



News For And About Residents Of The Palencia Community

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And A Happy New Year!



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# PALENCIA PRESS

DECEMBER 2020

## Socially Distanced Tree Lighting Event Slated For Dec. 4th



As we come to the close of what was a very challenging year, Palencia residents will still be able to enjoy one of the community's oldest traditions this holiday season... the Annual Tree Lighting and visit from Santa.

At time of press, the Annual Tree Lighting event planning was in the works with the event slated for Friday, December 4th from 5:30 p.m. to 8 p.m. Due to the health safety measures of the COVID-19 pandemic, this year's tree lighting will be a socially distanced event with masks strongly being encouraged.

The Palencia community's official lighting of the 30-foot tree that stands at the entrance to Market Street will include the lighting of the Menorah, a visit from Santa, horse and carriages, live music and food trucks on site.

Be sure and grab your socially distanced spot early as the tree will be lit at approximately 6 p.m.

## Nease NJROTC Cadets Promoted At Fall Ceremony



Maximino Rodriguez pins the cadet/lieutenant rank on his granddaughter Nease NJROTC Cadet Jamila Rodriguez during the fall promotions and awards ceremony.

Under a COVID environ of small crowds, social distancing and wearing masks, Nease High School NJROTC held four separate promotion and award ceremonies across two days recognizing the cadet corps for exceptional performance during the first quarter.

Of the 236 cadet battalion, 113 cadets earned promotions for successfully passing a rigorous promotion exam as well as meeting conduct and performance requirements. Additionally, cadets received more than 650 individual awards for exceptional performance and achievement in the areas of community service, school service, aptitude, personal appearance and participation on one or more of the program's competitive teams.

Story Continues On Page 4

## Palencia PPOA Board Plans Budget For 2021



As the Covid-19 virus continues to impact our lives, and now our 2020 Holiday Season, we hope you all had a chance to visit with at least some of your family and friends over Thanksgiving. This will also be a busy time of year for your Palencia POA as several changes are on the horizon.

By now you have probably received a copy of the 2021 PPOA budget in your mail. The Board will be voting on that budget during the December 9th meeting. The 2021 budget contains several changes over last year. On December 1, the PPOA assumed Architecture Review Board (ARB) responsibility for all existing home changes, updates, and enhancements. Hines will maintain responsibility for all new homes. The proposed budget includes the cost of the additional ...Continued On Page 4

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### The Virgin Mary

God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you." Mary was greatly troubled at his words and wondered what kind of greeting this might be. But the angel said to her, "Do not be afraid, Mary; you have found favor with God. You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over Jacob's descendants forever; his kingdom will never end." -Luke 1:26-38




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Continued From Page 2

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## Mammogram Van To Visit Palencia Dec. 2nd

The Mammogram van will offer 3D digital screening mammograms in Palencia on Wednesday, December 2nd from 8 a.m. to 5 p.m.



The Mobile Mammography van from Precision Imaging Centers will be in Palencia (parked on Market Street in front of the Amenities Center) on Wednesday, December 2nd from 8 a.m. to 5 p.m. The Mammogram van offers 3D digital screening mammograms and DEXA. No referral necessary for ladies age 40 and older. This event is open to the public, not just for residents. Call the

Precision Imaging Center scheduling department to reserve an appointment at (904) 996-8100. Mammography personnel are planning on providing two events per year for Palencia - the next one will be in June, 2021. It's worth noting that one in eight women will be diagnosed with Breast Cancer in their lifetime and it has almost a 100% survival rate when caught in the early stages.

## Palencia Residents! Send Us Your Newsworthy Notes

Are there any anniversaries marriages, births, engagements, military members, school or athletic awards in your family? Drop us a note about your family's good news along with a photo, if available. You may email the information to the following address: [thepaper@comcast.net](mailto:thepaper@comcast.net). Information received by the 10th of the month will be included in the following month's issue.



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## A Visit From The Stork Was Real Deal For Palencia Resident



Dr. Craig Hadgis and Anne Hadgis are the proud parents of little Callie Anne. The Hadgis family had a visit from a stork (inset) just before Callie Anne's arrival.

Photo by Kristin Gambino Photography

Just one week before the arrival of their beautiful baby girl Callie Anne's appearance last month, Palencia residents Craig and Anne Hadgis had an unusual wildlife visitor roaming through their backyard. As the couple peered out through their screen porch, they were amazed to see an actual stork wandering through their backyard. Thankfully, they were able to snap a photo of the stork's appropriate arrival to their home.

Callie Anne, 18 1/2 inches and 5 pounds, 14 ounces, was born on October 16th at Baptist Hospital South. Many Palencia residents know the Hadgis family as Craig, a board certified orthodontist, recently teamed up with local orthodontist Jimmy Glenos and now operate their practice, Smiles By Glenos & Hadgis, with offices in St. Augustine and St. Johns.

Congratulations to the Hadgis family!

## Palencia PPOA Board Notes About Budget

Continued From Page 1

resources for that function. We will be redefining that process to be more responsive, thorough, and efficient as we head into the new year.

When the new POA Board took office in June, one of our first orders of business was to evaluate how well we were managing our primary responsibility of Covenant enforcement through our contract with Leland Management. We quickly concluded that a part-time management contract was not adequate for handling the existing PPOA workload. Consequently, we evaluated full-time management proposals from two companies: Leland Management and First Service Residential. At time of press, a new contract was under negotiation with First Service, and expected to take effect on December 1. The selected management company team will be introduced at the next Board meeting.

The 2021 budget reflects the additional

costs for a full-time management company and for discharging the additional ARB responsibilities. This will result in an increase in the annual assessment. Both the budget and the amount of the assessment increase will be discussed at the December 9th Board meeting. We have worked hard to trim as many expenses as possible to minimize the assessment increase. We are confident the additional resources for property management will provide a much higher level of professional service for our residents.

If you have any questions, please contact any of your Palencia POA Board members. We hope you have a very happy holiday season. We are looking forward to a healthier 2021.

Your Palencia Property Owners Association Board

Jim Newhall
Mary Pat Stritof
Dan Dickman
Bo Hofstead
Rich Luciano

## Nease NJROTC Cadets' Fall Ceremony

Continued From Page 1

Cadet company commanders directed formal military ceremonies during their respective class periods. As part of their hands-on leadership training, Cadets organized, planned and executed the entire ceremonies.

Charlie Company Commander Kaitlyn Boggs, Commanders Brandon Donovan, Jamila Rodriguez and Donovan Chapman led their cadets in ceremonies replete with the formal customs and courtesies seen in active duty events.

Proud parents pinned the new ranks on their cadets during the ceremony.

"Nease NJROTC is a living, breathing leadership lab," said Senior Naval Sci-

ence Instructor Captain Scott LaRochelle. "Watching these cadets shine under the spotlight makes this job all the more worthwhile."

The most prestigious awards presented during the day were the Sailors of the Quarter awards – given to the top performers from the past quarter. Cadets Hailey Pitches and Alaina Hussung received these esteemed awards.

Nease NJROTC has been recognized as the #1 NJROTC unit in Area-12 (northern Florida and state of Georgia) for three consecutive years, and was the #5 Most Outstanding Unit in the Nation in 2018. (Captain Scott LaRochelle contributed to this article).

*Jill Stonier*

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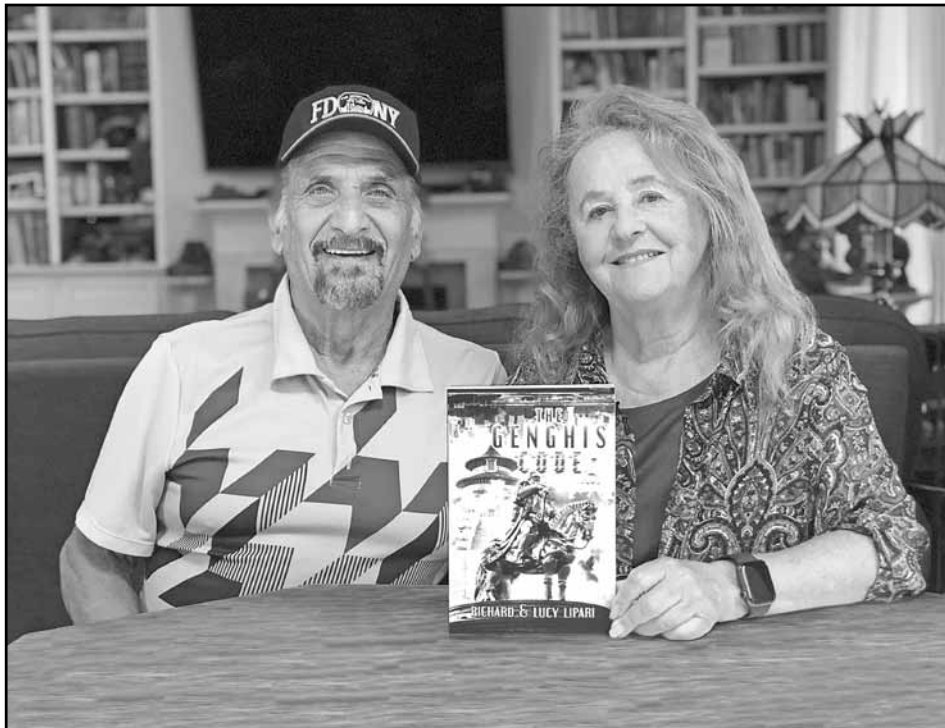
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# Spotlight On Palencia People



Richard and Lucy Lipari have written a novel about a retired NYC firefighter and CID agent who tracks clues that emanate from Genghis Khan to try and prevent a worldwide catastrophe.

## Palencia Residents Publish International Suspense Mystery Novel

A husband and wife writing team, Lucy and Richard Lipari recently released an international suspense mystery novel, "The Genghis Code." The couple's new book is a great way to escape the realities of living in the midst of a pandemic with a plot that centers on treasures stolen during the Iraq War, which hold the key to worldwide domination by a secret society. The internal thriller has retired New York City firefighter and CID officer Jake Preston on a global search for clues to decode the mysterious symbols.

Jake is accompanied by the alluring professor Valentina. Is she friend or foe? Valentina has her own connections to the Russian mafia. Both tangle with a sinister cult that is descended from the murderous Genghis Khan, who killed 40 million people and conquered most of Asia and the Mideast during the 13th century. Jake and Valentina probe into the beguiling history of Genghis Khan, where cryptic clues to the artifacts are hidden.

The Liparis, homeowners in Palencia since 2013, are both adventurers and world travellers.

Lucy Lipari was born in Germany and raised in Canada. She graduated from the University of Manitoba with a bachelor of arts degree, where she studied English literature. Lucy moved to the United States in her early 20s, went to Harvard University and received a Master of Arts degree from New York University. She has travelled to many countries around the world. Her favorite pursuits include traveling cross-country in her RV, boating, motorcycles, photography and painting in oil and acrylics. Along with the new novel, Lucy has also published many articles in the Canadian press.

Richard Lipari is ex-military, U.S. Army and a retired decorated New York City firefighter (FDNY). Richard wrote news and articles for WNYF, the firefighter's magazine. Born and raised in Brooklyn, Richard is a graduate of John Jay College of Criminal Justice and CUNY Graduate Center in New York. His hobbies range from model airplanes to art to motorcycles. Richard is a passionate cook, specializing in Italian food.

Together, the Liparis have four children and six grandchildren.

In "The Genghis Code" residents will enjoy the nonstop, action-packed, fast-paced adventure that intertwines history with modern day twists and turns. "The Genghis Code" is available for purchase from Amazon Books. Visit [www.amazon.com/GENGHIS-CODE-RICHARD-LUCY-LIPARI/dp/B08JZGWQT6](http://www.amazon.com/GENGHIS-CODE-RICHARD-LUCY-LIPARI/dp/B08JZGWQT6) for more details.



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## The Palencia WGA Is In Full Swing

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

Excuse the pun but we really are in full swing - short swings and putts too! We have just been having so much fun with our fall events.

On October 27th, we held our Fall Scramble under the capable leadership of event chairperson, **Bev Gunter**. In the past we've had Halloween Scrambles but Bev created an interesting twist to the 2020 event with her theme of "Masks and More - Pandemic Therapy with Friends." She challenged our members' creativity with a contest for the most creative masks. Well, I must say that they were certainly up for the challenge. What amazing ideas our lady came up with!

First prize for masks went to **Earline Barnes**, who went for full disguise with her dramatic combination of pandemic and Halloween mask. Second and third prizes went to **Lisa Proctor** and **Dee Dee Bandy**, respectively.



**Earline Barnes**

Everyone enjoyed their day on the course. It was a very hot day with a lovely breeze and, of course, there were more prizes to be awarded. Taking home first place gross was the threesome of **Diane Robinson, Sandy Brandenburg** and **Kathy Boyd**. First place net went to **Pam Ashburn, Rosetta Smith, Sue Kansteiner** and **Susan Altenburger**.

A few days later, we held a first-time event - Night Glow Golf. Wow! Talk about fun! There's no doubt in my mind that this will now become an annual event for the WGA. Leading the Night Glow Golf event were **Staci Luttrupp** and **Carol Netzer**. It takes fun people to run a fun event and we had the perfect team.

For those that can't imagine what night golf is like, let me explain. First of all, it takes a lot of work on the part of our Palencia Golf staff. After regular play on Sunday, November 1st, they had to go out and set up glow lights on tee boxes, surround the greens with lights and light each flagstick.



**Night Glow Golf with Darlene Adams, Jan Sheeder and Sue Kansteiner.**

They turned the entire front 9 holes of the golf course into Par 3 holes, thank God or we would have been out there until the next morning!

On the first evening of Eastern Standard Time, we assembled at 6 p.m. and each player received a goodie bag and two glow balls that had to be activated to get them glowing. That, in itself was a challenge to many of us and took special talents. Then, at 6:30 p.m., guided only by flashlights and the most gorgeous full moon peeking behind the clouds, we set off. The golf course at night certainly looks different so navigating was part of the challenge and the fun. It took each group a while to get used to shining flashlights for team mates, trying to read greens in the dark, and taking aim at a green that should have looked familiar but didn't. There were many jokes about, "I'm not good at golf in the daytime, how can I play at night?"

As the night progressed, the clouds cleared out and that gigantic full moon just made for a surreal experience. It's worth noting that it's highly unusual to have a full moon on Halloween, but we all know that 2020 is not a normal year. So, choosing November 1st was just brilliant on our part.

As we traversed the course at night, there were a few gator sightings and eerie rustling coming from the palmettos. But, we're Palencia WGA women! It's going to take a bit more than critters in the night to scare us off the golf course.

The evening ended with lively camaraderie and, of course, awards. The team with the best night vision (first place gross) was

**Continued On Page 7**

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## The Palencia WGA Is In Full Swing

Continued From Page 6



**First Place Net Winners - Barb Jacobi, Judy Guarino, Indy Nelson and Diane Robinson.**

**Cathy French, Faye Peludat, Robin Crossfield and Monique Perna** with a total gross score of 29 for nine holes! First prize net went to the (very fun) team of **Barb Jacobi, Judy Guarino, Indy Nelson, and Diane Robinson.**

Second prize net went to the (relatively new to golf) team of **Brigitte Lawlor, Beth Schmidt, Dee Dee Bandy and Molly**



**Second Place Net Winners - Brigitte Lawlor, Beth Schmidt, Dee Dee Bandy, Molly**

**Goins-Cox.**

So, you get the idea – it was a fun and very different experience for us but we'll do it again, for sure!

For more information about the Palencia Women's Golf Association, visit [www.PalenciaClub.com](http://www.PalenciaClub.com) and click on Women's Golf Association or email membership. [palenciawga@gmail.com](mailto:palenciawga@gmail.com).

## Donna Mancini Interiors & Flooring Holds Annual Holiday Décor And Gift Event

Donna Mancini Interiors & Flooring's (DMI) 5th Annual Holiday Décor and Gift Event was held on Thursday, November 5th. It was a festive night of fun, food and great finds. Attendees shopped for gifts and holiday décor. In addition, DMI celebrated their one-year anniversary as a Four Seasons Slipcovered Furniture dealer with a 20% off sale.

"We are thrilled that so many of our friends and neighbors attended the event," said Donna Mancini. "They were able to get a jumpstart on their holiday shopping while enjoying the cheerful atmosphere."



Jessica Hoey and mom, Brigitte Wagner, point to a photo taken more than four years ago when they attended an event at Donna Mancini Interiors & Flooring. Jessica is now the newest interior designer in the showroom and her mom was an attendee at the holiday event.

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## PES Names Teacher Of The Year & Rookie Teacher Of The Year

By Tiffany Trivedi, Palencia Resident  
Palencia Elementary PTO

During these ever changing times for our children, our teachers at Palencia Elementary are truly at the heart of providing a stable environment of development and growth. Our teachers are there every day to provide the emotional and academic support needed for our children so that they can continue to learn and prosper. While all our teachers add tremendous value, this month it's time to highlight a few of our exceptional teachers at PES.

Each year, two teachers are selected for Teacher of the Year and Rookie Teacher of the Year. The teachers are voted for by their colleagues. The selection criteria includes excellence in education, innovative instruction, collaboration, leadership, and a commitment to creating a caring climate inside and outside of the classroom. INK! Investing in Kids foundation along with St. Johns County School District will celebrate the Teachers and Rookies of the Year, from each SJCSD school, on January 29, 2021, at the annual banquet.

We are pleased to share that 4th

around them," PES Principal Catherine Goodrich said. "She invests time in building character, positive relationships, and finding connections with each individual student to foster motivation for a lifetime."

"She is often spotted on the recess field throwing a football with a student who is having a tough day, or at her students' sporting events after school or on the weekend around the community," Goodrich added. "Mrs. Maillo ensures that she is accessible for her students and families, to celebrate success with fun photo uploads via Schoology, or to answer a late-night email to a parent in need with a homework question."



**Heather Flowers, Rookie Teacher of the Year**

It can be challenging to join a new school and effectively integrate in any year, let alone, a year like the one we are experiencing. So it is especially exciting to highlight our Rookie Teacher of the Year, Heather Flowers, PES Media Specialist.

"Mrs. Flowers has revitalized our media center in every sense of the word," Goodrich commented. "Her excitement, knowledge, and willingness to help others, and create a most warm and inviting space for both students and staff to delve into reading and learning."

"Mrs. Flowers seeks out ideas and resources from other Media Specialists and she collaborates with general edu-

**Continued On Page 9**



**Lauren Maillo, Teacher of the Year**

grade teacher, Lauren Maillo is this year's Teacher of the Year at Palencia Elementary.

"Mrs. Maillo believes in her students, inspiring them to remain as virtuous examples and leaders for those

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## Teacher Of The Year At Palencia Elementary Is Lauren Maillo

Continued From Page 8

cation teachers to better understand how she could reinforce grade level standards through media center lessons. Students love hands on activities she plans such as 'Maker Spaces' and 'Coding Challenges' with ozobots," Goodrich said.

Students especially notice the impact that a strong teacher can have on their school day.

"Ms. Flowers is really nice; she helps us when we need it and she is really creative," PES student Samantha Snow explained.

Ms. Flowers also leads the news crew with which Snow is involved in and her mother, Margaret Snow, shared what the experience has meant for her daughter.

"My daughter has had the privilege

of being a part of the news crew under Ms. Flowers tutelage," Margaret Snow said. "Samantha has grown so much as a result. She has learned real life skills, responsibility and teamwork. Being a part of the news crew has been the highlight of her 5th grade year."

If you see Ms. Maillo or Ms. Flowers around campus, please congratulate them...give them a smile or a thumbs up. Continuing to encourage ALL our teachers and reminding them that they're doing an amazing job is so critical. These are the teachers who work to make the community a better place for their students and who teach their students to have a positive impact on the community, as well.

## The Real Christmas Story

And it came to pass in those days, that there went out a decree from Caesar Augustus that all the world should be taxed. (And this taxing was first made when Cyrenius was governor of Syria).

And all went to be taxed, every one into his own city.

And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David:) To be taxed with Mary his espoused wife, being great with child.

And so it was, that, while they were there, the days were accomplished that she should be delivered.

And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

And there were in the same country shepherds abiding in the field, keeping watch over their flock by night.

And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.

And the angel said unto them, Fear not: for, behold, I bring you good tidings

of great joy, which shall be to all people.

For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

And suddenly there was with the angel a multitude of the heavenly host praising God, and saying,

Glory to God in the highest, and on earth peace, good will toward men.

And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us.

And they came with haste, and found Mary, and Joseph, and the babe lying in a manger.

And when they had seen it, they made known abroad the saying which was told them concerning this child.

And all they that heard it wondered at those things which were told them by the shepherds.

But Mary kept all these things, and pondered them in her heart. -Luke 2:1-19



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## Ask A Certified Master Gardener Poinsettias: Beautiful Holiday Adornment and Great Landscape Option Later

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

Very few plants are as closely associated with any holiday as poinsettias. After orchids, they are the second largest selling potted flowering crop in the country.

Poinsettias, native to Mexico, were given the botanical name *Euphorbia pulcherrima*, which literally means "very beautiful." As I was formerly in the U.S. Foreign Service, it is particularly interesting to note that the poinsettia was named after and honors Joel Roberts Poinsett, the first U.S. ambassador to Mexico, who introduced the plant in the U.S. in 1825. He was an avid gardener.

The whorl of brightly colored poinsettia structures we think of as flower petals are actually bracts — modified leaves, which function to attract pollinators to the relatively small and inconspicuous actual flowers at the center of the plant. If you compare a bract with one of the leaves, you will notice they are similar in structure but different in color. In wild poinsettias, the bracts are typically bright red, but horticulturists have now bred varieties with bracts in varying shades of white, pink, purple, orange, and yellow. There are now more than 100 varieties, and poinsettias can grow up to 12 feet tall. Contrary to some popular belief, they are not poisonous, although some people are mildly allergic to their white, milky sap.

We generally think of poinsettias as temporary holiday gifts. However, they can also be enjoyed permanently by planting them in your landscape where they will turn a beautiful red every December. They retain their rich color for months with simple care and a little occasional pruning and can grow from a small potted plant to a large, beautiful bush.

Poinsettias are a "short day" plant, meaning they bloom when days are short, and nights are long. The extended period of darkness is a natural trigger for flowering.

When the holidays are over this year think about saving your poinsettia to plant in your landscape after the last cold days take place. Unlike other "flowering" plants, the placement relative to the amount of light it will receive is also important. As a "short day," they can be planted either in full or partially shaded areas but keep them away from the illumination from porches, windows, or streetlights. If exposed to too much extended light, they are less likely to bloom — to turn red.

If you elect to plant your poinsettia, simply prune it by removing the faded

red bracts and leave as many of the green leaves as possible. Poinsettias need very little care and are generally problem free but need well-drained soils. Think about watering early in the day to keep the leaves dry in order to prevent insect infestation. When you fertilize, use a fertilizer with balanced amounts of nitrogen and potassium and low phosphorus. A layer of good mulch is also beneficial to retain moisture. When the floral display is finished, usually around springtime, trim the poinsettia back to within 12 to 18 inches from ground level unless you plan to grow a large bush. Poinsettias can become gangly, so even if you want a large bush, do some pruning along the way to keep it thick and attractive. Here is one of my landscape garden poinsettia bushes:



If you live next to one of our wooded areas, poinsettia bushes planted at the edge of your landscape provide beautiful color every December and months afterward. Don't be afraid to try this landscape option!

**Tip of the Month:** If you plan to purchase a live Christmas tree this year, when the holiday is over, instead of throwing your tree in the street for the yard guys to pick up, please think about recycling your tree. Recycled trees are ground down and made into a rich mulch. There are several recycling locations in our area: Ron Parker Park, Mills Field, Cornerstone Park and Davis Park. Be a Palencia environmentalist!

*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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## Understanding And Responding To Grief

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

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

With over 230,000 COVID-19 related deaths in the U.S. and 1.2 million worldwide, countless people are grieving the loss of loved ones, parents, siblings, grandparents, spouses, close relatives, and friends. Many families and communities were hit by multiple losses. The grief is complicated by the fact that many did not get to say goodbye to their loved ones or be with them at the time of their death. Thousands died in nursing homes or in hospital rooms in isolation. In many cases, families could not gather for wakes or funerals to mourn their loved ones and to support each other.

How do we begin to understand and respond to such grief? In her 2017 published article, Phyllis Kosminski of the Center for Hope/Family Centers describes grief, at its most profound and painful, as "a rogue wave of despair, yearning, and desire for union." Grief is not just a one-time rogue wave: it is ongoing and "the wave rises from one day, and even one moment, to the next."

Various writers and theorists described stages, tasks, phases, processes, and dimensions of "normal" healthy grieving for children, adolescents, and adults who experienced the death of a loved one. Some theorists described task-based models for a healthy grieving process. According to therapist Thomas Dalton and professor Robert Krout, these tasks include understanding and accepting the reality of death, working through and bearing the emotional pain of the loss, and adjusting and resuming life without their loved one. Psychologist John Bowlby noted four phases of mourning including a numbing and denial of the reality of the loss; yearning for the loved one; intense emotions including sadness, anger, despair, and hopelessness; and a reorganization where new bonds with others are formed.

Grief has five stages: denial, anger, bargaining, depression, and acceptance, first posited by Psychiatrist Elisabeth Kübler-Ross in 1969 in terms of death and denying and then again in 2005 in terms of grief and loss. In the denial stage, people believe that their loved one has died, but their denial is symbolic in that they cannot believe that their friend or family member will not, for example, call to say hello or return from work at a certain time. In the anger stage, a person's anger is directed at the person who died or at oneself for being unable to prevent his or her loved one's death. In the bargaining stage, people slip into a

"what if" or "if only" mindset wherein they believe that they may have controlled and thus prevented their loved one's death. In the depression stage, people allow themselves to feel the pain of the loss and can begin the process of healing. Finally, in the acceptance stage, people recognize the current state of their lives without their loved one as the reality and can live with that understanding.

In his 1983 book "Helping Children Cope with Grief," Alan Wolfelt wrote on dimensions of children's grief, including a lack of feelings, shock, denial, numbness, emptiness, sadness, guilt, fear, self-blame, acting out behavior, explosive emotions, disorganization and panic, the big man/woman syndrome (i.e., the bereaved child taking on adult roles previously held by the deceased), physiological changes, regression, and reconciliation.

There is tremendous variability in people's ability to cope with and adjust to the death of someone close to them. One of the key factors is the constellation of beliefs that includes a mourner's thoughts about the person who died, their reflections on the relationship with that person, and their assessment of their own ability to survive, in a practical or even literal sense, without the deceased.

How, then, can you help children, adolescents, and adults in their grief? First, by being present to them and helping them to bear the emotional pain of their loss. Second, be cognizant of the stages, tasks, phases, processes, and dimensions of grief that they may experience. Third, listen to them process their thoughts and feelings about the person who passed, their relationship with that person, and their ability to survive without them. Lastly, validate and support with empathy the full range of their emotional expression regarding the loss.

Grief may feel like a rogue wave that rises from one day, or even one moment, to the next, but together you can help each other ride out the wave and sail to a calmer sea.

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

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## Building Power!

Tips from Laura Baugh  
 Certified PGA Teaching Professional  
 The Palencia Golf Club  
[laura@laurabaughgolf.com](mailto:laura@laurabaughgolf.com).

Hello Fellow Golfers,  
 Welcome back...the first lesson tip we learned was a pre-shot routine, last month we learned how to initiate and start our golf swing without tension in our arms or the rest of our body. This month we will cover POWER.

One of the most important facets of the golf swing is "loading the right side." We take it back with a straight left arm providing the width that we need to build power and the transfer of our weight combined with a hip turn, letting our back face the target. We should actually feel the weight in our feet transfer to our right side, more specifically the right foot (left side/foot for lefty's). The third ingredient that is mandatory to build power is the shoulder turn. You

know you have completed the shoulder turn when you feel your left shoulder turn under your chin. The key to these combined moves is that you do not rush it, you let your rhythm and sequence



happen naturally because the purpose of the back-swing is to build power. You do not want to rush building power. Try to develop a feel or key that indicates to you personally that you have completed your back-swing and built all the power you possibly can. I hit it a long way when I played the LPGA tour, and you can do this too by maximizing your shoulder turn, weight transfer, and the width of your swing.

If you need help come, see me. Potential Realized. Visit me at [www.laurabaughgolf.com](http://www.laurabaughgolf.com)

## Newcomers of North St. Johns December Luncheon at St. Johns Golf and Country Club

Newcomers of North Saint Johns (NNSJ) will hold its next member luncheon on Tuesday, December 8th with doors opening at 10:30 a.m. and held at the newly renovated St. Johns Golf and Country Club, 205 St. Johns Golf Drive; St. Augustine. The event features a delicious lunch and fun "make-it-and-take it" holiday craft.

Cost for the luncheon and program is \$30 for members. The meeting begins at 11:00 a.m. with luncheon service beginning at 11:30 a.m.

Following the luncheon, Cheryl Wiggins, Co-Vice President of NNSJ, will lead members in creating a holiday LED tea light ornament. "Something to enhance the holiday spirit and made right at your table, all materials included," said Mrs. Wiggins.

If you are interested in a registration form for the luncheon, NNSJ membership information or about upcoming activities, please contact Sue Aird at [sjaird@comcast.net](mailto:sjaird@comcast.net).



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## Wrigley's Field Of View "The Wave"

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

As we make the morning journey (2.77 miles, to be exact) around the Palencian Loop, I watch the bagman and woman waving. I'm not sure exactly what this indicates, but almost all of the people in four wheelers, two wheelers or those having no wheels at all, wave back. And, in most cases, they seem happy with the wave.

Even the running people, with the ear stickers, wave back. I think it's some kind of human indication that everything is okay ahead. That it's all clear to continue. The weather's nice in front, and we don't have to turn around and head back.

Maybe it's also a way to keep the four wheelers from running into us? But, whatever, it's kind of nice to have all these friendly Palencians wave their paws at us as we make our way through



the neighborhood.

Sure wish there was a way for woofers to wave. We just wag! (pardon the alliteration).

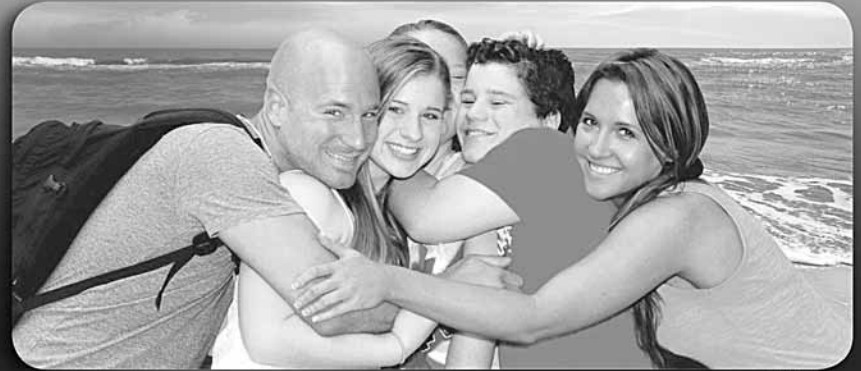
### Is the coronavirus disease more severe than the Flu?

COVID-19 causes more severe disease than seasonal influenza. While many people globally have built up immunity to seasonal flu strains, COVID-19 is a new virus to which no one has immunity. That means more people are susceptible to infection, and some will suffer severe disease. Globally, about 3.4% of reported COVID-19 cases have died. By comparison, seasonal flu generally kills far fewer than 1% of those infected. -CDC

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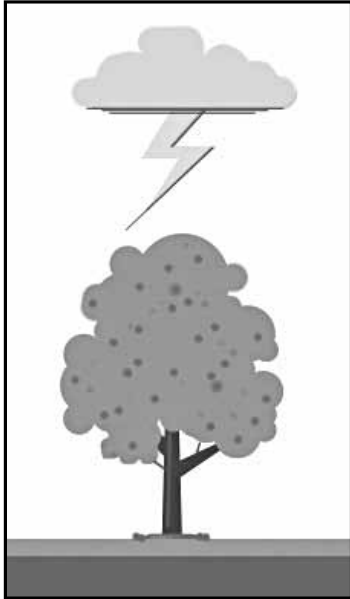
## Lightning Beware

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

Over the last several months, severe storms and prolific lightning strikes to the Palencia area have resulted in trees struck by lightning. The trees I inspected could not be rehabilitated and required removal. Larry Figart, an Extension Agent with The University of Florida, offers valuable advisement about lightning and trees.

We have been taught since we were children that lightning strikes the tallest object. It is no wonder then, that lightning is one of the most common natural causes of tree damage.

Lightning is formed when negative charged ions collect in a cloud. At the same time positive charged ions are forming on the ground under the cloud and following it. As the positive charges build under the cloud, they follow the contour of the ground. If they travel up a tree, or another tall object, it may put



them close enough for the electric charges to make contact. When that occurs, lightning is formed.

Lightning can injure a tree in many ways. Most of the time the damage is obvious. The heat from the lightning vaporizes the water in the tree turning it into steam instantaneously. The resulting pressure from the rapidly expanding hot steam blows the wood of the tree apart. Most of the time this happens toward the outside of the tree and we see it as a streak down the bark. Sometimes the damage is not so obvious. We may not see the damage because it has affected the root system or the interior of the tree.

### What to do when your tree is struck

Lightning strike treatment in trees comes in two phases. First, take care of any hazardous situations such as broken

## Water Problems? Ask Polly!



Polly Swindull

I am continually seeing Angie's list and home advisors advertising about how they research contractors like yourself. My question is, are they legit?

That is a good question. I cannot speak for Home Advisor, but I can certainly speak for Angie's list. Our company was a member of Angie's list for a few years. The more money our company would spend with them, the more recognition we would get. In my opinion, that is not what they portray in their advertising. That being said, the best way to check out a contractor is with your local licensing department and the Better Business Bureau. And as always, word of mouth is the highest form of advertisement. Thanks for the question.

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or hanging branches. Then comes the hard part. The true extent of damage to the tree is not immediately evident right after the strike because lightning comes in an infinite range of voltages and temperatures. We should wait a few months to do any major corrective work. By that time, most of the serious damage will be apparent and a decision can be made as to whether the tree can/should be salvaged. In the meantime, timely irrigation and light fertilization can help the tree compartmentalize the damage.

As a reminder, if you are caught in a lightning storm and cannot get to a building for shelter, follow the safety rules recommended by the National Weather Service:

Avoid open areas. Don't be the tallest object in the area.

Stay away from isolated tall trees, towers or utility poles. Lightning tends

to strike the taller objects in an area.

Stay away from metal conductors such as wires or fences. Metal does not attract lightning, but lightning can travel long distances through it.

Source: Larry Figart, University of Fla, Extension Agent in Urban Forestry

### St. Augustine Travel Club

As you already are aware, we have not convened our meetings at the library due to the coronavirus; and having asked the library staff, there is no commitment as to when our Travel Club gatherings will resume. We will issue an email to everyone when we will be able to resume. In the meantime, please keep yourselves safe; and let's all do the best we can under these challenging times. We look forward to seeing you back. -Peter Dytch, 904-797-3736.

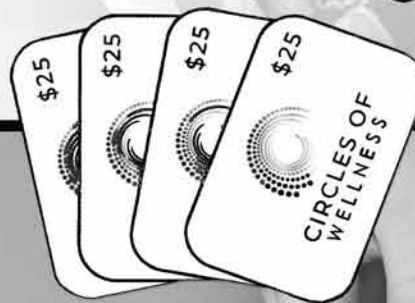


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## Pandiculation

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

Padicu...what?  
 Pandiculation is involuntary stretching of soft tissues. You've probably seen your dog or cat perform such stretches after waking from a nap. You may have experienced the refreshing feeling yourself in the way of a yawn and early morning "good" stretch. Such morning stretches are perfect examples of pandiculation – arms stretched over head, back arched, muscles tightened. It's a stretch that can't be stopped. But why do our bodies do such strange things? One current hypothesis is that it helps regulate our locomotor or musculoskeletal system.

Most people know muscles move bones, creating movement. But few have heard about fascia. Fascia is the fabric that helps hold us together and more, also known as connective tissue. Current research tells us fascia not only holds us together but also plays an integral role with the force distribution of muscles. It helps distribute these forces as we move and in that way, assist in locomotion.

So why stretch or pandiculate? Although fascia is a durable connective tissue and remains lubricated and mobile with movement, it can become sticky and stiff with lack of movement, such as after sleeping all night. We arise with the need to 'pandiculate' or yawn. Such stretches are thought to reverse the affects of the stillness of sleeping.

The purpose of this column is to emphasize our need to stretch. Chances are the last time many of you stretched with a specific goal in mind was when you participated in "hips, ankles, knees and toes" during elementary school PE. The fact is, stretching should be a regular part of our lives. Gentle stretches to the neck, shoulders, back, hips and legs are thought to decrease compressive forces to the joints and only take a few minutes.

Daily, habitual postures, in part, dictate how we hold ourselves and move. If you tend to sit at the computer much of the day, its good to reverse its rounding effects by stretching your shoulders back as you walk through a doorway, grabbing the door jam, or stretch your front hip muscles by placing your hands on your hips and bending backwards.

Your body will automatically attempt to maintain the mobility of soft tissue gained via pandiculation (involuntary stretches). Voluntary and routine stretching, when done regularly will have a greater and longer lasting effect.

If you are getting stiffer or feel you are losing range of motion, perhaps you should consult your physician or physical therapist regarding a stretching program. One could certainly be designed specifically for you. There are also many online group exercise programs offered during this time of limited outings. They are easy to find – look one up and start pandiculating.

*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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### COVID-19 Know How It Spreads

COVID-19 spreads easily from person to person, mainly by the following routes: Between people who are in close contact with one another (within 6 feet). Through respiratory droplets produced when an infected person coughs, sneezes, breathes, sings or talks. Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes. People who are infected but do not have symptoms can also spread the virus to others. -CDC



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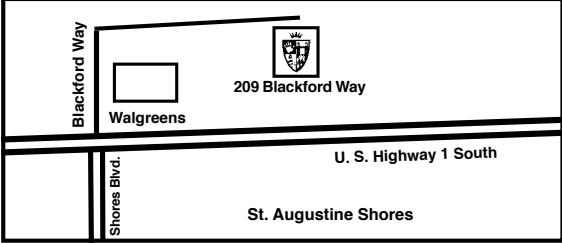
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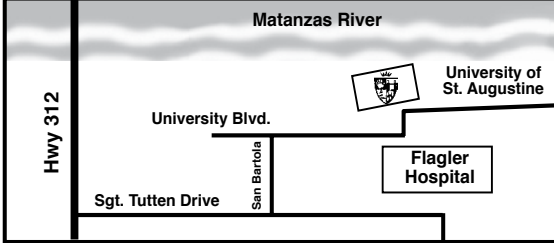
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## Christmas is Messy!

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

In the United States, Christmas is the only time of year the shepherding profession really gets any attention. There are lots of shepherds in the Christmas story doing lots of shepherding-type things like watching their flocks, standing out with them all night, stargazing. Tradition, though not scripture, even suggests that the shepherds brought a lamb or two with them when they ran off to see the Christ-child. But we really don't get much of a picture of what shepherding was all about.

Born in a stable and raised in a rural community, Jesus himself used sheep and shepherding as images of ministry as he was teaching and preaching. We love the mental pictures these words conjure up: Jesus the good shepherd leading the sheep; Jesus searching for and finding the lost sheep; Jesus herding the sheep through the narrow gate. But in most of these shepherding images, we envision Jesus, a staff in his hand, striding out in front of a pack of obedient and docile sheep. Everything looks neat and orderly and under control.

Today, even with the help of their incredibly brilliant black-and-white border collies these shepherds don't have an easy time of it. The sheep don't really want to go anywhere. They are contentedly munching grass, minding their own business, when this interloper with a dog appears.

Shepherds don't simply pick up their staff, march out into a flock and announce, "All right, guys, we're going this way. Line up and follow me!" In order to get sheep from here to there, they aren't led; they are driven. The human shepherd stomps about behind the flock, getting them started, "shooing" them forward. The canine shepherd keeps the flock moving in the right direction and speeds them along. Both shepherds can expect to spend a lot of time chasing down little bands of rebels, circling back and forth and round and round, while they gradually gain ground in the direction they are headed. This is shepherding. It is less a matter of "follow the leader" than it is a game of "tag" when you are "it." Because of this, the shepherd's most indispensable accessory is his pair of "wellies"—those big, tall, green wellington boots that let him stomp through everything the sheep

leave behind as they scramble this way and that. A good shepherd knows it's his job to be right in the middle of the flock or bringing up the rear, and that the ground under him will be "muck soup."

In the book of Micah there is envisioned a great shepherd who tends a flock—the unruly herd of Israel (Micah 5:4). But this shepherd isn't out in front leading some obedient line of sheep into a bright future. No, this messianic shepherd is also engaged in one of the humble, hands-on duties a good shepherd must perform. When the flock is hungry and the grasslands are dry, the shepherd must "stand and feed his flock." Have you ever fed hungry livestock before? I have...pigs and cows. This is another situation that puts a shepherd right in the middle of a free-for-all. Every animal wants to be up next to the guy with the chow. There is no neat line with everybody taking turns. The shepherd feeding his flock is getting squashed on all sides, his feet are being stomped on by endless sharp little hooves, and fingers are being accidentally nibbled by over-enthusiastic eaters.

Jesus, the good shepherd, was always in the midst of messy situations. He started his life out that way, arriving in a stable filled with the smells and sounds of sheep and cows and goats. Jesus had no illusions about what being a shepherd to a flock of headstrong, obstinate sheep meant. Jesus was always "stepping in it" and riling up the religious authorities, the disciples and all his listeners, by prodding and poking them forward, driving them to conclusions that they didn't want to consider, keeping them on the right track.

What's on the bottom of your shoes? If you are in the middle of things, your shoes will show it. If you are just "leading the pack," concerned with staying out in front of all the messy details that the flock can produce, then you're not in the right place.

Do you see youth and children running around with no direction? Don't ignore it - step in it! Start programs designed to reclaim and reach out to our youth and children.

Do you live on a street with neighbors complaining against neighbors? Don't ig-

Continued On Page 19



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Isaiah 9:6



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## Florida Fleas And Your Pet

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

We all know retirees are attracted to Florida's warm, humid climate, but that's not the only inhabitants enjoying our First Coast weather. Fleas in our area can usually survive year round and, although many go dormant during the harshest days of winter, will spring back to enjoy a meal from your dog or cat when the weather turns warmer.

Several species of fleas may be pests in Florida. The cat flea is the most frequently found flea. Cat fleas may attack a wide variety of warm-blooded animals including dogs, humans, chickens, rabbits, squirrels, rats and mice. The dog flea, human flea and sticktight fleas are also found in Florida and multiple species of fleas may be found on a single animal.

The female flea lays her tiny, white eggs loosely on the hairs, in the feathers, or in the habitat of the host. The eggs readily fall off the host onto the ground, floors, bedding, or furniture. The common flea lays 200-300 eggs over a period of several weeks.

Adult fleas must feed on blood in order to reproduce, however, adults can live for long periods without feeding. Fleas usually live and breed most heavily where pets rest. People coming near these resting places are also subject to attack. If fleas are established in a home, they will feed on humans as well as on the pets. The usual places of attack are the ankles and lower portions of the legs.

Flea control is difficult for pet owners to implement because two things may have to be done: (1) treat the pet and (2) treat the premises. On-animal flea control is the traditional method of controlling fleas. The animal is treated

topically with an oily liquid that kills the flea after it feeds on the blood of the treated animal. Another newer, more popular option is an oral medication that deposits into the skin cells after being ingested. These products are harmless for the pet, because they only affect creatures with an exoskeleton and/or GABA-gated channels, which are only found in insect nerves. Insecticide treatment of premises is also required for the fastest resolution of a flea infestation, which mainly kills the immature stages of fleas. Chemical (pyrethrin) or natural (borax) products have been effective in reducing the population of larvae in the environment. Always ask your veterinarian for advice on the safest and most efficacious product for use in your pets specific situation.

Pets may be also combed or shampooed frequently to remove adult fleas before they can irritate the pet or lay eggs. Frequent removal of fleas can reduce flea infestations quite effectively if done in conjunction with other treatment methods.

Although many older products are now available over the counter for flea prevention, veterinarians can prescribe medications that are safer and more effective. In any case, to be certain pets remain free of fleas, it is necessary to make routine use of flea control products, especially if pets are allowed contact with other animals or the outdoors. And if your pets are not on prevention and you notice your pet itching and scratching, be sure to get professional help quickly. The longer you stay in "flea-nial," the worse the problem will get!

## Christmas is Messy! Continued From Page 18

nore them- step in it! Take a fresh pie or basket of fruit over – reach out in love.

Do you drive into downtown St. Augustine and see the homeless population? Don't turn away – step in it! Volunteer with the Wildflower Clinic, Dining with Dignity, Saint Frances House, or the Homeless Coalition.

So much of Christmas is presented all clean and white. The sights and sounds of

fluffy sheep, singing angels, cute babies and beautiful concerts fill our Christmas sanctuaries. Let's not forget where Jesus was really born.

Let's not forget that Jesus spent his whole life scraping off the bottom of his sandals. Let me invite you into the stable this Advent season...yes, it's messy...but it is also where we find Jesus! Have a Merry Messy Christmas!



Mike Weitz

**It is that time of the year when many motorists let their vehicle "warm up" or idle before driving.** In fact, today's modern cars are ready to drive in cold temperatures without excessive idling. Unless you are trying to defrost the windshield or warm the interior of your car, idling is not required for today's vehicles. The idea of idling before driving dates back to when cars were built with carburetors. With new fuel-injection technology, complex computer systems and thinner synthetic oils, drivers don't need to warm up their cars before hitting the road.

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## Night Driving Tips To Reduce Headlight Glare And Help Visibility

By Craig Dewhurst, State Farm Agent, Palencia Resident

Some motorists spend a great deal of time driving on the road in darkness, and yet many are unaware of the special hazards night driving presents, or don't know effective ways to deal with them.

A major difference between day and night driving is the crash rate. "About 168 million people say they have driven a vehicle while feeling drowsy in the past year, and more than one-third, (37% or 103 million people), have actually fallen asleep at the wheel" according to the National Sleep Foundation. It's no surprise that the night driving accident rate is roughly three times that of daylight driving. The cause of the decreased vision varies. At night, the driver's normally wide field of vision is narrowed to the field of view illuminated by the driver's headlights, the headlights of other vehicles, and fixed road lights. Depth perception, color recognition and peripheral vision may be compromised after sundown.

One of the most dangerous aspects of night driving is one that we can do little to control: blinding glare from oncoming headlights. When your eyes are hit by a bright beam of light from an oncoming car, you may be distracted. Drivers can be affected by the oncoming glare of headlights as far as 3,000 feet away. If you feel you won't be able to see after a car approaching you has passed, slow down and try not to look directly at the headlights.

Good night visibility is more than just having a set of lights mounted on your vehicle. The alignment of those lights is equally important. You can have the best headlight system in the world, but if those lights point off in different directions, they're not going

to do much good. Make sure the lights on your vehicle are aligned properly.

Most headlights can't see around corners. Those headlights only allow you to see where the car is pointing. Some newer cars are coming with adaptive headlights. These headlights turn the direction of your tires with the steering wheel and allow you to see more of where you are going around a turn.

Additional tips to help minimize the hazards of night driving:

Adjust your speed to the range of your headlights. High beam headlights in good working order illuminate the road for about 300 feet ahead. Use low beams for a much shorter distance.

Keep your eyes moving. Don't fall for the temptation of focusing on the middle of the lighted area in front of you. Search the edges of the lighted area. Look for other patches of light that could be cars. Look for them at hilltops, on curves or at intersections. Where there are many distracting neon signs or brightly lit buildings, try to concentrate on street-level activities.

Protect your eyes from glare. Prolonged exposure to glare from sunlight during the day or headlights at night can temporarily ruin your night vision, while also leading to eyestrain and drowsiness. Wear good sunglasses on bright days, and take them off as soon as the sun goes down.

Use high beams when possible. Switch to low beams when following another car or encountering oncoming cars.

*Local State Farm Agent and Palencia resident, Craig Dewhurst, cares about you and your safety. For more information, call him at 904-940-9740.*

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