



Hug Your Cat Day
is Thursday, June 4th



PES Graduating 5th Graders Embrace The New "Normal"



By Tabitha Pattishall

The 5th graders at Palencia Elementary School have embraced distance learning and come to grips with the fact the promotion they had envisioned for the past six years will be much different than they had anticipated.

While the PTO is working on some things to make the end of 5th grade a little more special for Palencia's kids, the reality is 5th grade graduation ceremonies and celebrations have been cancelled due to the far reaching impacts of COVID-19 and CDC guidelines. See Full Story Page 6

At left, Palencia 5th Grade Teachers give tribute to the graduating class. Row 1 (left to right) Jennifer Hughes, Michael Clark, Jennifer Kinnaman; Row 2: Joanna Holmes, Timothy Duncan, Deborah Gardner; Row 3: Beth Groleau

Don't Forget Father's Day On Sunday, June 21st

The Palencia Press asked Palencia kids to help celebrate their dads. Here's a submission from the Snow Family. Happy Father's Day to all you dads!

At Right, Chris Snow with daughters Samantha and Tiffany are long-time Palencia residents.



"One of the best things about my dad is that he is cool. My favorite thing to do with dad is to listen to music together in the car." -Tiffany Snow, age 14.

"The best thing about dad is that he bought me a phone, he is very nice, he does a lot of stuff with me and he took care of my dog. My favorite thing to do with dad was when we used to play with our dog in the park." -Samantha Snow, age 9

Prepare For COVID-19... Hurricane Season!

As if we did not have enough on our minds with a global health pandemic, Floridians need to start thinking about restocking that hurricane kit. The Atlantic hurricane season runs from June 1 through November 30. According to weather.com, an above normal season is expected due to warmer waters in the Atlantic with 18 named storms, nine hurricanes and four major hurricanes being predicted.

Getting prepared should include trimming trees or limbs that could be dangerous during a storm and gathering supplies for your hurricane kit. Those supplies should include water (one gallon, per person, per day), at least a three-day supply of food, batteries, manual can opener, extra supply of any prescriptions and a first aid kit. Remember, if a hurricane hits our area, we could be without power for a week or more, depending on the hurricane's path and strength. For more information on building your supply kit visit https://www.ready.gov/sites/default/files/2020-03/ready_emergency-supply-kit-checklist.pdf.

New technologies have made it easier to help residents prepare, track storms and to receive warnings and alerts. The FEMA app and the Wireless Emergency Alerts (WEAs) are two ways to stay informed as a hurricane approaches our area. For more information visit <https://www.fema.gov/integrated-public-alert-warning-system> to see how to sign up for the WEAs.



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St. Augustine Travel Club Cruise

We are looking ahead to our 2021 cruise as, due to the pandemic, of course, the 2020 cruise was canceled. We are so fortunate that we were not sailing during these times. We will be planning a Norwegian Cruise for March 27 - April 3, 2021, on the Norwegian Escape, leaving Port Canaveral to the ports of Puerto Plata (Dominican Republic); St. Thomas (US Virgin Islands); Tortola (British Virgin Islands); and Great Stirrup Cay (Bahamas). We want to take advantage of the current 30% discount off the group rates (expires on June 5th). If you see yourself booking a cruise and are interested in this one, please call us at 904-797-3736.

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Thought For The Day

You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there. -George Burns

I was married by a judge. I should have asked for a jury. -Groucho Marx

Words Of Wisdom

Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. -Galatians 6:8

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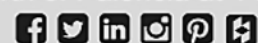
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Continued From Page 2

St. Augustine Travel Club

The St. Augustine Travel Club will be held on Wednesday, June 10, at 3 p.m. at the Southeast Branch Library on U.S. 1 near SR 206. Please call the library at (904) 827-6900 a week prior to determine if they will be open considering the current situation with the Coronavirus pandemic. Our topic will be: GARDENS AND PARKS OF EUROPE accompanied by classic music. No reservations are required. We look forward to seeing you! If you have any questions, please call 904-797-3736.

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RSVP of St. Johns County Honors Local Palencia Elementary Volunteers



Emily Lemos

Palencia resident Emily Lemos and Mary Warren have been recognized as 2019-2020 School District Outstanding School Volunteers by RSVP of St. Johns County. Both Lemos and Warren are volunteers at Palencia Elementary School.

Emily Lemos has served as coordinator for the school's Blessings In A Backpack among other volunteer work. Lemos also served on the committee for Nease High School's Souper Bowl fundraiser, an annual event which helps raise money for First Coast Blessings In A Backpack.

Mary Warren is the Kiwanis spon-



Mary Warren

sor for The K-Kids Club which focuses on developing service leadership skills through community service. Mary is a retired guidance counselor from the St. Johns County School District.

Volunteers help with activities in schools including reading and math tutoring, taking part in booster clubs to ensure success for sports, music and art clubs, chaperoning field trips and mentoring students. This year, 25,000 school volunteers provided more than 185,000 hours of service to the county's schools. This total would have been much higher if schools had not closed as the spring months bring many needs for volunteers.



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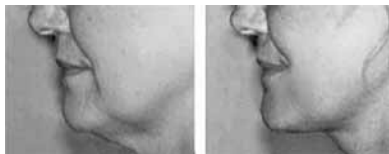
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The eyes are the central point of facial expression. When they appear aged due to laxity of the skin or puffy due to herniation of excess fat, we may project an image of worry or fatigue. Blepharoplasty or Cosmetic Eyelid Surgery is a minor outpatient 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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By Norie Flowers, Palencia Resident
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 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.

The University of Florida has approved the first new "cutting edge" St. Augustine cultivar from a four-year long collaborative research project between the University and members of the Turfgrass Producers of Florida. It is called CitraBlue™ St. Augustine. The name CitraBlue™ was chosen both for its distinctive color and in tribute to the UF/IFAS Plant Science Research & Education Unit at Citra, Florida, where the cultivar was developed.

CitraBlue™ was developed by the University of Florida's turfgrass breeding program under the direction of Dr. Kevin Kenworthy, in collaboration with plant pathologist Dr. Phil Harmon and entomologist Dr. Adam Dale.

The program was designed to develop a new more drought and disease resistant variety than the widely used St. Augustine Floratam. Testing was also done for shade and cold tolerance, good turf quality and a type that would be well-adapted for the diverse soil types and growing conditions throughout the state.

CitraBlue™ has a distinctive blue-green color with a dense, more compact canopy than Floratam, which makes it more competitive against weeds. Studies also showed that CitraBlue™ outperformed Floratam in resisting the major types of fungus that affect all St. Augustine varieties. It also tolerated drought conditions longer than other types. The only area still under study is the affect it might have on cinch bugs.

In landscape settings, CitraBlue™ filled in quickly and exhibited better shade tolerance than Floratam.

The University of Florida approved commercialization of the cultivar (designated FSA 1602) in late summer 2018, and it has just now become available.

Because this cultivar is so new, there are currently issues with the supply chain and many garden centers are not yet familiar with CitraBlue™. After contacting all the major garden centers in our area (Home

Depot, Lowes, ACE Hardware), the one garden center I found that is familiar with this cutting edge variety and is currently able to get it is Leonardi's Nursery on Anastasia Island.

If you have continuing issues with your turf, this might be a future option worth exploring. It is a slightly different color, but the hardiest variety of St. Augustine grass now out on the commercial market. I am planning to try it and will keep you posted on its progress, so stay tuned!

Tip of the Month: This is a particularly difficult time for all school-aged children ac-

customized but not able to engage in school and sports activities. So, change the agenda this summer and help them start a garden. Some options to do this include a raised bed in the



Strawberries in a barrel

back yard; planting strawberries in a barrel (wood or plastic) or creating a hydroponic garden. You can also just start seeds in several small pots to then transfer to a garden. Gardens are therapeutic not only for adults but for children as well.



Raised flower bed garden

Whatever you choose will be fun, educational and will bring sunlight into a trying time for your children and for you. Good luck and happy planting!

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

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Palencia Residents Help To Keep Community Health Clinic Operating

Now, more than ever Wildflower Healthcare, a local community healthcare clinic, wants all residents of St. Johns County to know it is still open and providing health services.

Utilizing volunteer health professionals, Wildflower Healthcare provides free, high quality dental and medical care to low-income, uninsured adult residents in St. Johns County. The clinic plays a critical role as a healthcare home for neighbors in need.

Wildflower Healthcare depends on skilled healthcare volunteers from our community. One of our shining stars is Dr. Karlyna Andersen, a Wildflower Healthcare volunteer since 2018. Dr. Andersen and her husband moved to Palencia after retiring as a Navy Medical Corps Captain. Dr. Andersen sees patients in the Women's GYN Clinic held on Saturdays. Women's health problems do not disappear during a pandemic, it is critical that women continue to take care of themselves. Wildflower Healthcare depends on outstanding volunteers such as Dr. Andersen.

"The healthcare team at the Wildflower Clinic is a great group of dedicated people," Andersen said. "They go the extra mile to try and get our patients the specialty care they need through the various services available in St. Johns County, such as Care Connect."

During the pandemic, Wildflower Healthcare is continuing to provide non-virus health care such as regularly prescribed medications, women's healthcare, and care for other minor illnesses. The clinic also provides help to apply for prescription medication assistance with pharmaceutical companies.

"Our patients are terrific," Dr. Andersen said. "Many come to us having just lost their jobs and thus their health insurance. Some have been with the clinic for some time. While it is great when they get back on their feet and get their health insurance back, there are occasional tears at seeing them leave," she said.

Wildflower Healthcare enhanced its patient screening, taking extra measures to reduce virus spread and protect the health and safety of patients, employees and the general public. Utilizing Telehealth and phone screening, patients who are suspected of having active COVID-19 symp-



Dr. Karlyna Andersen, Family Practitioner, is a Palencia resident.

toms can also get the appropriate referrals to the testing sites in our area.

"During these uncertain times, we realize the need for our services may escalate due to many of our friends and neighbors finding themselves suddenly unemployed and uninsured," Wildflower Healthcare Executive Director Chris Mastoridis explained.

"General health issues do not go away during a pandemic and many will still need access to quality care for their general health issues," Mastoridis said.

Unfortunately, currently, Wildflower Healthcare is following CDC and ADA guidelines and unable to perform dental procedures. However, if someone is experiencing a dental emergency, clinic physicians may be able to assist with an antibiotic to control pain and infection instead.

Additional Palencia residents contributing to the Wildflower Clinic are Stephanie Kinsey, DDS, Bernice Schrobo, Board Secretary; and Dollene Ewing, Board Member.

To learn more about Wildflower Healthcare, including the service schedule, visit the website at wildflowerhealthcare.org or call 904-829-1962. The Wildflower Healthcare staff can prequalify patients over the phone.

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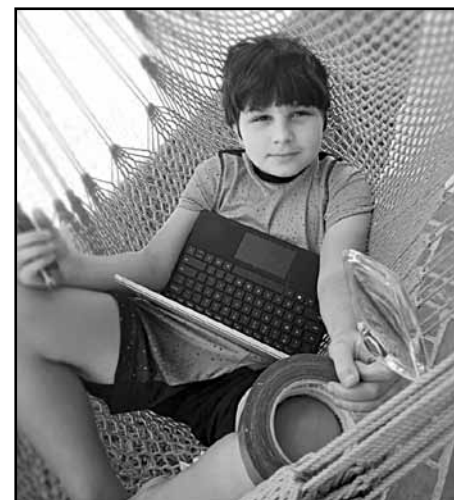
PES Class of 2020 Rises Above Pandemic's Effects On Their Graduation

By Tabitha Pattishall, Palencia Resident
Palencia Elementary PTO

One of the first authors I fell in love with was A.A. Milne, author of the *Winnie the Pooh* series. There was something in Milne's imaginative stories about the antics of his stuffed muses living in the Hundred Acre Wood that spoke to my young heart.

Although we are nearly 100 years out from these words of his, "Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think," I think the 5th grade graduates of 2020 have embodied them. The 5th graders at Palencia Elementary School have lived out these words as they have embraced distance learning and come to grips with the fact the promotion they had envisioned for the past 6 years will be much different than they had anticipated.

"I do feel bad that these kids worked so hard all year and are missing out on so many year-end events...especially my 5th grader," Ilene Bomser, mother of a PES 5th grader said.



Zachary Bomser with his laptop and survival gear, discussing the book "Hatchet" in a Zoom meeting with his 5th grade ELA class.

teering for the 5th grade graduation dance, as I had done for Zach's two brothers, but of course, like everything else, the dance has been canceled."

"I know the school and the PTO are working on some things to make the end of 5th grade a little bit special for these kids, and it will be interesting to see what they come up with," she said.

The last day PES 5th graders got together before learning of school closings was for their 5th grade field trip to Sea World in early March. In the past, 5th grade field trips have been later in the school year. The earlier date this year was a blessing in disguise as it meant the last day the PES class of 2020 spent together physically was having fun hanging out with their friends. 5th grader Evan Mills had this to say about his final days at PES. "It's disappointing and upsetting to learn that I will not be having my 5th grade kickball tournament or my 5th grade graduation. However, I'm so happy that I was able to have my field trip to Sea World and was able to have some fun with my friends before graduating."

"The school-administration and teachers-have done such an excellent job creating, communicating, and integrating this new normal," Cara Siefert, mother of 5th grader Maggie said about the past couple months of distance learning.



Left to Right-Max Weiss, Evan Mills, Mitchell Davis, Wade Fritz, and Ben Mirabito. These 5th Graders enjoyed a field trip to Sea World before school was closed for the year.

"I am even a little sad for myself, as my youngest is finishing up at the school we have been a part of since they first opened their doors eight years ago," Bomser said. "The new school was a big reason for our moving to the neighborhood. Over the years I have been a room mom and served in a variety of roles in the PTO. It's the end of an era for me as well as my boys. Every school milestone and event was a "last" for me. The last golf tournament, the last Pirate 5K, the last mother-son night. I was looking forward to volun-

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Mike Weitz

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PES Class of 2020 Rises Above Pandemic's Effects On Their Graduation

Continued From Page 6



Harlow Donaldson hard at work embracing distance learning at home.

She expresses how so many parents feel about this time.

"I've been so proud of Maggie," Siefert said. "She's had to do a lot of it on her own. We rented a bounce house to break up the online stuff. I encourage Maggie to take brain breaks throughout the day. While I'm still working, we don't have more time- we just make that time count more."

"Prepare the child for the road not the road for the child." The way PES has supported our kids through a time that is new to all of us has been absolutely wonderful," said Jamie Donaldson who expressed her gratitude for PES's teachers and fam-



Spencer Glicksman does P.E. at the beach. He is excited for the virtual Zoom parties his 5th grade teachers are hosting to celebrate the end of the year.

ily during this time of distance learning.

"It is sad to think what they have missed, but it teaches us to be grateful for what we do have," she said. "Faith, family, and community."

Her sentiments hit the mark right on for so many of us.

"I do feel sad for this being my 5th grader's last year, especially since she has been at Palencia since kindergarten," said PTO Co-President and mother of 5th grader Devon Patricia Hare.

"But my glass half-full outlook on the situation is that she is learning to adapt to unforeseen change," Hare said. "I also think the ways we are going to celebrate the 5th graders this year will be unique and creative."

"I am sad that it has to be like this after so many years of being part of the traditions only to miss them with my own son," explained JoAnna Holmes, PES 5th grade mom and teacher.

"I am truly glad we have PTO and the Palencia community working alongside school staff to make it special," said Holmes.

"I've long been fascinated by the way each class or grade level of students has a collective 'personality,'" said PES Principal Ms. Goodrich.

"I would describe this 5th grade cohort as being problem-solvers, passionate, well-rounded, and fun-loving," said Goodrich. "It's beyond disheartening when I think about the celebrations the students will miss out on due to the far reaching impacts of COVID-19 and CDC guidelines. However this class has the perfect balance of sensitivity and depth. To quote A.A. Milne once more, 'Some people care too much. I think it's called love.' Palencia Elementary 5th grade class of 2020: Continue to love life, others, and your dreams deeply. We know you will continue to make us proud."

While the 5th grade celebration activities are still being planned in a way that follows the guidelines set forth by the St. Johns County School District, one special item is a go. Each 5th grade graduate will receive a commemorative sign with the student's name and photo, should they so choose, to display at home. The signs will be provided at no cost to the PES families. Palencia's 5th graders have worked hard and risen to the challenge in these unprecedented times. If I had space, I would have loved to recognize each 5th grade student and family personally.

As I pass on the torch of sharing the PES PTO successes through our community papers, I dedicate this article to the 5th grade families at Palencia Elementary School. Neighbors, can you help me out? If you see one of these precious students out and about, give them a socially distanced wave or high five. They have overcome challenges no other 5th grade class in their lifetime has and they deserve all the love and support we can give them. They are truly brave, strong, and smart!

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Lessons That (I Hope) We Have Learned From COVID-19

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

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COVID-19 has shaken us to the core. Our world has changed dramatically in a short space of time. My hope is that we will not go back to "business as usual" after COVID-19: that would be a tragedy. I hope that we have learned some lessons from COVID-19 and that our world is dramatically different after COVID-19. Here are some lessons that come to my mind: they range from the relational to the societal.

Quality time with family and friends is more important than the busy activity of our lives. Many families have found that with shelter in place, the pace of life has become slower and they are spending more quality time with the children and with each other. We are spending more time at the table together, playing games, talking and taking bike rides and walks as a family. Many clients have told me that they are enjoying this part of shelter in place and that they hope that they will continue these practices after COVID-19.

Our relationships are more important than the "things" of our lives. What we have longed for in this time of social distancing is human contact. We live in relative material comfort, but we long for and miss face-to-face contact with friends and family and with the larger community. We are social beings and we are made for relationship and community.

We are only as strong as a society as the most vulnerable members of our society. COVID-19 has exposed and taken advantage of the disparities and inequalities in our society. Those disparities and inequalities have made us vulnerable to the pandemic. If we wish to prevent a future pandemic, we need to address those disparities and inequalities and protect the most vulnerable in our society.

We may all be in the same boat, but we are in different classes. While it is true that COVID-19 has also affected the rich and the powerful, it has disproportionately affected the poor and the marginalized. Like on the Titanic, we are in different classes of cabins. The disease itself has disproportionately affected people of color and the economic consequences have disproportionately affected the poor, the working class and those who live from paycheck to paycheck. While some of us can afford to wait it out comfortably in our homes and in gated communities, those who were already vulnerable have faced even greater insecurity and poverty.

Our essential workers are not fairly compensated. It turns out that our professional athletes and celebrities who make millions are not essential and that our

service workers, who are among the most poorly compensated in our society, are essential. Service workers are disproportionately women and people of color and more likely to be immigrants. Their work has been essential for the maintenance of our society during this crisis, while many of our office workers and even executives have not been deemed essential. However, our service workers have been asked to take the greatest risks for the lowest compensation. Many service workers make less at their job than laid-off office workers collecting unemployment benefits.


Our liberties must be balanced by respect for life and for the common good. As Americans, we value immensely our liberty. However, our liberties cannot endanger the lives of others or the common good. At this time, our "right" to assemble and to enter public spaces without a mask is rightfully restrained by the right to life of others and by the common good.

The impact of human activity on the environment can no longer be denied. With human activity slowing, the environment has been restoring itself. Images from around the world attest to the positive impact of the slow down: dolphins are swimming in the canals of Venice, waterways are becoming clearer, before and after photos of skylines of major cities around the world show a dramatic improvement in air quality. It would be tragic if we ignored our impact on the environment and simply went back to the way we were living before COVID-19.

We deny science at our own peril. States and countries that have taken a science-based approach to the pandemic have been more successful at flattening the curve and preventing high rates of infection and death. For example, Germany has taken a science-based approach and has had the lowest rates of infection in all of Europe.

My hope is that we come out of this crisis a much kinder, gentler, just, equitable, and environmentally friendly society. I know that this essay is a departure from my usual relationship advice, but, as a marriage and family therapist, I am not only concerned with particular marriages and families, but with marriages and families in their societal, communal, and environmental context.

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 via secure video appointments. Contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com.



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Michael Brown, MSC, LMFT



Are You Ready? Hurricane Season Starts June 1st

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

Just when you think 2020 couldn't get more stressful, The Atlantic hurricane season is predicted to be more active than usual, according to The Weather Company. Hurricane forecasters from Colorado State University, among the nation's top seasonal hurricane forecasters, are predicting major activity in the Atlantic basin due to unusually warm seawater in the Atlantic Ocean and lack of El Niño. El Niño is a natural warming of tropical Pacific Ocean water, which tends to suppress the development of Atlantic hurricanes. Its opposite, La Niña, marked by cooler ocean water, tends to increase hurricanes in the Atlantic. Hurricane forecasters predict three to four major storms for 2020.

The Atlantic hurricane season runs from June 1 through November 30th

Whether you're a "prepper" or not, hope is not a strategy. As is the case with all hurricane seasons, it only takes one hurricane making landfall to make it an active season for you. You can save yourself stress and worry by making a plan, restocking supplies and strengthening your home now. Emergency preparedness information is readily available from the Red Cross, National Weather Service, as well as state and local government agencies.

Strengthening Your Home Includes Your Landscape

You can easily make your landscape more hurricane-resistant, so that it's less likely to suffer damage during a major storm. Compromised trees become a major risk in high winds and wet, saturated soil.

Here are a few suggestions to get you started with your yard inspection.

1. Prune weak, rotting or dead tree

branches. Remove low-hanging ones especially those growing over or near the house.

2. Inspect tree trunks for evidence of bark decay. Check out roots for signs of fungus and insect damage. Remove any rotten or diseased trees or shrubs.

3. Keep the tree canopy maintained and thinned to increase air circulation which is particularly important during strong winds.

4. Clear drains of all weeds and debris. Clean out roof gutters of leaves and debris.



According to the University of Florida, correct pruning is the most important part of helping trees survive hurricanes. "For trees larger than about 15 feet tall, hire a professional tree care company to prune your trees. The

arborist will remove dead branches that can fall on houses, cars, and people. Overly long branches should be shortened and branches with cracks removed or shortened. The canopy will be thinned, making your tree less likely to be blown over. Low branches that are close to your roof should be removed or shortened, as well. Be sure to have your trees evaluated by a professional about every two years."

At Monster Tree Service, we're seeing an increase in early storm preparation. Don't wait to have your trees inspected until the week of the hurricane. Tree care companies get swamped with estimate requests when communities are in the cone of concern. Let's get storm ready together.

Sources: *AcuWeather. Colorado State University. National Weather Service. Centers for Disease Control and Prevention. National Oceanic and Atmospheric Administration. University of Florida*

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Conquering Your First Tee Fears

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

Whether you're on the first hole or the last hole, the tee shot is just as important as the putt on the next hole. Here are some tips to not put stress on yourself and enjoy golf.

Visualization is a powerful tool. As adults, it feels difficult to think outside the box but if you really have trouble on a specific hole, then practice that shot on the range. Envision the sand you want to avoid, the water you want to go over, the fairway you want to hit or the tree you want to go under.

Choose the club you'll use. Give yourself a target and practice, practice, practice. This way when you approach the hole you struggle with, you can trust what you've practiced and get rid of negative swing thoughts.

Another way to help achieve confidence with first hole trepidation is to play golf more with people who are better than you. This will subconsciously and consciously make you a better player. It will up the level of your game without making you feel pressured. In other words if you keep seeing others hit the ball into trouble, then it's easy to worry about the trouble. Surround-



ing yourself with better golfers doesn't mean "don't play with your friends," but it will up your skill level and confidence immensely. Confidence is earned.

As always, make some birdies and go long!



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“Pet Proofing” Our Homes

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

We all know to childproof our homes to keep young children safe, but what about “pet proofing” our homes too? Many edible and non-edible dangers for your pet may exist in or around your home. Knowing about these dangers can help you make your home a safer place for your pet.

Some food and drink items that you consider tasty treats may be dangerous for your pet. As tempting as it might be to share your food or drink with your four-legged friend when they give you the “sad eyes” look, please resist! Some of the hazardous edible items to keep out of their reach include:

Alcoholic drinks and food products containing alcohol

Avocado (only mildly toxic to dogs and cats, but can be severely toxic, even deadly, to birds, rabbits, horses and ruminants such as cattle, goats, and sheep)

Caffeine (found in a lot of drinks such as coffee, tea, soda, and energy drinks)

Medicine intended for people or another pet, unless directed by your veterinarian (for example, nonsteroidal anti-inflammatory drugs for people, such as aspirin, ibuprofen, and naproxen are toxic to dogs and cats; and the common pain reliever acetaminophen is usually fatal to cats)

Onions and salt

Tobacco products (including e-cigarettes and their refills)

Xylitol (see last months article for more details on Xylitol)

Yeast products (like raw bread dough)

Other hazardous items are choco-

late, fatty foods, garlic, grapes and raisins, macadamia nuts and marijuana.

While not necessarily toxic, some food items can cause a gastrointestinal obstruction (a blockage in the digestive tract) if your pet swallows them. For example, avocado seeds, cherry pits, peach pits, corn cobs, and bones can get stuck in your pet’s esophagus, stomach, or intestines.

Fruit pits in the Prunus genus of trees and shrubs, which includes cherries, nectarines, peaches, and plums, contain cyanide, but cyanide poisoning is rare unless your pet eats a lot of pits and chews them up. The pits must be crushed or ground up to release the cyanide. A gastrointestinal obstruction is the bigger risk for dogs and cats that eat these fruit pits.

While not edible themselves, food bags, especially the mylar-type potato chip bags, cereal bags, and snack bags, can be a danger for pets. Dogs are typically more likely than cats to sniff out food bags. These bags are thin enough that if your dog puts his head far enough into one and breathes in, the bag can wrap around his nose and mouth, suffocating him. The more your dog breathes in, the tighter the bag gets around his face. He can’t easily pull the bag off with his paws because it’s tightly stuck to his face, like shrink wrap.

The potentially dangerous items listed above can vary in how toxic they are to pets. If you think your pet has eaten something potentially dangerous, call your veterinarian or a pet poison control center right away.



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TMD diagnosis and treatment is one of Dr. Kinsey's most prevalent competencies to help patients suffering with jaw pain and tooth loss. The condition is a medical term covering pain and dysfunction of the muscles and joints that move and connect the lower and upper jaw to the skull including the malady, Temporomandibular Joint Disorder (TMJ).

Additionally, Dr. Kinsey completed an advanced training course in March on periodontal care, treatments and diseases utilizing ultra-performance laser technology. The course offered by Fotona medical lasers and The Laser & Health Academy covered physics, operative and soft tissue procedures. The study platform supports Dr. Kinsey's belief in continuous education and practical instruction. Laser and low-level light therapy treats mouth and gum ulcerations and inflammatory conditions structures surrounding and supporting the teeth.

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Dr. Stephanie Kinsey, DDS

Nease NJROTC Program Named No. One In Northern Florida And All Of Georgia

By Captain Scott LaRochelle. USCG (ret)



COVID-19 has dampened the spirits of high school students across the area with the loss of spring sports, graduation, prom, etc. Yet amid the shelter in place directives and social distancing requirements, a ray of bright news has shown down on Nease High School.

Commander Rustie L. Hibbard, Navy JROTC Area-12 Manager, announced Nease High School as the Most Outstanding Unit in Area-12, a region that encom-

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Like A Father With His Children

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

In 1 Thessalonians 2:11-12 Paul writes: "For you know how, like a father with his children, we exhorted each one of you and encouraged you and charged you to walk in a manner worthy of God, who calls you into his kingdom and glory."

Paul compares the integrity of his life, and that of his young associate, Timothy, with that of a father with his children. Don't you think it's interesting that Paul chooses an intimate relationship where being genuine, real and honest counts the most to describe a "holy, righteous and blameless" life? Paul assumed that the relationship of a father with his children would capture the essence of integrity, truthfulness and love that he considered to be the marks of authentic Christian living for everyone.

Granted, it is not easy to be a good father, especially in light of cultural expectations that come from the children themselves.

In the comic strip "Calvin and Hobbes," Calvin accuses his father:

"Your new polls are in, Dad."

"Mmm," responds his father.

"A vast majority of household 6-year-olds say you're not living up to their expectations of fatherhood."

"What were their expectations?" inquires his parent.

"That you'd be more like an automatic teller machine."

So, we don't cut it with our kids all the time. That is often a good thing. But the difficulties of parenting, or of walking genuinely as Christians in a world where expectations are so twisted is no reason to abandon the effort.

There is a crisis among fathers abandoning their roles in this country, so Paul's comparison is especially important.

- Fathers do not lie to their children, they live honestly.

- Fathers do not neglect their children, they protect and provide for them.

- Fathers do not abandon their children, they care for them and shelter them in times of storm.

- Fathers model the behavior they expect from their children.

- Fathers do not say, "Do as I say, not as I do."

- Fathers pull their children toward them rather than turning them away.

- Fathers inspire confidence and trust, not hatred and suspicion.

- Fathers discipline with love and compassion.

In a word, fathers do not fake it, their children can count on them to be real. Though all of these virtues relate to fathers, they are aspects of a life of integrity for all Christians, not only those who are parents, whether in the home or in the church. Paul could easily have said, and surely meant to include "a mother with her children" as well as the other family relationships that he assumes are grounded in love for one another.

What, then, does it mean for you to live a life that is worthy of God? Surely it means living in the fullness of the one true life that God has given you. It means giving up the search to be someone else, and embracing instead the person you can be when filled with the Holy Spirit and walking in faith.

Bottom line: No one enjoys being phony. The good news is that no one needs to be a fake; the real life is the only life that promises a good conscience and a peaceful heart.

About this real life that God has given you, Frederick Buechner says, "Listen to your life. See it for the fathomless mystery that it is. In the boredom and pain of it no less than in the excitement and gladness, touch, taste, smell your way to the holy and hidden heart of it, because in the last analysis, all moments are key moments, and life itself is grace."

Have a blessed Father's Day!



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Michael Legaspi, M.A.
Marketplace Pastor
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When we live in gratitude despite our circumstances, we are at peace.

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. -Colossians 3:15

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Our Lady of Good Counsel Catholic Church
5950 State Road 16
St. Augustine, FL 32092
904-824-8688

Father Guy Noonan
Pastor

West on International Golf Drive to State Road 16 and turn right. Go one mile to church on right.

State Farm Good Neighbor Relief Is Returning \$2 Billion Dividend To Mutual Auto Insurance Customers

In an effort to help customers during these challenging times, State Farm Mutual Automobile Insurance Company, the nation's largest auto insurer, is announcing up to a \$2 billion dividend that will go to its auto insurance customers. With schools and businesses closed, and many of us sheltering in our homes, people are driving less right now, so we're returning value to customers as we anticipate fewer auto claims.

Customers do not need to take any action to receive this dividend, which will appear as a credit on their auto policy.

The dividend is part of the Good Neighbor Relief Program that also includes customer payment options and neighborhood philanthropic relief. This is the single largest dividend paid to customers in our company's history. As the national leader in auto, home, and individual life insurance, State Farm has the financial strength necessary to help millions of customers and communities recover from the unexpected.

On average, State Farm Mutual auto customers can expect to receive a credit of about 25 percent of premium for the time period March 20 through May 31; exact percentages will vary by state. Every State Farm Mutual auto insurance customer will receive credits applied against bills beginning as early as June. We'll continue to monitor our loss experience and respond appropriately.

"State Farm is returning value through a dividend to our customers," said

Chairman, President and CEO Michael L. Tipsord. "We insure more cars than anyone and we see from our claims activity people are driving less. This dividend is one of the ways we're working to help our customers during this unprecedented situation."

We're committed to giving back not just to our customers, but to communities where we live and work by providing \$5 million in donations across the country. These efforts are in direct response to COVID-19 and are focused on relief and recovery efforts.

State Farm is here to help our customers in these challenging times. We are making decisions that balance short-term solutions with maintaining our ability to remain financially strong for our customers to keep our promises now and in the future.

We encourage customers facing financial challenges to call their State Farm agent. Agents are working with State Farm customers one-on-one providing payment options.

If you are a customer currently facing financial burdens, call your State Farm agent. We are here to help make this new normal feel just a little more normal. Like a Good Neighbor, State Farm is there.

Need to connect with us? Use our mobile app, call us – or contact your State Farm agent.

Don't see your bill? That may be because you have additional time to pay in response to COVID-19. Contact your State Farm agent for details.



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We're returning \$2 billion to our auto policyholders.

State Farm® announces the Good Neighbor Relief Program. Our auto customers will receive, on average, a 25% credit for their premium between March 20 and May 31. No policyholder action is needed. That's \$2 billion in customer savings. Because now more than ever — being a good neighbor means everything.

Like a good neighbor, State Farm is there.®

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