



News For And About Residents Of The Palencia Community

Wishing You A Very Happy Thanksgiving,
Thursday, November 26th



ST. AUGUSTINE

PRESS

NOVEMBER 2020

50 Lady Golfers Tee Up For Palencia WGA Patriot Day Scramble



First Team Net Winners were Teri Rawitt, Bev Gunter, Pam Ashburn and Judy Guarino.

This past month, the Palencia Women's Golf Association celebrated their season opening day, an event that held even more of a special meaning after the COVID-19 pandemic affected so many events and caused several cancellations.

The group had a record turnout at the September event with 50 golfers showing off their

patriotic spirit at the "Patriot Day" scramble.

The Palencia women's golf members are now gearing up for some exciting Fall events including a Lunch & Learn that will provide an audio-visual clinic on the rules of golf, a fun Fall Scramble, and the Coquina Classic, a two-day member-guest tournament. **See Full Article On Page 7**

Candidates On Ballot For CDD Boards In Palencia

On the November ballot for residents in St. Johns County will be candidates to fill seats on the Marshall Creek Community Development District (MCCDD) and Sweetwater Creek Community Development District (SWCCDD). Candidates for these community development districts are vying for seats four and five of the MCCDD and seat three, four and five of the SWCCDD.



Jeff Riley

The candidates include: MCCDD Seat 4 – Monique Perna and Douglas Senecal; MCCDD Seat 5 - Richard Luciano and Jeffrey Riley; SWCCDD Seat 3 - Ronald J. Cervelli, Jennifer Hickernell, Brad Nelson, Ian G. Rankin and Charles R. Usina III; SWCCDD Seat 4 - John Williams and SWCCDD Seat 5 - Scott McNary.



Doug Senecal

See Pages 14, 15 and 16 for personal profiles of the candidates.



Monique Perna



Rich Luciano

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Thought For The Day

"In the '50s, too many women, even though they were very smart, they tried to make the man feel that he was brainier. It was a sad thing." -Ruth Bader Ginsburg

Words Of Wisdom

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Palencia Resident Donates Golf Cart To Pedro Menendez High



Palencia resident Bob Savage, owner of Golf Carts of St. Augustine, right, hands the keys to Patrick Turner, Athletic Director at Pedro Menendez High School.

Pedro Menendez High School in St. Augustine was recently the recipient of a brightly colored golf cart that will be used for a raffle-fundraiser for the school's athletic department, all thanks to Palencia resident and Golf Carts of St. Augustine owner, Bob Savage.

Savage says he is happy to support Menendez High, "At Golf Carts of St. Augustine, we love giving back to the community, especially our schools," Savage said.

The vibrant red golf cart will be on display at Publix Supermarkets during the fundraiser campaign.



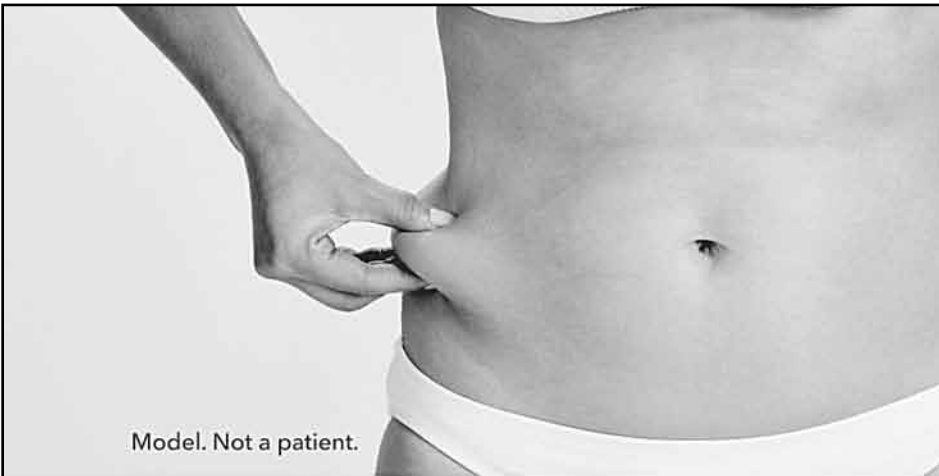
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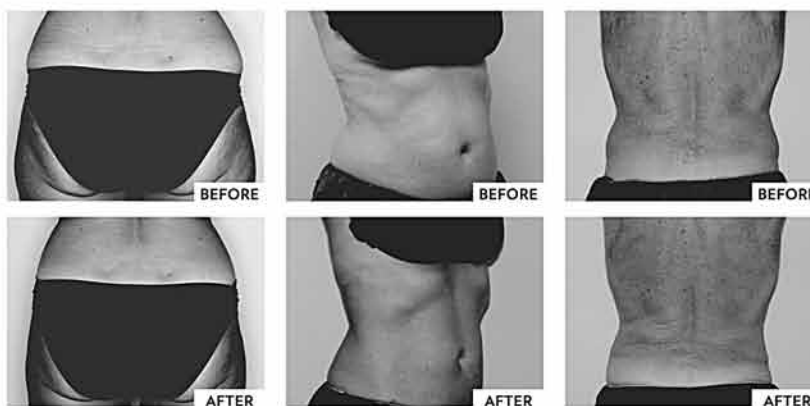
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Ask A Certified Master Gardener Microgreens – Easy To Grow And Harvest

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



Popular for their distinct flavors, unique textures, vivid colors, and nutritional content, microgreens are seedlings of vegetables and herbs in which the stem, cotyledon and first true leaves are harvested within a week or two.

The terms "baby greens" and "microgreens" are marketing terms used to describe their respective categories. The crops used for microgreens usually do not include lettuces because they are too delicate and wilt easily. The kinds of crops that are selected for production and sale as microgreens have value in terms of color (like red or purple), unique textures, or distinct flavors. In fact, microgreens are often marketed as specialty mixes, such as "sweet," "mild," "colorful," or "spicy."

You are most likely to find microgreens at upscale health food stores or at farmers markets, but they are extremely easy to grow at home. They are harvested when approximately two to three inches tall and studies have shown that they can contain four to 40 times more nutrients than the mature plants.

Myriad vegetable and herb varieties are suitable for microgreen production, with more than 100 different kinds of seeds available. Some of the easiest varieties to grow include: amaranth, cabbage, radish, beet, mizuna, kale, kohlrabi, swiss chard and mustard. Other good options include varieties of watercress, carrot, arugula, onion, basil, chive, broccoli, lemongrass, fennel, popcorn, buckwheat, celery, spinach, and sweet pea.

When seeds first germinate, the shoot emerges and the first leaves to appear are called "seed" leaves, or cotyledons. Most of these cotyledons look the same on all the different plants. The next leaves to appear are the "true" leaves and they look like the specific plant. So, microgreens are harvested when their first true leaves appear, and you eat both stem and leaves.

To start your microgreen project, select a container that is 2 to 3 1/2 inches deep, food grade, and sterile. Grocery store pie plates with plastic lids work well. Ideal media for germinating your seeds includes peat moss, coconut fibers, shredded sphagnum, vermiculite, perlite, or a combination of any of these. They are light and hold water well. You can also use a commercial mix like SunGrow Fafard® Germination Mix, which is an exceptionally fine media with high water-holding capacity.

Another growing medium option is a seeding mat, a commercially available fiber-like mat placed in the bottom of a plastic tray and generally facilitates faster growth.

Seeds should be gently pressed into the surface, misted, and then covered until they germinate, about four to five days. The day after leaves emerge, remove the cover, and move the tray to a sunlit area – a south facing windowsill works well. Microgreens can be grown inside all year long in a sunny spot or under a grow light.

Harvested microgreens are very perishable and better used the same day they are clipped. Just snip the amount you need and let the rest grow for the next clipping.

If a vegetable garden feels too intimidating, don't hesitate to try this easier option, a fun garden opportunity for both adults and children. Most children who grow their own vegetables actually eat them!

Tip of the Month: While you will see a plethora of advice on hundreds of Florida native plants in my articles, keep in mind that plants are, in fact, living organisms. If you love a given plant variety, have done everything "by the book" and it doesn't do well, don't give up on it. Try again by planting the same plant, perhaps from a different nursery and in a different location, and you will likely find success the second time around. Plants, like people, have a "mind of their own" and we don't always know why one plant doesn't work and the same variety thrives the next time.

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.



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Get Involved In Palencia

By Mary Pat Stritof, President, Palencia POA

Palencia residents often ask the question, "What is the difference between the POA and the CDD?" A simple answer is that the POA is charged with the task of making sure that you and your neighbors maintain your property according to the high standards that were established by Palencia's original developer. The CDD, on the other hand, owns and maintains its own property such as the pools, the parks, the stormwater system, tennis courts and the fitness center among many other assets.

A more textbook definition of a CDD, which stands for "Community Development District," is a "special purpose unit of local government created under Florida law, for purposes of financing, constructing, operating and maintaining community wide infrastructure, improvements and services for the benefit of the properties within its boundaries." Palencia is somewhat unique in that it is made up of two separate CDD's. The original part of Palencia (sometimes referred to as Palencia South) falls under the jurisdiction of the Marshall Creek CDD, while the more recently developed Palencia North section is managed by the Sweetwater CDD. Although the two CDD's are completely autonomous, the two have signed an interlocal agreement to share the expenses of the Palencia fitness center on a pro-rata basis, based on the number of residents in each CDD.

There are also two POA's functioning in Palencia; the "Palencia Property Owners Association of St. Johns County, Inc." which covers all residential lots in Palencia South, plus all the Condominiums, Townhomes, Live/work units, and certain commercial properties on Palencia Club Drive and Market Street, and eight lots on San Cristobal Court, which are part of the Sweetwater CDD. The second POA, which covers all residential lots in Palencia North (except the eight lots on San Cristobal) is the "Palencia North Property Owners Association."

Both of the CDD's and the POA's have a Board of Directors consisting of five individuals each that have been elected by Palencia homeowners to assure that certain services are provided and to maintain certain rules and regulations. Homeowners, by virtue of building or purchasing a home in Palencia, have agreed to abide by the community's rules and to pay a share of the expenses for the services being provided.

One simple way that Palencia residents can get involved in the betterment of our community is to continually be aware of the overall appearance of their own home's exterior and landscaping. Making your home look as good (or even better) as it did when it was first built will help ensure that Palencia remains a beautiful place to live for all of us, and will help maintain higher property values throughout the community.

Probably the easiest way to become

involved in the goings-on of Palencia is to attend the periodic (monthly in most cases) meetings held by the CDD's and the POA's. If you have signed up to receive e-mail blasts from both the CDD and POA, you will be notified via internet message of the time, date and location of all scheduled and special meetings upcoming. Historically these



meetings have been held in the conference room of the Amenities Center building, but recently because of the Covid-19 pandemic, are being conducted via internet. The e-mail blast you can receive will provide specific information regarding your invitation to participate in these on-line meetings. The meetings are open to all Palencia residents and provide an "open forum" on the agenda where individuals can make suggestions, present problems, or ask questions regarding the operation and management of their community. If you cannot attend the meetings in person, it is still advisable to sign up for the e-mail blasts to keep informed about upcoming community events and special announcements for our residents. Depending on where you reside in Palencia, you will need to contact two people listed below to begin receiving the e-mail blasts from the CDD and POA;

Palencia South CDD - Katie Hollis
Katie.Hollis@fsresidential.com

Palencia North CDD - Jill Burns
Jburns@gmscfl.com

Palencia South POA - Sarah Guzman
SGuzman@lelandmanagement.co

Palencia North POA - Miranda Blankenship
MBlankenship@lelandmanagement.com

If you have the time and inclination, you can become further involved in the governance of Palencia by volunteering to serve on a Committee of the Palencia (South) POA. There are currently five POA committees made up of residents who have special knowledge or interest in areas such as community financial reporting and record keeping, reviewing and updating the current governing documents, there is a committee that recommends what fines and penalties should be assessed for violations of the Covenants and Restrictions, a Cable/Internet Committee that evaluates cable options and expansion for the Palencia (South) residents, and a community betterment committee which was recently formed to look at new projects that could make Palencia an even greater place to live.

Another significant way to become involved in how Palencia is being managed is to cast your vote for candidates who are running to fill the seats of either the CDD or POA Board of Directors. CDD candidates are listed on the St. Johns County voter ballot. Seats for the POA Board are placed on a ballot and sent to each resident of record in advance of the election. You can also vote on-line for the POA board by registering at Palenciapoa@ivotehoa.com and enter your exclusive registration code. If you don't know your registration code, contact Sarah Guzman at (904)222-8132 who will provide it to you.



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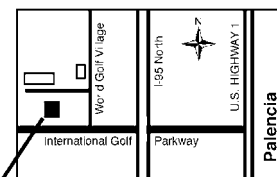
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Donna Mancini Interiors & Flooring 5th Annual Holiday Décor And Gift Event

Donna Mancini Interiors & Flooring's (DMIAF) 5th Annual Holiday Décor and Gift Event is Thursday, November 5th from 4:00 to 8:00 p.m. Great gifts including candles, ornaments, holiday décor, jewelry, gloves, shawls, and scarves in addition to fabulous furniture, lighting, wall art and accessories will be on display. Come enjoy the festive atmosphere all the while crossing off items on your holiday gift list.

"It's hard to believe we are hosting this event for the 5th year," said owner Donna Mancini. "We love seeing our customers and meeting new ones as they delight in the unique finds at our event."

For additional information about the event, please contact Donna Mancini Interiors and Flooring at 904-810-2027 or email at info@dmiandf.com.



The showroom is located at 141 Hilden Road, Suite 202, just off U.S. Highway 1 north.

Palencia's SWA Spa Body Slimming Technology Highly Regarded By Residents

Long-term wellness and health as we age is more than just working out and eating well. The science of healthy longevity, shows us the importance of also incorporating mobility, balance, detoxifying and stress-reduction into our lifestyle. Palencia's SWA Spa, located at 701 Market Street, Suite 104 uses Invisa-Red laser light therapy to target scars, stretch marks, cellulite and loose skin while detoxifying cells and increasing cellular healing and circulation.

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Palencia resident Kimberli Nalven-Fuchs gets an Invisa-Red laser treatment from therapist Melanie Diehm at SWA Spa. Treatments are ideal for both men and women, eliminating the fatty areas that are unresponsive to diet and exercise. Visit www.swaspa.com for full details.

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Layla Marie



The Palencia WGA Opens 2020-2021 Season

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

After what seemed like an eternity, the Palencia Women's Golf Association came together once again on our opening day- September 12th. After Covid-19 caused all events from March on to come to a screeching halt earlier this year, it's not surprising that opening day had a record turnout with 50 lady golfers teeing it up for our Patriot Day scramble.

The patriotic theme was a tribute to the previous day's significance that is now remembered as Patriot Day and was chosen by our event chairperson, Teri Rawitt, who oversaw each and every detail. WGA member Connie Brewer created red, white and blue centerpieces, which graced the tables at the luncheon that followed the scramble.

the season and new members were introduced. The WGA has gained 18 new members since last spring and they're a fun-loving group!

Matt Carroll introduced a special guest at the meeting- Laura Baugh. Laura is a well-known golf instructor, writer and broadcaster after having spent 25 years on the LPGA tour. WGA members were excited to hear from Laura as she has now established the Laura Baugh Golf Academy at Palencia. Laura will offer private and group lessons and also clinics for WGA members so we're all looking forward to upping our games under her tutelage.

The Fall brings several other golf opportunities for the WGA - a Lunch & Learn that will provide an audio-visual clinic on the Rules of Golf so we're all ready for upcoming tournaments and a fun Fall Scramble, "Masks and More, Pandemic Therapy with Friends." That one speaks for itself! Our Coquina Classic, a two-day member-guest tournament is one of the focal points of each WGA season and this year it will offer a 9-hole flight for the first time.

On a more somber note, our organization lost one of its founding members in September- Lynda Dufault. Lynda was a member of the WGA from 2004 - 2011 and still has many friends in our group. Lynda is survived by her husband David.



First Place Gross Winners, Jeanne Carr, Ellie Chapplear, and Cathy French. Missing- Monique Perna

Scrambles are always fun because they pair, A, B, C and D players, i.e. handicaps ranging from low to high so that each team has an equal chance of winning. Palencia Head Golf Professional, Matt Carroll announced the lucky and skilled winners:

First Place Gross Team Winners - Monique Perna, Cathy French, Ellie Chapplear, and Jeanne Carr.

First Net Team Winners - Pam Ashburn, Judy Guarino, Teri Rawitt, and Bev Gunter.

Second Net Team Winners - Cary Hanley, Trish Luciano, Karen Hofstead, and Maria Cavanaugh.

And of course, there were proximity prizes to be awarded for each handicap level. The winners of those prizes were Susan Agee, Ann White, Nancy Plemmons, and Linda Carucci.

The General Meeting of the WGA followed the golf and luncheon. Vice President (and Queen) Staci Luttrupp reviewed the events that are planned for



A happy foursome, Dee Dee Bandy, Rosetta Smith, Linda Hoffman and Penny Lynn

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

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Back To School At Palencia Elementary

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

It's finally starting to feel like Fall and one of the largest drivers of that feeling is seeing all our students heading back to school each day. Whether it's a brick and mortar or a digital school student, it's clear that parent and teachers alike were all eager and excited to lead our children into a successful 2020/2021 school year. Because COVID-19 has introduced unique teaching and learning obstacles, Palencia Elementary has been extremely focused on ensuring students are taken care of academically, mentally and physically.

When the school year first began on August 31st, no one fully knew what to expect.

"Returning to Palencia during the Covid pandemic was like returning to your hometown after being away for a long time; so much had changed, but the feeling of being home prevailed," PES Kindergarten teacher Cheryl Kerekes said.

"It was wonderful to be back among my students and coworkers, and doing what we love to do, despite all the newfound challenges," she said. "Teaching dual platforms (distance learners online and in class) has been of those challenges, but it makes me smile to see the happy faces on my computer screen and in the classroom each day."

As each day has progressed, parents, teachers and children have continued to find their way through this new way of operating.

PES staff worked tirelessly throughout the summer to put plans in place to ensure a smooth transition back to school. For our brick and mortar students, partitions have been incorporated into each classroom to ensure social distancing. In addition, enhanced cleaning, health checks each morning, modified resource and lunch processes as well as mask mandates have all been put in place to keep our children as safe as possible throughout this pandemic. For our remote learners, enhanced technology applications are being utilized as well as provided training for all PES staff on how to effectively manage a remote classroom.

The wonderful thing that has hap-

pened, is both brick and mortar and distance learners are both having a strong first quarter experience at school.

"My third grader is elated to be back at PES," mother of two Heather Carbone shared. "On the first day back after six months away, he actually ran into the



Michael Carbone, 3rd grader at Palencia Elementary, is ready for another day at school.

school! Like all of us, he missed his friends and the normal routine of an in-person school day."

"He feels comfortable wearing his mask, but we are also thankful that St. Johns County invested in the Plexiglas barrier at desks, as well," Carbone said. "As a parent, I recognize that there are no certainties at this time, but I believe our school is doing everything possible to keep our children safe while providing them with an excellent education. I am very grateful to how hard our teachers and administrators are working to make all of this happen."

A different experience was shared by another mother of two, Amy Gramates, that her remote learning experience has also been exceptional.

"The teachers, including resource teachers, are going above and beyond to keep the distance learners engaged and

Continued On Page 11

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Kye Chong, M.D.

As our country has continued to battle the COVID 19 pandemic for nearly eight months now, we become more thankful for those on the front-lines of the pandemic. Palencia resident Dr. Kye Chong, M.D. who practices at Island Doctors walk-in clinic, 167 Palencia Village Drive, encourages a strong emphasis on patient wellness by offering programs targeting diabetes, COPD, cholesterol and weight loss.

“One of the reasons Island Doctors has been so successful is that we focus on the patient’s good health,” said Dr. Chong. “We emphasize good nutrition, weight loss, smoking cessation. Our patients are healthier, and it’s the key to our success.”

Dr. Chong is Board Certified in Family Medicine, and is a member of the St. Johns County Medical Society and on

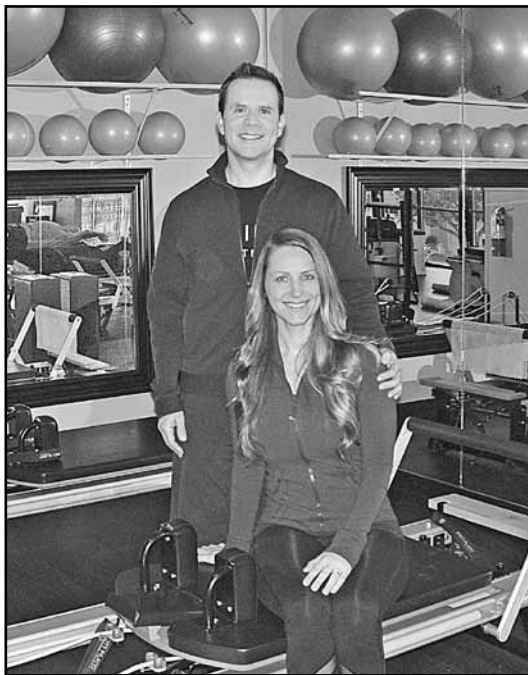
staff at Flagler Hospital. As a resident of Palencia, Dr. Chong enjoys the parks, trails and open areas of Palencia. “I love living in Palencia,” said Dr. Chong. “The area has good neighbors combined with a safe environment and beautiful nature.”

INLINE Pilates + Fitness Has Reopened

As with most fitness businesses in the area, INLINE was closed for three months at the beginning of COVID. However, they reopened their doors in June and have been happy to have a strong return of their customer base. INLINE has socially distanced all of it's equipment, is using strong disinfectant, masks, sanitizers and more time between classes to control any chance of infection.

“To date there have been no infections of any customers or trainers at the studio,” said Josh Kirk. “We are grateful for this and will continue to be diligent.”

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Alejandra, founder of Your Organizing Studio



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

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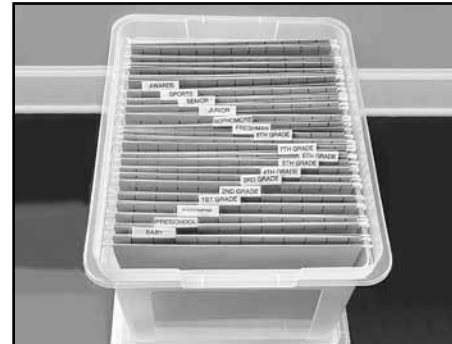
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Memory Box



Distance Learning Box

Palencia Blood Drive - Give The Gift Of Life

Palencia residents know the important role blood donations hold in our community. Each whole blood donation has the potential to save up to three lives. Residents came out in force at the recent neighborhood blood drive as the One-Blood Bus was stationed in the parking lot of the Palencia Amenity Center.



Photo top right, Palencia resident Gretchen Kuck, right, with Patricia Lichty from One Blood, Deerwood office.

Photo bottom right, Palencia resident Mike Barbour with staff member Kristin Billodoux.

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Palencia Residents Share Their "Wine Passion" With Opening Of New Southern Vibes

Palencia residents David and Alayna Brewer have opened Southern Vibes Tasting Room and Wine Cellar near World Golf Village.



Palencia residents and husband and wife team David and Alayna Brewer, along with Jamie Umberger recently opened Southern Vibes Tasting Room and Wine Cellar at Murabella in World Golf Village.

Southern Vibes features beginning to advanced wine enthusiasts with an opportunity to experience a wide variety of boutique and exclusive wines from around the globe along with locally produced craft beers, hard ciders, and small plate tapas and hors d'oeuvres for lunch and dinner.

"We were able to take our first trip to California to do wine tasting in the central coast in 2018," Alayna explained. "During that visit, we decided that we needed to bring the tasting room of the West Coast to the East Coast. We loved the laid back and lounge type atmosphere of the tasting rooms."

"We do not have anything quite like it in Florida so we began brainstorming and designing the concept of Southern Vibes,"

Alayna said. "After a year of brainstorming and dreaming, Southern Vibes LLC was incorporated and we began working with the county for permitting, etc. until we found our current location in Murabella."

"Southern Vibes offers high quality and small production wines at a reasonable price in an inviting atmosphere," Alayna explained. "The sommelier staff share their knowledge of wines at the tasting bar and at the shelved and celled wine selection."

"Customers can sit and sip a variety of wines by the glass and purchase retail with more than 700 bottles of various selections," she said.

Due to COVID-19, reservations are required after 4 p.m. to maintain CDC physical distancing guidelines. For more information, call (904) 814-8217 or text 299-3431, email info@southernvibeswine.com. Visit the website at www.southernvibeswine.com.

Back To School At Palencia Elementary

Continued From Page 8

learning," Gramatges said. "The amount of time and planning the teachers are dedicating to the lessons and assignments is phenomenal; their ability to keep things new and interesting is amazing."

"I appreciate the trust and accountability the teachers have in the students (and their learning partners)," Gramatges added. "When something works, they make it better, and if something doesn't work or the students get bored, they change things up. This is not the learning format we prefer, but the teachers, staff and administration have developed a process that is working and keeping the distance learners engaged," she said.

We have all learned, parents and school administration alike, that all our decisions should be made in collaboration with state and local health officials while adjusting to meet the unique needs and circumstances of our families and the local community.

PES Principal, Catherine Goodrich put it perfectly. She asked that all parents/guardians "please share with your children how proud I am of their ability to adapt to the new school protocols put in place this year to mitigate / prevent the spread of illness. Mask wearing, distancing, and increased hand cleanliness honestly are becoming second nature to practically all of our little pirates. The teachers and I are amazed! Thank You, parents, for teaching these habits and for continuing to emphasize the importance of these practices. Our health, both physical and emotional, is precious. As a community, let's continue to support and safeguard each other."

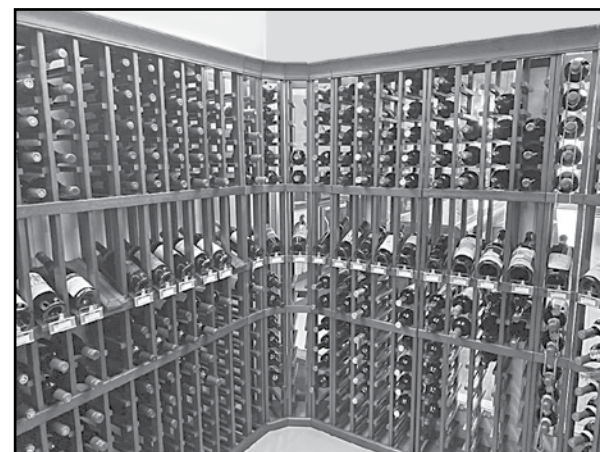
As stated in previous articles, if your family has personal concerns or needs, please reach out to Palencia Elementary School directly or to our school's Parent Teacher Organization at pes.ptopresident@gmail.com.



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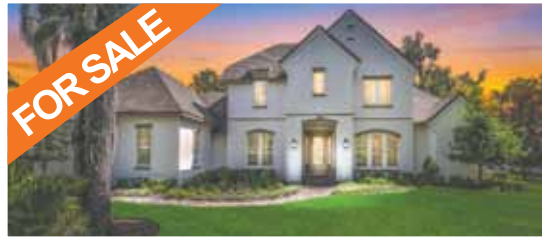


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3. Wear a face covering correctly for maximum protection.
4. Don't put the face covering around your neck or up on your forehead.
5. Don't touch the face covering, and, if you do, wash your hands or use hand sanitizer to disinfect.

Source: Centers For Disease Control

Candidates Compete For CDD Boards In Palencia

The *Palencia Press* asked all of the community development district candidates registered with the St. Johns County Supervisor of Elections Office for the MCCDD and SWCCDD, and listed on the 2020 ballot to submit brief information about themselves. Those that responded were included in this issue.

For voting information visit [votesjc.com](https://www.marshallcreekcdd.com) and for information on the MCCDD visit <https://www.marshallcreekcdd.com> or <https://sweetwatercreekcdd.com> for information on the SWCCDD.

Douglas Senecal

Personal Background: Doug and his wife have been blessed with a family of three homeschooled children and one recent college graduate, ranges ages 7 to 21. They have been part of our community since 2014. Over the past two years Doug has been heavily



Douglas Senecal

involved in cleaning up and re-launching the Market Street area so more community events can be hosted there. He currently serves on two Palencia HOA boards and aims to harmonize efforts by joining the POA board. In his time here at Palencia Doug has established relationships within the community and CDD that favor him having a positive impact on the community at large. Doug's favorite activity is spending time in bible study to further develop his relationship with the Lord.

Prior Association Experience: Doug has served on two of the Palencia HOA boards for the last two years and has served on HOA boards in prior communities. He has good relationships with the POA, CDD leaders and associated managers that would complement him having a bigger impact on the future of our unique community.

Academic Education: University of Nebraska, Master of Physician Assistant Studies (MPAS), 2005; University of Florida/AASLD, Fellowship in Hepatology 2005; Medical College of Georgia, Bachelor of Science in Physician Assistant Studies.

Professional Experience: Vice President, Strategic Analytics & Market Development, SteepRock, Inc (2019-present); Senior Director & Interim Head, US Medical Affairs, Blue Earth Diagnostics (2017-2019). While his full time work is in medicine and research, Doug has held an array of corporate team leadership positions that have provided him access to executive level training in the interest in developing teams and organizations that work well together to effect positive change. Doug also serves as medical officer (Captain) for the National Guard and is currently in a short-term deployment to support our country's defense against COVID-19.

Rich Luciano

Thank you for the opportunity to briefly make a case as to why I seek your vote for seat #5 on the Marshall Creek CDD.

I have owned a home at Palencia Marshall Creek since 2003. I moved to Palencia full time from NH in 2014. What kept me at Palencia for nearly 20 years are the people I have met and the friends I have made.

I have been elected by the community to the POA for two terms. I also served one other term at the request of the board, during a time when securing candidates to run was an issue.



Rich Luciano

I have an undergraduate degree from Northeastern University in engineering and a MBA in finance and marketing from Dartmouth College.

My 40 year professional career has been primarily in information technology. I have lead a 200+ person consulting organization, been on the board of directors of a credit union, and have had roles in finance, sales, marketing and operations. I currently am employed by IBM.

As other candidates have stated, and I agree, we need to keep this community's high standards, but we need to do it in a more cost effective manner. I think it is time to have new eyes examine all of our expenses, and vote to spend within our means.

I know there are good people on the CDD board, and I am committed to helping them set priorities consistent with NOT RAISING CDD RATES.

Many of you know me as a husband, a father of three, and as a friend.

My goal is to serve the community by actively listening to the residents and voting consistent with my conservative values.

Thank you for your consideration.

Monique Perna

Monique Jamieson Perna - Palencia resident since 2008.

I have been happily married for 25 years to my husband Gary, and have three wonderful adult children and two grandchildren. My hobbies include playing golf, exercising, and enjoying the Florida sunshine.



Monique Perna

Prior to moving to Florida, I lived in Connecticut where I owned and operated a residential mortgage company. At that time, I also possessed a valid realtor and appraiser's license. I graduated from college and subsequently attended the Connecticut Institute for paralegal studies where I earned my certification. For the last 10 years, I have been employed in the litigation department of one of world's largest financial institutions.

When we relocated to Florida in 2008, we built a home with ICI. My family was one of the first residents in Sweetwater (Palencia North). I served on the Sweetwater CDD Board for a few years until our kids went off to college and we sold

Continued On Page 15

Candidates Compete For CDD Boards

Continued From Page 14

our home. We currently own a home in the Monterrey section of Marshall Creek (Palencia South).

During my tenure on the Sweetwater CDD I was able to develop positive working relationships with both the Sweetwater board and its management agents, as well as the Marshall Creek board and its staff. I was also instrumental in keeping CDD fees flat while adding and/or supporting amenities such as the dog park, fitness classes, child watch, golf cart approval and landscaping. I feel the relationships I have developed will play an important role in being successful as a future board member.

If elected, my primary focus will be as follows: Keep CDD costs from rising while maintaining a superior quality of life in Palencia; and, work closely with Sweetwater and the Palencia POA on common issues and goals for the betterment of Palencia as a whole. I believe communication and information is paramount. I pledge to do my best to serve the community and would appreciate your support on November 3.

Jeff Riley

As a government entity, the Marshall Creek Community Development District (MCCDD) is comprised of five (5) seats, and Jeff Riley, the incumbent of Seat 5, is campaigning for re-election. Jeff was initially elected to MCCDD's Seat 5 in November 2016 for a four (4) year term.



Jeff Riley

By way of background, Jeff and his wife moved into Palencia in 2005, after his retirement from the FBI and subsequent hiring into the FDLE (Florida's state police). He and his wife chose Palencia as the perfect retirement neighborhood due to its recreation lifestyle and serene setting along Florida's intracoastal waterway. Jeff says he has grown in the job as a MCCDD board supervisor and sees a greater leadership role if re-elected. One of his personal strengths is compatibility with the other four board members; yes, he sometimes differs quite vocally from some of the others regarding district matters, but the five board members always come to a peaceful consensus. This compatibility is seen by Jeff as a solid reason why many things are achieved by this board to include quick resolution of budgets, allocations of funds into accounts for necessary community improvements, resolutions of common complaints, and assuring the district management company remains responsive to community needs.

Roads, gates, sidewalks, parks, recreation facilities inclusive of steam/sauna rooms, tennis courts, fitness centers, etc., all require considerable effort by the board members and the professional management staff and its employees to give the residents a seamless and uninterrupted lifestyle that only Palencia offers, according to Jeff. Jeff has been at the forefront of activities related to pedestrian safety, traffic management, and gate security. Getting roadways properly marked and signed for pedestrian crossings, along

with traffic speed monitoring were areas that Jeff pro-actively engaged with the operations manager during these past two years. Jeff reflected that when I first sought election to the MCCDD board in 2016, I thought I would only sit as a monitor to expenditures so that more bond debt would not be incurred by the residents of Palencia. Now, I realize that the people that I watched on the board between 2005 and 2015 really set some standards for us and I relish the challenge of managing the complexities of this community. Jeff looks forward to serving Palencia for four more years and asks for your vote on November 3. In the meantime, Jeff extends his heartfelt appreciation for his past election and applauds the dedication he has witnessed by the other board members, the operational and district managers, the district's professional advisory staff, and the employees of the MCCDD.

Ron Cervelli

My name is Ron Cervelli and I have been a resident of Palencia since 2003



Ron Cervelli

(Marshall Creek 2003-2016, Sweetwater 2016-present) and have lived in St. Augustine since 1986. My wife and I absolutely love this community with its diversity and the friends we have made over the years. During our time here, I have served on our HOA and hope to expand that service to the community by representing you on the CDD board.

Having been in business for 40-plus years serving both as a Global CEO driving strategy, growth and financial responsibility across five continents and currently a small business owner in the historic section of St. Augustine, I have learned to keenly listen to people's wants and needs, balancing diversity that exists within communities, blending all into an effective plan for enhancing community value, family quality of life and control over budgetary costs.

My financial background will allow me to delve into our CDD budget ensuring fiscal responsibility and zero waste of our hard earned income that translates into our CDD fees we all pay. Controlling our costs, investing in projects that enhance our daily lives and values yet do not increase our annual fees unless absolutely necessary will be my foremost priority.

Voting for me will ensure you have an active, engaged voice on the board that will represent you at every turn.

Thank you for your vote.

Ian Rankin

My name is Ian Rankin and I have been a Palencia owner and resident since February 2016, when we moved to Florida from Maryland to start the process of transitioning to retirement.

I had 30 years military service when I retired as a senior naval officer in 2004. On military retirement, I took up a role in industry with one of the top five largest defense contractors in the world, serv-

Continued On Page 16

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Candidates Compete For CDD Boards

Continued From Page 15

ing in a number of leadership positions, eventually becoming the Vice President and General Manager of one of their business areas which had an annual revenue of over \$500M a year. I then entered semi-retirement in 2018 when I moved to a (very) part-time role in the



Ian Rankin are the proud parents to a two-year-old puppy (Skye for those who see us out walking her regularly!). My hobbies include golf, cooking, walking and travel.

I have spent my working life, both in the Navy and in business, dealing with people, resolving complex challenges, and guiding transitions to new leadership. I have a deep understanding of budgets, costs, financial management and forward planning. I have also regularly attended and participated in Sweetwater Creek CDD meetings since becoming a resident and believe I have a good understanding of the issues and challenges that the board will face as they navigate the significant transition when the Developer soon leaves Palencia North. Recently elected as the President of the Palencia North HOA, I believe it would also be helpful to have an individual who sits on both boards to ensure more effective communication and coordination - whilst they have different roles and responsibilities, I believe that closer ties would ensure the most cost effective use of all resources and a better overall community experience.

I am committed to being an engaged, active and forward looking CDD board member that represents ALL the community. Having semi-retired, I believe I have the bandwidth, temperament and experience to help the CDD. I will focus on ensuring the correct balance between costs/budgets whilst maintaining the great community and quality of life we are so fortunate to have.

I would be grateful for your vote on November 3rd. Thank you!

Brad Nelson

Thank you for the opportunity to represent our community on the Sweetwater Creek CDD Board, Seat 3. I believe many of you will share my goals as a CDD board member: to maintain the desirability of our wonderful neighborhood, to preserve our property values, and to balance the level of fees with the amenities and services that residents prefer. I believe my combination of work and volunteer experience make me uniquely qualified for this position:



Brad Nelson

11 years as a member of the St. Johns County Planning and Zoning Agency.

Four years as a member of the St. Johns County Land Acquisition and Management Board.

My wife, Melissa, and I have lived in St. Johns County for over 20 years, including three years in Palencia. Our children, 23-year-old twins Max and McKenna, were raised here. We love it here, and cannot imagine living anywhere else.

Charles Usina III

My name is Charles R. Usina III and I am running for Seat 3. I have lived in St. Augustine my entire life and have watched the immense growth of the community over the last 20 years.

I currently serve as an Active Duty Florida Army National Guard Blackhawk pilot as a Chief Warrant Officer. My fiancée Ashley and I have three beautiful children, Brody, Addison, and Cru. They attend Palencia Elementary in third, second, and first grade.

I am running for the CDD board because I want to continue

to keep our community secure, valuable, and a desirable place to live.

I want to utilize a common-sense approach when it comes to the budget and be available to the residents within our community to address any concerns that they may have.

I currently manage, with one other person, a budget in excess of \$20 million dollars. This experience is crucial because I work directly in a capacity similar to the size of the board and demonstrate being fiscally responsible with money not of my own.

I firmly believe that as a board it is the responsibility to the homeowners to stay within the budget.

I have a bachelor's in aeronautics from Embry Riddle Aeronautical University. I also currently manage and operate, Ancient City Shooting Range, a small family business in Saint Augustine since 2009.

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Wrigley's Field Of View

The Little People Are Back At The Learning House

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

Heard the bagman say something about a number getting lower in the air - under 70. Then something about falling or fall and cool.

Guess it must be that time of the year when the little people start going to the learning house. It's always fun to do the boardwalk and watch all the different ways they get there. Pedaling on their two wheelers, scooting, towed in trailers and just running or walking. Some even get delivered by the big yellow ma-



chines with all the gates and blinking lights...a whole herd of little people being swallowed up in the learning process. Sure would like to sneak in there sometime to watch them get that education injection. Pretty intense stuff, I



guess. Seems a little different, this year, with all of them wearing masks. Must be tough for the teachers to make sure they have the right little people. But if it keeps them in good shape that's gotta be right. Really be great when we can visit and have visitors again! I miss all my little people.

Found another 100 proof butter-scotch empty this morning near the Loop and North River (not Chicago!). The silent sipper continues in an ever widening area. Someday we'll track him down. Kinda hard if he's wearing a mask though!

Palencia Dental Installs Air Purification System Using Technology Developed By NASA

Stephanie Kinsey, DDS, owner and founder of Palencia Dental, recently noted updates according to the Centers for Disease Control and Prevention (CDC) and the State of Florida for dental and medical practices, with the recently installed, scientifically advanced air purification system at the practice office in St. Augustine. The NASA bioconversion technology converts damaging molds, microorganisms, dangerous pathogens, destructive volatile organic compounds (VOCs), and biological gasses into harmless water vapor without producing ozone or other harmful byproducts. Energy efficient treated air exits the purification system as 99.999 percent pathogen free fresh air and cleans the air of common allergy triggers such as viruses, bacteria, mold and gasses emitted by products like aerosol sprays, cleaning products, dry-cleaned clothing, paint, carpet, furniture and air fresheners, among others.



Stephanie Kinsey, DDS

the highest level of sanitation practices for employees and patients.

"With the concerns of COVID 19 in the medical and health environment, we can further assure patients and our staff about the health and safety of our dental practice," said Dr. Kinsey. "We are confident about the system which is cleared by the FDA as a Class 2 medical device with technology that serves to protect astronauts and environments on the International Space Station and the Columbia shuttle."

"This is one more step that Palencia Dental is taking to follow every precaution to keep our team and patients healthy," said Dr. Kinsey. "During the pandemic and all other times, we place great emphasis on essential treatments and procedures. We are seeing patients in need of a doctor's care due to acute and chronic pain, oral health issues, sleep and breathing disorders, and non-elective procedures, among others," she said.

Palencia Dental is located at 159 Palencia Village Dr. For more information, call 904.826.4343. Visit the website at www.palenciadental.com.

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5 Ways To Kill A Tree

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

Playing offense in your yard is a better strategy than playing defense, especially when problems are avoidable. Preventative care of your trees is less expensive and avoids HOA letters.

The Virginia Tech Horticulture program published a paper called, "24 Ways to Kill a Tree." It states, "Few residential trees die of "old age." Mechanical damage and improper tree care kill more trees than any insects or diseases. Avoid making tree-damaging mistakes. Few of these items alone would kill a tree, but multiple problems will certainly stress, and could eventually kill a tree.

I've highlighted a few that I see the most of in our area. While some seem like common sense practices, you'd be surprised at how many of these are ignored.

1. Plant close to house or obstacle reduces adequate tree/root growing space.

This is a common problem in new home developments. In an effort to give curbside appeal to prospective homebuyers, builders install trees too close to the home and/or select the wrong types of trees. Eventually, the branches grow towards the roofline, or the neighbor's roof and roots may grow towards the



foundation. If you get the opportunity to have a say in your landscape options, know how big a tree will grow (height and width) and space accordingly away from houses and other obstacles.

2. Leave crossing branches to rub protective bark and create wounds.

Crossed and rubbing branches should be removed since they create wounds that are havens for insects and diseases. Proper pruning when a tree is young can reduce the need for major tree work.

3. Leave the top of wire basket in place to girdle roots. Leave treated or synthetic burlap on to prevent root growth.

In several newly developed communities, unfortunately, trees were installed with the synthetic burlap sack on the root ball and the wire basket. A few years later these trees are demonstrating stress due to the constraints on the root system. The sack and basket are used for handling and transporting the trees. Remove the entire basket and remove the burlap, regardless of type, from the ball before planting. Once the roots take, remove the guy wires that were used to keep the tree staked.

4. Pile up excessive mulch to encourage rodent damage and bark rot.

"Volcano" mulching causes water retention around the trunk, leading to dis-

ease and decay and ultimately tree death. Mulch around the trunk creates a perfect environment for insects and rodents to congregate and damage the protective bark. Too much mulch limits the oxygen needed for growth, smothering roots. Do not put mulch in contact with the trunk. Pile mulch only 2 to 3 inches over the roots.

5. Damage roots and trunk with lawn and construction equipment.

Frequent injuries to surface roots or the trunk can cause unnecessary stress to a tree. Mulch 2 to 3 inches over the roots and around the tree to create a perimeter to protect the tree and surface roots from lawn or edging equipment.

Source: Horticulture Virginia Cooperative Extension, Virginia Tech, and Virginia State University.

Marshall Creek CDD Fishing Reminder

Fishing or otherwise trespassing in the limited common area in Marshall Creek CDD is not permitted (this is the area between the rear of a home and the lake).



Walking, swimming, or boating in the lakes is not permitted. The St. Johns County Sheriff's department will now issue citations for violations. Fishing is only permitted in the Marshall Creek CDD common areas and the county park pond off Palencia Village Drive.

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CIRCLES OF WELLNESS



Who Can Relax?

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

The National Sleep Foundation recently reported that worries are keeping one in ten Americans awake at night. I don't know one person who would not say things are stressful right now. According to the Foundation, the top list of concerns are: economic worries, job security, and personal relationships. If you're one of those who can't seem to shut off the stress when your head hits the pillow be sure to eating well and exercising helps but there is more.

Muscle tension can hinder relaxation. A simple set of exercises may help. Jacobson Exercises, also called Progressive Relaxation Exercises, can help release physical tension, and may even help bring on sleep. These exercises take about 10 to 20 minutes to do and they may even be more effective than the traditional glass of warm milk, especially if you are lactose intolerant.

To perform Jacobson exercises, begin by lying on your back with your head and legs supported. Then, following the sequence outlined below, tense and release your muscles individually. If you really want to relax, minimize distractions like excessive light and noise during the exercises. Remember to keep breathing during this process. It may help to breathe in before you contract the muscle, breathe out during the contraction, and breathe in again as you relax the muscle. While lying on your back, the sequence of contractions should be as follows:

1. Slowly tighten both fists while counting for 8-10 seconds, then slowly release the tension. Rest for 10-15 seconds.
2. Straighten your fingers and thumbs and slowly release.
3. Tighten your biceps by bending your elbows and release.
4. Tighten your triceps by straightening your arms and release.
5. Raise your eyebrows high into your forehead and release.
6. Close and slowly squeeze your eyelids tight as you count to 8 or 10 and release.
7. Progress to your jaw by gently clenching your teeth and release.
8. Move to your neck by gently, progressively pushing your head into your pillow, and release. (Since this tends to be an area of tightness, you can do this twice.)
9. Tighten the muscles in your chest by pressing your hands together and release.
10. Pull your shoulder blades together and push your shoulders into the floor/bed, and release.
11. Squeeze your buttocks together, hold and release.
12. Tighten the muscles of your thigh all the way to your knees (without contracting your calves), and release.
13. Point your feet/toes away from you, hold, and rest. Then pull your feet/toes up toward you, hold and release.
14. Finally, curl your toes, slowly building the tension for 8-10 seconds and relax.

Contractions should be pain-free and should slowly build for up to 8-10 seconds. After the contraction, relax the muscle for 10-15 seconds. Only tense the desired mus-

cle group, not the neighboring muscles. For example, when you squeeze your fist, do not contract the muscles in the upper arm.

If you've been able to remain awake, this process should take approximately 20 minutes. Jacobson exercises can be done any time of day or night for the purpose of relaxation and are just one form of exercise used by Physical and Occupational Therapists. If you need help, any one of

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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).

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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What Initiates The Start Of Your Golf Swing?

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

Hello Fellow Golfers,

Fall is Here - Cooler weather and lower golf scores are in your future.

What initiates the start of your golf swing?

After you have done your pre-shot routine what do you do...

There are basically two ways to start your golf swing

1. You can initiate the start of your golf swing like Jack Nicklaus or Ricky Fowler without grounding the club or maybe a "waggle." This is a very fluid move

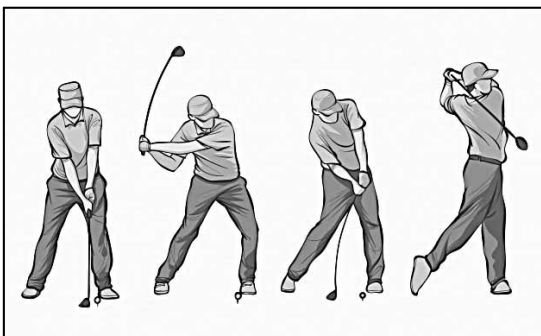
to start your backswing. The left arm extends back developing your width.

2. The other option to initiate the start of your swing is from a stationary position and feel like you are pushing the club away with a straight left arm long and low as if you were brushing the grass allowing your hips and shoulders

to follow in that one connected move. This is the most common correct move away from the ball but either move will prevent a sway away from the golf ball because you continue to keep your eye on the ball and you continue your spine angle to cover the ball.

Covering the ball is extremely important; this move away from the ball should not be fast because you want to build power on your backswing so that you can accelerate or move aggressively through the ball. So, whether you

start in a stationary position or a fluid moving position your hips shoulders and arms create the feeling of a coil from the takeaway to the top of your swing. You feel your left shoulder come under your chin, you feel your hips turn back, you start to feel your back now facing the target and you feel your weight trans-



fer back to your trail side. What initiates your backswing is that straight left arm providing the width to load the right side, if you are right-handed golfer and obviously the left side if you are left-handed golfer. This takeaway starts the process for your sequencing and you want to complete a full backswing before you start the motion of the downswing. So, remember, exhale, relax and truly enjoy your backswing. Don't rush

it because you are building power as you "load your trail side" which will result in a powerful fluid downswing.

Develop your backswing 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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25th Anniversary Wildflower Healthcare Virtual Gala November 12th

Local organization's third annual event committed to the health of our community

In what has been a unique and uncharted time, Wildflower Healthcare will be celebrating 25 years of providing free access to high-quality, compassionate healthcare that improves the lives of uninsured adult residents in St. Johns County. The pandemic and economic downturn has made the free clinics offered by Wildflower Healthcare invaluable for many in our community who have faced the loss of jobs, income and insurance.

To preserve these critical services while supporting social distancing, Wildflower Healthcare will host their annual gala virtually. On November 12th from 7:00 p.m. to 8:00 p.m., local celebrity and comedian Derek Coghlan will broadcast this free event from the St. Augustine Classic Car Museum. Sailor Jane and the Swell Acoustics and the Morrow Family Band will provide entertainment in conjunction with a telecast auction and patient testimonials.

According to Chris Mastoridis, Ex-

ecutive Director of Wildflower Healthcare "With the increasing number of residents in our community who have recently found themselves unemployed and without health insurance, this virtual fundraiser is even more critical than ever to help us get the supplies and support we need to continue serving St. Johns County."

Please join neighbors by registering at: wildflower.cbo.io or call 904-671-3380 for further details. Sponsorships for this year's gala are still available at a variety of levels.

In addition to medical and dental care, Wildflower Healthcare's outreach team provides community-based prevention screenings, wellness education and pop-up flu vaccine clinics.

"When a person is faced with a possible healthcare bill of \$200 or \$20,000 and they have no idea how to pay for it, Wildflower Healthcare stands as a beacon of hope," said Elisabeth Chismark, Wildflower Board of Directors President.

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Can A Relationship Survive Opposing Political Views?

By Michael Brown, MSC, LMFT
904-289-2954
www.happycoupleshealthycommunities.com

Can a relationship survive opposing political views, particularly in this heated and highly partisan election cycle and time of social unrest? Should couples just try to avoid political topics altogether? How big of an issue is this in the long term?

It may be an issue that couples grapple with for a long time, but I believe that couples can learn to live and dialogue with political differences.

Case in point: James Carville and Mary Matalin, the polar-opposite liberal and conservative pundits whose happy marriage has survived over 25 years. In his 2014 book, *Love and War: Twenty Years, Three Presidents, Two Daughters, and One Louisiana Home*, Carville wrote: "I learned a long time ago to stay away from politics at home." About Mary's political opinions, which he does not agree with, Carville wrote: "So if it pleases her, then fine. I'd rather stay happily married than pick a fight with my wife over politics."

Political differences may be a perpetual issue in a relationship. Dan Wile, a marriage and family therapist at the University of California Berkeley, wrote in *After the Honeymoon* (1988): "...there is value, when choosing a long-term partner, in realizing that you will inevitably be choosing a particular set of unsolvable problems that you'll be grappling with for the next ten, twenty, or fifty years."

No matter who you choose, you will be choosing a particular set of unsolvable problems, so choose well. By way of further explanation, John Gottman wrote: "Relationships will work to the extent that you have wound up having a set of perpetual problems you can live with."

If you truly love your partner, you will find a way to live with your perpetual problems, political differences among them.

I have some suggestions for how a couple can talk about and learn to live with their political differences.

I suggest that they use the guidelines of what we call the Gottman-Rapoport Exercise. Anatole Rapoport wrote on international conflict during the Cold War. John Gottman applied Rapoport's ideas to couple interactions. Rapoport suggested that opposing parties should be able to summarize and validate each other's position before attempting to persuade each other. To do this, the parties must agree that in every interaction there are two valid realities or perceptions, not just one. The goal

of each person is to understand the partner's perception with an agreeable frame of reference.

The listener must then convey to the partner that he or she has been understood. For couples who do not want to be adversaries, this means postponing persuasion until each person can state their partner's position to their partner's satisfaction. They should then try to validate part of their partner's perspective by completing a sentence like "It makes sense to me that you might think (or feel) that way because..." Validating does not mean you have to agree with their position, just that some part of it makes sense to you from their perspective.

The second point of the Gottman-Rapoport Exercise is the assumption of similarity. Rapoport observed that during conflict people tend to see their partner as dis-similar to them, and to see themselves as having all the positive history, traits, and qualities and their partner ("adversary") as having very few of these, and they may see their partner as having several negative traits as well. This leads to people seeing their partner as having most of the negative qualities and very few positive qualities.

Hence, Rapoport suggested two things. First, when we identify a negative quality in our partner or in their perspective, we try to see that very quality in ourselves or our own perspective. Second, when we see a positive quality in ourselves or our perspective, we try to see that very quality in our partner or in their perspective. Such a suggestion changes our way of thinking about or seeing our partner and ourselves.

Follow these simple suggestions, and I believe that couples will find a way to live with their political differences. Ultimately, I return to James Carville (2014) for some sage advice: "For anyone who's married, that's always a good question to ask before you pick a fight: are you sure that's a hill you want to die on?"

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 both in-office and secure video appointments. For couples or family therapy or for more information, contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com.

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Tell Us Who's Doing Something In Our Community!

Do you know of a Palencia neighbor who is doing something to help make a difference in our community? The Palencia Press loves to highlight our residents who are helping others and the community. Send us the details so we can share their story and inspire others to make a difference. Email us at thepaper@comcast.net



Your Pet's Oral Health

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

It's important to have your pet's teeth checked on a regular basis. As a matter of overall health, your dog or cat's mouth should receive a dental examination, cleaning and treatment often, which may mean up to once a year. And, pets with smaller mouths, such as pugs, chihuahuas, dachshunds and Siamese cats may need to be seen more often.

When examining the mouth, your veterinarian will investigate your pet's teeth, gums and tongue and inspect for any diseased or broken teeth that may need treatment.

Most cats and dogs are uncomplaining animals. They may have a painful fractured tooth and not show any signs until he or she starts dropping food. Other signs of tooth or gum disease may involve a change in appetite or extreme salivation.

Since some pets will not permit having a veterinarian examine their teeth, or if it is determined that dental work is required, your vet will choose the appropriate sedatives/anesthetics for your pet to allow a complete examination and treatment.

While your pet is under anesthesia, the vet can more thoroughly inspect each tooth and provide appropriate treatment as well as scaling and polishing the teeth.

Dental radiology is used to help the veterinarian visualize the roots of the teeth as well as bone disease below the gum line. Dental X-rays are the core diagnostic tool of veterinary dentistry. Dental radiographs assist in detecting hidden painful pathology, estimating the severity of dental conditions, assessing treatment options, providing intraoperative guidance, and also serve to monitor success of prior treatments.



First Oral Assessment

By the time your pet is a year old, you should schedule a thorough oral assessment with your vet. This is to treat any issues while preventing other problems from progressing.

One of the best ways to prevent dental disease in your pet is to brush his or her teeth on a daily basis, removing plaque and bacteria.

Tips For Brushing Your Pet's Teeth

When brushing your pet's teeth, use only toothpaste specifically designed for dogs and cats as human toothpaste can upset your pet's stomach.

A special toothbrush specifically designed for dogs and cats can be obtained from your vet or try brushing by wrapping soft gauze around your finger.

Slowly introduce your pet to the process of tooth brushing. You do not want to make it a traumatic experience for your pet or it will only make it harder for both of

you in the future.

Start by massaging your pet's lips with your fingers in a circular motion once daily. When your pet is comfortable with this, start massaging the gums and teeth. Continue this process until your pet becomes secure with this routine.

When you are both comfortable, start brushing the teeth in small circular motions with the toothbrush or gauze but do not use toothpaste yet. You want to make sure to focus on the gum lines when you are brushing.

The final step is brushing your pet's teeth with an approved dog or cat toothpaste. Keep cleaning sessions short and positive and both you and your pet should walk away smiling!



Mike Weitz

How do anti-lock brakes work?

If you have to stop in a hurry on a rain-soaked street, anti-lock braking systems (ABS) help you stop quickly and help you avoid skidding. Anti-lock brake systems incorporate a sensor at each wheel, or in the differential, to monitor wheel speed and detect whether the wheels are about to skid. ABS controls the amount of brake pressure applied at each wheel, which gives you better steering control during sudden hard braking. Anti-lock brakes can literally save your life in a sudden emergency stop.

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Happy Hallothanksmas!

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

In the mishmash holiday season that is "Hallothanksmas" there is a tiny season called Advent. It often gets lost in the rush of the fall seasons. In the Christian tradition and especially in liturgical churches, the season of Advent begins November 29th, 2020 and ends December 24th, 2020. The twenty-four days of Advent are a time of contemplation, anticipation, waiting and preparation for the coming of Christ. The word Advent comes from the Latin "Adventus Domini," meaning arrival of the Lord.

In our hurried world we have lost our ability to contemplate, our ability to cherish and fully enjoy even a moment. We see ourselves as master multi-taskers, but instead we are inefficient and stressed out, worriers who leave loose ends and can't seem to find a moment's rest and then wonder why we need pharmaceutical help to sleep, unwind and be less anxious. There is a real challenge to just "be" instead of "do."

My question is what does it mean to be fully present? Do we know how to unplug? Can we put down our devices, turn off the screens, shut off the constant drone of electronics and simply "be"?

To me Advent season is a perfect season to unplug. When stores have had Christmas songs queued since Halloween, and Thanksgiving has been co-opted by Black Friday and hyper consumerism, the force of the waves carries us all off like category five winds in a hurricane.

The season of Advent can make us active participants in our own world rather than simply being swept by the advertisements and pursuit of "gotta

have that in order to be happy" mentality. Counting down to the said arrival of the birth of Christ can be deliberate, slow and a steady progression toward a holy day that is old as the church itself.

Pacing is the key to our approach of Christmas rather than racing recklessly toward it. It can make us appreciate the significance of the day event more. Mark each day with a purposeful, mindful activity that focuses on others is a great way to strengthen family, avoid stress and discover a deeper meaning to the season. Cooking meals together, helping a neighbor, seeing a need and taking care of it without the thought of reward or acknowledgement are important ways to honor the season of Advent.

Rather than seeing Christmas as a finish line for a months' long, long race, we can see it as a continuation of a season of drawing closer to those we love, honoring those who are no longer with us and adding new friends and tradition to our homes. Slow down, unplug from the usual time consuming vices and rediscover friends and family. This will help us to treasure a time of great joy and happiness as we share it with others.

The human connection is a result of the anticipation and the preparation of our coming savior who loves his creation and has shown us this model of being present with our God and with each other. Matthew 22:37-39 "Love the Lord your God with all your heart and with all your Soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself"

Don't Forget To Vote November 3rd

In the General Election, federal and state races will be on the ballot including the offices of U.S. Senator, U.S. Representative, Governor, Attorney General, Commissioner of Agriculture, Chief Financial Officer, State Senator and State Representative, judicial retention, proposed constitutional amendments/revisions as well as county and local level races and referendums. On Election Day, polls will be open statewide from 7 a.m. until 7 p.m. Any voters waiting in line at 7 p.m. will have the opportunity to cast a ballot. If you do not know where your polling place is visit www.votesjc.com or call the St. Johns County Supervisor of elections at (904) 823-2238.

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"Give thanks to the
LORD, for he is good; his
love endures forever."**

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What Is Homeowners Insurance And What Does It Cover?

By Craig Dewhurst, State Farm Agent, Palencia Resident

After investing in your home it's important to have it insured properly. What are all the policy coverages, forms, and exclusions?

Why Homeowner's Insurance?

A home is the single biggest investment most individuals will ever make; it is typically the largest asset on the family "balance sheet." Also, the contents of a typical home, in the form of furniture, appliances, clothing, family heirlooms, and other movable personal belongings, represent a substantial additional investment. The unprotected loss (or partial loss) of a home and its contents to theft, fire, windstorm, or some other disaster, could be financially devastating.

Further, everyone faces the risk of personal liability. For example, a visitor to the residence could slip and fall. Such accidents can result in court decisions awarding large sums to the injured party for medical expenses, and "pain and suffering."

Coverage Under the Policy

Originally, a standard homeowner's policy covered only the risk of fire. Today's homeowner's policies provide protection against a number of the "perils" of modern life, in one "package" policy. A typical homeowner's policy can provide insurance protection for the following:

- Home: The physical dwelling

structure and other structures attached to it.

- Other structures: For example, a detached garage, pool house, guesthouse, green house, or tool shed.

- Personal property: This covers the contents of the home, such as furniture, appliances or clothing. Certain types of property may have specific dollar limits.

- Loss of use or additional living expense: If a home is damaged by a covered peril, loss-of-use coverage helps meet the costs of hotel bills, apartment or rental home, eating out, and other living expenses while the home is being repaired. This policy section can also reimburse a homeowner for lost income if a room in the home were rented out. This is sometimes insured on an actual-loss-sustained basis.

- Personal liability: Provides protection against legal liability for bodily injury or property damage if a third party is accidentally injured.

- Medical payments: Also known as guest-medical payments, this section provides coverage if a third party is accidentally injured and needs medical treatment.

Contact local State Farm Agent, and Palencia resident, Craig Dewhurst for more information, questions, and quotes for your home, auto, and life insurance needs.

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