



News For And About Residents Of The Palencia Community

Labor Day is Monday,  
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# PRESS

SEPTEMBER 2020

## Palencia WGA- Not Just A Group Of Ladies That Play Golf

Covid-19 Showed Us What The WGA Is Really All About

By Joanne Gage, WGA President



A group of 9-Holers from the Women's Golf Association of Palencia are shown at a recent Inter-Club tournament. Left to right, Darlene Adams, Nicole Murrell, Louise Starmann, Joanne Gage, Sue Kansteiner, Cathy French, Judith Kylee and Jeanne Carr. Happy days before Covid-19.

From the outside looking in, the Palencia Women's Golf Association (WGA) appears to be a group of country club ladies that play golf. On the inside, we always knew it was more than that but the Covid-19 pandemic provided new clarity as to what the WGA really is, what it does, and what it means to those of us that are members. **See Complete Article On Page 7**

## Palencia Residents On The Frontlines Of The Pandemic

Steven Pattishall M.D. Palencia resident and Pediatric hospitalist. He is part of the pediatric COVID-19 team at Wolfson's Children's Hospital in Jacksonville.



Margo Slovis PT, DPT, Palencia resident and Doctor of Physical Therapy, works for Trilogy Home Health-care in St. Augustine. Dr. Slovis sees geriatric COVID-19 patients in their homes.



During this difficult time in our country, the *Palencia Press* would like to pay tribute to our essential workers, those working on the frontlines of the pandemic. Our community is fortunate to have these men and women who are dedicated to their patients.

Palencia resident **Steven Pattishall, M.D.** has been a pediatric hospitalist at Wolfson's Children's Hospital in Jacksonville for the last 5 1/2 years. The incredible team at Wolfson's, who together with Dr. Pattishall, have been caring for the pediatric Covid-19 hospital admissions from Northeast Florida and Southeast Georgia.

"I think that my daddy is really helping kids in need during this Coronavirus time," said Edmund Pattishall, 12 years old. "I'm very proud of him for doing that."

Palencia resident **Margo Slovis, PT, DPT**, is a Doctor of Physical Therapy. **Article Continues On Page 9**

## A Message From Your POA Board Members

It's been a busy summer as the new Board has become acquainted with the POA Board responsibilities and is developing plans to better serve our Members. We continue to look for ways to increase overall communication, so new this year is a summary of each PPOA Board meeting provided by the secretary and sent out via Leland, our community management company.



An area of focus continues to be increasing member involvement in the POA activities. First up is requesting volunteers to serve on a number of returning and new committees. The committees and the number of interested volunteers needed are the Governing Documents Committee (4), Finance Committee (2), Community Betterment (5)

**Article Continues On Page 12**

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## Palencia Community Classified Ads



### August Issue Correction

The photo accompanying the article about Michael Kypriss misidentified titles. Caption should have read Scott Lefteris, Tennis Pro, Michael Kypriss, Associate Tennis Pro and Jeff Gorden, Tennis Pro. The *Palencia Press* regrets the error.

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### Thought For The Day

“Housework can’t kill you, but why take a chance?” -Phyllis Diller

### Words Of Wisdom

Let not your beauty be of outward adorning such as plaiting the hair and wearing of gold, or putting on of apparel, but let it be the hidden self of the heart, in that which is not corruptible, even the ornament of a gentle and quiet spirit, which is in the sight of God of great worth.- Peter 3:3-4



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Continued From Page 2

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## Wrigley's Field Of View

Everyday, almost, I get to make the trek around the Palencia circle, 2.69 miles, the bag man (or lady) says. Some days it seems longer, others not so much. We see a lot of friendly Palencian faces and pooches and most of the passing cars wave "Good Morning" to us as we trundle along. Sometimes we see deer, armadillo's, raccoons, possum, bobcats and shoulderless slinkies, not to mention the fliers. But what has me puzzled is the creature who deposits the 99's! The bag man says it's gotta be a "silent sipper" of some sort, if you'll pardon the alliteration. Xpresso or Butterscotch, 99 proof. It makes me wonder how that person gets around the circle and even scarier if they're driving a vehicle! On the other hand, they must be in good humor because the bottles say, "The party starts with 99...a frenzy in every shot." I just wish the "Sipper" would put the empty's in a recyclable container. I get a little buzz just smelling the bottles when they don't have lids on!



Wrigley with bottles from the "silent sipper."



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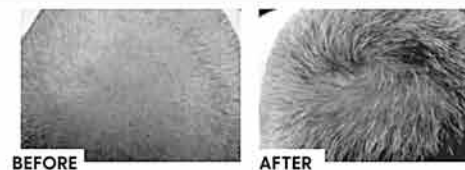
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## Ask A Certified Master Gardener Preparing Your Lawn For Colder Weather

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



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

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

### Preparing Your Lawn For Colder Weather

As we begin to experience relief from summer heat, the month of September is the time to start preparing your lawn for colder weather. Shorter days, lower light intensity, and cooler temperatures will result in slower-growing lawns.

For those new to Florida, turfgrass goes into dormancy during the winter months, with slowing growth, and changes in color from green to brown. This is a natural cycle, so there is no need to worry when you see this occur. It translates into a nice break from lawn mowing. You can also reduce irrigation during this time period.

problem, try to avoid excess nitrogen fertilizer, and irrigate early in the day to avoid long periods of blade wetness or scalding if done in the heat of the day. Sod webworm, the second issue, can become very destructive, with little time for turf recovery before winter dormancy. Again, if you irrigate, do it early in the morning. If you employ a lawn care company, be sure to ask them to check for both of these issues. If you are taking care of your lawn, here are the signs and symptoms to look for and some measures to curb the problem:

#### • Large Patch Fungus Disease:

This fungus infects the blade area closest to the soil, eventually killing it. A soft, dark rot occurs at the base of the blade and blades can easily be pulled off the stem. The base of a pulled blade has a rotted odor. Roots, however, are generally not affected by this pathogen.

The symptoms of large patch are easy to identify. You will notice irregular round-shaped patches with a copper-yellow halo or edge. The size of the patches may range from a few feet in diameter to areas that may be more than eight feet in diameter, some even larger. It is not uncommon to see rings of yellow, orange, or brown turf with apparently healthy turf in the center.

Just prior to, or during disease development periods, apply a balanced fertilizer containing equivalent amounts of potassium and nitrogen, preferably a slow-release form. In particular, avoid excessive nitrogen applications during potential disease development periods. Irrigation should only occur when necessary and during in the early morning hours (between 2:00 and 8:00 a.m.) when dew is already present. Diseased areas should be mowed last since mowers can spread this disease.

• **Sod Webworm:** Tropical sod webworms are part of a pest complex of warm season turf caterpillars in Florida that include fall armyworm (*Spodoptera frugiperda*), striped grass loopers (*Mocis*), and fiery skipper (*Hylephila phyleus*). Signs of damage include areas of ragged grass blades that are shorter than other areas of the grass, thinning of the lawn (fewer leaves), and eventually brown patchy areas. Many gardeners re-

Continued On Page 6



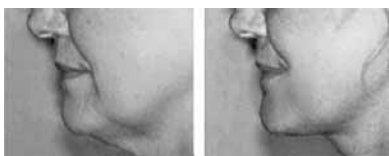
It is important to note that the last recommended time to fertilize your lawn here in North Florida is September. Your lawn does not need or want growth during this time period and too much fertilizer at this juncture will also cause weeds to grow.

Two issues we tend to see in the fall when temperatures drop below 80 degrees, and that affect Centipede and St. Augustine lawns more than other types, are: 1) Large Patch, *Rhizoctonia solani*, also called brown patch disease; and, 2) Sod webworm. To help prevent the first

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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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Dr. 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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# Spotlight On Palencia People



Palencia resident Kathleen Larriviere stands in the 8,500 square foot showroom at Cielo Stone and Tile.

## Palencia Resident Is Devoted To Making Your Home Unique & Beautiful

Kathleen Larriviere, Palencia resident, licensed building contractor and designer, knew that it just made sense in her business to have access to the best and most extensive selection of tile, stone, flooring, countertops and cabinetry available.

When the opportunity arose to buy a well-stocked warehouse containing the variety and quality of coverings seen in design magazines and on television, Larriviere took it.

Cielo Stone and Tile (CST) is the area's secret weapon for the most beautiful home finishings. Tucked into a warehouse development just south of Kings Head Pub and only two miles south of Palencia, Cielo can't be seen from the highway, but what a treat when you find it. At 8,500 plus square feet of

showroom, a warehouse was necessary to hold it all.

"Customers want their home to be unique and beautiful," said Larriviere. "Cielo Stone and Tile prides itself on having those options available locally to sample. There is a huge difference in what is found in big box stores versus a store such as this. You can even check out a variety of selections to try out at home before you buy."

Larriviere moved to Palencia last year after buying Cielo Stone and Tile to be closer to her work. Born and raised in New Orleans, she found the architecture in Palencia reminiscent of her home town with spacious gardens and courtyards.

The offerings at CST are almost overwhelming, but there is a secret weapon.

**Continued On Page 6**

### Water Problems? Ask Polly!



Polly Swindull

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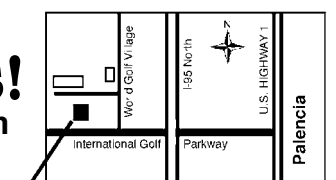
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## Palencia Resident Is Devoted To Making Your Home Unique & Beautiful

Continued From Page 5

The sales staff is made up of designers who can help customers navigate an ocean of options to find the perfect selection.

“That simply comes as part of the service,” said Larriviere. “In addition to design, expert advice is available for any question about your project. Have questions about product, installation, construction, budget or timing? Just ask. Try that at a big box store.”

The showroom is open 9 to 5 on weekdays and 10 to 2 on Saturdays. However, since CST is all about person-

al service, appointments can be made with one of the designers at any time of a customers’ choosing.

Larriviere says, “It is like coming into a tile candy store every day of the week. Customers are regularly overheard saying they wish they had more than one house to decorate.”

With so many choices for your home, choosing a perfect “look” is easy and painless. Look for the big green flag and the vertical 6370 sign to discover this local treasure.

## Preparing Your Lawn For Colder Weather

Continued From Page 4

port that the damage to their lawn seems to have occurred overnight.

The moths of tropical sod webworms are a sign that these caterpillars are in your landscape. These light tan-colored moths will flitter and scatter as you walk through the grass, but it is not the moths causing damage; it’s their offspring - the caterpillars. This larval stage is the most damaging of the tropical sod webworm’s life-cycle. The good news is that sod webworms may weaken lawns but generally do not kill the grass.

In some cases, your lawn will recover fine from tropical sod webworm damage, the caveat being that your lawn is not suffering from any other type of stress. If you choose to treat your damaged lawn, be sure to verify that you are in fact dealing with tropical sod webworms. Then, if you choose this alternative, select a pesticide labeled for this particular pest and observe the labels carefully. Using the wrong product can severely damage your turf in addition to failing to get rid of the problem.

Healthy turfgrass, proper fertilization, irrigation and proper mowing always decreases susceptibility to all problems. In addition, cultural practices such as tillage, thatch removal by vertical mowing and/or power or hand raking will reduce pest populations. Because eggs are laid on grass blades, keeping grass clippings evenly distributed over your lawn in late summer and early fall can also reduce insect populations.

The last fertilization in September should be done with a fertilizer containing higher or equal amounts of potassium (the third number on the bag) relative to nitrogen (the first number on the bag), such as 15-0-15. This helps to impart some stress tolerance to cold or freezing temperatures and may enhance spring green up.

This may all sound somewhat ominous, but to sum up, the absolute best way to prevent turf issues is to mow at the exact right height for your type of grass, fertilize no later than September, and irrigate early in the morning while dew is still present. These practices really do work throughout the entire year in our subtropics and it is much easier to prevent problems than to solve them once they happen.

### TIP OF THE MONTH:

Please remember not to blow grass clipping into the street, but rather back into your turf where they will provide additional nutrients. Many lawn companies ignore this. Clippings blown into the street travel right into our storm drains, which then move into our aquifer and cause immense damage as they increase algae production and pollution in our waterways. So – please take a moment to help keep our waterways clean!

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

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## Covid-19 Showed Us What The WGA Is Really All About

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

From the outside looking in, the Palencia Women's Golf Association (WGA) appears to be a group of country club ladies that plays golf. On the inside, we always knew it was more than that but the Covid-19 pandemic provided new clarity as to what the WGA really is, what it does, and what it means to those of us that are members.

When the pandemic shutdowns began last spring, the Palencia Club was very quick to put the CDC and USGA guidelines into place. We no longer could dine inside and golfing became a no-contact sport. We drove in our carts alone, stopped raking bunkers, didn't touch the flagstick and embraced other protocols to avoid multiple contact points. The good news was that we were still out golfing.

The first week seemed strange. When the rounds on our WGA play days concluded, there were no high fives, no handshakes - we just all went our separate ways. Something didn't feel right. Golf is always the prelude to fun conversations over lunch with one another, catching up on things, and greeting those ladies that weren't in our foursome that day.

By week two, we had figured out a way to maintain our traditions, while keeping our distance. We took our golf carts to the patio area of the clubhouse and had picnic lunches, whether brought from home or utilizing the club's take-out option. The laughs returned and 18-holers and 9-holers shared the outdoor space and the usual camaraderie that follows a round of golf - the difference was that we were in carts and spaced six feet apart from one another. But, it was one of the very few ways we could socialize at all, in any aspect of

our lives, so it was a very big deal!

Just as Florida was beginning to re-open, the virus hit home and we got news that we had members and their family members that had gotten sick. Our ladies organized food drop-offs, ran errands and gave constant love and support to help our friends through their recovery - because the WGA isn't just a group of ladies that plays golf. Yes, golf is the thread that weaves us together but the WGA is an organization that allows for instant friendships to form when someone moves to Palencia. The WGA is a group of women with ages spanning 40 years that care about one another. We've supported each other during divorces, and we've celebrated the birth of babies. We've comforted when a loved one is lost and we've toasted newlyweds. We have ladies that have golfed for 50 years and ladies that just picked up a golf club for the first time. That's what makes it fun- we're not all the same.



I wish we hadn't

had the pandemic experience but if there is a silver lining, it's that it showed me how important the WGA is to me. It opened my eyes to all of the good things that happen in the organization and it certainly helped me keep my sanity.

Our 2020-2021 season will begin on Saturday, September 12th and we're still dealing with Covid-19 but we're up to the challenge and we'll continue to see it through together- even if we are six feet apart!

I hope to tell you more about the Palencia WGA in the coming months. We welcome new members, regardless of golfing ability. If you'd like to learn more, visit [www.PalenciaClub.com](http://www.PalenciaClub.com) and click on Women's Golf Association or email [membership.palenciawga@gmail.com](mailto:membership.palenciawga@gmail.com).

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## A Little Less Judgement, A Little More Grace

By Tiffany Trivedi, Palencia Resident  
Palencia Elementary PTO

It's easy to judge other people behaving in ways we don't understand or condone. It's human nature. We are all guilty of it; especially during this difficult period of trying to make the best decisions for our families under uncertain times. Since the COVID-19 outbreak, our county has slowly opened up and to the relief of many and equally to the apprehension of others. As the rules and restrictions lessen, it has opened the door for judgmental behavior to spread throughout our community.

We're all trying to determine when and how to operate comfortably with our children this school year. Should we send our kids back to school? Should they wear masks all day? Should we enroll them in sports/extracurricular activities? Should they be allowed to have play dates and parties? And then there is the dreaded.... What will everyone think about my decision after I make it?

As September is upon us, it's important to ask ourselves what approach we should take to lift up our community and bring calmness and success to our children's school year. Demonstrating tolerance and grace will be two critical factors in ensuring the success of our children this school year.

"While there is no right or wrong and every family's situation is different, parents should not have to also deal with the judgement of others during this once in a lifetime pandemic, that affects everyone differently," School Counselor Tiffany Ellis said. "Of course every parent wants to keep their child safe from harm, but varying circumstances play a role in making decisions that are best for each family."

The first step in understanding how to be less judgmental, is to understand why we feel the need to judge and place ourselves in the other person's shoes. Leo Babauta, creator of Zen Habits, has identified a non-judgmental communication method he's dubbed DUAL. The four steps to follow are:

**Don't Pass Judgment** – The first step involves analyzing your own

thought process and becoming more self-aware. Over the span of a few days, make a note of any time you make an unwarranted judgment and what triggered it. This will help you recognize when it's happening and correct the judgmental thinking.

**Understand** – Go into empathy mode, and try to put yourself in the oth-



er person's shoes. Ask questions and get more of a backstory so you can fully understand their thinking and actions.

**Accept** – This can be challenging, but it's important to accept that others have a different way of thinking, usually because they've had different life experiences. Their values are not your values, and that's okay.

**Love** – Once you're able to accept the reality that everyone else is coming from a different perspective than you, try to embrace that notion. Focus on the value that comes from a person's unique point of view.

The most important thing to remember during this time is that we all come from different backgrounds, have different friend and family support, different financial situations, various health concerns and varying belief structures. We have families in our community whose children thrive in an at-home environment while other children crave the classroom experience. Some of our neighbors have special health concerns that require their child to stay home, while others have no reasonable child-

**Continued On Page 9**



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## A Little Less Judgement, A Little More Grace

Continued From Page 8

care and two working parents, so sending their children back is their only viable option. It's impossible to fully grasp the specific circumstances of each family, but much easier to choose to accept that they're making the best decision they can.

"In this new normal, many of us will have to make different decisions as it applies to school," Palencia Elementary mother Tabitha Pattishall shared.

"As the daughter of a high risk St. Johns County teacher, the wife of a pediatric hospitalist who works directly with the COVID pediatric admissions in our area, and mom to three kids in three different age groups, I've had to do much soul searching about school decisions," Pattishall said. "No one lives in a bubble, so no family will arrive at the same decision when it comes to school choice. As a community it will be important to respect the choices of our neighbors, as we remember not a single one of them comes to their decisions lightly."

"I am a former teacher, and my oldest kids thrived under distance learning because I was able to take it and adjust to their needs," she added. "Many more families had the opposite experience and are thankful for the opportunity to return to face to face instruction. Even amongst my kids, I have three different school options that we have selected. I truly believe at a time of such uncertain-

ty the best we can give one another is grace and respect not only as it pertains to school, but as we each assess what we are comfortable with as it comes to our own families. I have been proud to witness this respect and grace across our Pirate families in the last few weeks."

This sentiment is also one that is shared by our amazing staff at PES.

"As I reflect on these past several months, I must say that I have learned to listen, truly listen, to friends, family and co-workers more intently than when things were 'normal,' pre-COVID," PES Principal, Catherine Goodrich said. "I'm not sure that there is anything more important than the well-being of the people I surround myself with each day."

"As I prepare to unfold a new school year at Palencia Elementary, care and concern for my staff, students, and their families drive my day-to-day decisions," Goodrich said. "Our PES team knows that 'taking care of one another' is one of my core leadership values. When a community embraces and consistently acts on this principle, a new sense of inner peace and comfort across the community emerges."

As stated in previous articles, if your family has personal concerns or needs, please reach out to Palencia Elementary School directly or to our school's Parent Teacher Organization at pes.ptopresident@gmail.com.

## Honoring Essential Workers

Continued From Page 1



Steven Pattishall M.D.



Margo Slovis PT, DPT

cal Therapy. She currently serves as a home health PT and has been a therapist for more than 20 years. Her compassion and dedication to her patients is evident in their improved quality of life. As a staff member at Trilogy Home Healthcare, Dr. Slovis sees a lot of geriatric patients including COVID-19 patients

in their homes. Due to standard and transmission-based precautions when caring for patients, Dr. Slovis must wear personal protection equipment every day.

Dr. Solvis' son, Spencer, is shown in the photo with her on the cover.

As of this writing, healthcare workers in our area are actually working harder and more tirelessly than they had to initially to keep our community healthy. As many have adjusted to the "new normal" it can be easy to forget the people behind the scenes. The *Palencia Press* will continue to honor Palencia residents who are frontline workers. Send us a note about an essential worker (grocery store workers, retail, restaurant, healthcare workers, law enforcement and others) along with a photo to: thepaper@comcast.net.

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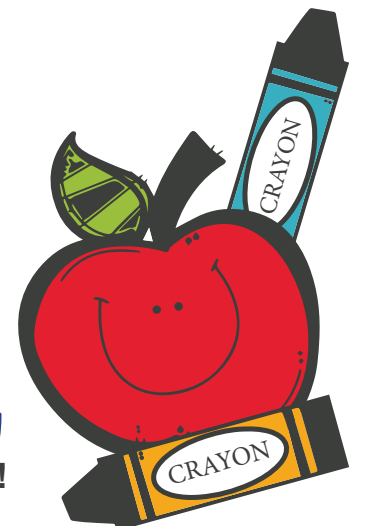
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## A Message From Your POA Board Members

Continued From Page 1

and Social Committee (5). We also have an Enforcement Committee that does not have any openings at this time. The terms are for one year and are renewable. We are providing a brief description of each committee so our members better understand the roles of these committees within the PPOA.

**Governing Documents Committee:** The Governing Documents Committee was established for the purpose of reviewing the current Property Owners Association regulations and organizational documents. These documents include the Articles of Incorporation, the Bylaws of the PPOA Board of Directors, the Declarations of Covenants and Restrictions, and the Architectural Review Guidelines. As Palencia approaches its 20-year anniversary, the community has undergone significant changes in the way it is managed. It began as a developer-controlled entity and has evolved into a complex organization now managed by its residents. The goal of the Committee is to recommend to the PPOA Board of Directors appropriate changes, clarifications or simplifications to existing organizational documents, and to propose new policies and regulations, where deemed essential. Meetings will usually be conducted once per month.

**Finance Committee:** The Finance Committee was formed to assist the PPOA Board of Directors in fulfilling its financial oversight responsibilities. The committee will focus on budgeting, financial policies and strategies, and adherence to generally accepted accounting procedures and practices. It will work with the management company to help ensure timely, accurate and purposeful accounting and financial reports. Meetings will usually be conducted once per month.

**Enforcement Committee:** The primary function of the Enforcement Com-

mittee is to consider those violations of the governing documents (Covenants and Architectural Guidelines) brought to it by the Community Association Manager (CAM) that have not been satisfactorily resolved. The committee considers all information and testimony from the Board, the CAM, and from the violating party before voting to allow a fine or suspension to be imposed. This committee typically conducts formal hearings once or twice per month.

**Community Betterment Committee:** The purpose of this committee will be to organize engagement with POA members in the Palencia community to come up with a set of goals and priorities for making our neighborhoods more attractive, safer, and generally a more desirable place to live and raise a family. The committee will also explore with the community how the PPOA can use existing and future funds to meet these goals, and based on the community's input, make specific recommendations to the Board of Directors. Meetings will usually be conducted once per month.

**Social Committee:** The Social Committee will help foster community among our membership through activities such as: a "Welcome Wagon" for new members; progressive dinners; charity fund-raising; neighborhood picnics; and periodic social gatherings to allow members to meet each other. The Social Committee may partner with the MCCDD or Golf Club to support holiday-related events and other community activities. Meetings will usually be conducted once per month.

If you are interested in volunteering for any of these committees, please contact Sarah Guzman, Community Manager, at 904-222-8132 or via email [sguzman@lelandmanagement.com](mailto:sguzman@lelandmanagement.com).




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## Open Mic Night Coming In September At Vibes Cafe On Market Street

Calling all musicians! Vibes Cafe, 701 Market Street in Palencia will be hosting "Open Mic Nights" every Saturday at 6:00 p.m.

Musicians, try out your new tunes, test your new skills; you never know who you're going to meet.

"People are craving live entertainment right now and artists are craving performance opportunities," said Gary Feldman, owner of Vibes Cafe. "We put our heads together to figure out a way to make it happen."

The cafe has implemented social distancing guidelines with outdoor seating for hungry or thirsty customers.

All musicians are welcome. Pre-registration starts at 5:30 p.m. with music beginning promptly at 6:00 p.m.



"I think people are excited to get out of the house and enjoy some live music," Feldman added.

Check social media to see Vibes Cafe's redesigned menu. Hours of operation are Tuesday through Thursday from 9:00 a.m. to 8:00 p.m., Friday and Saturday 9:00 a.m. to 9:00 p.m. Free delivery is also available to Palencia, Kensington and Las Calinas neighborhoods.

## Seven Nease Cadets Graduate From Navy JROTC Leadership Academy

By Captain Scott LaRochelle, USCG (ret)

Nease NJROTC, the number one program in North Florida and the state of Georgia, and one of the top 10 programs nationally, restocked its high-performing cadet leadership ranks, successfully graduating seven cadets at the Area-12 NJROTC Leadership Academy in Clay County.

The NJROTC Leadership Academy historically brings together the top 200 cadets from Area-12's 60 high school programs across Northern Florida and the state of Georgia. However, this year to ensure the proper health and safety of the trainees, smaller Leadership Academy clusters were organized across the area. The Clay County Leadership Academy included 30 cadets from Clay, Fleming Island, Middleburg, Oakleaf, Orange Park, Ridgeview and Nease High School.

Top Navy, Marine Corps and Coast Guard JROTC naval science instructors from the seven schools directed the train-



ing, which covered leadership, drill, academics and fitness.

This year's attendees included rising seniors Brandon Donovan and Juan Castillo; and rising juniors Kaitlyn Boggs, Daniel Mahoney, Brodie Mongon, Isabella Rivera and Haylie Spell. Cadets Dylan Dosio and Amber Vidler served as cadre during the week, assisting in the mentoring and training of the cadets. All three of Nease's naval science instructors Captain Scott LaRochelle, Master Chief Duane Spears and Gunnery Sergeant Duane Hanson worked as instructors for the program.

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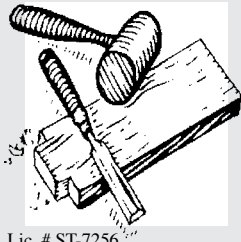
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By Heather Fritz, Palencia Resident  
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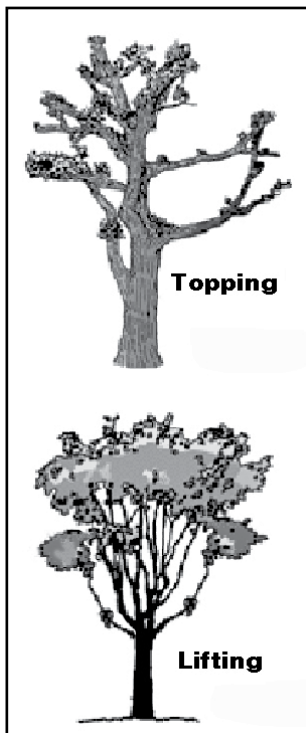
Maintaining trees on your property is an important responsibility. Whether you need to do it for aesthetic reasons, for safety reasons, or to preserve the health of the tree, keeping a tree properly pruned is a critical aspect of home ownership. If branches or limbs become dead, diseased or grow too large, they risk falling and causing injuries or damaging homes, cars and other property. Trees growing out of control may also choke out other trees or spread diseased areas from one tree to the next. With all of these possibilities, you should be inspecting your tree regularly to see if it's time to do some pruning.

The University of Florida Institute of Food and Agricultural Sciences recommends proper tree care because "Trees, like any other living thing, will respond to its environment. When a tree

continues to grow without any restrictions (like natural barriers or pruning), its "posture" will be affected. It will grow asymmetrically, potentially causing safety issues for your home or your neighbor's home." Overgrowth not only looks unattractive—it's a liability for your property!

Trimming and pruning your shrubs or trees will give your property a clean look that helps your plants grow healthier and stronger. If you want your tree to grow in a particular direction, expert pruning will allow you to dictate how your tree develops. A professional tree service can determine the best decisions for your trees and shrubbery, taking into account the specific species of your plants, their strengths and weaknesses and the time of year.

Tree preservation is  
**Continued On Page 17**



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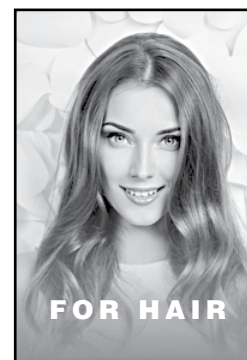
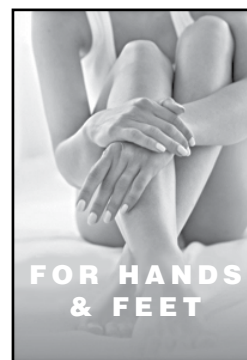
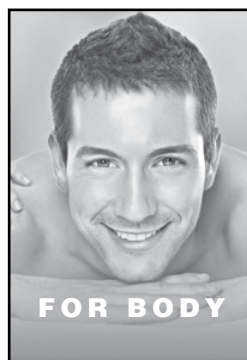
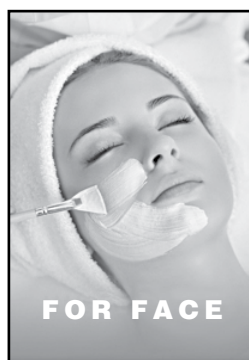
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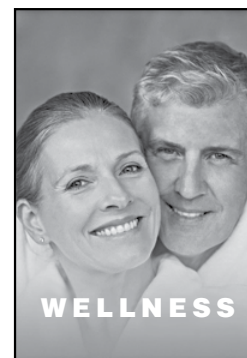
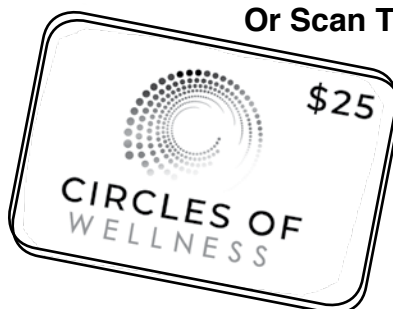
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## Dry Needling

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

Dry Needling (DN) is a technique used by many professionals, including physical therapists in many countries and states to treat trigger points. The technique is called “dry” needling because no medication is administered – the needle is dry.

A muscle is systematically examined, through palpation and a trigger point is identified and isolated. A solid filament needle is inserted to the depth of the palpated trigger point and a local “twitch” response is elicited, indicating the palpation and treatment were accurate and the trigger point eliminated.

Janet Travell, physician to JFK, defined trigger points as a hyper-irritable spot found in a taut band of a muscle. Trigger points have been written about in medical literature as early as the 1800’s but as with most things, we know a lot more now than we did then. Trigger points are not only extremely painful, but they also limit the length and strength of a muscle. They can alter the firing patterns of a muscle and create altered patterns of movement or dysfunction.

Trigger points often develop when muscles are overloaded, such as with poor posture, repetitive or aberrant movements, pre- or post-surgery, poor exercise technique or unaccustomed activities, such as boarding windows for a hurricane, new exercise routines, to give a few common examples. When the muscle is overloaded, it produces a microscopic contracture within its contractile elements. They run out of energy and “lock up” or “get stuck,” which limits the blood flow within the muscle. This creates poor oxygenation or a hypoxic response. The tissue becomes damaged and starts to cause pain.

Trigger points can produce intense local pain or what is called referred pain – pain that is spread to an unaffected region. This can make finding them a little tricky because they don’t show up on imaging. But they do produce referred pain patterns that can be reproduced and identified.

One of the reasons why the presentation of trigger points is somewhat obscure is because the pain signal from the trigger point can cause the nervous system to become hyper-sensitize, meaning the nervous system actually becomes hyper sensitive, confusing noxious (potential pain) information. See [firstcoastrehab.com](http://firstcoastrehab.com) or “Central Sensitization.”

Trigger points can be a source of headaches, shoulder pain, pelvic pain, back or leg pain. They can also produce feelings of numbness or tingling in the hand, feet, jaw or even ringing in the ears. And the longer they persist the more intense the pain can become.

If you think you have trigger points, a “knot” in your neck, shoulder, back, leg, or elsewhere that has caused you unexplained pain, please call for an appointment. Or, if you are simply interested in Dry Needling, please refer to our website for additional information, posted webinars or scheduled information session. First Coast Rehab is here to help.

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



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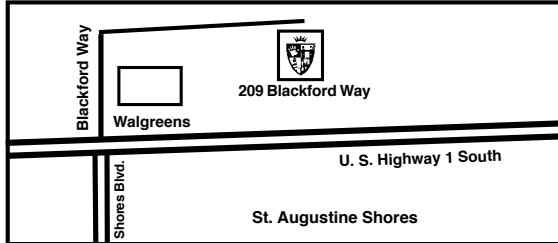
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## Improve Conflict Discussions with Softened Startup

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

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

Have you ever noticed that how you start a conflict discussion determines how it will end? If you start out harshly, your discussion is likely to end harshly. However, if you start out gently, it is likely to end gently. That is why Gottman Method Couples Therapy recommends and teaches softened startup. If you use this skill in your conflict conversations with your spouse or partner, your children, or even your coworkers, chances are that your outcomes will be much better.

We do not need much training in order to use softened startup. We use it daily with guests and strangers. When a guest leaves his or her umbrella in our home, we do not say, "What's wrong with you? You are constantly forgetting things. Be a little more thoughtful, for God's sake. What, am I your slave to go picking up after you?" Rather, we use softened startup and say something like, "Here. You forgot your umbrella." When a guest spills wine on our favorite tablecloth, we do not say, "You just ruined my best tablecloth. I can't depend on you to do anything right, can I? I will never invite you to my home again." Rather, we say, "The wine spilled. No problem. Would you like another glass?" We are respectful of a guest and we take care of the guest's feelings, even if things don't go too well. However, we often forget to do so with our spouse or partner or children and instead use "Harsh Startup."

Harsh Startup is the opposite of softened startup. Harsh Startup is when the way the problem is presented involves Criticism (a direct attack on the character of the person), not just complaining. A pattern of harsh startup, particularly when used by the wife and responded to by the husband with defensiveness, is predictive of marital dissolution.

Softened startup is basically the way we treat guests and strangers – respectfully and courteously. When you break it up, it has five components.

1. Make statements that start with "I" instead of "You" to avoid blame. Complaining is okay, but criticizing is not. Criticism is a direct attack on the character of a person and is often accompanied by words like "always" and "never." Psychologist Thomas Gordon noted that when statements start with the word, "You" instead of the word, "I," they are usually more likely to be critical and to make your partner defensive. Instead of saying, "You never listen

to me," it works best to start your complaint with a statement of how you feel, like, "I feel upset..." Don't cheat and form an "I" statement that is actually a "You" statement like, "I think that you don't care."

2. Describe what is happening, don't evaluate or judge. Instead of accusing or blaming, just describe what you see happening as objectively and non-judgmentally as possible. For example, instead of saying, "You never talk to me," say "It has been a few days since we have talked with each other."

3. Talk clearly about WHAT YOU NEED IN POSITIVE TERMS: What you wish for or hope for, and/or what you want more of (versus what you don't want). What is it, ideally, that you want or need in this situation? Instead of asking your partner to guess what you need or to be a mind reader, express it explicitly. For example, instead of saying, "I'm tired of cleaning up after everyone," say "I would appreciate it if you would put your dirty dishes in the dishwasher."

4. Be polite. It doesn't cost anything to be polite. Make requests politely, adding such phrases as "please" and "I would appreciate it if..."

5. Give appreciations. Noticing what your partner is doing right is always the best way to go. If your partner has, at some time, been better in this situation, then ask for what you need and couch it within an appreciation of what your partner did right in the past and how much you miss that now.

Be Specific! And Don't Store Things Up! Be specific in your complaint and avoid global criticism, but don't store things up. We all know what happens when you store things up: they eventually come out in a fit of anger or rage or in a litany of complaints.

If you follow these rules for softened startup, you will find that your conflict discussions will be easier and have better outcomes.

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



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## Is It Time To Do Some Pruning?

Continued From Page 14

a methodical practice and an arborist would not advise on topping. Topping is the term used to describe over-pruning a tree by cutting it so badly that it is left with few or no leaves on the branches.

According to Arboricultural best practices, trees should never be topped. Topping creates hazardous trees because the wood inside the cut branch begins to decay which leads to internal rot. The sprouts which grow in response to topping are not well secured to the topped branch and they can easily split from the tree as they grow larger.

Trees with a thick canopy should be thinned. Avoid removing more than 25-30% of the foliage per year. Most trees do not need to be pruned each year. Thin the canopy when it becomes thick (hard to see through). Some interior branches

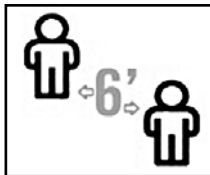
should be removed to allow wind to go through the canopy which is particularly important during storm season.

Keeping an eye on your trees yourself is an important practice for homeowners and business owners. However it's a good idea to have a tree service come and inspect your trees annually and prune if necessary. They are professionally trained to discover signs of weakness or disease that you may have missed and to make recommendations as to how to proceed if the tree is sick or injured. They will help you in all areas of tree care, so don't hesitate to use their services.

Sources: University of Florida Institute of Food and Agricultural Sciences, Sumter County, FL; Government Website on Tree Care; Arbor Day Foundation; WhyMonster.com.

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

There is currently no vaccine to prevent coronavirus disease (COVID-19). The best way to prevent illness is to avoid being exposed to the virus (and avoid exposing other people).



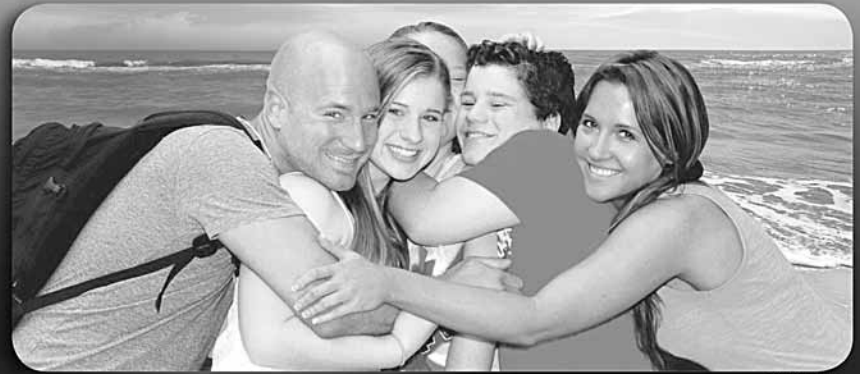
### Practice Social Distancing

If you are around other people, keep six feet between you when possible and wear a mask. Avoid hugs, handshakes, large gatherings and close quarters. Why? The virus is thought to spread mainly from person-to-person. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth, which may contain the virus. If you are too close, you can breathe in the droplets, including the coronavirus if the person coughing has the disease. Source: CDC

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## Working From Home With Pets

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

Adjusting to life during the COVID-19 coronavirus pandemic is probably making your dog and cat very happy.

Working from home certainly puts a smile on your dog's face but the change in routine may be stressful for your cat.

Like children, your pets will beg for attention, which puts a strain on your productivity as a stay at home wage earner.

Some dogs require a lot of physical as well as mental invigoration and your being home stimulates your pup to bark more, chew on shoes and socks, smash toys and generally wreck the house.

Since dogs don't respond to thinking games like crossword puzzles or checkers, keeping your dog active indoors can be a challenge.

Mentally stimulating activities for dogs can come in the variety of learning new tricks. Teach your dog how to "Stay," find the hidden toy, or seek out treats.

Help your dog learn the game of "Hide and Seek" by having him find treats hidden in the house, or have him search for the kids who are hiding behind the bedroom door or in a hall closet.

Use eye contact to get your dog's attention during a short walk while instructing him to "stop" or "sit."

Inside the house, build a tunnel out of chairs or create an agility course out of household items like plastic bins.

One client who owns a Jack Russell terrier uses a "scent" game to stimulate her dog by placing a treat under one of three plastic

cups and then moves the cups round, all in plain sight of her dog. The pup locates the treat under the cup every time.

### Working With A Cat

We all know cats are creatures of habit and you being home trying to work will probably interrupt the cat's normal routine.

Many cats have a grandiose sense of self-importance and therefore assume you are home just for them. Your cat could care less that there's work to be done, deadlines to meet and virtual meetings to attend. If you're talking on the phone, they probably think you're talking to them.

The first work from home pet peeve is "How do I keep the cat off my keyboard?" The answer is to exhaust your cat early. Before work begins, exercise your cat with a feather cat teaser or interactive pet toy. If you need uninterrupted concentration during a work problem, provide your cat with a distraction such as a cardboard box with cat treats inside. Another proven distraction for your cat is to place a padded seat at the level of a window with a sunny exposure.

Another way to keep your cat happy and out of your hair during office hours is to provide scratching posts and cat puzzle toys. Give him or her plenty of options for solo mental and physical stimulation.

If you're working on an intense project, remain calm and quiet, ignoring your cat even if he demands attention. He'll eventually adapt to having you around the house all the time and go off on his own to chase imaginary mice or take a much-needed nap.

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Mike Weitz

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## Celebrating Our Differences

By Rev. Michael Legaspi, Associate Pastor  
The Village Church  
4229 Pacetti Rd., World Golf Village

As we roll into September, we remember Labor Day and 9/11. It also marks the end of summer and preparing for the season of football and pumpkin spice everything. Another significant recognition in September is Americans celebrating Hispanic Heritage Month as a way to promote the history, culture and contributions of Hispanic Americans. Communities mark the achievements of Hispanic and Latinx Americans with festivals and educational activities. What a joy it is to know the diversity of God's creation and to reflect on our differences that are worth celebrating.

Where is your fiesta? Can you celebrate the differences all around you, or do you miss the party? According to an article found at [www.nationaltoday.com](http://www.nationaltoday.com), here are some interesting events that led to establishing a Hispanic Heritage Month:



1777- Fighting for Freedom: The Spanish governor of Louisiana, Bernardo de Gálvez, joined General George Washington's fight against British soldiers and helped win independence.

1845- Texas Became a U.S. State: Texas joined the union as the 28th state. Mexico had controlled the territory until 1836 when Texas won its independence.

1945- Brothers in Arms: Over 300,000 Latinos enlisted in the American military and fought in World War II.

1988- Hispanic Heritage Month Established: Hispanic Heritage Week was first observed under President Lyndon Johnson, but it was Ronald Reagan who extended it to a month-long celebration.

2020- U.S. Population: Hispanic and Latinx Americans make up the largest ethnic minority group, an estimated 17.8% of the total population.


My heritage is Mexican and Filipino; both cultures have Spanish origins. My grandmother was from Mexico, and my mother was a first generation American in South Texas. Researching my cultural heritage has been important in giving me a foundation for where I come from and who I am. I also hold value in my spiritual identity as a follower of Jesus Christ. I feel it is important for people to embrace both their cultural identity and their spiritual identity to best understand themselves. What I have learned is that both these streams of influence help me see the world in a bigger, broader way.

The majority of my school days were spent in central Minnesota. An overwhelming majority of my schoolmates were of Swedish and Norwegian heritage. I was by far the minority in my community. We compared tortillas to Lefsa, Krunkake to empanadas. There were even those awkward times of meeting parents that did not approve of my background. Despite times of feeling my cultural identity made me different, I did develop a feeling of inclusion as an adolescent through a personal relationship with Jesus Christ. I was adopted into a large family of believers who helped to shape my perspective as a whole person with both a cultural and a spiritual identity. I was able to develop a faith that has guided me in my purpose in life. My journey has helped me to learn to celebrate diversity, embrace differences, and focus on what brings us all together.

As we enter September, I encourage each person to celebrate the diversity of others. We all have a story, we all have influences, and learning about our backgrounds can enrich our perspectives and our lives both now and in the future.

As we enter September, I encourage each person to celebrate the diversity of others. We all have a story, we all have influences, and learning about our backgrounds can enrich our perspectives and our lives both now and in the future.

*"What a joy it is to know the diversity of God's creation and to reflect on our differences that are worth celebrating."*




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# Neighbors Helping Neighbors

Local State Farm Agent Craig Dewhurst is committed to giving back to his Community, especially during the recent Covid-19 pandemic. Over the past few months, his Agency has found multiple ways to reach out to support local business owners, vulnerable neighbors, and frontline heroes.

In April, soon after the schools made the decision to reopen virtually, Craig led an effort to raise money for the Monique Burr Foundation for Children to provide on-line lesson plans and resources for abused children in our community during Covid-19. Along with several fellow State Farm agents, and a partial match by State Farm, they were able to donate \$7275 to the Foundation.

On April 28th, as restaurants were struggling to reopen, Craig purchased family-style take-out from 2 Creeks Bar & Grill to provide dinner for our local St. Johns County Fire Station #16 to thank the First Responders for all their work during these trying times.

Craig also organized a group of fellow agents to provide a catered dinner from the St. Augustine Salt Life Food Shack to the Flagler Hospital Emergency

Room Department of 50-plus employees on Friday, May 12th, the final day of Nurses Week. The dinner (and visit from the Good Neighbear) was a token of appreciation and a welcome break from their increased workload because of the pandemic.



July 31st, National Mutt Day, Craig donated 32 cases of dog food to the St. Johns County Animal Control Pet Center and provided lunch from Firehouse Subs to their 12 employees and volunteers. He got to meet some adoptable pets and say hi to the temporary (and safely isolated) residents being cared for by the staff until their owners recover from Covid.

Craig says, "You really see a lot of folks stepping up and going above and beyond during this difficult time. I just want them to know that it is noticed and appreciated. A lot has changed in the past few months, but something that remains the same is our communities' resolve to look out for each other."

*No one serves you better than State Farm. Craig Dewhurst, a Palencia resident is committed to supporting the neighborhoods he serves. Call his office at (904)940-9740.*



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