



News For And About Residents Of The Palencia Community

Trick Or Treat is
Saturday, October 31st



ST. AUGUSTINE

PRESS

OCTOBER 2020

Palencia Men's Seniors Tennis Team Wins 1st Place In Jax Men's Doubles



Left to Right: Earl Oltz, Frank Nelson, Raul Espinosa, Garry Ford, Irving Merlette, Evan Williams, and Phil Furman. Not pictured: Dave Thompson, Tom Cassidy and Steven Smith.

Congratulations to the Palencia Men's Gold Senior's Tennis Team on winning First Place in the JAX Senior Men's Doubles Tennis League. They battled through the season, overcoming a couple of forfeits early in the season due to not having enough on the roster. In the end, the Palencia Men took first place by beating out teams at Marsh Creek and Oak Bridge at Sawgrass. To be a member of the team, players must be at least 55 years of age. The current team consists of players ranging from 58 years old to some in their 70's. There have been challenges due to COVID-19, but the team currently meets for weekly practices, and all play multiple times a week in different recreational groups. For information on the upcoming season, contact Frank Nelson (Captain) at FrankNelsonHomeSales@gmail.com, or the Palencia Tennis Center at 904-825-4012.

Palencia's Cyclones Swim Team Back In The Water



Dana and Brooke Willets are getting ready for practice at Palencia.

Palencia resident Dana Willets competed in the Cyclones Time Trial held in August at the Solomon Calhoun pool. Despite having to wait until June 23rd for practices to start back at Palencia, Dana achieved personal best times in two freestyle events as well as 100 meter backstroke and 100 meter breaststroke. The time trial was an opportunity for the older Cyclones, 11 to 18-years old, to see how the combination of limited pool practices due to Covid restrictions, dryland training by Zoom meetings, and ocean swims, helped keep these swimmers' skills sharp and ready for the upcoming high school season and other competitions.

"It was nice to see the team racing again and the event went very well," said Frank Holleman, Director of the St. Augustine Swim Team.

Maintaining Our Beautiful Palencia Community

A Message from the Palencia POA Board

Maintaining the beauty of Palencia is an important issue for the Property Owner's Association Board of Directors, just as it likely is to all property owners in our community. To ensure that Palencia remains beautiful our Property Manager (Leland Management) conducts weekly inspections of the exterior appearance of all the homes and condominiums and their respective landscapes, in the various neighborhoods of Palencia. These inspections are being done, not to harass or catch a property owner off-guard, but to ensure that our community is maintained to the high standards that attracted all of us to want to live here in the first place. Clean, beautiful homes and landscaping help protect every owner's property values.

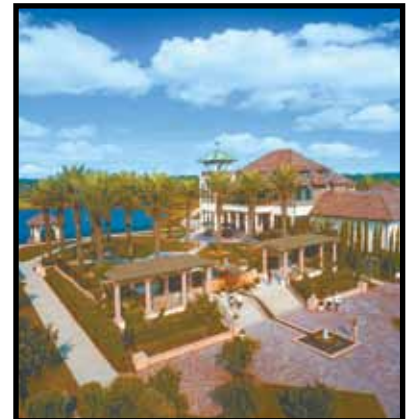
All property owners pay annual dues to the Property Owners Association and have agreed to abide by the rules and regulations for maintaining their property as defined in our governing documents established by Palencia's original developer.

In the coming weeks our property manager, on behalf of the Board, will be placing special emphasis on ensuring that all of our residents adhere to our high standards for maintaining the beauty of Palencia. Below is a list of the eight (8) most common infractions that have been observed during one of the most recent inspections.

- **Lawn Maintenance** (including all vacant lots) Grass should be kept at a reasonable height and maintained to a neat appearance, including trimming and edging. Replace any dead sod, shrubs or trees. Trim hedges and shrubs as needed and keep weeds in check in the lawn and in landscape beds. Replace mulch when needed. (REF: Declarations of Covenants and Restrictions for Palencia Residential Lots: Article V, Section 5.16)

- **Home Exteriors** Should be maintained to a neat and clean appearance. Pressure wash if needed to remove any dirt or mildew. Repainting may be necessary in some cases. Pressure wash roof if it is stained. (REF: Dec of C & R for Pal Resid Lots: Art IV, Sec 4.1)

- **Trash Cans** Trash cans should not be visible from the street or adjacent properties except on trash pick-up...**Continued On Page 3**



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Thought For The Day

“If evolution really works, how come mothers only have two hands?” -Milton Berle

Words Of Wisdom

Thus says the Lord of hosts: Execute true justice, show mercy and compassion, everyone to his brother. Do not oppress the widow or the fatherless, the alien or the poor. Let none of you plan evil in his heart against his brother.
-Zechariah 7:9-10

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Maintaining Our Palencia Community

Continued From Page 1

day. Store trash cans in the garage or behind the house, or behind a fence or tall shrubs so they are not viewed by your neighbors. (REF: Architectural Design Guidelines: Section C, Part 5, subsection d, page 25)

- **Mailboxes** Should be kept in a neat and clean condition. If you need to replace your mailbox, please contact our Property Manager for the mailbox specifications for your neighborhood. (REF: Architectural Design Guidelines: Section P, page 20)

- **Driveways, Sidewalks and Fences** Should be kept clean and free of dirt, rust stains and mildew. Pressure wash as needed and keep free of vegetation. If you have rust stains, a product called "Snow Cap" can be used to remove these stains. (REF: Dec of C & R for Res Lots: Sections 5.17 & 5.18, Dec of Covenants & Restriction for Palencia, Amendment Four, Architectural Design Guidelines: Section J, parts A and B page 18)

- **Signs** Palencia covenants restrict residents from placing any unapproved sign on a property where it can be seen from public view. This includes all political signs which are not to be displayed from anywhere on the property or placed in a window. (REF: Dec of C & R for Palencia Residential Lots: Article V, Section 5.13; Arch Design Guideline Section O, page 20)

- **Tree Trimming** All trees on each lot should be trimmed in a uniform manner. Dead fronds on palm trees should regularly be cut off. All street trees should be trimmed so that they have no branches at 12 feet or lower from the ground. (REF: Dec of C & R for Palencia Lots: Article V, section 5.11, ARCG Design Guidelines Section I, page 18)

- **Swings, Play Structures and Sports Equipment** All play structures,

swings, trampolines, basketball hoop sets, sports nets placed anywhere on your property should first have the approval of the ARB. The objective is to keep all of Palencia's neighborhoods beautiful, safe and uncluttered. (REF: Architectural Design Guidelines, Section M, page 19)

Although the above is not a complete list of all infractions that were found, it does highlight the most common issues observed during the weekly inspections. Our property manager typically will take a photograph of the observed infraction and send the property owner a "friendly reminder" to correct the issue before the next scheduled inspection. Should the infraction still be evident after a second inspection, the property owner will receive a violation notice stating specific actions, including the amount of any fines that will be assessed until the issue is resolved. Again, this process is being followed, not to cause irritation to any particular property owner, but to ensure that Palencia remains a beautiful, peaceful and tranquil place for all of us to call home. We thank you for your cooperation.

Parts of this article were earlier distributed via an e-mail blast to all residents who have "opted in" to receive messages from our Property Manager and the P.O.A Board of Directors. We encourage all residents who have not already done so to contact Sarah Guzman by phone (904) 222-8132 or via e-mail sguzman@leland-management.com in order to receive community updates in the most timely manner.

Editors Note: While this article is intended for the original Palencia POA specifically, these items can be just as applicable for the homeowners in Palencia North.



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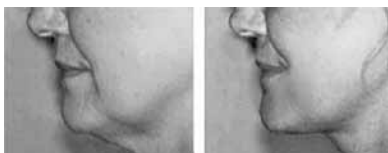
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The eyes are the central point of facial expression. When they appear aged due to laxity of the skin or puffy due to herniation of excess fat, we may project an image of worry or fatigue. Blepharoplasty or Cosmetic Eyelid Surgery is a minor outpatient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

621 Market Street, St. Augustine, FL 32095 pvcosmeticsurgery.com


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Ask A Certified Master Gardener Landscape Plants For Halloween

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

With Halloween arriving at the end of this month, there are a number of eye-catching orange colored flowering plants that can be added to your goblin landscape décors. If you would like some live Halloween colors, here are a few options:

- **Flame vine** (*Pyrostegia venusta*) is a stunning plant that grows in many parts of Florida. At a time of year when there isn't much in the way of eye-catching color, flame vine dazzles with dense clusters of bright orange flowers. This evergreen vine can bring a touch of classic fall color to your Florida garden.

- **French Marigolds** (*Tagetes patula*) excel year round, are easy to grow, and have few insect or disease problems. They grow one to two feet tall and require full sun.



- **Gaillardia**, also known as blanket flower, is a sturdy native perennial with bright flowers that bloom throughout the summer and into the fall. They attract butterflies and can reseed themselves so you will see them the next year. Gaillardia can be planted anywhere and tolerates extreme heat, sun, sandy soils, and even salt, making it a great choice for our marsh area landscapes in Palencia.

- **Amaryllis** is a subtropical bulb that belongs to the Amaryllidaceae family and is native to South Africa. It can be grown as a potted plant but can also be grown outdoors almost year round. Its stunning flowers are a favored gift for the holiday season.

- **Milkweed**, specifically Butterfly weed (*Asclepias tuberosa*), is one of the most available and popular native species of milkweed. It sports attractive, bright blooms, is very hardy, and frequently stocked in nurseries. From late summer through early fall it produces orange or yellow flowers and its vibrant colors make it attractive to a number of pollinators and butterflies. Look for nurseries that special-

ize in Florida native plants or butterfly gardens.

- **Reed Orchid**, botanically known as *Epidendrum radicans*, is originally from Central America and Mexico and this reed orchid grows about two and one-half to three-feet tall with multiple green stems and many white roots that prop and support each other as the plant colony grows. Mature plants produce clusters of up to forty individual, long-lasting orange and yellow flowers per stem. It is easily propagated by plant sections potted in potting soil, enjoys indirect light, and requires little care. This is an incredible "Wow" plant as long as it is not allowed to freeze.



- **Bird of Paradise** (*Strelitzia reginae*) is a striking tropical plant known for its eye-catching orange and blue flowers. This herbaceous plant derives its common name from the unique flower it bears, which resembles a brightly colored bird in flight. The leathery leaves are held upright on stiff leafstalks and are about 6 inches wide and 18 inches long. The plant forms a 3- to 5-foot-tall clump that can be used as a focal point in your landscape. This plant can tolerate cold temperatures as low as 24 degrees F, for shorter periods and is relatively pest free. It grows very well in pots.

- **Coreopsis** is a native perennial and also Florida's state wildflower. These plants have single or double flowers that come in a variety of colors: orange, pink, purple, red, and yellow, with 2-inch-wide flowers that appear in the spring, summer, and fall. This native attracts butterflies and is drought tolerant.

Most of the above mentioned plants or bulbs can be grown in either pots or planted inground. Flowering plants generally require a daily dose of full or partial sun and good drainage. If you elect to plant in pots, adding stones isn't necessary and

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Spotlight On Palencia People



Lexi Hernandez, The Palencia Club's new Catering & Event Sales Manager. "I already feel like part of the family," said Lexi.

Former Disney Event Planner Lexi Hernandez Joins Palencia Club

The Palencia Club recently welcomed Lexi Hernandez as its new Catering & Event Sales Manager.

Hernandez is a St. Augustine native whose experience includes event planning at venues such as St. Augustine's Casa Monica Hotel & Spa and The River House. She is a graduate of the University of Alabama where she earned her Bachelor's Degree in hospitality management.

Hernandez also worked in event planning for Disney, where she worked her way up from front desk agent at the Animal Kingdom Lodge to being promoted to Disney's Meetings & Events division. While at Disney, Hernandez served as event services manager at Disney's Contemporary Resort and at the

Grand Floridian Resort & Spa where she planned conventions for up to 1,500 guests.

Hernandez says that working for Disney had been a life long dream and that while she enjoyed being a part of the Disney magic and helping clients, St. Augustine is her "true home."

"I recently moved back to be closer to my family and put down roots in my favorite home place and hometown," she said. "Which is what brought me here to The Palencia Club."

"I can already tell in my short time here that Palencia is home to such a warm, welcoming community of people that make it such a special place to live and work," Hernandez said. "I love driv-

Continued On Page 6

Water Problems? Ask Polly!



Polly Swindull

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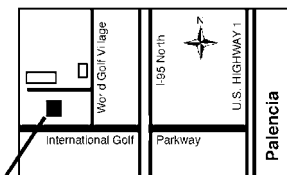


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Wrigley's Field Of View

"Silent Sipper" Still At Large

By Wrigley Steck
A Dog About Town In Palencia's Village



I've noticed on the walk-around lately that things have changed. When we approach other Palencians, they often veer away from us as if they don't want to talk. Some of them even cross the street. Even the regulars seem hesitant. They still wave and shout greetings, but I don't get many pets or ear rubs. And when we walk by the ball whackers, there's no water! I have to wait until I can jump into the fountain to get a drink and cool off. The walkers seem to be trying to hide who they are? They're wearing weird covers on their faces, different colors, different shapes, little one's, big one's. They say things to the bag man but often he just ignores them. I don't think he can hear them, and now they've

covered their lips! People still wave from their cars, that's nice. The machine guys wave but they too don't want anyone to know who they are either, with their faces covered. Gotta figure this out.

Our Silent Sipper is still slinking. Old 99 proof is still slugging them down and droppin' empties wherever he drains one. He's becoming connoisseur of Fine 99's. Trying all the different tastes: Butterscotch, Tennessee Fire, Fireball Cinnamon, Peppermint, xpresso coffee, Southern Comfort, obviously a sweet toothed sipper with Butterscotch being his booze of choice. We should be able to ID the sipper by scent. A dog's job for sure. I'll spread the word to all my walkin' buds!

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* Some Cars Slightly Higher

Landscape Plants For Halloween

Continued From Page 4

can be harmful in holding too much water, but an opening at the bottom is critical for good drainage. Most plants thrive in dark rich garden soil, in addition to occasional granular fertilizer mixed into the soil. Lastly, to ensure success with whatever plants you choose, the first order of business is to purchase healthy plants, preferably those propagated close to our North Florida region. If you would like your projects featured in future articles, please send them along to display some interesting Palencia projects for others in our community. Have fun with your Halloween landscapes!

Tip of the Month: When you encounter a landscape problem of any kind, be mindful of where and to whom you seek advice. It is best to ask for help from a knowledgeable, certified source: horticulturist, master gardener, arborist, pesticide professional, land-

scape architect or a trusted nursery. Advice is easy to come by and cost free, but trained professionals, whose guidance is supported by research, are experts in their fields and the best avenue to address and resolve your plant, tree, and turf issues. As the old adage goes: "you get what you pay for."

Do you have landscape and/or gardening questions on which you would like help? I live in Palencia, so please email me at norie.flowers@outlook.com and I will answer you immediately. All of my advice is based on research from both the University of Florida Institute for Food and Agricultural Sciences (IFAS) and the St. Johns County Extension Center.

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

Lexi Hernandez Joins The Palencia Club

Continued From Page 5

ing into work every morning and seeing the neighborhood start to come alive."

Hernandez is a proud mom to her Chihuahua Simba who she said goes with her almost everywhere. When she is not busy helping plan wonderful events at The Palencia Club, she also enjoys reading, cooking and traveling.

"Everyone is so kind and I already feel like part of the family," Hernandez said. "I love getting the opportunity to celebrate life's milestones with the people of this community."

For information about events at The Palencia Club, email Lexi at lhernandez@hampton.golf.

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Layla Marie



Palencia WGA Crowns A New Queen

By Joanne Gage, President
Women's Golf Association of Palencia
joannegage@rocketmail.com

Hear ye, hear ye. A new Queen has been crowned. The Palencia Women's Golf Association has a new royal – Queen Staci Luttropp and she will reign for the 2020-2021 golf season.

Before you think this is a popularity contest or on the same level as a prom queen, I need to assure you that it's neither. The Queen is a shining example of skill, fortitude, tenacity and perseverance. Let's talk about how our Queen is chosen.

Each month during the official WGA season, a Queen qualifying round is held. All members who wish to participate sign up to play in the qualifier. The lowest net score is the qualifier for that month and becomes a lady in waiting. At the end of the season, the Queen Tournament takes place. All of the 10 ladies in waiting tee off on Hole #1. The highest net score is eliminated on each hole. If there is a tie, the two players compete in a chip-off to determine who is eliminated and who will go on. This goes on until there is only one player left and she becomes our Queen.

This is serious competition and calls for each player to bear down, to focus and to call on all of her internal strength and her honed golf skills.

Queen Staci is a great example to all of the WGA ladies. Staci moved to Palencia four years ago from Colorado. She would describe herself at the time as a high handicapper, but was quickly mo-

tivated to improve her golf game. She took lessons and spent whatever spare time she had honing her skills. She's also the mother of two, so she had to do that parenting balancing act that so many of our members do.

Staci's game quickly improved and her handicap consistently dropped. Despite her increasing golf prowess, Staci has kept her love of fun, debunking that stereotype that serious golfers aren't fun to play with.

Staci was crowned by the 2019-2020 reigning Queen, Ellie Chappelaer, who wore the crown for an additional three months since the Spring Queen Tournament was cancelled in May and rescheduled for September 1st.

This year's participants included Susan Altenburger, Diane Robinson, Rosetta Smith, Ellie Chappelaer, Maggie Butler, Resa Wilcox, Maria Cavanaugh, and the winner-Queen Staci. Rosetta Smith hung in there through Hole #7 and will serve as our alternate or as I like to think of it- "First Lady in Waiting."

It's also worth mentioning that Queen Staci serves as Vice President of the WGA, overseeing all major tournaments for the season. I'd say we're in very capable hands.

Long live the Queen!

To learn more about the Palencia Women's Golf Association, visit www.PalenciaClub.com and click on Women's Golf Association or email membership.palenciawga@gmail.com.



Queen Staci Luttropp and alternate, Rosetta Smith.



Ellie Chappelaer and Queen Staci.

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Fore The Kids Golf Tournament

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

Our wonderful school is once again filled with the smiling faces of our children and our favorite teachers and school staff. It has truly been a joyous site to see us slowly getting back to our new normal and with that comes one of our biggest Palencia Elementary fundraisers of the year. It's time for the Fore the Kids Golf Tournament!

Due to Covid 19, we had to cancel one of our biggest fundraisers, so the PTO is really hoping to have an amazing turnout for this exciting event. Tournament Chairs Leah Pester and Christina Oleskyn have wonderful things in store for all of the participants.

"I'm looking forward to our community joining together to support our children, teachers, and school," Oleskyn said. "Last year the money the PTO raised throughout the year bought Smartboards and technology for all of the classrooms."

"This year we are raising money for our teachers and their classrooms," Oleskyn explained. "When a community comes together with compassion and purpose, we can make an amazing impact. I encourage you to play in the tournament or become a sponsor."

The Palencia Club has once again graciously agreed to host the annual tournament. The club has been such an integral part of this fundraiser and has always provided tremendous support to PES. The event will be held Monday, October 19th, 2020. Registration will begin at 11:00 a.m. and the shotgun start will be at 1:00 p.m. Salt Life Food Shack has once again generously donated lunch for all the players and Harry's Seafood Bar and Grille will be providing a delicious dinner. Bites by Beth and Vinita's Creations will also be providing some delectable desserts for everyone. Of course, all Covid 19 CDC guidelines will be followed by all involved.

In addition, it's not all golf and eating. Last year there were so many amazing prizes including a Yeti backpack, Apple AirPods, a Ruth Chris Gift card, car detailing, cash, and \$5,000 putting contest sponsored by Tropical Smoothie to name a few. So you don't have to play

in the tournament to come home with some outstanding prizes from various competitions and raffle items. However, a word to the wise; just remember the rules of the putting contest!

"My husband isn't a golfer and played in the tournament last year," Oleskyn shared. "He got a hole in one




Left to right, Mark Shannon, Heather Rebella and Bobby Trivedi are all smiles at last year's Fore The Kids Golf Tournament.

in the \$5,000 Tropical Smoothie putting contest. He was so excited he threw his clubs up in the air and did a victory round around the green cheering for himself... thinking he won," she said. "However, a volunteer had to kindly break the news that he now had to compete against the other hole in one putters to win the \$5,000. He says he's still waiting on his \$5,000 and we're all still laughing."


So how can you get involved? First, you can hit the links! Old and young, male and female, beginners and pros; this tournament is for everyone. You can sign up as a group, or if you are a single player, you can be matched with a foursome. If you are interested in playing, please visit the tournament website at www.PalenciaForeTheKids.com.

A second way to get involved is to

Continued On Page 9



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COVID-19 Response To Staying Safe At Smiles By Glenos And Hadgis Orthodontists

By Dr. Craig Hadgis, Dr. Jimmy Glenos and team
Smiles by Glenos & Hadgis Orthodontists

When the governor of Florida decided to mandate closure of all non-essential dental procedures (except emergencies) during Coronavirus, this could have had a significant negative effect on the progress of hundreds of patients undergoing active orthodontic treatment.

Dr. Craig Hadgis and Dr. Jimmy Glenos, both board certified orthodontists, had many decisions to make. The primary goal at Smiles by Glenos & Hadgis was to first make sure that patients would not experience harm or discomfort during the closure. Therefore, they decided to keep all team members employed to handle orthodontic emergencies throughout the closure.

Before the Coronavirus outbreak Dr. Hadgis and Dr. Glenos implemented a means of offering virtual appointments through HIPAA compliant texting of images and messaging. This allowed their office to quickly address any concerns that might require an appointment to keep all the patients on schedule with regard to completion of their treatment plans.

In addition to all CDC recommendations, touch-free hand washing stations were installed just outside the entrances to both offices in St. Johns and St. Augustine. Also installed at both offices were automated touch-free doors with cameras and intercom to allow confirmation of safety questions prior to allowing entry. Safe temperatures are verified immediately upon entry and access is limited to only those with appointments. Masks are required and sneeze guards have been placed around the front reception areas.

As a result, Dr. Hadgis, Dr. Glenos and their team are proud to have been able to continue orthodontic treatment and witness the benefits of the orthodontic care given, regardless of this pandemic.

Smiles by Glenos & Hadgis Orthodontists has two office locations in the St. Augustine and St. Johns areas - 111 Doctors Village Drive at Racetrack Road, and 22 St. Johns Medical Park Dr. at U.S. Hwy 1 South. Phone 904-797-6453.

Fore The Kids Golf Tournament

Continued From Page 8

become a tournament sponsor. The PTO has been very fortunate to have so many previous sponsors and looks forward to working with them again. We are always seeking out new sponsors to support PES and if you or someone you know may be interested in sponsoring, please reach out to palenciaforthekids@gmail.com or visit www.PalenciaForeTheKids.com.

Lastly, it takes a lot of volunteers to make this event run smoothly. So, if you

are available on October 19, there are many ways you can lend your time and energy. Please be on the lookout for a communication from the PTO via email and on the Palencia Elementary School PTO Facebook page for how to sign up to volunteer.

So come one come all! What an amazingly fun way to shower your local community with love and support...and remember, it's "Fore the Kids."




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PGA Tour Professional Opening Laura Baugh Golf School At The Palencia Club

Laura Baugh, a member of the PGA of America and a lifetime member of the LPGA, is establishing The Laura Baugh Golf Schools with the first educational center located at The Palencia Club.

With a career that spans over 40 years, Laura is regarded as one of the premier golf instructors in the country. She brings an incredible volume of golf knowledge to share with golf students at all levels.

After her run on the LPGA Tour, Laura climbed up the ladder into the television tower where she spent 10 years as a broadcast contributor for CBS, ESPN, and the Golf Channel.

She eventually realized that she would love to share her golf I.Q. with other golfers. She became a certified PGA teaching professional and a lifetime member of LPGA and found that teaching was her new passion.

As golf instructor for the Laura Baugh Golf School at The Palencia Golf Club, Laura has developed an approach to instruction that works. Spending the first few minutes discussing the students' experience and current issues, Laura then identifies the individuals' swing characteristics that need improvement.

"An unsuccessful round of golf like any event in life is an opportunity to learn and grow. Look at it in a positive way and your next round will be a phenomenal success," said Laura.

Laura does not believe in a single "method." Much like her friend Butch Harmon, she works with what is in front of her and does not re-invent the swing.

Laura has hit and witnessed hundreds of thousands of golf shots during her lifetime, she knows what works and knows what does not.

"It is not that complicated," she said. Time spent with Laura and time spent on the practice tee will result in potential realized.

To schedule a lesson or sign up for the school, contact Laura at laura@laurabaughgolf.com.

"Let us discover what level of golf challenges you and brings you joy," Laura added. "Let us get you there."

(See Laura's Golf Tip on Page 16)



Laura Baugh

Laura's golf life experience has been an amazing journey beginning at the age of 16 when she was the youngest player to win a U.S. Amateur event, a record that she held for 30 years. She then turned pro and honed her game in Japan until she reached the minimum age of 18 to play on the LPGA Tour where she was named Rookie of the Year. Laura went on to have a successful 25-year career on Tour while filming TV commercials and appearing in a couple of movies.

October Is Breast Cancer Awareness Month

October is Breast Cancer Awareness Month which is an annual campaign to increase awareness of the disease. The mission is to help those affected by breast cancer through early detection, education and support services. Visit www.nationalbreastcancer.org/breast-cancer-awareness-month to download a free Dense Breasts Question & Answer Guide.

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Vibes Cafe's New Expanded Dining Room Will Accommodate 40 Guests

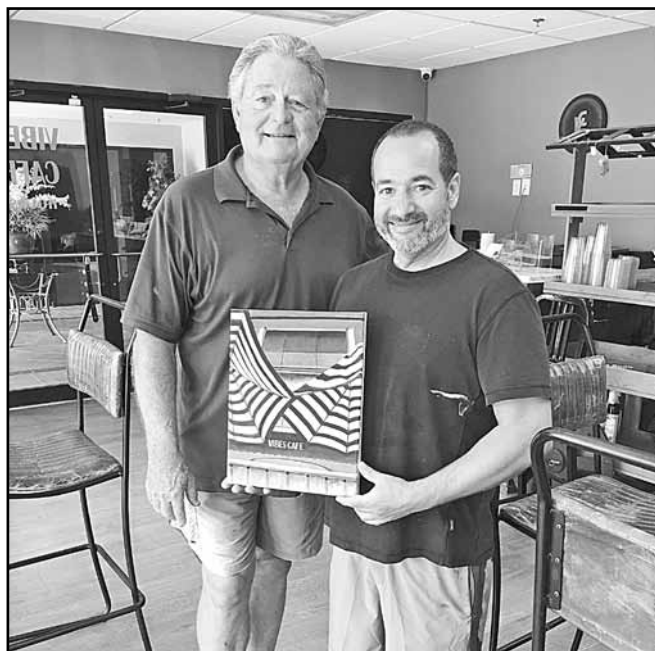
After only a few months in business, Palencia's Vibes Cafe has added a 1,000 sq.ft. dining room to accommodate more hungry guests.

Since July, the eatery has occupied Suite 103a on the ground floor of the 701 Building on Market Street in Palencia.

Known for its extensive menu of breakfast items, from omelettes to pancakes, and flavorful lunch sandwiches from corned beef to roast beef and salami, the additional space allows the Vibes Cafe to seat an additional 40 guests.

"The new seating area also adds a new element to Vibes," said Gary Feldman, owner. "Though you can still get a quick meal of your favorite dish in the original cafe space, the new section has a decidedly more upscale feel to it."

Vibes Cafe is also hosting "Open Mic Nights" every Saturday evening starting at 6:00 p.m. and the cafe has implemented social distancing guide-



Palencia Village resident and artist Dave Porter, left with Gary Feldman, has donated several oil paintings to Vibes Cafe's new dining room. "We always frequent Vibes Cafe every chance we get," said Porter, along with his wife Hartley. "Vibes has the best breakfast in St. Augustine."

lines with outdoor seating for hungry or thirsty customers.

Check social media to see Vibes Cafe's redesigned menu. Call 904-907-2714 to order from the take-out menu. Delivery is also available.

Hidden Smiles

By Phyllis J. Scalia, Palencia Resident

Hidden smiles, no laughing eyes,
That's all we see each day.
And what we crave, a kiss, a hug,
That too taken away.

No hand shakes, a distance kept,
Six feet apart we count.
A deadly virus, many lost,
Unrest begins to mount.

Now in our homes vigils we keep,
With indecision here.
It's should we venture out or not?
For Covid's what we fear.

I want to fly, but risks involved.
To loved ones far apart.
Can't fill the emptiness inside.
The longing in my heart.

Yet here some still refuse a mask,
Though masks can save a life.
Say no to distancing themselves.
Why do they cause such strife?

Then added to this daily stress,
Murder assaults our very core,
And leads to chaos in our streets
The likes not seen before.

A horrifying murder,
Such that each of us is shaken.
Demonstrations, marches, burnings,
As lives of innocents are taken!

The violence is persistent and
The sadness is profound,
As brother against brother
Cannot find a common ground.

The Covid too does not stand down,
And lives continue to be lost.
Two challenges we must resolve
For oh how dear the cost!

But months, yes three, then four, then six,
And still no end is near.
How do I close this poem of mine
With hope and not with fear?

As surely hope is what we need
To rise above the fright,
And hope we need to close our eyes
For precious sleep at night.

So rest your fear in Jesus' hands
Beseech your God above,
He's the one who'll grant you hope
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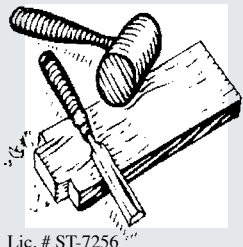
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The Thriving Southern Live Oak

By Heather Fritz, Palencia Resident
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Southern Live Oaks take us back to a time of sipping iced tea, playing cards with Grannie on the porch and taking turns on the tire swing. They're a tree that is as strong as it is nostalgic. Due to their iconic look and strength to withstand gale-force winds, Live Oaks are common in coastal areas.

Whether you plant a sapling, or your home has one or more mature Live Oaks, you're responsible for a tree that can live for hundreds of years. Take into consideration a St. Augustine legend, "The Old Senator." "The Old Senator" is a Live Oak that is likely over 600 years old. The "Old Senator's" girth measures 21 feet and height over 56 feet.

If you want your Live Oak to thrive, you must provide proper care for it. When you make that commitment to care for your tree, your Live Oak tree will grow with beautiful shape and form.

I advise caution against planting Live Oaks too closely to your home. Proper placement of a Live Oak is just as important as maintenance. They're a species that tends to grow wide, more than tall. Limbs will grow out horizontally to reach for the sunlight. The surface roots can lift pavers and concrete. If a Live Oak becomes weak and shows signs of failure, the risks are great! Live Oak wood is some of the heaviest and may cause significant damage to property and injury to people. This is not a, "plant it and forget it," type

tree. Since this tree can live for such a long time, it is very important to develop proper trunk and branch structure early.

A young Live Oak tree may send branches in many directions. Branches may cross causing irregularities in form and structural defects. Suckers will pop up at the base of the trunk. Structural trimming of Live Oak trees begins when the trees are young. The trees should be structurally pruned at least once a year including removal of sucker growth. The goal is to create a strong single trunk. Trees can be pruned less often when the trees are mature to maintain the canopy.

Arborists at the University of Florida say, "A preventive pruning program is an important tool to minimize the risks of tree defects. Preventive pruning helps to promote good structure, making trees more resistant to storms and other natural forces."

The Palencia Live Oaks, located in the easement between the sidewalk and the road, are an interesting case study. In my recollection, these trees have not been part of an annual pruning program. (I've lived here for many years.) As a result, homeowners and the POA are now faced with removing large limbs to provide for road and sidewalk clearance under the canopy. Removing large branches like this can initiate decay and slows growth. Lesson learned: Prune early to encourage healthy growth. Sources: UF, IFAS, DAFS

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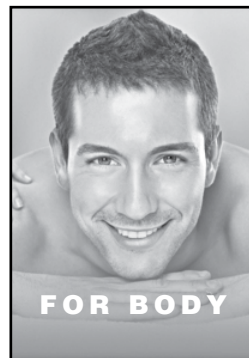
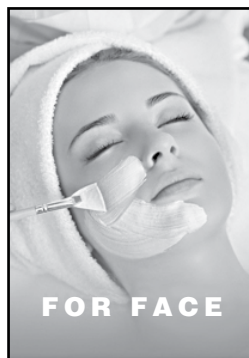
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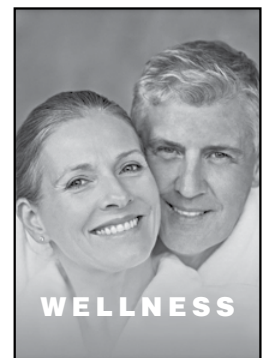
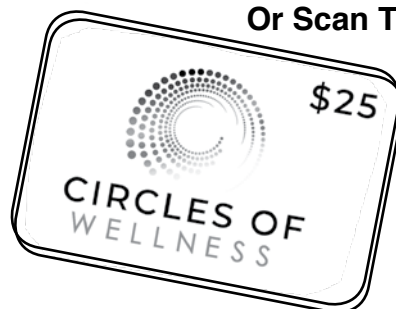
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Headaches

By Rob Stanborough
 PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
 First Coast Rehabilitation
 (904) 829-3411

Headaches are a common problem and can be quite debilitating – just ask someone who has them on a regular basis. The treatments for headaches are as varied as the type of headache. Headaches vary in the type of pain as well as the location of pain.

Migraine type headaches, I'm told, are excruciating. I've been fortunate never to experience these but have heard accounts of locking oneself in a dark room for days, vomiting, missing work, avoiding friend and family, not eating and consuming strong medications in an attempt just to get some relief.



Sinus headaches can also be quite painful but the most common type headache is the tension-type headache. The tension-type headache produces varied pain. It may be intense or mild. The pain can also vary in location. It may be felt behind the eye, the top of the head, back of the head, in the temple region and even across the forehead. Sometimes the pain can be felt into the neck or jaw.

The most common cause of the tension-type headache, and tension is high in our world today. Tension, in combination of poor posture or guarding muscles can produce painful nodules called trigger points, which are quite painful and may refer pain. Referred pain is when pain is felt in a different place than where the actual problem occurs. This is what makes diagnosis complicated. A trigger point in the neck can refer pain to the head, eye or ear. Rubbing the location of the pain may help a little but never resolves the problem and is not in the head but in the neck.

Research shows that myofascial trigger points can also contribute to "migraine-type" headache pain, so treating trigger points may help minimize or reduce the intensity of a migraine.

Myofascial trigger points are relatively small to palpation but no small problem, especially if they are the source of your headache pain. They can be treated using a variety of techniques, including dry needling.

If you have found your tension level and headaches increase, physical therapists trained in soft tissue manipulation and trigger point therapy can help. If you are suffering from headaches, stop. The solution may be a simple trigger point. Get help and make a change.

Rob Stanborough was one of the first PT's to be permitted to use DN in FL and doing so since 2017. He has trained oth-

ers in DN since 2010 both nationally and internationally as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), presented and published about DN and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on www.firstcoastrehab.com.



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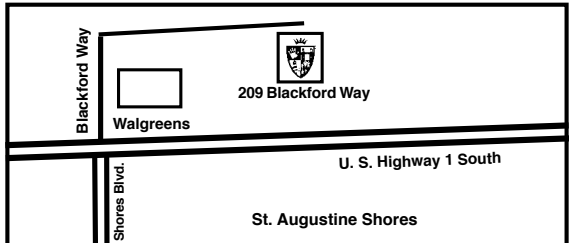
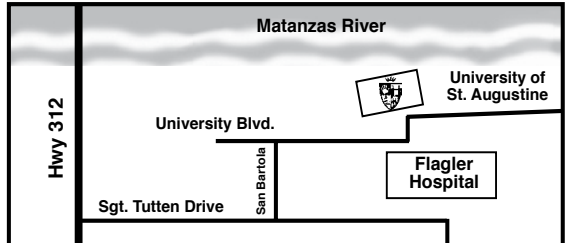
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Your Preshot Routine

Tips from Laura Baugh
Certified PGA Teaching Professional
The Palencia Golf Club
laura@laurabaughgolf.com.

Hello Fellow Golfers – I am excited to announce my new Laura Baugh Golf Academy at The Palencia Club. As a way of introducing myself we are starting a series of golf tips to be featured here each month; so let us start at the beginning with “Your Preshot Routine.”

A pre-shot routine puts you in the same position every time and from the same position you can be repetitive!

In developing your pre-shot routine there’s certain areas to cover and there are certain areas you can make creative and personal.

A pre-shot routine does not make you a slow golfer, it makes you a fast golfer. When you get used to your routine it will just take a matter of seconds! So here we go:

1) Starting from behind the golf ball look at the view of the line you want your ball to travel.

2) Place your club face on that vi-

sualized line at your address and make sure your arms are hanging comfortably.

3) Put yourself in athletic position.

4) Exhale, that will allow your arms to fully extend on the way back.

5) Then start your swing by pushing that straight left arm back and away from the golf ball.

In personalizing your pre-shot routine, you are free to add things that you are working on in your set up and once you’ve done that you can just relax and hit your shot.

A great pre-shot routine can drastically reduce your score. Develop your pre-shot routine today. If you need help – reach out to me at

The Academy and let me help you start your golf journey or continue down the road as you lower your handicap...Potential Realized.

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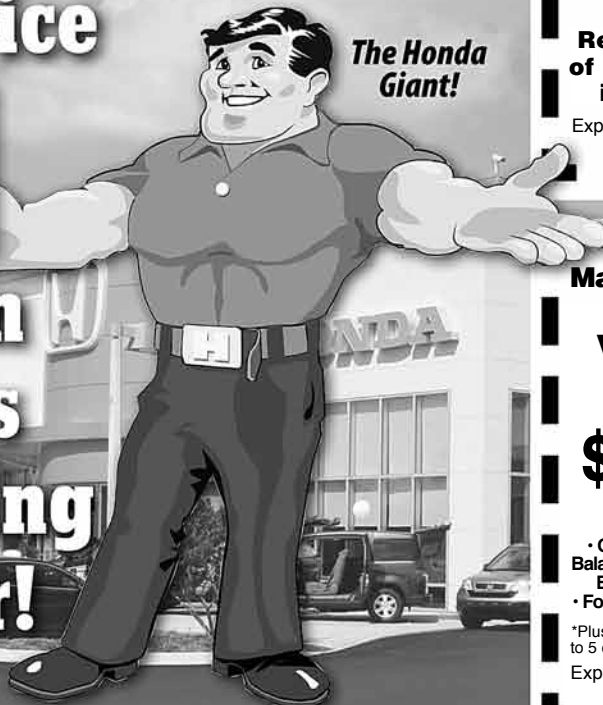
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Six Skills for Managing Couple Conflict

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

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Are you having difficulty managing conflict in your relationship? Well, there is good news. In his more than 40 years of groundbreaking research with over 3000 couples, Dr. John Gottman has discovered a new model for managing couple conflict.

He found that all couples fight: the difference between what he calls the "Masters" and the "Disasters" of relationships is how they manage conflict. The good news is that these skills require very little practice because we all have them. They are the same skills that we use with strangers; we just forget to use them with our partner.

Skill #1: Practice Physiological Self-Soothing. Conflict discussions can provoke a sense of being overwhelmed or flooded, emotionally and physically. Probably, we feel outraged or that we are victims. And the body becomes disturbed. In general, our heart starts beating stronger and faster, we start to sweat, and we contain our breathing. When this happens, it is highly improbable that we can have a productive conversation. Therefore, it is necessary to stop the conversation and physiological soothe ourselves and/or our partner. When couples practice physiological self-soothing, discussions become less escalated, gentler, and, therefore, safer. This helps to make the relationship a

safe port in the storm and not the storm itself.

Skill #2: Use Softened Start-up. John Gottman's research reveals that how a couple conflict discussion begins largely determines what will happen during the entire discussion. The predictive role of harsh or softened start-up is often played by women. This is because they are the ones who bring up difficult themes and insist that they be resolved 80% of the time. When there is irritability and a lack of response by the partner in the relationship, harsh start-up is the result. However, when there is emotional connection, it is easier to use softened start-up.

Skill #3: Repair and De-escalate. By repair we mean the verbal and non-verbal gestures that help us to keep a discussion on a healthy track. Repair can be the communication about your feelings, of the need and desire to calm down, or about appreciation. It can also be about moving towards your partner's position, stopping the action, asking for forgiveness, or accepting responsibility. It is a communication that says to your partner, "You, and what you think and feel are important to me. We'll get through this."

Skill #4: Listen to Your Partner's Underlying Feelings and Dreams. Behind each of your positions there are deeply held feelings and dreams. Take turns asking each

other questions to bring these up, and just listen to your partner's answers, as a friend would. Be curious and interested in your partner's answers and seek to truly understand their feelings and dreams. Avoid persuasion and problem-solving.

Skill #5: Accept Influence. Accepting influence from your partner simply means expressing agreement with at least part of what your partner is asking and demonstrating willingness to move towards a compromise. A central part of accepting influence is uncovering and understanding the meaning of your partner's position in the couple conflict. Research has shown that people who don't accept influence wind up creating bad will and being powerless in relationships. This is especially true for men. According to John Gottman: "When a man is not willing to share power with his partner, there is an 81% probability that his marriage will end in separation or divorce" (Gottman & Silver, 2015, p. 116).

Skill #6: Compromise. The Compromise step involves developing a common way of thinking: creating a third solution out of the two positions. For this to work, you must use the Aikido principle: Yield to

Win. In reality, nobody wants a relationship in which one wins and the other loses. We must find a way to yield so that we both win. However, we cannot effectively compromise unless we identify our core needs or inflexible areas first. Then, we can identify our flexible areas, which is where we can effectively compromise.

Using these skills will not make conflict in your relationship disappear, but it will make it much better. Our goal is not to eliminate conflict because conflict is inevitable in a relationship and because it is through conflict that we work through issues and discover our underlying feelings and dreams. Our goal is to make your next fight better than the last and to learn to manage conflict in a healthy fashion.

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

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Bartram Park. He is currently providing in-office and telehealth appointments for couples or family therapy.



Michael Brown,
MSC, LMFT

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The Vaccine (Almost) Every Dog In Our Area Should Receive

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

Leptospirosis is a disease caused by infection with the Leptospira bacteria. These bacteria can be found worldwide in soil and water. There are many strains of Leptospira bacteria that can cause disease. Leptospirosis is a zoonotic disease, which means it can be spread from animals to people.

The bacteria that cause Leptospirosis are spread through the urine of infected animals, rodents, raccoons, opossums, squirrels, even deer, which can get into water or soil. It can survive there for weeks to months, if the conditions are moist. Dogs can become infected and develop leptospirosis if their mucous membranes (or skin with any wound, such as a cut or scrape) come into contact with infected urine, urine-contaminated grass/soil, water, food or bedding.

The signs of leptospirosis in dogs vary. Some infected dogs do not show any signs of illness, some have a mild and transient illness and recover spontaneously, while others develop severe illness and death.

Signs of leptospirosis may include fever, shivering, muscle tenderness, reluctance to move, increased thirst, changes in the frequency or amount of urination, dehydration, vomiting, diarrhea, loss of appetite, lethargy, jaundice (yellowing of the skin and mucous membranes), or painful inflammation within the eyes. The disease can cause kidney failure with or without liver failure. Dogs may occasionally develop severe lung disease and have difficulty breathing. Affected dogs can also develop swollen legs (from fluid accumulation) or accumulate excess fluid in their chest or abdomen.

Aside from protecting your furry loved ones, vaccination is also important to protect you. As a clinic, we are passionate about this disease, as an employee's father passed away from leptospirosis many years ago. Infection in people can cause flu-like symptoms and can cause liver or kidney disease. In the United States, most cases of human leptospirosis result from recreational activities involving water. Infection resulting from contact with an infected pet is much less common, but is increasing in frequency enough that the CDC issued an advisory.

The frequency of exposure to areas where wildlife access should be taken into account when determining the necessity of vaccination. Because of the high numbers of wildlife in our area, it is my opinion that every dog in this area that spends time outdoors, barring any other underlying conditions that make vaccines a bad idea, should be vaccinated for Lepto.

Leptospirosis is generally treated with antibiotics and supportive care. When treated early and aggressively, the chances for recovery are good but there is still a risk of permanent residual kidney or liver damage.

Currently available vaccines effectively prevent leptospirosis and protect dogs for at least 12 months. Annual vaccination is recommended for at-risk dogs. Reducing your dog's exposure to possible sources of the Leptospira bacteria can also reduce its chances of infection. If you have any questions about this preventable disease or any others, please contact your veterinarian to discuss your options.



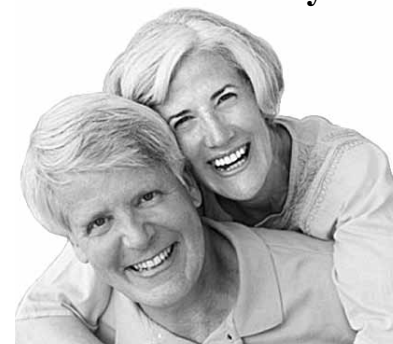
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Mike Weitz

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Waiting With Hope!

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

Maybe you have had this experience. I found myself waiting in an airport. The first plane needed repair and so my phone alerted me that my flight had been delayed. After a 45 minute wait, I received an alert that my flight had been cancelled. Then another alert that I had been booked onto a later flight that was to leave in two hours. Waiting! I watched planes taxi as I waited. I watched other people waiting. I was waiting. As I waited, I thought about waiting.

We seem to be waiting a lot these days. We wait for our package to arrive from Amazon or a dozen other online outlets. We are waiting for a Covid-19 vaccine, we are waiting for the presidential election to be over, waiting to be able to visit our loved ones in care facilities, waiting to go back to church, waiting in doctors' offices, waiting for an appointment, waiting for guests to arrive, and waiting at the DMV. We wait in line, we wait in our cars and we wait in groups. We are waiting!

Waiting suggests that we are at the mercy of someone else. We are captive to clerks, fast food trainees, a sandwich artist, a barista, and Uber drivers. It is a universal truth that the longer the lines, the fewer the employees there are to wait on us, and whatever line we are in is the slowest. So, we wait.

Sometimes we are told waiting is a good thing. We are told to wait until we are married for many reasons, wait to buy that new car until you have cash, wait for the ball instead of swinging early. Some places even have waiting rooms where we can join other people in guessing how long we have to wait until the wait is over.

Waiting is certainly more difficult for some people. Children I think find waiting the most difficult. They can't wait until they are 13, 16, 18, 21, after

that they stop waiting for birthdays.

Waiting is forever linked to hope. Paul Tillich, the Christian theologian, called waiting a metaphor for faith. Why would you wait if you did not ultimately believe your waiting would be rewarded?

Sometimes there seems to be no hope and we exclaim, "I can't wait." Husbands wait for wives to get ready, and wives wait for husbands to finish a household project. We wait for peace on earth. We wait for justice. We wait for equality. We wait.



Some people are so good at waiting they become professional waiters. Those that are really accomplished at waiting can make a lot of money. Some professions require more waiting

than others. An artist waits for the paint to dry or the clay to be ready, writers wait for inspiration or creativity, farmers wait for a seed to sprout and then the harvest. Pastors sow seeds of faith and we wait and we wait and we wait. We offer seedling classes to nurture, counseling, preach sermons, and other nutrients of faith to encourage growth, we wait at hospitals and at bedsides. Mostly we wait for the Lord.

The good news is, according to Isaiah 40:31, "but those who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." Or Psalm 27:14, "Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!"

Waiting is a skill that the Bible is encouraging us to develop. Let me encourage you in the days ahead to wait with hope.

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13.

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Four Reasons For Getting Life Insurance

By Craig Dewhurst, State Farm Agent, Palencia Resident

Life insurance is often thought of as a way to protect loved ones by providing for final expenses, estate taxes, etc. But let's think beyond that. Who else depends on you and your income? "One size fits all" may apply to a lot of things, but not something as important as life insurance. Why you need it, and how much you need, depends on your obligations and priorities. Your concerns are likely different from those of your neighbors or friends.

Because life insurance can have a big impact on both your loved ones and your finances, the topic can be intimidating. To make it easier for you to assess your life insurance needs, here are four thought-starters.

Who do you want to protect?

Life insurance is often thought of as a way to protect loved ones by providing for final expenses, estate taxes, etc. But let's think beyond that. Who else depends on you and your income?

Do you have young children at home?

Life insurance can help provide the money for day care now and an education for the future. If your kids are older, your insurance can help cover tuition payments.

Are you responsible for your parents?

If you're contributing to the care of an elderly relative, you should consider how those healthcare bills will be paid if you or your partner passes away suddenly.

What do you want to protect?

If you have a mortgage, adequate life

insurance can help your family stay in the home and maintain their standard of living. Even if you don't have a mortgage, there are probably other assets that you want to protect. Life insurance can help your family keep up with car payments or protect your spouse from having to dip into retirement funds earlier than anticipated.

If you're a business owner, life insurance can help the company you built continue after you're gone.

Do you want to leave something behind?

Perhaps you would like your legacy to help the next generation live more comfortably. Life insurance can help you do that. Life insurance can continue your contributions to your favorite charity, because some policies allow you to name an organization as your beneficiary.

What's your personal financial plan?

So far, we've focused on what life insurance provides after your death. But did you know some life insurance policies have benefits you can use during your lifetime? Many people appreciate knowing they have access to living benefits, as needed, through loans and withdrawals. So it pays to think about your finances in their entirety when you consider the benefits of life insurance.

If you'd like to talk about your personal life insurance needs and see what options are available, your local State Farm Agent Craig Dewhurst is here to help.



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