sheriff's Office that you have a safe and happy summer. Also, if you sign up for the Sheriff's Office social media sights on Facebook, Twitter, Instagram or Next Door, you will receive important updates anytime.



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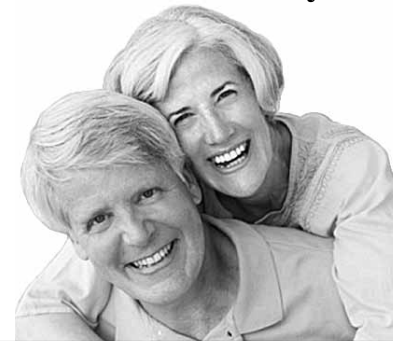
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You Never Know Why Someone Might Not Like The Smell Of Coffee

By Rev. Alan J. Liphart, M.Div
The Village Church
4229 Pacetti Rd., World Golf Village

August is a month for vacations and back to school. I love vacations. I love them for many reasons, but most certainly because I get a lot of sermon illustrations out of them.

I remember one vacation about 20 years ago when our family went to Niagara Falls and upper state New York for a wedding. We stayed at what could only be described as a "mom and pop" motel in this little community of Geneva, New York. As with most motel/hotels today, this one promised a continental breakfast.

The first morning, I awoke early to go in search of the illusive first cup of coffee. As I entered the main lobby area I noticed a couple of packages of store-bought donuts (still in the box). I scanned the room for the coffeepot. Ah there it is! Only, there was no coffee in the pot. I turned to the young lady at the front desk and asked if there was any coffee. "Oh no," the young lady replied. "I never make coffee."

I then asked her why they even have a coffee pot and why at check-in they tell you there is a "continental breakfast." And then do you know what she said? She said, "When I was little I got sick and my grandmother would make me take castor oil in coffee in order to get it down. To this day I can't stand the smell or the taste of coffee." The young lady then explained that the people who used to run this Inn had that coffee pot, but she never makes coffee because of her castor oil/coffee experience. She then told me I might be able to find a place in town that would sell me a cup of coffee.

I thought to myself, "as long as it is run by someone whose grandmother

didn't give them their castor oil in their coffee."

The point of my vacation story is that I did not know that the reason the young lady did not fix coffee was because of her grandmother. You never know. Can you imagine someone like that today?

This story reminded me of Romans 14:1-12. Did you know that it is possible to observe some beautifully wonderful Christian habits and to sour the whole thing by picking on people who do not do it the way you do it?

Paul struggled with this and in chapter 14 basically said, "If you want to eat vegetables, just eat vegetables. If you want to eat meat, eat meat. But quit picking on each other. Stop forcing everybody else to fit into your preconceived pattern of eating meat, not eating meat, drinking wine, not drinking wine, keeping the Sabbath, not keeping the Sabbath." So Paul told them to knock off the bickering and to do whatever they do to the glory, honor and praise of God and not in some self-righteous way to judge somebody else.

As in my opening story, we never know why people are different from us, or why they do things the way they do them. If we would only get to know those who are different, we might not be as judgmental.

We should also realize that God is able to save people who are different from us. You cannot tell where people are coming from. You can't tell what is in their background. You don't know if their grandmother gave castor oil in their coffee or what. We do know, according to verse 12, that we will all be accountable to God.

Palencia Residents! Send Us Your Newsworthy Notes

Are there any anniversaries marriages, engagements, military members, school or athletic awards in your family? Drop us a note about your family's good news along with a photo, if available. You may email the information to the following address: thepaper@comcast.net. Information received by the 10th of the month will be included in the following month's issue.

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Psalm 18:2

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Does Your Insurance Reflect Your Lifestyle?

By Craig Dewhurst, State Farm Agent, Palencia Resident

Understand your insurance options so you can be as choosy about them as you are about your wheels.

For most of us, choosing the right car means tons of research, multiple test-drives and plenty of shopping around. You may think that all of your decision-making is done once you've got the keys in your hand, but you've still got another big decision to make: buying the right type of auto insurance.

Many people take the easy— and cheap—way out by choosing the lowest price available. However, that decision could end up costing more than you expected in the long run. To protect yourself (and your car), make sure that you get insurance coverage that matches who you are and how you drive.

How sweet is your ride?

If you've inherited your parents' beat-up minivan, quality insurance may not be your top priority, but it's still important to protect yourself with liability insurance in the event that you accidentally hit something—or someone.

If you're protective of your new car and want to keep it pristine, you may want to spring for comprehensive insurance. As its name suggests, a comprehensive policy basically covers all losses that aren't covered under collision coverage, even the unexpected, like vandalism or weather events. That could really come in handy if you live in the city and park on the street.

Do you have assets?

Even a minor car accident can turn into a major hassle. Throw in serious car damage or a physical injury and that hassle can become a financial nightmare. Depending

on circumstances and the laws in your state, you could be personally responsible for repair and medical costs. Those bills and car repairs can end up costing well above your state's minimum liability amount. And if you don't have that kind of cash, other assets like your house or your savings could be at risk in a lawsuit.

While your state will set the minimum liability coverage you're required to purchase, sometimes that coverage may not be enough. It's often worth paying the extra premium (beyond state minimum coverage) to help ensure you have the proper coverage based on your circumstances. If you're not sure how much to get, find a State Farm® agent to help you figure out the best balance between cost and coverage. They may also suggest umbrella coverage, which helps protect your assets in the event of a lawsuit.

Rideshare insurance

If your car is also part of your side gig, rideshare insurance can be a lifesaver. Many drivers who sign on with companies like Uber or Lyft assume that those companies have insurance to cover them. But in most cases, the company's full coverage only kicks in once you're headed to pick up passengers or have a passenger in the car.

Rideshare insurance is competitively priced, and it'll help keep you covered if you get into an accident while you're on the job.

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