



News For And About Residents Of The Palencia Community

Independence Day  
1s Saturday, July 4th



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JULY 2020

## Nease High School Senior Parade Drive-Thru Graduation Ceremony

Many young Palencia residents and their peers across the nation who are members of the Class of 2020, have had to adapt to the ways in which one of the milestones in their lives, graduation, was celebrated due to the COVID-19 pandemic.

However, several members of the Nease High School Senior Task Force were not about to let a pandemic stand in the way of celebrating the school's Class of 2020. The group hosted a "Grand Senior Parade" prior to the school's virtual graduation ceremony. The "drive through" graduation ceremony included students dressed in their caps and gowns riding in cars decorated in the colors of the colleges they will be attending. The graduates were cheered by Nease faculty, fellow students and staff holding signs and banners.

The event was planned in conjunction with Nease High principal Lisa Kunze and parents Tammie McClafferty, Jill Thompson, Lisa Simons, Kelly Yelvington and Kristy Siebert.



## Palencia Elects New POA Board Members



Left to right, Dan Dickman, Rich Luciano, Mary Pat Stritof, Jim Newhall, and Bo Hofstead.

The recent Annual Meeting and Election of new board members for the Palencia Property Owners Association was a great success. Please welcome the following members as your Board of Directors: President: Mary Pat Stritof, Vice President: Dan Dickman, Treasurer: Bo Hofstead, Secretary: Jim Newhall, Director At Large: Rich Luciano. The Board would also like to extend heartfelt thanks to each of the candidates who ran for the Board. We appreciate your willingness to serve the Palencia community.

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## Palencia Pools, Amenities Re-Open With Safety Protocols

The reopening of the Palencia pools and other community amenities last month was a welcome sign of "normalcy" for Palencia residents after the COVID-19 pandemic shutdown. Both the adult and family pools are operating at only 50% capacity with advanced reservations required and social distancing practices being put into place while following CDC safety guidelines.

The pools are currently operating on a "no guest policy" with reservations available in four, two and a half hour time slots available each day. Visit [https://mcusercontent.com/5058287f65564cbf688c094d3/files/8979375c-6e4e-4c42-8680-3988e4bbb0c9/Re\\_Opening\\_pool\\_Draft\\_1.03.pdf](https://mcusercontent.com/5058287f65564cbf688c094d3/files/8979375c-6e4e-4c42-8680-3988e4bbb0c9/Re_Opening_pool_Draft_1.03.pdf) for more information about the regulations and guidelines.

At right, Palencia residents Brigid, age 8, and Owen, age 6, report that the family pool is "swim ready." Residents of all ages seem to be enjoying their summer after nearly two months of a pandemic shutdown. All while abiding by the COVID-19 health restrictions now in place.



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### Thought For The Day

"Independence Day: freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed – else like a flower cut from its life-giving roots, it will wither and die."  
– Dwight D. Eisenhower

### Words Of Wisdom

For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. - Galatians 5:13

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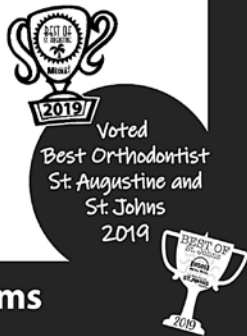
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# Palencia Community Classified Ads

Continued From Page 2

### St. Augustine Travel Club Is On Hiatus

As many of you are aware, we have not convened our meetings at the library since the coronavirus outbreak. We will be on our regular summer recess for the months of July and August. We will reassess the situation with the library as to when we will be able to restart our program, and will send an update. In the meantime, we wish everyone a safe and enjoyable summer. Any questions? Please give me, Peter Dytrych, a call at 904 797-3736.

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## Palencia POA Board Election Results

By Mary Pat Stritof, President, Palencia POA



Mary Pat Stritof

The Palencia POA conducted its first official election on Tuesday, June 2nd. We want to thank everyone who took the time to vote, as well as those who joined us in person for the Annual Meeting and Election! It was wonderful to see our members in person and on Zoom.

Your new Palencia POA Board members are myself, Mary Pat Stritof (President), Dan Dickman (Vice President), Bo Hofstead (Treasurer), Jim Newhall (Secretary) and Rich Luciano (Director at Large).

We would like to thank all candidates for the Board for their interest in serving our community! We hope you will continue to serve our community through attending

our monthly meetings and serving on the Palencia POA Committees.

We would also like to extend heartfelt thanks to our retiring Board member Laurelle Zamparelli, Bob Stevens and Howard Entman. We appreciate your service to our community for the last several years!

We look forward to seeing you at our upcoming Board meetings!



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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.

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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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## Ask A Certified Master Gardener Victory Gardens Emerge Again

By Norie Flowers, Palencia Resident  
[norie.flowers@outlook.com](mailto:norie.flowers@outlook.com)

Do you have landscape and/or gardening questions in which you would like help? I live in Palencia, so please email me at [norie.flowers@outlook.com](mailto: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.

### Victory Gardens Emerge Again

America's historic Victory gardens were vegetable, fruit, and herb gardens planted at private residences during World Wars I and II. In war time, governments encouraged people to plant victory gardens not only to supplement their rations but also to boost morale. They were used along with Rationing Stamps and Cards to reduce pressure on the public food supply. In addition to indirectly aiding the war effort, these gardens were also considered a "morale booster," providing empowerment through their contribution of labor and rewarded with homegrown produce. They were an essential part of daily life on the home front. Farm families, of course, had been planting gardens and preserving produce for generations. Now, their more urban cousins got into the act, all in the name of patriotism.



**Victory gardens were an important therapeutic component in times of high stress.**

There are some similarities connected to Victory Gardens and COVID-19. In lieu of rationing, we are encountering labor and transportation shortages resulting from the inability to both harvest some crops and move them to grocery stores. While not diminishing the horrible devastation of two World Wars, we now face the same level of uncertainty about the future, along with the devastating loss of so many from COVID-19.

Horticulture is also an important therapeutic component in times of high stress. In 1798, Dr. Benjamin Rush, considered the "father of American psychiatry," documented that gardening had positive effects on his mentally ill patients. Following World War II, gardening was used as a form of occupational therapy for returning veterans, and garden club volunteers across the United States participated.

From a research standpoint, the concept of using nature to improve human health and well-being began to gain credibility in the 1970s. At the University of Michigan, psychology professors Rachel

and Stephen Kaplan (1989) found that natural environments had relaxing and restorative benefits for people. Roger Ulrich's (1984) research demonstrated that patients with views of trees had shorter hospital stays, needed less medication, and had more positive comments written in their records by healthcare staff.

Continuing research is pinpointing the beneficial effects of nature and plants on various special populations in diverse settings. The Journal of Therapeutic Horticulture, a peer-reviewed publication of the American Horticultural Therapy Association, has published research and practice papers since 1986. Research taking place at the Therapeutic Horticulture Program at the University of Florida's Wilmot Gardens aims to further our understanding of the positive impacts of people-plant interactions.

While we in Palencia might not be in need of fresh produce to survive, there are a number of good reasons to start a Victory garden. Growing and harvesting something produced in your own garden provides well-being and the same level of satisfaction and accomplishment as any major work or home project - simply a job well done. In addition, home garden produce is only handled by you and can also be a venue for some types of fresh produce now in short supply.

Even if your landscape is small, most vegetables, herbs and fruits can be grown in exceedingly small areas. As mentioned in my last article, raised beds of all sizes work in any yard. Hydroponic systems of any size are another great option. Large pots offer a fourth option and are especially suitable for strawberries and herbs.

I have a small yard but have reserved part of my back yard flower garden area for a Victory garden. I have eight types of herbs, tomatoes, lettuce and Datil peppers. In addition, I just harvested a small crop of red potatoes, the potato seeds of which came from the state's potato capital, Hastings, Florida. If you have never eaten a potato fresh out of a garden, you are missing a real treat. The garden is thriving with the especially important addition every six weeks of good dark organic soil and hand watering on a regular basis, especially during the summer months. I'm living proof that a very small garden can produce a healthy amount of delicious fresh produce.



Victory has a significant meaning for us as we come to grips with this worldwide pandemic. It can translate into enjoyable projects for adults and children with specific goals and results that delight

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# Spotlight On Palencia People



Dr. Ohlson with University of North Florida student-athlete, Sydney Steele, receiving her UNF "Student Leader of the Month" Award.

## Palencia Resident, UNF Professor To Offer Leadership, Life Coaching

Palencia resident Matthew Ohlson, Ph.D, who serves as an associate professor of leadership and director of the Taylor Leadership Institute at the University of North Florida, has quite an impressive list of students and adults he has helped through his leadership coaching and mentoring program. They include six Olympians, nine professional athletes and many business leaders throughout the country.

As the COVID-19 pandemic caused many campus shutdowns, Ohlson now finds himself able to share his proven leadership coaching program with even more individuals outside of the university setting.

"What I enjoy most about leadership coaching is seeing the impact it has had on so many individuals," Ohlson said.

Ohlson offers weekly hour-long

sessions that include activities centered on confidence building, time management, goal setting and teaching people how to incorporate the "Covey/Carnegie Habits" into their daily routines.

"For students, coaching sessions have led to increased GPA, improved athletic performance and putting 'soft skills' into action that include public speaking, social media branding and interviewing for college and careers," he explained.

Ohlson said the adult leaders and their organizations he has worked with have seen gains in employee retention and recruitment and in finding that "work-life balance."

Ohlson also oversees UNF's Collegiate Achievement Mentoring Program, better known as CAMP Osprey, where


*Continued On Page 6*

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## Victory Gardens Emerge Again

Continued From Page 4

everyone – even those who think they are minus a “green thumb.” That is a fallacy – everyone has one!

We are fortunate to live in Florida where our growing season runs throughout most of the year.

So, what are you waiting for? It is time to start your Victory garden!

Tip of the Month: Some edible options for the summer gardens include:

cherry tomatoes, okra, southern peas, sweet potatoes, strawberries and, for the more adventurous, winged beans, Malabar and Okinawa spinach, Roselle, and Tampala Amaranth.

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.

## UNF Professor To Offer Leadership Coaching

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Dr. Ohlson and Coach Matthew Driscoll with three of Ohlson’s Leadership Program students- Ivan Gandia-Rosa, Garrett Sams and J.T. Escobar.

students have the opportunity to learn leadership skills and then mentor others. He was named the Florida College Access Network’s College Ready Florida Innovator in 2019 and also launched UNF’s Student Athlete Institute of Lead-

ership (SAIL) program which helps students to gain valuable career traits.

Contact Ohlson at (352) 474-9602 for more information on his leadership and life coaching program for students and adults.

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Palencia Resident

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## Birthday Dinner At Treylor Park Restaurant

By Jeff & Jami Lind, Palencia Residents  
[www.ourwonderfuljourney.com](http://www.ourwonderfuljourney.com)

*Editor's Note: Although many of us can't travel or go to restaurants quite yet, let's plan ahead to post COVID-19.*

We went for my sister, Lynn's birthday last fall, to a fairly new restaurant, Treylor Park, at the bustling Nocatee town center, although not in St. Augustine, it's very close. It's located on the corner of the building that is anchored by Publix. My husband Jeff and a good friend, Candi, went for the small celebration. The restaurant is definitely southern, down-home, with pictures of trailers, a take on the name Treylor Park.

### About the Restaurant

The original Treylor Park restaurant opened in Savannah. Colorful, fun, decor is everywhere, with many pictures of campers and trailers. Playing in the background is the Nicholas Cage film, Raising Arizona, a funny movie with many scenes in a trailer park. The staff are casually dressed in t-shirts and jeans or jean shorts. They were very friendly and accommodating as we were trying to find a table where we could watch the baseball playoff game on one of several big screen TVs.

The restaurant was clean and inviting, while casual. The menu was interesting, with a lot of southern dishes but many had original twists to them. They also had quite a drink menu, ranging from beer, including IPA's, wine and some fun specialty drinks. My sister had the Illegally Blonde cocktail while I chose the Pina Coolata, and Jeff had the Sweetwater 420 pale ale. Everyone enjoyed their drinks but mine was the most fun as it had a large slice of pineapple in it and was a beautiful, light blue color. The drinks are served in mason jar type of glasses.

### What's to Eat?

For dinner, Candi ordered a flat-



Treylor Park Restaurant Entree

bread, which she really enjoyed and left her plenty to take home for leftovers. Jeff opted for the patty melt and Lynn and I decided to split an order of the PB&J wings and the Grilled Apple Pie Sandwich. The wings were so good that we got a second order to split for the table. They are a must have. The wings were served fried, and a little crunchy which is what we like. The peanut butter and jelly flavor was unmistakable and delicious. We got the bacon on the side that comes on the Apple Pie sandwich as I don't usually enjoy bacon in my food. The sandwich was a great twist on grilled cheese, with chicken and apples in it. It was a



Treylor Park Restaurant Sandwich

thick, delicious treat. The sandwiches came with their homemade potato chips which were really good and served in a really cute wire basket, designed to look like a miniature deep fryer.

We decided to split two desserts for the table and absolutely had to go with the fried Oreos and S'mores Flatbread. Both were huge hits! Jeff likes coffee with dessert, so he got a cup of coffee which was served with the creamer on the side in a replica of an old time milk bottle. The coffee was good and the presentation was great.

### Our Thoughts About The Treylor Park Restaurant

The service was attentive without being obtrusive. While we were there, we saw a variety of clientele, from families, to young couples and several older groups as well. It is a friendly and welcoming place for all. I recommend it for fun, different dishes that are very tasty.

Visit the Treylor Park website:  
<https://www.treylorpark.com/nocatee>

## Palencia Residents! Send Us Your Newsworthy Notes

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## The Blessings In Disguise Of Virtual Learning

By Tiffany Trivedi, Palencia Resident  
Palencia Elementary PTO

Virtual learning has created a new way of life for us all. Parents have become teachers often to multiple children; teachers have developed new methods to reach students through technology; and students of all ages adjusted to learning in virtual classrooms. Remote learning has challenged many of us to become more patient, organized and flexible.

But has this all come with blessings in disguise? What are those silver linings we've all found from this new way of life? What are the key learnings we can use to improve school years to come?

PES first grade teacher Alison Craig

programs," explained second grade teacher Katrina Davis. "Often in the classroom we use pieces of the online tools, but we do not use them to the extent we did during virtual learning."

"These online tools help to keep students engaged, gives teachers automatic feedback, as well as the ability to assign specific lessons to individual students based on their needs," Davis explained.

"It was important that teachers consider how many applications were used," PES fifth grade teacher Michael Clark added. "Teachers decided to limit the number of apps they would ask students (and parents) to utilize. This allowed those involved in the learning process to become familiar with the platforms and know what to expect each week as new lessons began."

"One positive aspect of online learning or conferencing was we were able to spend some uninterrupted one-on-one time with students who desired or needed additional support," he said. "This allowed the teachers to give their full attention to the student, without distractions normally found in a classroom setting."

### A window into the classroom

One benefit many parents noticed was getting a peak into their child's learning environment. Many parents were only exposed to class parties or the occasional volunteer opportunity, but with virtual learning, parents have been given a rare opportunity to see the details of each child's school day.

"The virtual learning environment created a lot of teachable moments for myself and each of the kids," said PES parent Sarah Hammond. "As a parent of four, it doesn't give me the opportunity to be in all of their classrooms very often. In the past, I have had to rely on teacher conferences and feedback on their individual academic needs."

"I truly enjoyed being more connected to my children's schoolwork and helping them navigate virtual learning," mother of three and Mental Health Therapist, Cheryl Flostrand said.

Teachers also gained a new perspective through remote learning. "I really enjoyed seeing inside the students' personal lives," Katrina Davis shared. "I loved when they wanted to share their pets or sibling. I most likely would have never seen my student's bedroom, kitchen or other areas of their homes. I felt like I got to know them on a different level and we became closer," she said.

### Independence and flexibility

Added flexibility has also been at the top of the list. Families traditionally had to adapt to the standard school week. During this period, everyone had the chance to schedule schoolwork around their personal schedules. Perhaps it's easier for a parent to assist their child after work, so the school day begins at 5:00 p.m. Or a teacher is busy doing online school, so must delay assisting their own child until a different time of day.

"I loved making my schedule and not

**Continued On Page 9**



**Cate Smith keeps organized by writing in important dates on her white board.**

shared, "When the school district first made the announcement that we were going to virtual learning for an unknown amount of time, we were all a bit nervous and unsure how it was all going to unfold."

"What I can say after going through this all, is what unfolded was a remarkable sense of community that I have never seen before. The teachers and staff of Palencia Elementary School came together like never before. We worked together as a learning community, across ALL grades levels, to provide the absolute best instruction that would work, not only for the students, but for the families as well," Craig said.

### Technology Utilization

Utilization of new technological platforms launched teachers, students and parents alike into a new world.




"One of the recognized benefits was the digital component of online apps and

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## Blessings In Disguise Of Virtual Learning

Continued From Page 8



**Holden Smuckler reviews a lesson on his laptop during a virtual classroom.**

being rushed to do the next thing," said fifth grader Ainsley Hammond.

### Ability to reprioritize and provide support

Perhaps the greatest benefit to our new normal was the extra quality time families have experienced. Third grader, Callia Flostrand and fifth grader, Linnea Flostrand both feel so grateful for the extra family time. They shared that "distance learning has been a great opportunity to spend time with family and have fun together." Their mother, Cheryl Flostrand, added that "having the opportunity to slow down and spend more time together has been the biggest blessing of all." Having children at home provided families the ability to provide extra emotional support and encouragement to each other. Parents have had more time to talk to their children, children have been exposed to new sides of their parents and siblings have taken on the role of coach and mentor.

"I think that one of the most important things that allowed was the focus on my children's emotional growth," said mother Sarah Hammond. "Being that they are around each other all day, I've seen them really tune into what each are feeling and are able lift each other up if someone is having a down day. This was something that often missed in our busy lives." Hammond added "It's so very important to teach our kids healthy coping skills. They were given a situation that they couldn't control, and everyone rose to the occasion. Teachers, schools, our community, our kids- everyone did such an amazing job coming together in unconventional ways and really lifted each other up."

While many are ready to get back to school, it has certainly been a testament to the strength of our community, that we have all been able to adapt to virtual learning so quickly and so successfully.

"We can find strengths and weakness to any methodology, but at the end of the day students were able to continue their journey of learning, despite restrictions on gathering in a physical school building," shared Michael Clark.

"I knew we would need some overarching, guiding principles during this exceptional time to keep us all rowing in the same direction and to ensure continuity across the school community," said Principal, Catherine Goodrich. "Two of the five guiding principles, in particular, led to story after story of goodwill, laughter, and strengthening relationships throughout the Palencia Elementary school community. Those principles were 'We will work industriously and creatively, incorporating household items, family routines, and Character Counts! values as we teach' and 'We will take care of each other.'"



**Lauren Lipp gives a thumbs up as she goes over her lesson for the day.**

"I knew that the business of learning, and the completing of schoolwork, had to take a backseat to supporting family units and the struggles they may be encountering," Goodrich added. "The teachers and support staff embraced and internalized this philosophy, and as a result, our children soared. The staff and I are certainly ready to fill our halls with students once again. However this experience has given us the confidence that we can and will continue to make an impact should the need to educate remotely present itself in the future," Goodrich said.

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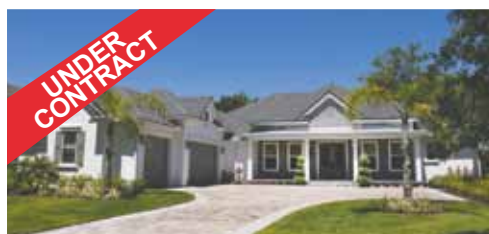
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## How To Raise Anti-Racist Kids

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

[www.happycoupleshealthycommunities.com](http://www.happycoupleshealthycommunities.com)

As parents, we all want to raise good humans. Part of raising good human beings is navigating difficult subjects, such as racism and violence against black people in America. Talking about racism may make many of us uncomfortable, but we can't solve a problem if we can't talk about it. Racism thrives in silence. Our children need to hear from us what we know to be right—and what we know to be wrong. Nationwide protests for racial justice are a powerful reminder that parents of all backgrounds need to be pro-active in raising children to understand racism and discrimination, and in helping our kids to be a force for positive change in the world.

Here are some steps that parents can take to help children fight racist practices and stand up for every person's right to be treated fairly.

**1. Educate yourself about how to advocate effectively for others**, as well as how to talk about race and racism with children.

**2. Talk about fairness.**

Even preschoolers are old enough to understand the concept of fairness. Racism is a system of unfairness, in which BIPOC (Black and Indigenous People of Color) are treated worse than white people. That is wrong and we all need to work hard to fix it.

If your kids have seen reports of police brutality in the news, talk about how upsetting it is to see people treated unfairly, and how mistreatment of Black people is part of a bigger picture. Explain that there is a multiracial coalition of people working together to put an end to racism and make the world safer for all of us.

**3. Encourage children to ask questions.**

All children have questions about race, skin color and other differences. However, if parents are uncomfortable talking about race, children learn not to bring it up. When people say that their kids are "color blind," what they really mean is that their kids have been trained not to talk about difference.

**4. When it comes to younger kids**, play, storytelling, and modeling the behaviors that we want them to emulate are the best ways to teach any subject—and that especially includes celebrating difference and rejecting racism.

**5. As kids grow, hearing stories that reveal a wide range of perspectives and seeing their parents and caregivers "walk the talk"** continue to be the best teaching tools. As parents, we should also engage our elementary-school-aged children in regular conversations about racial discrimination.

**6. Teenagers tend to be acutely aware of injustice in their schools, their social circles and their world.** At this age, they want parents to offer guidance on how to be active allies for causes they believe in, and they need resources to help them navigate the challenge of racism as independent critical thinkers.

**7. Form friendships and relationships** with diverse populations and encourage your children to do the same.

**8. Build a library.**

Read books together about racism and protest. Choose stories with Black and Indigenous People of Color as heroes and heroines. Further your own knowledge by reading books on anti-racism and race recommended by BIPOC booksellers and publishers.

**9. Keep the conversation going.**


The legacy of slavery is very much a part of life in the U.S. today. It is important to realize that all of us have internalized the rules of a society that is separate and unequal by race. Interrupting the cycle of racism requires vigilance in our daily lives—we need to be on the lookout for ways that we perpetuate the bias embedded in American culture.

At every age, our children are looking to us to help guide them—both by giving them the learning tools that they need to thrive and by showing them through our own example what is right. Standing up to injustice is part of being a good citizen and human being. All children deserve to grow up in a world where they are safe and protected.

*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](http://www.happycoupleshealthycommunities.com).*

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## Avoiding Lions-Tailing A Tree

By Heather Fritz, Palencia Resident  
 Monster Tree Service  
 904-719-8499

Tis the season to get trees pruned in advance of a major storm. The tropics are hot and we're already seeing a lot of early tropical activity for June. If you have a questionable tree, call a professional tree service company to inspect it now while St. Augustine isn't in a cone of concern.

Tree service companies all over Florida are in their busy season assisting homeowners pruning and removing trees that put homes at risk. A well maintained tree will be professionally trimmed and the canopy thinned by removing select branches to encourage wind flow through the interior of the tree. Be wary of any tree cutter who wants to remove all of the interior branches and inner foliage of your tree. This is called "lions-tailing."

Larry Figart, an urban forestry extension agent with the University of Florida and the city of Jacksonville writes, "Lions-tailing is the practice of 'gutting' a tree to expose its branch architecture. In other words, the inner branches are all trimmed off, removing the foliage from the inner canopy. The result is branches that feature only a 'puff' of foliage at the end, similar to a lion's tail."

Lions-tailing is not a recommended arboriculture practice. However, it's become popular among tree cutters for several reasons: 1. It's easier and quicker work to remove everything versus identifying and removing select interior branches. 2. The homeowner insists that the tree will be more wind resistant by removing the majority of the branches. 3. The estimate may be less because lions-tailing doesn't require a lot of skill or time. Bottom line, a lion-tailed tree

is at greater risk to be impacted by high winds.

Mr. Figart goes on to say, "The reason why lions-tailing is bad for trees rests in how trees naturally resist wind. A wind-resistant tree has well spaced interior branches that dampens the effect of wind on the branch as it sways, reducing the amount of sway in the branch. Without those interior branches there is no dampening effect, and the branch sways wildly back and forth in high winds, making it more likely to break. A lions-tailed tree will also have its center of gravity raised higher in the canopy therefore making it easier for the wind to blow the tree over."

When meeting with a sales arborist, ask him or her about the strategy to make the tree safer and ultimately stronger. If he or she tries to convince you that removing the interior branches will make the tree more wind resistant, it's time to meet with another tree service company.

Mr. Figart emphasizes that, "Proper tree pruning should have four primary goals: create strong structure, promote tree health and vigor, keep pruning wounds as small as possible and remove dead, diseased, or hazardous limbs."

Advocate for your trees by hiring a reputable and professional tree service company. Advocate for your home by asking for a copy of their certificate of insurance. Strengthening your home for major storms is critical to staying safe and protecting your property.

Sources: *Larry Figart is an urban forestry extension agent with the University of Florida and the city of Jacksonville.*



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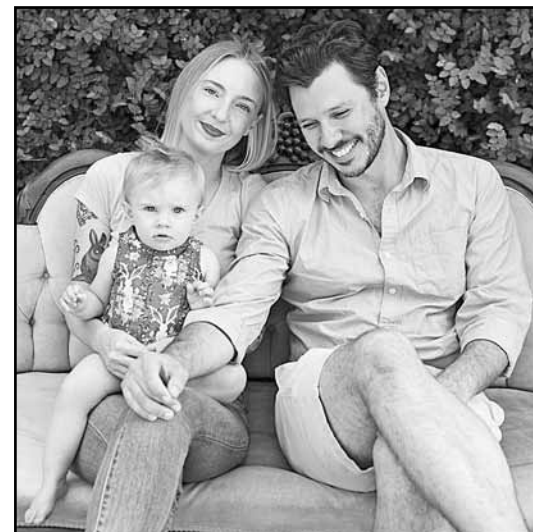


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### Fun July 4th Fireworks Facts



- Fireworks on the 4th of July date back to July 4, 1777 in Philadelphia when a ship's cannon fired a 13-gun salute to represent the 13 colonies and the Sons of Liberty shot fireworks over Boston Common
- In 1776, John Adams wrote that he believed American's independence day would be celebrated by generations that followed "forever more" with "pomp and parades and illuminations" that would reach from "one end of this continent to the other"
- Famous July 4th fireworks displays are held in New York over the Hudson River, in Boston over the Charles River, at the Philadelphia Museum of Art and in Washington, DC at the National Mall
- Americans spend roughly \$1 million on fireworks each year  
Source: history.com

### Upcoming Election Dates

Polls will be open 7 a.m. to 7 p.m.

Primary Election: August 18, 2020  
Registration and Party Change Deadline: July 20, 2020

General Election: November 3, 2020  
Deadline to Register: October 5, 2020

The registration book close date is the statewide deadline to register to vote, or change your political party for any election if you are already registered. For first time voters in Florida, a completed

voter registration form must be in the Supervisor of Elections' office, or post-marked, by the book close date.

### Early Voting Dates

August 18th Primary Election  
Early voting dates are August 6th through August 15th

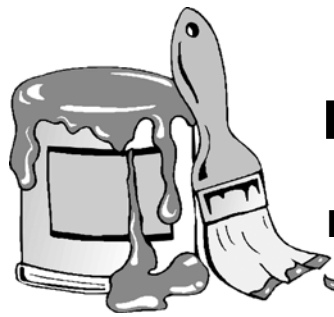
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## The Changing Admissions Landscape

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

During this time of Covid-19, colleges and universities are having to re-assess how they evaluate students for admission to their schools. Many colleges are going test optional and students are rejoicing because they no longer have to prepare for and suffer through college entrance exams. They might want to pause and give this a little more thought, though. The words “test optional” are confusing, causing students to wonder if they would be better off submitting a test score in order to be more competitive. This is especially true when competing with other students to gain admittance to highly selective schools. Also, eliminating what is usually an objective factor in admissions may change how schools choose whom they will accept, reject, defer, or wait list.

Often, when smaller schools move to a test optional policy, they then institute an interview. This may work well for some students, but many others are averse to an interview and would prefer to submit their test scores. Some schools use alumnae to conduct interviews and it is normally not weighted very heavily in the admissions decision. However, in the absence of a college entrance exam, this could become a more important factor. The downside is that this can be a very subjective evaluation, as it will depend on the opinion of one individual. It is better for the student if an admissions counselor conducts the interview.

The most important factor in admittance – always number one on the list – is grade point average mixed with the perceived difficulty of the courses taken. High grades in regular classes are not viewed in as favorable a light as Honors level or Advanced Placement courses. The saying goes that a “B” in an AP course is worth more than an “A” in a regular course. Many high schools dropped ranking and a lot of universities stopped looking at that number as well. The question now comes to mind: Will universities bring back that number in order to have more quantifiable data available to use in their admissions decisions? If so, this would probably result in even more competitive atmospheres in high school.

One other important element in the college admissions decision is a student’s essay(s). It had the potential to make or break a student’s acceptance before these crazy viral times. Now, the essay(s) may become even more important to a student’s application. It is imperative to have a solid personal statement, and it may not be in a student’s best interest to address the virus experience unless there is something unique to talk about. It may also serve a student well to apply to the Honors college, as there are typically more essays to submit, equating to more opportunities to shine. Be prepared, though; there are some really quirky questions out there. (Last year U of S. Carolina wanted to know: “What do you think?” and “What do you know?” Perhaps your question

for them: “What do I think or know about what?!”)

While it may be tempting to forego the SAT or ACT, it may be in a student’s best interest to go ahead, take the test and submit scores to provide the colleges with some objective data. While it may not officially be included in the holistic admission process, it can demonstrate seriousness and may tip the scale in the tested student’s favor.

If the student decides to proceed with testing, try a practice test for each one to help determine which test suits the student better. Almost all schools will super-score the SAT, but not all of them super-score the ACT. To address that, the ACT is administering an option to re-test one, two or three of the four sections beginning in September of 2020. The re-test has to be done on a computer, so it will be a very different testing dynamic. The re-tests will be offered the same dates as the full test, and the results will be noted on the ACT score report as a re-test.

Finally, there are colleges and universities out there that only look at grade point average and SAT/ACT scores. With no test score, how will these schools now determine admissions? Will they implement more subject placement tests? Add essays to the mix? Come August 1, we will get a good look at what the universities expect.

One bright note: As of June 10, the Florida DOE extended the deadline to meet the Bright Futures scholarship requirements to July 31, 2020. This will, however, require a student to take the ACT, as all SAT tests have been cancelled until September. If you need assistance preparing for the ACT or need assistance with your essays, contact Horizon College Planning at 904-742-4716.

### NEED DIRECTION?



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CHRIS



**Strickland** (Rep)

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Tom Verri

St. Johns County, FL

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.

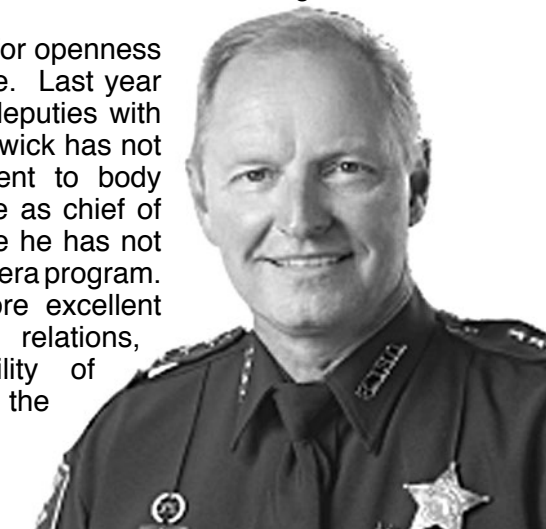
I have compared the qualifications and experience of the two current candidates: Chris Strickland and Rob Hardwick. This county needs proper administration of our sheriff’s office. It is our primary law enforcement and public safety agency. With that in mind, I find that Strickland far and away exceeds 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 Harwick, 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



## Terms Of The Game

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

Enjoying friend and family time on the golf course comes with fun conversation but a language that can sound unfamiliar to others. Here are some golf terms to hopefully help you understand what your partner is saying and what she/he really means.

**Miss it on the high side aka the pro side:** term used when putting and the ball does not break from the high side into the cup.

**You have honors:** The right to tee off first, based on having the best score on the last hole or being farthest from the hole.

**Over clubbing:** taking more club than you need

**Ready golf:** Players hit when ready in order to speed up or maintain pace of play.

**Bump and Run:** A reliable, low-trajectory golf shot intended to send the ball rolling along the ground and onto the green. Low risk, high reward shot.

**Choke down:** When a player places his/her grip lower down the shaft of the golf club than normal.

**You're on the Dance Floor:** Slang term for the green. This is a good thing!

**Fried Egg:** Typically a Sand shot, when the ball is half-buried resembling a fried egg.

**Up and Down:** Chipping or pitching the ball onto the green and putting it into the hole on the very next shot.

**Smoked:** A term describing a well-hit long shot, particularly a long drive.

**Sweet spot:** The center of the club face, which will produce the longest shot from a given club.

**Worm burner:** A golf shot (not a putt) in which the ball never rises off the ground.

**Player B:** hitting a provisional shot while playing, and doing better than your first shot. Player B knows what to do and what not to do, also producing a better shot typically.

**Air mailed a shot:** a shot that goes way too far, typically overshooting the green and going out of bounds.

**Putting your lips on it:** this is a phrase used to describe cheering your friend on and saying good shot right after they putt, and then the ball ends up not going in the hole.

**Pin seeker:** When you're hitting shots that go straight towards the flag and drop in and around the hole.

**Big ball first:** smacking the ground before you hit your own ball.

**Squirrel Tail:** taking a big divot and removing a lot of grass after contact and the divot stays together.

**Choking:** completely and utterly messing up your score

As always, enjoy the game. After all, the Pros are on Television, we're not.



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Katherine Gardner  
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## CBD - Does It Live Up To The Hype In Pets?

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

"I'll try anything for a nights sleep! What do you think about CBD for dogs?" she said, with an exhausted look of desperation. As marijuana has been legalized in many states for medical purposes, and cannabinoid (CBD) hemp derived products have swept the country, this question has become a common one with owners searching for another option to relieve their furry friends' issues. But what do we really know about their effectiveness and safety?

CBD products come in many shapes, sizes, and forms. For pets, usually they come in a chewable treat or an oil that is administered orally. These products vary greatly in their vehicle (or carrier) and inactive ingredients, and also how the CBD is extracted from the hemp plant. Some manufacturers utilize carbon dioxide gas to extract the CBD, while others use chemical extraction processes such as ethanol. The less expensive ethanol extraction method has the potential to leave behind residues in the product, making these types of products a less "pure" version of the supplement. Because these products are currently considered supplements and not medicine, the FDA does not control or regulate the sale or manufacture of these products. Given the immense popularity and "buzz" surrounding CBD and the lack of oversight, there are increasing numbers of fake or scam products on the market. Generally, if it's inexpensive and seems too good to be true, you're probably not getting the "good stuff."

The concentration of THC in the product is also important to observe. The lower the concentration of THC, the better. Although humans tolerate THC in relatively high levels, pets do not, so the lower concentration products tend to have less side effects like sedation and disorientation. Experts warn to keep products

with THC amounts higher than 0.3% away from animals, as this compound can have a dangerous outcome in pets.

These significant variations in products makes giving a general recommendation on safety or efficacy very difficult. The best advice that can be given is to do your research, and find a product that you're comfortable with. It should be manufactured in a human grade facility, with a description of the extraction processes readily available, along with a guaranteed analysis what is in the product.

The next important aspect to consider is whether these products actually work or not. At this stage, there are several university level local studies being conducted to evaluate this. Unfortunately, these studies are still ongoing without any definitive conclusions at this stage, so any recommendations regarding the dosing, safety, effectiveness are made with anecdotal evidence. There is some promise for these products with regards to seizure disorders, anxiety disorders, pain disorders, and geriatric canine cognitive dysfunction. For other conditions, such as organ dysfunction (kidney disease, liver disease, etc) or cancer, the claims are still being evaluated.

There are also varying degrees of reticence from veterinary professionals to recommend these products given the tenuous legal status of CBD. Although the Farm Bill of 2013 made CBD legal in all 50 states, there has not been clear guidance from the state veterinary boards to allow doctors to discuss and/or recommend these products. Most do so in an unofficial manner, offering general advice such as that contained in this article.

While many people have used CBD products in the past, we still have much to learn about their usage and what is safest and most effective.



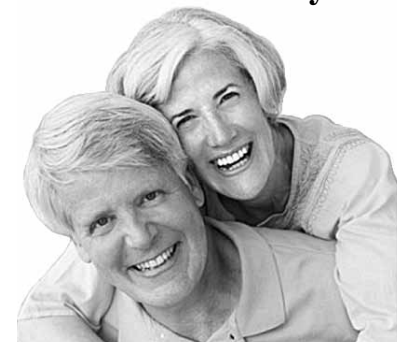
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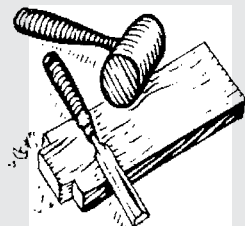
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## Palencia Residents Help Launch New Youth Football, Cheer Athletic Association



Left, Ronnie Boisclair, Football Director for the BTAA Bears with Palencia resident Chris Rocafort Jr., part of the 10-U team. The team practice location is at The Rivertown II fields and home games will be held at Bartram Trail High School.

Palencia residents Christopher and Karla Rocafort have helped to spearhead a new youth athletic association that includes football and cheer, the Bartram Trails Athletic Association (BTAA).

The BTAA, which is part of the North Florida Youth Football Conference, a premiere youth football and cheer organization, is now getting underway, according to Karla.

"We felt the need to form a unique association that fosters the love for football and cheer, a family atmosphere, and a structured environment that promotes mentoring/coaching the skills and safe fundamentals of the game," Karla recently told the *Palencia Press*.

"We focus on the importance of team, accountability, family and education," Karla explained. "St. Johns County is a growing community with an outstanding school district, which brings many families to the area. We felt the need for more variety in an area that was experiencing rapid growth."

Karla explained that all board members of BTAA function as volunteers and there are no paid employees.

The BTAA serves youth ages five to 14 for cheer and five to 12 in tackle

football from St. Johns and Duval areas. All volunteers are required to have a thorough background screen annually and CPR/First Aid Staff will be on hand at all organized events, according to Karla.

The BTAA, a non-profit, is affiliated with Callahan, Clay PAL, Hilliard, Jax PAL, Fernandina, Keystone, Middleburg, Oakleaf, Orange Park, Ponte Vedra and St. Johns PAL, Karla said.

Registration is now open for the BTAA season with the Bartram Bears practices being held at The Rivertown II fields and home games being held at Bartram High School. The BTAA is accepting cheer participants ages five to 14 for sideline with comp light and football participants ages five to 12.

There are also various levels of BTAA sponsorship available, according to Karla.

"We offer different levels of sponsorship with great brand exposure which is also tax deductible," she said.

For more information on BTAA sponsorship, contact Christopher Rocafort, president at (787) 461-0323 or email [crocafort@btaabears.org](mailto:crocafort@btaabears.org) or [marketing@btaabears.org](mailto:marketing@btaabears.org).

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## We Can Use A Few More Heroes

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

It's an unforgettable photo. The raising of the flag at Iwo Jima. In fact, if you had to pick 10 photographs to tell the story of our country, this one featuring U.S. soldiers lifting up the American flag would be one of them, never mind that it was a posed re-enactment of the real thing.

Iwo Jima is a dot in the Pacific where the United States needed a landing strip for bombers striking Japan during World War II. Some 70,000 marines were sent to take it from a dug-in enemy. They were kids. But also heroes.

There are six flag raisers in the photo. The front four are Ira Hayes, Franklin Sousley, John Bradley and Harlon Block. The back two are Michael Strank and Rene Gagnon.

Strank, Block and Sousley would die shortly afterward. Bradley, Hayes and Gagnon became national heroes within weeks.

What's most amazing is how ordinary each of these heroes was.

Mike Strank played the French horn and once slugged a baseball out of Points Stadium in Johnstown, Pennsylvania. Harlon Block was an outgoing daredevil with many friends at Weslaco High School in Texas. Franklin Sousley was a red-haired, freckle-faced kid raised on a tobacco farm in Kentucky. Ira Hayes was a Pima Indian from Arizona who was told by his chief to be an "Honorable Warrior" and bring honor upon his family. Rene Gagnon was just a kid from Manchester, New Hampshire, who ended up being the youngest of the survivors. And John Bradley was a Navy Corpsman from Wisconsin who "just jumped in to lend a hand."

Flag raiser John Bradley returned to his hometown in the Midwest after the war, prospered as the owner of a family business and gave generously of his time and money to local causes. He was married for 47 years and had eight children. While Bradley had a public image as a war hero, he was a very private person. He avoided discussion of his war record, saying only that the real heroes were the men



who gave their lives for their country. Heroes consider their uncommon valor to be a common virtue; they see it as a simple duty - nothing that someone else wouldn't have done under the same circumstances.

A few years ago, Tina Turner conquered the charts with a song called "We Don't Need Another Hero." In it, she sings: Looking for something

We can rely on  
There's gotta be something better out there  
Love and compassion  
Their day is coming  
All else are castles built in the air  
And I wonder when we are ever gonna change  
Living under the fear till nothing else remains  
All the children say  
We don't need another hero  
We don't need to know

the way home Tina is right: we are searching for something we can rely on. Yes, we ache to find "something better out there." But when she claims "We don't need another hero / We don't need to know the way home," then her argument falls apart.

Tina's got it wrong. We do need another hero. Now, more than ever.

Do we need another hero? Absolutely. And we shouldn't have to look far to find one, or two, or three. We should be able to find them right in our own churches.

God is always looking for heroes, for people willing to accept the challenge of following Christ. This is never easy, but our church - and our nation - can use a few more heroes. Now, more than ever, we need ordinary people to do the extraordinary work of love and compassion in a world being torn apart by hatred and self-interest.

"Love and compassion," cries Tina Turner in her hit song, "Their day is coming. All else are castles built in the air."

Which of us will be willing to take a stand for God's coming kingdom - a kingdom of love and compassion, healing and hope?

Any other kingdom is just a castle "built in the air."



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## Pay The Bills When You're Unable To Work

By Craig Dewhurst, State Farm Agent, Palencia Resident

Experiencing a sudden loss of income due to disability could result in devastating financial and emotional consequences for you and your family. Luckily, disability benefits can help you continue your current lifestyle and possibly prevent you from having to deplete retirement or education savings if you were to become unable to work as a result of a disabling injury or illness.

Designed to help keep you financially stable during difficult times, a Disability Income Insurance policy will pay a monthly income directly to you. This plan kicks in when you are unable to work as a result of a disabling injury or illness. It is ideal as a primary income replacement plan, and helps protect against the risk of depleting your savings, education, or retirement funds.

### When You Can't Work, Disability Insurance Goes to Work for You

What would happen if you become disabled or ill and could not work? How would you... Pay your bills? Make your monthly rent or mortgage loan payments? Buy your groceries? Make your car payments? Provide for your children's education? Save for retirement?

Most people don't realize the risk of becoming disabled, permanently or temporarily, at some point in their lives. But the reality is that at age 40, your chances of becoming disabled for 90 days or more prior to age 65 is 43%. (Source: 2004 Field Guide, National Underwriter).

When evaluating the chances of disability, you should carefully consider

sources of available funds:

#### Employer Coverage

How long would the business continue to pay you? How much would they pay you? When would your employer have to hire a replacement? Could the business afford to pay both?

#### Using Savings

If you saved 10% of your income each year, one year of total disability could wipe out 10 years of savings. Can you afford that?

#### Working Spouse or Partner

Can your spouse or partner earn enough and be a companion, parent, private nurse, and employee — all at the same time?

#### Collecting Social Security

You cannot collect benefits until the end of the fifth full calendar month of total disability and only if it is expected to last 12 months or more. What will you do if your disability doesn't meet those requirements? Even if it does, can you wait six months for payment?

Many different disability insurance products are available to help protect you and your family against severe financial hardship that may accompany a disability.

For additional information on Disability Income, Mortgage Disability Income, or Individual Credit Disability Insurance, no one serves you better than State Farm. *Craig Dewhurst, a Palencia resident, is committed to supporting the neighborhoods he serves. Call his State Farm office at (904) 940-9740.*

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