



News For And About Residents Of The Palencia Community

2021

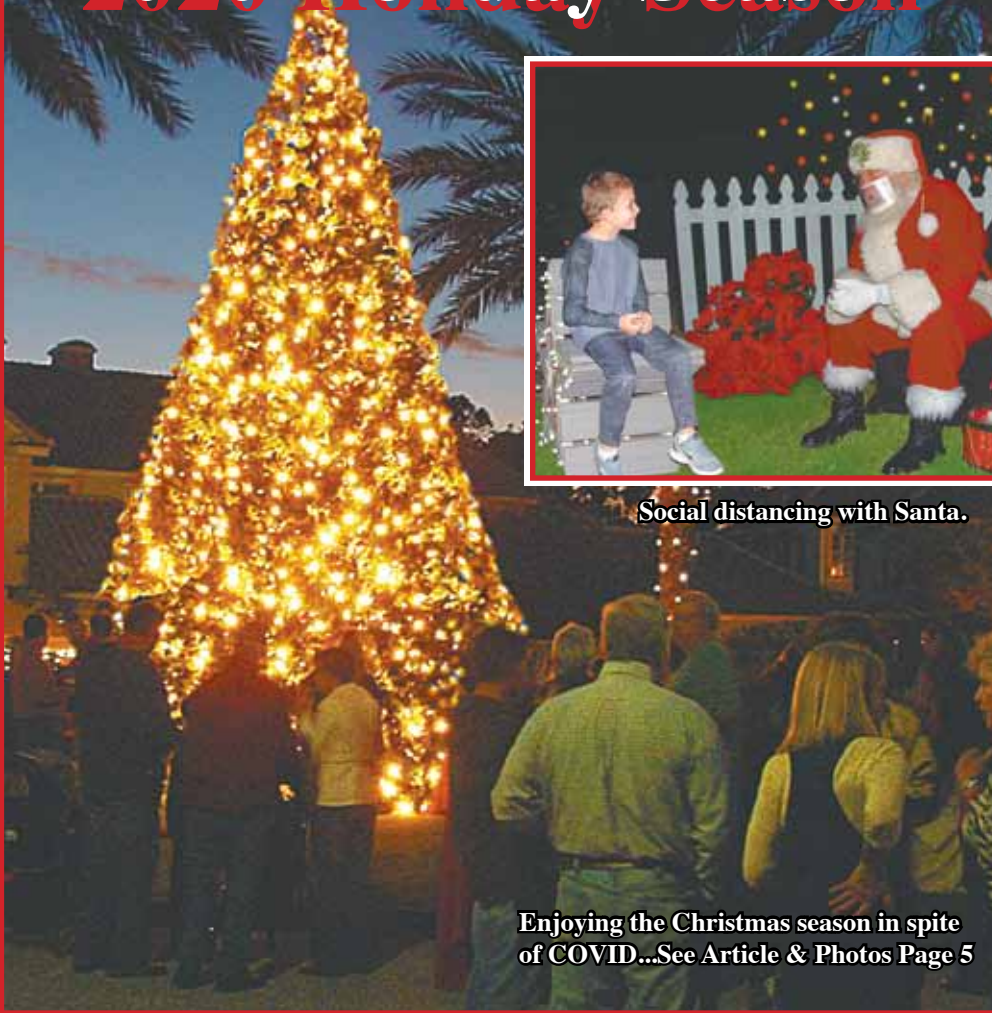


ST. AUGUSTINE

PRESS

JANUARY 2021

Palencia Celebrates 2020 Holiday Season



Social distancing with Santa.

Enjoying the Christmas season in spite of COVID...See Article & Photos Page 5

A New Year, A New Tennis & Pickleball Social & Another Twist

Help Support The St. Johns Ecumenical Food Pantry



Enjoying a Pickleball match, Al Tacornal, Dima Safia, Billy Locas (kneeling), Omar Zakaria, Dominique Locas, Terry Shaw, Marwan Zakaria and Curt Weaver.



The Palencia Pickleball/Tennis Advisory Community will come together in the New Year to help neighbors who rely on St. Johns Ecumenical Food Pantry. With the holidays winding down, the need for helping those who are struggling in our communities continues. See Complete Story On Page 4

PRSR STD
US POSTAGE PAID
JACKSONVILLE, FL
PERMIT # 315

The Palencia Press
P. O. Box 600022
Jacksonville, FL 32260

Pirate 5K Run Is January 23rd




It's time for the 6th Annual Pirate 5K and Fun Run hosted by the Palencia Elementary School Parent Teacher Organization (PTO). See Article Page 8

Visit Our Website!

Sign up to get the latest issue delivered to your inbox every month




www.palenciapress.com



Wishing all of our neighbors and friends a **Happy, Healthy, and Prosperous New Year.** Our business has grown and prospered because of you. We thank you for your ongoing support, business and referrals. Our commitment to you today, tomorrow, and always is excellence. We look forward to helping you with your real estate needs in 2021.

**Engel & Volkers
Ray Team**
904-806-3489
cammy.ray@evrealestate.com
www.rayteam.evrealestate.com

**ENGEL & VÖLKERS®
RAY TEAM**



Judy Marsha Tori Dick Cammy Larry

Palencia Community Classified Ads

Help Wanted - Medical Office
Front Desk Position available. Must have exceptional customer service skills. (904) 342-8970 or getlhc@gmail.com

Upholstery • Drapery • Home Decor
We welcome the opportunity to help with your Upholstery, Drapery and Home Decor Projects.
Please call or email Deborah at 916-316-1155 or deborahmckenziadesign@gmail.com deborahmckenziadesign.com

**S.I.T.
Specialized Individual Training**
Certified Dog Trainer, CASI
Kathy Tracy (904)707-0470
ktracy101@gmail.com
Now Offering Therapy Training and Certification

French Tutor
Experienced Native-born French Tutor available for lessons or conversational French • Students and adults
Brigitte Spears 904-755-5520
bribrimaille@gmail.com
Palencia Resident
All Major Credit Cards Accepted

The Palencia Press
P.O. Box 60022
Jacksonville, FL 32260
Email: thepaper@comcast.net

**Advertising Hotline
904-436-5887**

Articles and information must be received by the 10th of the month in order to appear in the following month's issue. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the *Palencia Press*. All articles are subject to editing. **Acknowledgements:** This issue was designed using resources from Freepik.com.

New Year's Thoughts

Dear God, My prayer for 2021 is a FAT bank account and a THIN body. Please don't mix it up like you did this year.


Many things can be preserved in alcohol this New Years Eve. DIGNITY is not one of them.

In 2021, may your neighbors respect you, troubles neglect you, angels protect you, and heaven accept you.

Words Of Wisdom

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

-Isaiah 40:30-31




**Smiles by
GLENOS & HADGIS
ORTHODONTISTS**

TWO STATE-OF-THE-ART LOCATIONS

ST JOHNS
111 Doctors Village Dr
Race Track Rd

ST AUGUSTINE
22 St Johns Medical Park Dr
US-1




Dr. Craig Hadgis is a Palencia Resident!

**Complimentary Initial Exams
for Adults and Children**

● ● ● ● ●

904.79.SMILE (797.6453)
www.smilesbyGHortho.com



Create a Lasting Impression



*Home Renovations • Retail Showroom
Interior Design*

Featuring
**WELLBORN
CABINET.**



**DONNA MANCINI
INTERIORS & FLOORING**

904-810-2027



Store Hours
Mon-Wed, Fri
10am—6pm
Thursday
10am—8pm
Saturday
By Appointment Only
Sunday Closed

Shop Virtually at DMIANDF.com/shop
Just 4 miles North of Palencia at 141 Hilden Rd. #202



Palencia Community Classified Ads

Continued From Page 2

iPhone Repair

Palencia resident repairs iPhones. Specializing in broken iPhone screens. Call Ben Feldman 904-844-1339.

Water Expert

36 years experience in the water treatment industry. Free water quality consultation. Call and save today. 904-679-8998

Pasta Night Every Monday & Tuesday At Jonis Pizza. Choose from Spaghetti & Meatballs, Fettucini Alfredo, Baked Ziti \$7.99
145 Hilden Rd., Suite 118
904-810-0702

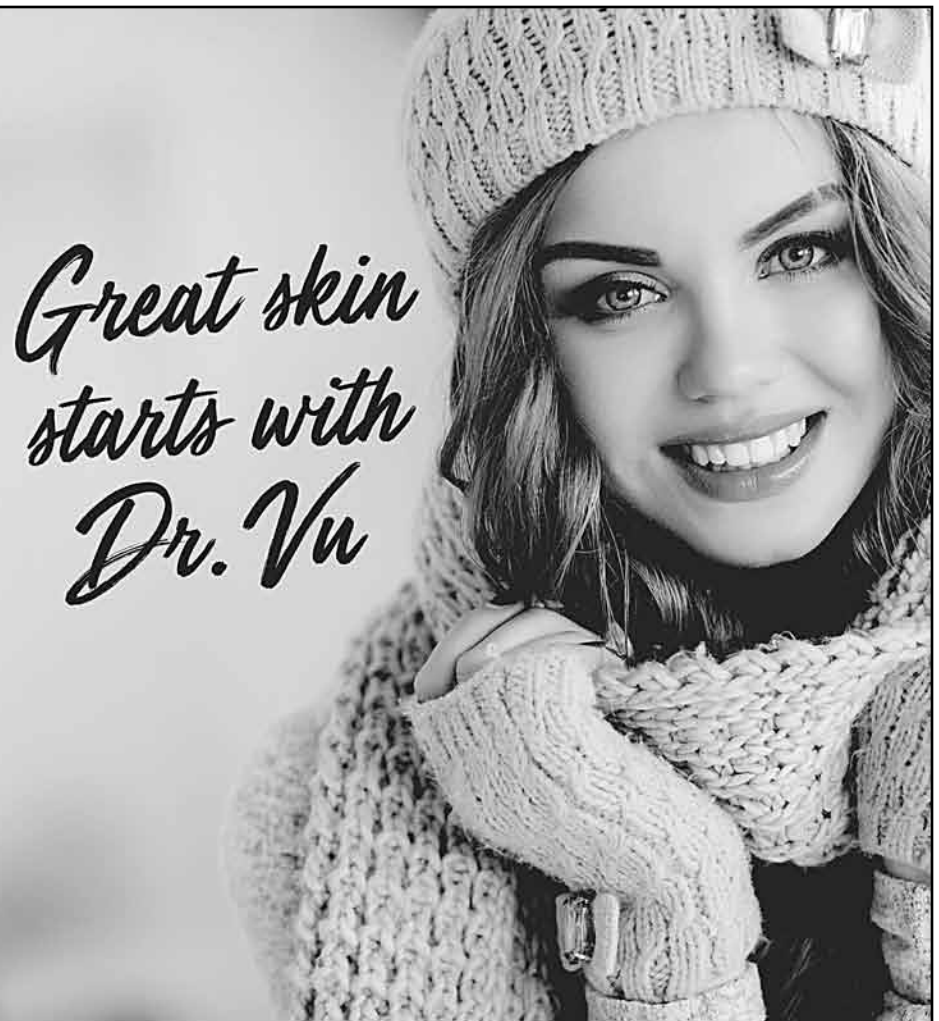
Annette's Pet Sitting
Mature Loving Care In Your Home
Multi-Daily Visits, Dog Walking
Overnight Stays
904-540-1923
annettelovespets@gmail.com

Palencia Men's Seniors Tennis Team Having Successful Season



Left to right: Earl Oltz, Pat Patterson, Dave Thompson, Joe Blanton, Phil Furman, Wendell Davis, Hector Hurtado, Andy Hall, Frank Nelson (Captain), Raul Espinosa, and Dennis Villarose. Not pictured: Irving Merlette and Evan Williams.

The Palencia Men's Gold Team of the JAX Seniors Mens (over 55) League are celebrating another outstanding season, winning yet another coveted Championship against the team at Oak Bridge. In the regular season, the Palencia men beat teams from Marsh Creek, Oak Bridge, and Huguenot, only losing one match all season and winning an unprecedented 14 of 18 lines played. The team is made up of men with USTA rankings of 3.0-3.5, and would love to add another team with players with rankings of 3.5-4.0. Contact Frank Nelson (Captain) at 904-567-6717, or email him at FrankNelsonHomeSales@gmail.com for more information on joining the team.



Great skin starts with Dr. Vu

CALL US TO SCHEDULE YOUR CONSULTATION!

Microneedling & PRP Therapy · Laser Resurfacing
IPL Treatments · Injectables

SkinPen
MICRONEEDLING

COLLAGEN AND ELASTIN RENEWAL
ACNE SCARS
FINE LINES
WRINKLES



CYNOSURE
LASER SKIN RESURFACING

WRINKLES
AGE SPOTS
ROSACEA
HAIR REMOVAL



VI Peel
CHEMICAL PEEL

MELASMA
ANTI-AGING
RESTORATIVE IMPROVED TONE, TEXTURE & CLARITY



Anh Vu, M.D.

BOARD CERTIFIED PLASTIC SURGEON

(904) 245-1320 · WWW.ANHVUMD.COM
301 HEALTH PARK BLVD., SUITE 109, ST. AUGUSTINE, FL

BOTOX & JUVEDERM · FACE & NECK LIFTS · TUMMY TUCKS
BREAST AUGMENTATIONS · VASER LIPO
NEOGRAFT® HAIR TRANSPLANT · COOLSCULPT® · LASER RESURFACING
MICRONEEDLING & PRP THERAPY · IPL TREATMENTS

 a remarkable
Résumé

Sarah Jewell

Certified Professional Résumé Writer
Certified Career Management Coach

904.824.3608

sjewell@aremarkableresume.com
www.linkedin.com/in/sjewell

www.aremarkableresume.com
BBB Accredited Business

Résumés
Cover Letters
Career & Interview Coaching
Professional Bios
Linkedin Profiles
Career Assessments



mikosalon
581 Market Street • Palencia
904-576-9695

“LOVE YOUR
SELFIE”

ASK ABOUT OUR LUXURY
SALON SERVICES.

GOLDWELL.

© 2019 Kao USA, Inc. #358425AS

A New Year, A New Tennis/Pickleball Social...With Another Twist

Help Support The St. Johns Ecumenical Food Pantry

By Kathy Moss, Palencia Pickleball/Tennis Advisory Committee

This will be year Number 4 that the Palencia Pickleball/Tennis Advisory Community along with Tennis Director, Tom Salmon, come together in the New Year to help neighbors who rely on St. Johns Ecumenical Food Pantry. With the holidays winding down the need for helping those who are struggling in our communities continues. Established in 1991, St. Johns Food Pantry offers emergency food assistance, free of charge, to St. Johns County residents who meet qualification guidelines. As we continue to responsibly navigate the challenges of Covid 19, the Pantry is especially grateful for any donations we can provide.

Because of the continued spread of the Coronavirus, and out of respect for social distancing and not gathering in large groups, we will NOT get together this year to play our traditional Tennis/Pickleball Social.

The Committee, however, WILL still be collecting food and money donations that greatly benefit St. Johns Ecumenical Food Pantry directly.

There will be a large box, labeled for collections, placed in the Tennis Pro Shop and also at the Fitness Center until Friday, January 15, 2021. We ask that ALL players and non-players



please make a donation. The Pantry is grateful for any of our residents who would like to contribute to this much-needed cause.

Suggested donations include: juice, rice, soup, cereal, pasta, canned vegetables/fruit, canned ham, canned spam, Vienna sausages, etc.

The Pantry can purchase food at a big discount so a \$5.00 donation will buy a lot more food than retail prices.

Also, for those who might travel and collect complimentary shampoos/washes, these items are in need.

Any monetary donations can be left at the Tennis Pro Shop. Contact Tom Salmon at 904-825-4012 or tom.salmon@fsresidential.com.

Nease Cheerleaders Heading To Orlando UCA Competition



The Nease Competitive Cheerleading Team has received a bid to enter the Universal Cheerleaders Association 2021 National High School Cheerleading Championship competition in Orlando. Directed by Coach Alaina Porcellini, the cheerleaders, made up of freshman through seniors at Nease High School, are looking forward to the challenge. The UCA National High School Cheerleading Championship is the most prestigious high school championship in the country, nationally televised on ESPN each year. In 2020, the association had the honor of hosting over 20,000 athletes and 950 teams at the Walt Disney World Resort in Orlando in celebration of the 40th year of NHSCC.

Jill Stonier
BEAUTY STUDIO

- Facials
- Hydrafacials
- Wedding & Event Make-up Application
- Make-Up Lessons
- Spray Tanning
- Skin Care and Make-up For All Your Needs



Jill Stonier, Palencia resident

Visit Our Studio In Palencia At
591 Market Street
904-599-2272
or email jill@jillstonier.com

Visit Our Website
JillStonier.com



591 Market Street, Palencia

Palencia Celebrates 2020 Holiday Season



Despite the social distancing required due to COVID 19, Palencia residents came out with holiday spirit in their hearts for the 2020 Palencia Christmas tree lighting. The merriment was as bright as the 30 ft. tree sparkling with hundreds of lights, and the littlest Palencia residents got a chance to talk to Santa and give him their list.

This year Palencia hosted a contactless Santa experience for the kids. Santa was nestled a safe distance away and wore a plastic shield to protect his face. While kids were not able to sit on Santa's knee, they did get to ask the jolly old elf for that perfect gift.



The warmth and joy of a Palencia Christmas brings us closer to each other, and these youngsters were no exception. The traditional Palencia holiday festivities were a nice, brief distraction from the pandemic.



Santa stole the show at the Palencia Tree Lighting as kids waited in line for a photo, candy cane, and some social distancing with the jovial white-bearded elf.



A huge crowd gathered on Market Street to enjoy horse-drawn carriage rides through Palencia, their favorite food trucks and the holiday joyfulness that comes with the season. Wishing you hope, peace and lots of Christmas cookies.



EYE CENTER OF ST. AUGUSTINE

THE EYE SURGERY CENTER OF ST. AUGUSTINE
THE OPTICAL SHOP



PAUL W. HUND, III, M.D.



TODD P. THOMPSON, M.D.



RUSSELL W. NELLIGAN, M.D.*
*Cornea Specialist



N. PATRICK HALE, M.D.



MICHAEL A. DAGOSTINO, O.D.



TODD S. HOCKETT, O.D.



TOTAL EYE CARE UNDER ONE ROOF

- All Board Certified Physicians
- Cataract & Lens Implant Surgery
 - Diabetic Eye Exams
- Glaucoma/Retinal Disease
- All Eye Laser Procedures
- Ophthalmic Plastic Surgery
- Optical Shop On Premises

MEDICARE & MEDICAID PARTICIPANTS

- ACCEPTING NEW PATIENTS

1400 U.S. Highway 1 South, St. Augustine
904-829-2286

319 West Town Place, Suite 8, World Golf Village
904-940-9200

10 Florida Park Dr., Suite A, Palm Coast
386-445-1279

800 Zeagler Dr., Suite 120, Palatka
386-328-8369

* WE ACCEPT MEDICARE, BLUE CROSS & BLUE SHIELD, UNITED, CIGNA, AND MOST MAJOR MEDICAL HEALTH PLANS.



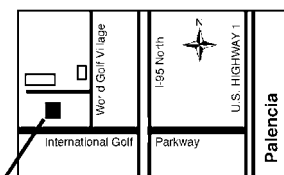
Chosen St. Augustine's Best Vision Center 14 Years In A Row!



Palencia Residents!

Visit our office just 10 minutes from Palencia at World Golf Village

www.eyecenterstaug.com



319 West Town Place, Suite 8
World Golf Village

TIRED OF WAITING? CALL NOW! (904) 461-5479

LANDSCAPE & IRRIGATION

INSTALL & REPAIR
 -SPRINKLER SYSTEM
 -WATER PUMP
 -DRAINAGE SYSTEM
 DESIGN & LIGHTING
 -LANDSCAPE



LIGHTING SPECIAL



AFFORDABLE FULL SERVICE
 34+ Yrs Serving St.Johns

www.YANKEE CLIPPER IRRIGATION.com

Asian - European & Domestic Car Specialists



Feldman Auto Repair

Like Us On 

Honesty & Integrity are our Best Attributes - The Feldman and Weitz families have been serving Palencia Residents for over 10 years

Mike Weitz,
 Trained in Diagnostic Mechanics, Hybrids & General Maintenance

3816 N. U.S.1 • St. Augustine
 (904) 217-0865
 www.feldmanautorepair.com

We Specialize In:
 Engine Diagnostics/Driveability
 Brakes • Front Ends • Tune-Ups • Timing Belts/Chains • C/V Boots & Axles • Tires • General Maintenance

We Sell Tires With FREE Lifetime Repair & Rotation!

MAINTENANCE LIGHT RESET We Reset All Maintenance & Service Lights On All Vehicles Feldman Auto Repair	ENGINE LIGHT DIAGNOSTICS \$45⁰⁰ Some addl. diagnostic charges may apply Feldman Auto Repair With this coupon. Not valid with other offers or prior purchases. Offer Expires 1-31-21	TIRE AND BRAKE INSPECTION Free Feldman Auto Repair With this coupon. Not valid with other offers or prior purchases. Offer Expires 1-31-21	OIL CHANGE SPECIAL \$24⁹⁹* Includes up to 5 qts oil & oil filter. Good For Most Cars Plus Disposal Fee Feldman Auto Repair With this coupon. Not valid with other offers or prior purchases. Offer Expires 1-31-21
AIR CONDITIONING SERVICE \$124⁹⁵ Includes • Evacuate and Recharge system • UV Dye • Check entire system Feldman Auto Repair With this coupon. Not valid with other offers or prior purchases. Offer Expires 1-31-21	SERVICE SPECIAL \$10⁰⁰ OFF Retail Or Service Of \$100 Or More. Most Vehicles. Feldman Auto Repair With this coupon. Not valid with other offers or prior purchases. Offer Expires 1-31-21	COOLING SYSTEM SERVICE \$45⁰⁰ Plus Fluid • Check entire system Feldman Auto Repair With this coupon. Not valid with other offers or prior purchases. Offer Expires 1-31-21	FULL SYNTHETIC OIL CHANGE \$79⁹⁹* Includes up to 5 qts oil & oil filter. Good For Most Cars. Plus Disposal Fee Feldman Auto Repair With this coupon. Not valid with other offers or prior purchases. Offer Expires 1-31-21

* Some Cars Slightly Higher



Coquina Classic Brings Love And Peace To The Golf Course

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

It was a scene right out of Woodstock as the Palencia WGA ladies and their guests teed up for the 2020 Coquina Classic, our group's annual two-day member guest tournament. After all, it is 2020 and the theme of Peace, Love and Golf just seemed to be perfect for a year that has brought its share of anxiety, loneliness and chaos.



Coquina Classic co-chairs Maria Cavanaugh and Sandy Frambes.



Sandy Frambes (with headband) and her partner, Sherry Jude rocked their inner hippie on Thursday night.



Sherry and Sandy took top prize as Low Gross Winners.

It was all fun and frivolity on Thursday night, November 12th as the players and their guests convened for some fun outdoor golf games, including pitching marshmallows and putting blindfolded. We were thrilled to have guests from around the country, including Massa-

chusetts, Colorado, and Texas, to name a few states, as well as guests from many other clubs in North Florida. The rainy weather cleared just in time for our evening event and we were able to enjoy the outdoors, including being entertained with classic 60's and 70's hits by a band.

This social event was a great way for the 48 players to get to know one another and to have some fun before the serious business of competition began. And we saw quite a bit of tie-dyed apparel and lots of peace signs too!

Friday morning offered a very dewy golf course at the start but all of the ladies got down to business, playing a scramble format for the first nine holes and a Pinehurst alternate shot for the second nine. If you don't think that playing alternate shots with one's partner doesn't take some serious strategizing, you have another think coming. I'm not sure how much peace there was on the course, but there was plenty of love and fun to go around. Play was followed by lunch where our theme continued with decorations by Darlene Adams, who even sewed tie dyed napkins for the tables. Now that's a labor of love!

Saturday brought more sunshine and the format for the day was best ball of two players. By Saturday, all playing jitters were gone, relationships had

Continued On Page 7

The Southern Gardener LLC



Nelson Norris
904-377-1887
 Lawn Maintenance
 Landscape Design & Installation
 Licensed & Insured
 TheSouthernGardener@gmail.com

"Doing the common things uncommonly well."

Coquina Classic Brings Love And Peace To The Golf Course

Continued From Page 6

formed and everyone just went out and enjoyed the congenial atmosphere. Awards were presented for top gross and net pairs for each of the four flights and then top awards for low net and low gross. Chris McCoy and her guest, Eva Pazan took the prize for Overall Low Net and the Award for Overall Gross went to Sandy Frambes and her guest, Sherry Jude.

And speaking of Sandy Frambes, she co-chaired the event along with Maria Cavanaugh. An unbelievable amount of work goes into the planning and execution of this event and my (golf) hat is off to these two ladies who started the planning back in June. Their attention to detail was very apparent from the goodie bags, to the printed program and the snazzy golf vests that each player received.

We also need to recognize our great corporate sponsors. Our title sponsor was Bozard Lincoln who was extremely generous with financial support and with personnel being present on both days of the tournament. We truly couldn't have done it without Bozard. Our Gold Sponsor was Golf Carts of St. Augustine, a consistent supporter of our WGA. Also very important to our success were our Hole Sponsors, Crickett Huff, Realtor, Jim White Insurance, Palencia Dental,



Palencia Golf Professional, Matt Carroll, right, congratulates Staci Luttropp after she sunk a putt blindfolded. Looking on is her tournament partner, Linda Humpal.

Orthopaedic Associates of St. Augustine, and Craig Dewhurst, State Farm.

We would be extremely remiss if we didn't acknowledge the support of the Palencia Club staff. It was all hands on deck for the weekend from top management, food and beverage and banquet staff, grounds crew and especially the golf professionals. They worked tirelessly with us to make the event fun and high quality. All of the WGA ladies felt proud of our club and our dedicated staff. We definitely felt the love.

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

CDC Report: "COVID-19 Most Commonly Spreads During Close Contact"

People who are physically near (within 6 feet) a person with COVID-19 or have direct contact with that person are at greatest risk of infection. When people with COVID-19 talk, cough, sneeze, sing, or breathe they produce respiratory droplets. These droplets can range in size from larger droplets (some of which are visible) to smaller droplets. Small droplets can also form particles when they dry very quickly in the airstream. Infections occur mainly through exposure to respiratory droplets when a person is in close contact with someone who has COVID-19. Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes, such as those that line the inside of the nose and mouth.



A mask protects you & others

Best Selection Of Tile In The State!



Cielo Stone & Tile, Inc.
Stone, Tile, Mosaics and Flooring

904-687-1981

Why fly to New York for the best selection? We have it right here at home!

6370 U.S. Hwy 1, Bldg #9, St. Augustine, FL 32095 (2 Miles North of the Airport, 1 Mile South of Palencia)

New Year, New Home!



Betsy Picot, Realtor
Watson Realty Corp.
(904) 891-2144

BPicot@WatsonRealtyCorp.com

A Rare Find in Davis Shores!

Built in 2013, this beautifully finished, upgraded home is a short walk to Historic St. Augustine, Anastasia Blvd. restaurants and the Conch House! The open floor plan has spacious first floor master, great room w/ sliders to private back yard oasis w/ fire pit. Cooks delight kitchen with generous cabinet and counter space. Welcoming entry, with formal living & dining rooms. 3 spacious secondary bedrooms, 2.5 baths, upstairs bonus room. So much more! **\$625,000**



200 Paseo Terraza Condo

Walk to shopping and close to Palencia and Avilla amenities! Peaceful pond and preserve views from this spacious 2BR 2Bth with 2-car garage below. Elevator access. All appliances convey. Now vacant. **\$219,900**

Coastal Tree Service

904-285-6427

Your Complete Tree Care Specialist

ISA Certified Arborist

Specializing In Dangerous Trees



- Tree Preservation
- Tree Removal
- Pruning
- Trimming
- Transplanting
- Storm Clean Up
- Stump Grinding
- Crane Service
- Bucket Truck
- Debris Hauling
- Excavations
- Land Clearing
- Arborist Consultations
- And Much More!



www.coastaltree.com 904-285-6427



MONSTER Tree Service.

WE'RE IN YOUR NEIGHBORHOOD

The Monster Advantage

- Professional Arborists
- Licensed & Insured
- No Job Too Small or Too Monstrous
- Clean. Efficient. Respectful.
- Prompt Service
- Locally Owned & Operated

904-719-8499

www.WhyMonster.com/Northeast-Florida

CTSP MEMBER ISA MEMBER TCIA

Call Us For A Free Estimate On Pruning Your Tree



6th Annual Pirate 5K And Fun Run January 23rd

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

It's time for the 6th Annual Pirate 5K and Fun Run hosted by the Palencia Elementary School Parent Teacher Organization (PTO). This exciting fundraiser and community event will take place January 23, 2021 at the Palencia Club. It's a festive morning with music and cheering as the racers take their marks, followed by a beautiful run through the tree-canopied Palencia neighborhood.



Last year's Pirate 5K brought out Palencia's best, left to right, Todd Rebella, Sophia Rebella, Jeff Laconte and Heather Rebella.

With many parents, teachers and students alike hoping that 2021 will bring more normalcy and community events, the PTO is hoping to have an amazing turn out.

Race Chair Heather Carbone shared that "we are thrilled that after a year of cancellations, that the Pirate 5K will be going forward. The race will be socially distant with staggered start times and extra precautions taken to ensure runner safety. Additionally, the 5K race is a qualifier for the Gate River Run and each 5K participant gets a pirate race medal for finishing. Prizes are also given for the top three finishers for both females and males for 5K overall and for nine different age categories, as well. The finale of the 1 mile fun run on Promenade Pointe Dr. is a fan favorite for both kids and families. We are excited to start 2021 off on the right foot and hope many in our community will come out and participate in this fantastic race that benefits Palencia Elementary School."



A scene from the last Pirate 5K Run. Each race participant gets a pirate race medal for finishing.

While the PTO hopes that this event will spread cheer and community support, the funds raised are going towards a wonderful cause as well. All proceeds from this event will go toward increased classroom storage systems and outdoor educational spaces. Both of these are much needed with the new challenges

teachers are facing in the classroom. Each teacher has had to reconfigure their classrooms to be in alignment with CDC guidelines as well as many teachers looking for safe locations outside to hold lessons and activities. We hope that this fundraiser will give our teachers the opportunity to do just that.

In terms of safety precautions for race day, the PTO is ensuring community health remains a top priority. In consultation with city officials and the local health department, runners can participate virtually or in-person. The virtual 5K option allows runners to receive their packets in the mail and complete the run at any location of their choice. Runners may switch to the virtual 5K option for any reason, at no extra cost to the participant. Should the traditional 5K be cancelled for any reason, runners may choose to switch to the virtual race option or donate their registration fee, however no refunds will be issued. The race protocols will adhere to local or

Continued On Page 9

DON'T IGNORE THE PAIN!



Lighthouse CHIROPRACTIC



Dr. Adam Podraza, Chiropractor
Dr. Mayredlis Cruz, Chiropractor

CHIROPRACTIC EXAM INCLUDES:

- CONSULTATION
- THERMAL SCAN
- MUSCLE TENSION TEST
- INTERNAL STRESS TEST
- DIGITAL POSTURE
- DIGITAL X-RAYS (if necessary)
- FIRST ADJUSTMENT

\$300
\$97

Lighthouse Chiropractic is a family oriented chiropractic office located just 4 miles north of Palencia on US-1. Our mission is to be the cornerstone of health for the residents of St. Johns County and neighboring communities.

AUTO ACCIDENT • PRENATAL CARE • WELLNESS • PEDIATRICS

OPEN SATURDAYS!
SAME DAY APPOINTMENTS!
HABLAMOS ESPANOL!

CALL NOW!
(904) 342-8970

INSURANCE ACCEPTED!
CASH RATES OFFERED!

www.getlhc.com | 145 Hilden Rd. Ste 123, Ponte Vedra, FL 32081 | getlhc@gmail.com

6th Annual Pirate 5K And Fun Run

Continued From Page 8

dinances, including any social distancing guidelines that may be in effect. Regarding the in person race, runners will begin in staggered waves of up to 50 people every 10 minutes.

Runners and walkers alike are encouraged to come out and support our local school. Whether you wish to participate virtually or prefer the camaraderie of running with fellow classmates and neighbors, the PTO appreciates and welcomes the community support. If you would like to learn more about the race, please visit the website at www.thepirate5k.com.



The Pirate 5k and Fun Run brought out many parents, teachers and, of course, students.

First Coast Card Club And Newcomers Club

First Coast Florida Lifestyles Newcomers Recreation Club: Cards And Games Events

Sunday, January 3rd. Dunkin Donuts at the Shoppes at Murabella, St. Augustine. Arrival: 2 p.m. Cards Begin: 2:15 p.m. No Food On Card Playing Tables. Please eat prior or after card play. Masks worn.

Sunday, January 17th. Lunch/Cards. Lunch at Gator's Dockside Restaurant, St. Augustine. Last business in Dollar General Plaza adjacent Shoppes at Murabella Plaza. Arrival: 1:15 p.m. Cards Begin: Approx. 2:15 p.m. Masks worn.

Sunday, January 31st. Dunkin Donuts at the Shoppes at Murabella, St. Augustine. Arrival: 2 p.m. Cards Begin: 2:15 p.m. Masks worn. No food on card playing tables. Please eat prior or after card play. Masks worn.

Please contact our Club organizers for further information and to RSVP in advance: 904-829-0643. Phone calls welcome. No texts. Our Club is open to both Men/Women. Smoke/Drug free club.

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. Happy New Year 2021 and may it be a much, much healthier and happy one. We are all looking so forward to normalcy. Peter Dytrych, 904 797-3736.

First Coast Florida Lifestyles Newcomers Recreation Club: Activities And Events

Saturday, January 2nd. Outdoors. Muster Historic Event at Fort Mose- Reenactors. Exhibits. 15 Ft. Mose Trail, St. Augustine. Arrival: 10 a.m. Free. Inside Exhibits: \$2. Masks worn.

Saturday, January 9th. Clifford Mansion Home & Citrus Museum. Two tours. Eustis, FL. Arrival: 12:45 p.m. Opens 1 p.m. Free. Masks worn.

Tuesday, January 12th. Outdoors. Guided Bird Watch Walk at Fort Mose. St. Augustine. Arrival: 7:45a.m. Tour: 8a.m.-10a.m. Park will not be open on this day. Free.

Saturday, January 23rd. Indoor/ Outdoor Big Farm plus Walking Tour- 18 Stops/Lunch. Newberry, FL-Alachua County. Arrival: 10a.m. Cost: \$5 per car.

Please contact our Club organizers for further information and to RSVP in advance: 904-814-9612. Phone calls welcome. Texts welcome. Open to both Men/Women. Smoke/Drug free club.

Richard Q Lewis III
Attorney at Law

Business Law • Estate Planning

701 Market Street, Suite 111-204

St. Augustine, FL 32095

(904) 201-3981

www.RQLLAW.com

Richard@RQLLAW.com

Palencia Resident

Your Local Insurance Agency Storm Tested and Proven Quality Service



HOME | AUTO | UMBRELLA | FLOOD

SCOTT GILLILAND - AGENT
PHONE (904) 824-9877

Located at Palencia Village Square
701 Market Street Unit 113
St. Augustine, FL 32095



www.gillilandinsurance.com

Walk-Ins Are Welcome



Palencia Resident Owned

Golf Carts of St. Augustine

We Service All Makes & Models

- Pick Up & Delivery
- Trades Welcome
- Financing Available

- Authorized Star Cart Dealer
- Authorized EZGO Parts & Refurbished Custom Cart Dealer



Custom Build Specials Available
We Build To Your Specifications



2-in-1 Combos

Special Discounts For Palencia Residents!

904.810.1006 35 Years of Experience

See Our Showroom at 5960 U.S. 1 North, St. Augustine • Located 2 Miles South of Palencia



904.940.9990

Myhome@igolfrealty.com

Contact The World Golf Village Real Estate Experts

559 W. Twincourt Trail #603, St. Augustine, FL 32095

Expertise isn't expensive...
it's PRICELESS

Selling Palencia

AND SURROUNDING AREAS



465 COSTA DEL SOL DR
4 BR 4 BA 3,948 SF
\$1,630,000 MLS 1081586



261 PINEHURST POINTE RD
4 BR 4 BA 3,107 SF
\$494,900 MLS 1085461



127 DE HAVEN STREET
4 BR 2.5 BA 1,950 SF
\$450,000 MLS 1077658



153 AUGUSTINE ISLAND WAY
3 BR 3.5 BA 3,108 SF
\$504,400 MLS 1052313



198 LATERRA LINKS CIRCLE
Unit 101 2 BR 2 BA 2,160 SF
\$405,000 MLS 1043340



605 FAVER DYKES ROAD
4 BR 3.5 BA 3,089 SF
\$519,900 MLS 1040268



503 W RIVER ROAD
3 BR 2 BA 2,198 SF
\$599,900 MLS 1074574



138 ATLAS DRIVE
3 BR 3 BA 2,511 SF
\$409,900 MLS 1082599



669 TREEHOUSE CIRCLE
5 BR 4 BA 3,424 SF
\$625,000 MLS 1081918



1221 COGHILL CIRCLE
2 BR 2 BA 1,990 SF
\$330,000 MLS 1082534



367 BOSTWICK CIRCLE
4 BR 3 BA 3,148 SF
\$332,000 MLS 1078188



526 OLYMPIC CIRCLE
2 BR 2 BA 2,120 SF
\$333,000 MLS 1076103



709 SAN MATEO COURT
.75 ACRES
\$179,500 MLS 1009269



110 TUSCAWILLA ROAD E
3 BR 2.5 BA 2,256 SF
\$369,900 MLS 1085034



105 THICKET LANE
3 BR 2.5 BA 2,744 SF
\$255,000 MLS 1085583

WE SELL COMFORTABLE CONDOS TO LUXURY HOMES

**NOVEMBER
TOP
AGENTS**

TOP LISTER
Lori Pezak
REALTOR®
570.704.9093



TOP SALES
Crickett Huff
REALTOR®
904.728.3333



TOP PRODUCER
Lori Pezak
REALTOR®
570.704.9093



2021
Wishing you a happy and healthy New Year!

Luxury Home Sales & More
600 Market Street 904.601.5000
ColdwellBankerPremierProperties.com



Home Sales & Property Management
163 Palencia Village Dr., Suite 110
904.222.8932

HOME OF THE PALENCIA CERTIFIED AGENTS

\$10 MILLION IN SALES



COLDWELL BANKER
PREMIER PROPERTIES



REALTOR

CRICKETT HUFF

904.728.3333

Global Luxury Certified Agent

crichuff@gmail.com CrickettHuff.com

Global Luxury Office 600 Market Street



NOV. TOP PRODUCER

Wishing my family, friends and valued customers a beautiful 2021!



Del Webb of Ponte Vedra
279 MANGROVE THICKET BLVD
I Brought The Buyer!
SOLD \$349,900



Global Luxury Custom in Palencia
126 SENORA COURT
Palencia Sales Are Hot!
UNDER CONTRACT \$995,000



World Golf Village Pool Home
3753 BERENSTAIN DRIVE
I Brought The Buyer!
SOLD \$395,000

Each office is independently owned and operated.

SELLING DREAM HOMES IN EVERY PRICE POINT!

CONDOS • VILLAS • SINGLE FAMILY



COLDWELL BANKER
PREMIER PROPERTIES

MEMBER SCHMIDT FAMILY OF COMPANIES



669 TREEHOUSE CIRCLE
5 BR 4 BA 3,424 SF \$625,000



221 OAK COMMON AVENUE
4 BR 3 BA 2,864 SF \$510,000



REALTOR

FRANK NELSON

904.567.6717

FrankNelsonHomeSales@gmail.com

www.FrankSellsFloridaHomes.com



SERVING SATISFIED CUSTOMERS SINCE 2005



COLDWELL BANKER
PREMIER PROPERTIES

600 MARKET STREET IN PALENCIA

Each office is independently owned and operated.

Your Neighbor and Real Estate Sales Expert



Selling Comfortable Condos to Luxury Estate Homes

Put her experience to work for you!

AWARDED THE GOLD GUILD DESIGNATION
The Highest Designation from the Institute for Luxury Home Marketing



GLOBAL LUXURY
PREMIER PROPERTIES

REALTOR

MARNY MIDKIFF

770.364.3406

Marny.midkiff@coldwellbanker.com

www.marny.midkiff@coldwellbanker.com

Global Luxury Office 600 Market Street

Each office is independently owned and operated.

Water Problems?



The Affordable Water team.

**CALL TODAY FOR
STRAIGHT ANSWERS,
NO HIGH PRESSURE!**

• Residential • Commercial
• Industrial

"We carry a complete line of Water Treatment Systems to meet your needs and your budget!"

**Family Owned & Operated
For Over 25 Years**

**Ask Us About Salt Delivery
Or Rental Systems!**

• REMOVE •

**IRON • BACTERIA • SULPHUR • SALTS
COLOR • LEAD • HARDNESS AND ODOR**

AFFORDABLE WATER

CONDITIONING • SOFTENING • PURIFICATION

License #W-32

**FREE WATER TESTING
3760 Kori Rd • 904-262-0197**



Ask A Certified Master Gardener Winter Landscape Protection

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

Winter temperatures in Florida can get low enough to damage tropical, subtropical, and even occasionally temperate plants, especially if they're not acclimated to lower temperatures.

Plants become acclimated by gradual decreases in temperature over a period of time. Sudden freezes like the one we recently experience in early December, and after a period of warm weather, often do more damage to plants than a freeze during a period of cold weather. Cold injury to plants in containers is common.

Acclimatization, protection and proper post-freeze pruning can help your plants survive a freezing spell or harsh winter season.

Freezes are characterized in two ways: either radiational or advective.

Radiational freeze, or frost, occurs on calm, clear nights when heat radiates

from the surface of plants. These surfaces can become colder than the air above them due to rapid loss of heat or long-wave radiation. When the air is moist, a radiant freeze results in deposits of ice or frost. Plant damage from a radiational freeze can be minimized by reducing heat loss from plant and soil surfaces - covering your plants. Radiational freeze is a slower progression than advective freeze.

Advective freeze is defined by and occurs when a cold air mass moves in rapidly causing a sudden drop in temperature, or simply a windy freeze. While windy conditions are normal during advective freezes, it is more difficult to protect plants under this condition as the wind speed brings on immediate cold, dry air that destroys plant tissue. Advective freezes are a major concern for fruit growers in the state and cause more reduction in the fruit supply than any other factor.

The ability of plants to withstand a freeze depends on both temperature fluctuations and day lengths prior to the event. A gradual decrease in temperature helps

acclimate most plants to cold. That is why a sudden temperature decrease in late fall or early winter usually results in more damage than the same low temperature in January or February. Leaf and stem tissue will not survive ice formation inside the cells (resulting from a rapid freeze), but many plants can adapt to ice formation between cells. Short durations of warmer temperatures in midwinter can also de-acclimate some plants, resulting in early bud break, flowering, and susceptibility to freeze injury.

One type of winter injury is plant desiccation or drying out. This is characterized by marginal or leaf tip burn in mild cases and totally brown leaves in severe cases. Desiccation occurs when dry winds and solar radiation result in the loss of more water from the leaves than can be absorbed and/or transported by a cold root system. Root systems in the landscape are seldom frozen in Florida, but the soil in small containers can be frozen easily with several hours of cold temperatures.

Because we are in tropical Florida, we often understandably desire a tropical appearance in our landscapes, but it is important to remember the hardiness zone number 9 we live in, and not purchase plants beyond their northern limit. If you elect to plant more tropical plants, one option would be to plant them along with cold hardy plants in your landscape in the event that we have a prolonged freeze, to ensure that part of your landscape will do fine.

Temperatures can also fluctuate within a landscape due to microclimates created by tree canopy, proximity to structures and other factors. You can identify these microclimates in your landscape for cold-sensitive plants. Poorly drained areas, for example, result in weak, shallow roots that are susceptible to cold injury.

Watering landscape plants before a

Continued On Page 13

- Sales
- Service
- Accessories

CUSTOM BUILT GOLF CARTS

Jacksonville Country Club

Complete Service

Battery Replacement

Rims & Tires

Upholstered Seats

Street Legal

Lifted Custom Carts

(904) 429-7861
www.nascarts.com

NASCARTS
Free Service
Pick-Up Coupon
Expires 1-31-21

Water Problems? Ask Polly!



Polly Swindull

Dear Polly, Can an infectious disease spread via drinking water?

Good question. Of the 50 most deadly infectious diseases, approximately a third may be transmitted by drinking water. They are Lassa Fever, Rabbit Fever, Rotavirus, Typhoid Fever, Botulism, Legionnaires' Disease, SARS, and MERS, just to name a few. There are ways to protect yourself. One of the most effective methods is ultraviolet light treatment that will kill 99.9% of all viruses in water. These are affordable and easy to install. Give us a call for more information.

Thanks for the question.

EAST COAST WELLS & WATER TREATMENT CALL 824-6630

Strength - Posture - Longevity

INLINE

PILATES + FITNESS



Pilates, Post-Rehab, Sport Specific, & Pre + Post Natal Exercise

**Privates - Duets - Equipment Classes
All Ages + Skill Levels**

(321) 754-6172 • www.inlinepilatesfitness.com

701 Market Street, Suite 108A, St. Augustine, FL 32095

Advertise Your Business Or Service To Palencia

For advertising information, contact us at thepaper@comcast.net or call 904-436-5887.



Cleaning Out Your Closet? Know What To Keep & What To Throw Out

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

You open your closet to find something to wear, and you feel like it is full of clothes that don't fit, or just don't want to wear anymore. The solution is simple: get rid of them. Here are my best tips and closet cleaning guidelines on what to keep and what to toss:

1. Easy steps first. You can donate clothes that don't fit you, although you were hoping to fit into them one day. Replace those items with clothes that make you feel comfortable and confident now.

2. Discard anything that's stained, torn, or ripped. Yes, please, that includes your un-matching socks!

3. Hand-me-downs that you never loved. Things that we inherit from family members, that you feel obligated to keep.

4. Of course, any worn-out sneakers and uncomfortable shoes.

5. Have you worn it in the last year? If not, it goes straight to the toss/donate/sell pile. Be honest with yourself; if you haven't worn it in a year, even with tags on, you never will. Of course, there are exceptions: formal dresses, sentimental pieces like your college jacket, etc.



6. Any uncomfortable underwear that you haven't worn and bras too!

7. Please don't wait for it to come "back in style." We all have clothes from 10 years ago, hoping they'll come back.

Well, I did that, and they are just taking up your closet space.

8. Make sure you can style everything that you keep. Just make sure you can pair the item with other things in your closet.

9. If you are not sure what to do with some pieces, start your "don't know pile." Make sure to try all those pieces on again before deciding. Don't be afraid to get rid of stuff that you once loved that no longer serves you.

10. Don't forget to toss any dry cleaner hangers and plastic bags!

I hope you picked up some useful tips on how to purge your closet and decide to tackle it soon! Organizing a closet is not a small task, but for sure, it's one of the most satisfying clean-up projects you can do today.

Need help? We are here for you! If you have questions, call me at (904) 351-8343.

Winter Landscape Protection

Continued From Page 12

freeze can help protect them. Wet soil will absorb more heat during the day and radiate it during the night.

Plant coverings function well at protecting plants from frost. They need to extend to the ground to trap radiant heat and can be anchored with rocks, bricks, soil, etc. However, be careful when using plastic as this type of cover actually takes heat away from the plant and reduces ventilation.

Examples of good plant coverings include cloth sheets, quilts, or commercial frost cloths. If you have landscape lighting, putting a light under your cover is a simple method of providing heat to ornamental plants in your landscape.

Fences, buildings, temporary coverings and adjacent plantings can all serve

as windbreaks and are especially helpful during advective freezes.

To sum up, plant water requirements should be checked after a freeze, especially after an advective freeze as their roots may be too cold to function normally. After a freeze, just apply water to allow thawing and rehydration to begin.

Tip of the month: Our turf goes into dormancy during winter months. Starting now, if you have not already done so, adjust your irrigation schedule to activate only once a week at most and less frequently if we have rain. Once full dormancy occurs, when your lawn turns completely brown, irrigate at most only once every two weeks. Some homeowners elect to completely turn off lawn irrigation during this period.

**"I only want cremation."
Call For Price**

**Flagler Memorial Cremation Society
(904)797-4990 or (904)669-1809**



Your Organizing Studio

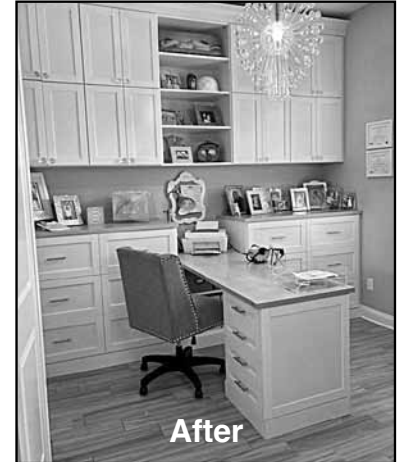
Scan the QRC
Code on your
smart phone



Start The New Year Off Right!



Before



After

Let a professional organizer declutter and organize your home

We offer professional home-organizing services for your entire home that are personalized, functional and aesthetically beautiful so that you can have the peace of mind you deserve.

**Call for your Free Consultation
(904) 351-8343**

**@YourOrganizingStudio
Alejandra@YourOrganizingStudio.com
www.YourOrganizingStudio.com**



Alejandra Rivera
Professional Organizer - Palencia Resident
Inspired+Organizer HSR Certified

Carrera Wine Cellar

35 San Marco Ave • St. Augustine, FL
www.carrerawinecellar.com



**•VOTED BEST WINE LIST AND
BEST WINE BAR
•WINE, BEER, CHEESE, &
CHARCUTERIE
•NOW BOOKING CLASSES,
EVENTS, & PRIVATE PARTIES**

*From Dom P, Dal Forno, and Opus One
to Caymus, Belle Glos, and
Austin Hope...*

We've got the wine for you!

904.217.4751

FOLLOW US ON:



WATER SOFTENERS BY East Coast Wells & Pumps

- Wells
- Pumps
- Softeners
- Filtration
- Chlorine & Hardness Removal
- Bacteria Removal

David & Polly - Lifetime Residents

PROTECT YOUR HOME AND FAMILY TODAY!

824-6630
 www.EastCoastWells.com
 Florida License #7232

Licensed Bonded Insured

***Mention This Ad And Receive FREE Salt For One Year With New Installation**



Transition

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

Hello Fellow Golfers,
 In our monthly series we have previously discussed:

- A pre-shot routine
- A straight left arm to the top of our swing
- Establishing the importance of loading right side.

Now we start the **TRANSITION** - after we have loaded the right side, we make the transition and the move toward impact. This move now allows your core to become involved. We start the forward move "in the pocket" this slightly inside move develops power and accuracy.

We must keep our eye on the golf ball and head level because our club head speed is increasing rapidly. By doing this we

the back of the ball - remember in golf if we stay down at impact the golf ball will get in the air but if you try to lift the ball at impact the ball stays low - stay down ball goes high!

During your golf practice or during your golf on the course when you hit a good shot take that moment and even close your eyes and feel what it felt like for you to hit a solid good shot and use those thoughts as keys to repeating that same beautiful action.

This is a lot to digest but they all work together! Take a couple of these thoughts and it will all fall together like a puzzle!

The Transition - If I can be of help on this important move, please contact me at Laura@laurabaughgolf.com and set up a lesson.



You've come a long way, baby! Lady golfer circa 1920.

Newcomers of North St. Johns January Luncheon at La Cocina Restaurant

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) will hold its next member luncheon on Tuesday, January 19th with doors opening at 11:00 a.m. and held at La Cocina International Restaurant in the Castillo Real Hotel, 530 A1A Beach Boulevard, St. Augustine. The event features a presentation on local volunteer opportunities.

Cost for the luncheon and program is \$30 for members. The meeting be-

gins at 11:30 a.m. with luncheon service beginning at 12 noon. All reservations must be received by January 12th.

Following the luncheon Cheryl Freeman, Director of the Retired and Senior Volunteer Program (RSVP) of St. Johns County, will be our guest speaker. If you are interested in a registration form for the luncheon, NNSJ membership information or upcoming activities, contact Sue Aird at sjaird@comcast.net.

AUI
ADVANCED UROLOGY
 INSTITUTE

CONDITIONS WE TREAT

- BPH
- Erectile Dysfunction
- Bladder Cancer
- Kidney Cancer
- Kidney Stones
- Overactive Bladder
- Prostate Cancer
- Urinary Incontinence
 - Vasectomy
 - Space Oar

NOW SERVING NORTH ST. JOHNS COUNTY
 TWO LOCATIONS TO SERVE YOU
(904) 824-1450

WORLD GOLF VILLAGE OFFICE
 52 TUSCAN WAY, SUITE 203
 THE SHOPPES AT MURABELLA

ST. AUGUSTINE OFFICE
 240 SOUTHPARK CIRCLE EAST
 ST. AUGUSTINE, FL 32086

Good To Be Home Cleaning Service

Residential weekly, moving in-out, or one time cleanings. Excellent references. 6 years of experience.

904-347-7990

ILO LLC
 INTERIOR & EXTERIOR
PAINTING AND HANDYMAN SERVICES
 Free Estimates • Great Prices
904-347-8288
 Licensed & Insured

License No. 9097



The Happy Time Ox Replaces Year Of The Rat

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

That time of the year again. I think everyone is smiling but it's hard to tell with their faces all covered.

They built the tree with the lights, and the candle holder on the grass where we walk.

All the Palencians were eating, drinking and making joyful noises.

The little people rode in the boxes behind the pulling animals. Guess they needed to rest from all the joyfulness.

I smelled a strange difference, this year. It almost seemed like something was a little different than in the past. I think this was a tough year. There weren't many strange faces in the crowd, family faces from afar.

This coming year is the year of the metal Ox.

"That means if you work hard, you will be rewarded!" So says my friend, the Chow Chow.

This year was the Rat, and I think it really was! So, I'll try to be a good Doodle and hopefully, we'll all forget about the Rat!

Make 2021 the best year yet.

Stay healthy and have a woof-fer-full 2021!



"Why did Santa Claus have three gardens?" So he could hoe, hoe, hoe!

Now Open Saturdays!

\$0 Cleanings!

For insured patients. Call for details.



ALEXANDER
DENTAL

46 Tuscan Way, Suite 306 • St. Augustine
904-940-5757



Easy Online Scheduling!
AlexanderDental.com or text
ALEXANDER to 313131



Appointments 7am-7pm!

Lou Sobh's
Honda
OF THE **Avenues**



#1 Jacksonville's
Honda Dealer

No. 1 Nine Years
New retail Honda sales 2008-2016 from American Honda Motor Co., Inc.

GIANT Service Savings
for all of Palencia from Jacksonville's Award Winning Honda Dealer!



The Honda Giant!

Lube, Oil & Filter Change!

\$39.95 PLUS TAX & SHOP FEES

Replace up to 5 quarts of Full Synthetic Oil and install new oil filter

Expires 2/5/21. Valid at Honda of the Avenues only.

FREE!
Multi-Point Inspection
Includes Alignment Check!

No purchase necessary. Expires 2/5/21. Valid at Honda of the Avenues only.

Maintenance Package Show Your Vehicle Some Love

\$169.95*

Package Includes:
• Oil and Filter Change • Rotate and Balance Tires • Full Inspection (Brakes, Battery, Fluids) • Engine Air Filter • Four Wheel Alignment • Wiper inserts

*Plus tax, supplies & environmental fees. Up to 5 quarts oil. Some models may be higher. Expires 2/5/21. Valid at Honda of the Avenues only.

Front Or Rear Brake Special!
\$99.95 PLUS TAX & SHOP FEES

• Replace front or rear brake pads* • inspect discs, calipers, brake lines, hoses and master cylinder

*Disc resurfacing or replacement, caliper repair or replacement and master cylinder replacement extra if needed.

Expires 2/5/21. Valid at Honda of the Avenues only.

SERVICE OPEN 7 DAYS A WEEK! Mon— Fri 7-7, Sat 7-5, Sun 10-5

11333 PHILIPS HWY (904)-370-1300

Schedule Service online at hondaoftheavenues.com



Florida Native Trees

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

Thinking about adding a tree to your landscape? Go native! Florida has several attractive, hardy species of differing sizes. From small trees like redbuds to the majestic live oak, there's a Florida native tree for practically any home landscape.

If you're looking for small trees, consider the redbud. In Central and North Florida, it puts on an amazing show each spring with a beautiful display of pink flowers. The medium-to-large red maple ushers in spring with red flowers and winged seeds.

As far as large trees go, the bald cypress will do well near water or on drier land throughout the state. The live oak is a majestic native that can also be planted statewide.

Even if a tree is native, make sure you know its soil, light, and other requirements, to ensure its success in your landscape.

When choosing a new tree for your Florida landscape, or deciding whether

to remove a tree, take hurricanes into consideration. One of the best things you can do in your landscape is to plant trees that can withstand hurricane-force winds.

Research conducted by University of Florida scientists showed that sand live oaks are the most resistant to wind damage. Other good choices include the Southern magnolia, live oak, crape myrtle, bald cypress, and sabal palm. These trees are less likely to lose limbs or blow over during hurricanes.

Some of the trees with the least wind resistance were sand pine, Chinese elm, water oak, and laurel oak.

Remember that proper planting and care are just as important as tree selection. By making smart choices when you choose and plant new trees, you'll avoid costly damage later.

Source: University of Florida, Institute for Food and Agricultural Sciences



Resolve To Enhance Your Relationship In The New Year

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

www.happycoupleshealthycommunities.com

As a Licensed Marriage and Family Therapist, I have seen couples grow closer or further apart during COVID-19. The couples that have grown closer have been intentional about enhancing their relationship. Research has shown that if you do not continue to put energy into a relationship, it deteriorates. In truth, you have to put energy into a relationship just to keep it where it is. For it to improve, you have to put even more energy into it. Therefore, I want to suggest that, in this New Year, you resolve to enhance your relationship and be intentional about putting more energy into it.

A good way to enhance your relationship would be to follow Dr. John Gottman's Seven Principles for Making Marriage Work (2009, 2015). These principles are based on Dr. Gottman's over 40 years of research on relationships and multidimensional and extensive observation of over 3000 couples.

The first of John Gottman's Seven Principles is Enhance Your Love Maps. Love Maps are that part of the brain where you store all the relevant information about your partner, i.e. their likes and dislikes, their hopes and dreams, their triumphs and traumas, etc. It is what we usually learn and share when we are dating or courting someone, and what we need to continue to learn and share when we are in a long-term relationship. We can enhance our Love Maps by continuing to ask each other open-ended questions about our likes and dislikes, hopes and dreams, etc.

The second of John Gottman's Seven Principles is Nurture Your Fondness and Admiration. This is the friendship basis of a relationship. According to Gottman, "Fondness and admiration are two of the most crucial elements in a rewarding and long-lasting relationship" (Gottman & Silver, 1999, 2015). The Masters of Relationship are truly fond of and admire each other and take time to nurture their fondness and admiration.

The third of John Gottman's Seven Principles Turn Toward Each Other Instead of Away. In a relationship, each partner makes "bids" for attention, affection, humor, or support. We can respond by turning towards those bids or turning away. According to Gottman, "Turning towards is the basis of emotional connection, romance, passion, and a good sex life" (Gottman & Silver, 1999, 2015). By turning towards, we establish what John Gottman calls "the Emotional Bank Account," putting good will in the bank for a rainy day.

The fourth of John Gottman's Seven Principles is Let Your Partner Influence You. Remember, to have influence in a re-

lationship, you must be willing to be influenced and to share power. This is especially important for men. According to John Gottman's research: "When a man is not willing to share power with his partner, there is an 81 percent probability that his marriage will self-destruct" (Gottman & Silver, 1999, 2015).

The fifth of John Gottman's Seven Principles is Solve Your Solvable Problems. All couples have problems. According to Gottman, there are two types of problems: solvable and perpetual problems. As the name suggests, solvable problems can be resolved. However, just because a problem is solvable doesn't mean that it gets resolved. If a couple doesn't possess effective techniques for conquering a solvable problem, it can cause excessive tension. John Gottman offers an approach to conflict resolution based on his research into what goes right when emotionally intelligent couples handle a disagreement. The approach entails the following steps: (1) Soften your start-up, (2) Learn to make and receive repair attempts, (3) Soothe yourself and each other, (4) Compromise, and (5) Process any grievances so that they don't linger.

The sixth of John Gottman's Seven Principles is Overcome Gridlock. The second (and most predominant) type of problems are gridlocked, perpetual problems. These are the problems that you argue about again and again and where you hurt each other and feel like you are getting nowhere. According to Gottman: "The goal in ending gridlock is not to solve the problem, but rather to move from gridlock to dialogue. The gridlock conflict will probably always be a perpetual issue in your marriage, but one day you will be able to talk about it without hurting each other. You will learn to live with the problem" (Gottman & Silver, 1999, 2015). How can you move from gridlock to dialogue? Dr. Gottman suggests four steps: (1) Explore the dream(s) behind the conflict, (2) Soothe yourself and each other, (3) Reach a temporary compromise, and (4) Say "Thank You."

The last of John Gottman's Seven Principles is Create Shared Meaning. We are all philosophers, looking for meaning in life and our relationships. According to Gottman: "Marriage isn't about just raising kids, splitting chores, and making love. It can also have a spiritual dimension that has to do with creating an inner life together—a culture rich with symbols and rituals, and an appreciation for your roles and goals that link you, that lead you to understand what it means

Continued On Page 18



St. Johns and Surrounding Areas Residential, Commercial, Industrial
Idealblindsandshutters.com

- Free Consultation within 48 hours
- NEW SHOWROOM OPEN Monday-Friday 8 am-2 pm or Free In-Home Appointment
- Quality Blinds, Shades, Shutters

Save \$100 with this ad





CALL NOW (904) 429-9715
 We're In Palencia at 284 Paseo Reyes Drive



Transforming Relationships Through Quality, Research-Based Marriage and Family Therapy

12724 Gran Bay Parkway West Suite 410 Bartram Park
 904-289-2954



HAPPY COUPLES HEALTHY COMMUNITIES

www.happycoupleshealthycommunities.com

Michael Brown, MSC, LMFT



Feeling Off?

By Jocelyn Babcock PT, DPT
 First Coast Rehabilitation
 (904) 829-3411 or (904) 907-1122

Your balance system is much like a choir: a combination of vision, proprioception (your sense of where your limbs are in space) and the vestibular system (information from the inner ear). Information from your eyes, your brain, and your vestibular system integrates to keep you upright. This helps you navigate through your environment, gauging how far you are from objects and preventing you from falling. When one part is out of tune, the others can usually compensate.

Balance can be affected by a decrease in strength, a more sedentary lifestyle, vestibular impairments, vision changes, decreased sensation or proprioception, and dizziness. A physical therapist can assess the cause and develop a plan to get you back to the things you love to do, safely. Having good balance and motor planning is important in keeping independent and healthy longer.

Often as people age, vision can get weaker, mobility can lessen, both affecting balance, putting people at an increased risk for falling. Out of fear of falling, many people stop doing their preferred activities or favorite pastimes, like walking on the beach or playing golf.

Another part of balance is how we receive information from sensors in our joints and muscles. This is called proprioception. This information tells us how high we need to lift our feet in order to clear the floor with each step. Proprioception can be hindered by muscles and joint tightness but can be re-trained with stretching and exercise.

A third component of balance comes from the Vestibular system, which is in the inner ear. Vestibular Dysfunction is fairly common and may be the reason for poor balance. Very small crystals in the ear tell your brain which way is up regardless of position. Sometimes these crystals become displaced, provide faulty information, and often result in vertigo. Vestibular Dysfunction may also be caused by decreased input from the nerves of the inner ear. In either case, a faulty vestibular system may distort a sense of uprightness resulting in a higher risk for falls. Simple tests performed by your physician or physical therapist can tell you right away if your vestibular system is working properly. Treatment may consist of specific exercises to retrain the inner ear, balance and proprioception training, and treatments designed to relocate displaced crystals (otoconia).

Falls are the leading cause of injury in people over 65 years old. If loss of balance, fear of falling or dizziness is a concern, a vestibular trained therapist can help decrease the symptoms by assessing the crystals in your inner ear and helping reposition them through specific maneuvers/exercises.

If you are falling, have come close to falling, have a fear of falling or just wondering if you can improve your balance, First Coast Rehab has therapists that can help and providing free balance screenings at 209 Blackford Way on Wednesday, Jan 13, 12:30-1:45 p.m.

Please call for a time slot (904) 907-1122.

JORGE'S HANDYMAN SERVICE, INC.

TRIM & FINE FINISH CARPENTRY


Custom Interior Woodwork
 Cabinets * Closets * Shelves * Doors
REMODELING AND RESTORATION

Free Estimates (904) 315-8550

www.jorgeshandyman.com
 Palencia References Available


Clean & Disinfect Electronics During COVID 19

For electronics, such as tablets, touch screens, keyboards, and remote controls. Consider putting a wipeable cover on electronics. Follow manufacturer's instruction for cleaning and disinfecting. If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.



First Coast
 REHABILITATION
where patient care comes first

One Therapist - One Patient
One Plan - One Goal
Two Locations



One Therapist

Offering Dry Needling

One Patient

209 Blackford Way
St. Augustine, FL 32086
Ph: (904) 907-1122
Fx: (904) 907-1123

1 University Boulevard
St. Augustine, FL 32086
Ph: (904) 829-3411
Fx: (904) 829-3412

Map 1: Shows location at 209 Blackford Way, near Walgreens, U.S. Highway 1 South, and St. Augustine Shores.

Map 2: Shows location at 1 University Boulevard, near Matanzas River, University of St. Augustine, Flagler Hospital, and Sgt. Tutten Drive.

For a list of services as well as info sessions (online and inhouse) see firstcoastrehab.com



Non-Edible Dangers For Your Pet

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

Pets, especially dogs, will often eat non-edible items. Some non-edible items in your house or yard that may be dangerous for your pet include:

- Antifreeze
- Cocoa mulch
- Fabric softener sheets
- Insecticides and pesticides (even flea and tick products for dogs can be dangerous, or possibly life-threatening, if used on cats or other animals)
- Lawn fertilizers and weed killers
- Liquid potpourri
- Mothballs
- Paints and solvents
- Rat and mouse bait
- Various household cleaners (including bleach and toilet bowl cleaners)
- Swimming pool chemicals
- Salt dough Christmas tree ornaments and play dough

Plants and Flowers

Threats to your pet's health can also come from outside the home. Some plants and flowers can be harmful if your pet eats them. Below is a list of the more common plants and flowers that may be dangerous for your pet:

- Almond, apricot, cherry, nectarine, peach, and plum trees and shrubs
- Aloe Vera
- Amaryllis
- Caster Bean
- Chrysanthemum
- Cyclamen
- Corn Plant
- Daphne
- Daylily and True Lily
- Dogbane
- English Ivy

- Foxglove
- Gloriosa Lily
- Golden Pothos
- Hibiscus
- Hyacinth and Tulip (especially the bulbs)
- Hydrangea
- Kalanchoe
- Lily-of-the-Valley
- Mother-in-Law Tongue
- Mountain Laurel
- Narcissus, Daffodil, Paperwhite, and Jonquil
- Oleander
- Peace Lily
- Philodendron
- Poinsettia
- Rhododendron and Azalea
- Rosary Pea
- Sago Palm
- Schefflera
- Stinging Nettle
- Yesterday, Today and Tomorrow Plant
- Yew Bush

The potentially dangerous items listed above can vary in how toxic they are to pets. Some may be only mildly toxic while others may cause severe illness or even death. Also, the degree of toxicity often depends on several factors, such as the type of animal (cat, dog, or other species) that ingested the item; the amount ingested; and, for plants, the part ingested (bulb, leaf, or flower).

Act Quickly

If you think your pet has eaten something potentially dangerous, call your veterinarian or a pet poison control center right away.

Enhance Your Relationship Continued From Page 16

to be part of the family you have become" (Gottman & Silver, 1999, 2015).

Remember that even making just a small and gentle shift in the trajectory of your relationship can have a dramatic, positive effect over time. The catch of course, is that you have to build on the change and keep it going. Improving your relationship is a kind of journey. Like all voyages, it involves suspending disbelief, taking one small step, and then seeing where you are and taking the next step.

Reference: Gottman, J., & Silver, N.

(1999, 2015). *The Seven Principles for Making Marriage Work*. NY, NY: Three Rivers.

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. If you would like to learn more about the Seven Principles or are interested in couples or family therapy, contact Michael at 904-289-2954 or visit www.happycoupleshealthy-communities.com.



Mike Weitz

With cooler temperatures many of you may have seen this light come up on your dash board. This is a common issue during this time of year as the cooler temperatures condense the air in your tires causing a low pressure indicator. If you see this light come on, do not hesitate to come on in to Feldman Auto Repair and have us check your tires. If they are low due to cooler weather we will add air but it is also important to make sure there are no punctures in the tire as well. Safety first!



At Feldman Auto Repair we have been keeping the roads safe for over 30 years. Visit us at 3816 N. U.S.1 There is no job too small or big, we offer free pick-up and delivery for all Palencia residents.

FELDMAN AUTO REPAIR CALL 217-0865

Smile With Confidence For Your Next Facebook Post!

Call us today to discuss your options to attain a smile you can't wait to share!



Specializing in the Facebook Friendly Smile™



Stephanie Kinsey, DDS
Palencia Resident



Call 904.826.4343

159 Palencia Village Drive, Suite 109 • Next To Starbucks
info@palenciadental.com • www.palenciadental.com



Dr. Jacob Vencil, Dr. Peter Veling and Dr. Deven King are experienced veterinarians who have a passion for your pet's health, including senior pet care.

- Wellness Care
- Digital X-rays
- Pet Dentistry
- Advanced Anesthetic Monitoring
- Pre and Post Surgery Pain Control
- Laser Orthopedic Surgery
- Laser Soft Tissue Surgery
- PennHip X-rays
- Neutering
- Humane Laser Declawing
- Pain Control Therapy for Long Term Pain Management

Monday thru Thursday 8:00 a.m. to 6:00 p.m.
Friday 8:00 a.m. to 5:30 p.m.
Saturday 8:00 a.m. to Noon

159 Palencia Village Drive, Suite 101, St. Augustine
904-824-1622

Email: palenciapetvet@gmail.com





2021: Living In A Post-Vaccine World

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

It seems that every one of us has a COVID 19 memory from 2020. Most of the people I talk to can name something bad that has happened to them or their families. Now as we enter a long awaited new year of 2021, we all are looking for a good year and even a return to normal. While I am convinced that returning to normal will be next to impossible, I am seeking the good news of a COVID vaccine in hopes of saving lives and offering us a sense of peace in an unstable society. But what will life look like in a post vaccine era?

Moving in to a modern era where a vaccine is available to a pandemic that has affected every level of our society and in the world will be far from normal. It too will affect our ideologies, economy, our healthcare, our socializing, mental health and our Spiritual lives. What future days look like will be worth projecting. I am not a politician or even a sociologist, but as a pastor, I care for the future of our community, families and children and each of our spiritual well-being.

Here's a preview of post-vaccine life, especially older Americans:

Telemed will become a more familial word and occasion. More and more this kind of virtual consultation between patients and doctors will be common place. According to the Pew Research Center, only 62% of people over 75 use the internet — and fewer than 28% are comfortable with social media time to learn telemed. Drugstores will do more in-store vaccinations. To avoid the germs in doctors' offices, patients will prefer to go to drugstores for regular vaccinations such as flu shots.

Because of so many COVID-19 deaths in nursing homes, more seniors will leave assisted living facilities and nursing homes to move in with their families, it may be common place for

families to make accommodations for their loved ones to come to their homes. Home delivery of almost everything will become the norm for older Americans and in-person shopping will become much less common.

Gatherings will continue to make adjustments. Whenever or wherever large families gather, people exhibiting COVID-like symptoms may not be welcomed under any circumstances. Public restrooms will need to be revamped. For germ avoidance, the need is increasing to get no-touch toilets, urinals, sinks and entrances/exits. Many will consider the public restroom a most compromised place in considering Covid 19.

When it comes to our Spiritual lives

I am on guard. These continuous adjustments and lack of community will have an impact. Many people are struggling with ways to uplift their spirits and yet others are taking the opportunity to find new ways. We are used to a myriad of activities even in our spiritual lives. We have Bible study groups, prayer, accountability, recovery groups and the list goes on and on.

The changes to our socializing must be seen as opportunities rather than diminishing our Spiritual lives. Worship in your daily routines. Get as much spiritual input as you can especially with online services. Listen to pod casts. Start small by volunteering and reaching out. Call a friend. Gather in online groups. Build your praying with others on the phone. Shine your light on others that they may pass it along to others struggling to find personal peace in the hardships they endure.

"Who can separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ...No in all these things we are more than conquerors through him who loved us." -Romans 8:35-37.





Happy New Year!

Join us as we...
**Learn from our past
Live in the present and
Celebrate the future!**

"Jesus Christ is the same yesterday and today and forever"
Hebrews 13:8

"INTERDENOMINATIONAL" CHRISTIAN CHURCH

www.wgv.church
904-940-6768

Worship Center at 4229 Pacetti Rd, St. Augustine

**Weekly Worship Services:
Sunday at 9:00 a.m. & 11:00 a.m.**



**Senior Pastor
Alan J. Liphart, M. Div.
Associate Pastor
Michael Legaspi, M.A.
Discipleship Pastor
Aaron Scott Long**

Come Join Us!

Our Lady Of Good Counsel Catholic Church

Called to Walk The Way of Christ Jesus



**A COMMUNITY OF DISCIPLES THROUGH
Witness, Word, Worship,
Welcome**

www.olgc-church.org

Mass Times
Saturday 4:00 pm
Sunday 8:00 am, 10:00 am, 12 Noon
Tuesday & Thursday 8:15 am

Confession
Saturday 3:15 - 3:45 pm
Holydays and Holidays - See website

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

Father Guy Noonan
Pastor

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

"Our family serving yours since 1915"



CRAIG

FUNERAL HOME • CREMATORY • MEMORIAL PARK

(904) 824-1672

www.CraigFuneralHome.com

How much life insurance do I need?

Is the life insurance I have through work enough? I bought life insurance a long time ago, do I need more now? These are common questions people have about life insurance, and the answers are different for everyone. As an individual, you have your own unique needs and dreams for the future, and you have your own unique family situation. State Farm Agent Craig Dewhurst helps a lot of people with these kinds of questions and he's here to offer some good insights into how to determine your unique life insurance needs.

Figuring out how much life insurance you need starts with looking at what and who you want to protect, and that often depends on what life stage you're in.

If you're newly married or a young parent, your income may be what you primarily need to protect. So if something happened to you, you could leave enough behind to help your spouse or family replace the lost income for a certain amount of time.

If your family is growing and you've purchased or upgraded your home, you may need to add additional coverage for some of your bigger assets. You might also be thinking about protecting your children's future education needs.

If you're going through a divorce, there are several factors to consider, especially if you have children.

If you're nearing retirement, you may start thinking about what your spouse would need to live comfortably if they live longer than you.

Craig helps customers look at all of these factors and more, such as their income, family size, home's value, their debt, and their business if they own one. If they have children, he can help customers con-

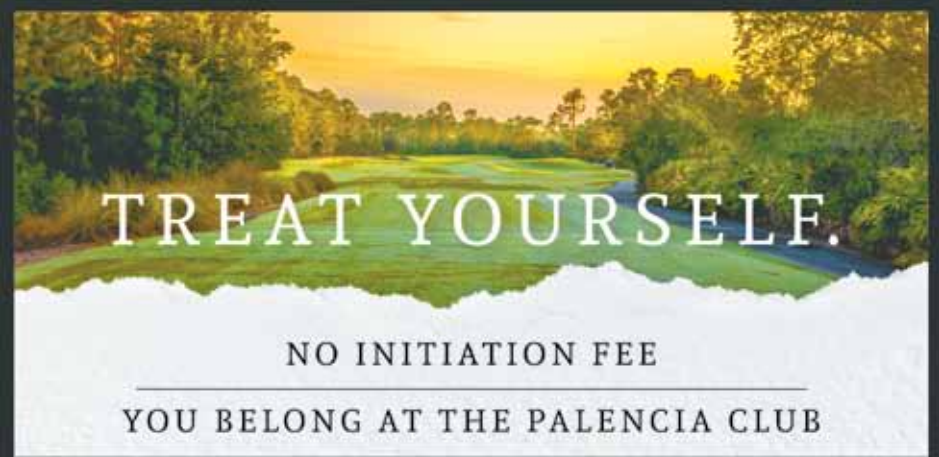
sider everything from basic costs like food and clothes, to future costs like a college education. "It comes down to how much your family might need, and for how long, to continue to live comfortably, if you were no longer there to help support them financially."

Many people who have life insurance through work assume that will be plenty for their family to live on. But as Craig puts it, "Many people don't do a needs analysis with their work coverage. They see the number and feel secure with it, but they've never sat down and looked at the numbers to see if they're even in the ballpark. For some people, it is enough, but for many people I've talked to, they find they need more."

So what if you've done an analysis of your needs, only to find out the premium isn't something you're able to afford right now? Craig describes it as a balance, and an ever-evolving conversation. "When we calculate proper coverage, we balance their budget with their needs. Budget is very important, so we start with helping customers find a solution that makes the most sense for them based on what they feel they can afford, while still feeling secure in their protection. We look at term versus whole life, things like that."

"Then, as their income and liability grow over time, they have more to protect but also more ability to afford more coverage. My team and I follow up with these customers on a regular basis so we can help them stay updated."

For help figuring out your own life insurance needs and to talk through your options, talk to your Palencia neighbor and local State Farm Agent Craig Dewhurst today at 904-940-9740.



TREAT YOURSELF.

NO INITIATION FEE

YOU BELONG AT THE PALENCIA CLUB

A LIMITED NUMBER OF PREVIEW GOLF MEMBERSHIPS ARE BEING ACCEPTED THROUGH JANUARY 31, 2021. DEFERRED INITIATION FEES FOR UP TO 3-MONTHS, PLUS A COMPLEMENTARY 30-MINUTE GOLF LESSON FOR NEW MEMBERS.

Experience the immersive lifestyle that embraces each of Palencia's Members.

Excellent Golf Course Conditions | Newly Remodeled Clubhouse
Social Events for All | Exceptional Culinary Experiences

Interested in becoming a Social Member? Contact the Club to receive information on the incentives currently in place.

FOR MORE INFORMATION PLEASE CONTACT ALBERT MLYNARSKI:
AMLYNARSKI@HAMPTON.GOLF | (904) 599-9040
PALENCIACLUB.COM | 600 PALENCIA CLUB DRIVE | ST. AUGUSTINE, FL 32095

THE PALENCIA CLUB

Professionally Managed By
HamptonGolf
www.hamptongolf.com



Help protect your family's future.

Craig Dewhurst, 20 Year Agent & Palencia Resident

📍 315 W. Town Place, Suite 4, St Augustine

🌐 www.CraigDewhurst.com

☎ 904-940-9740

✉ Craig@CraigDewhurst.com

Life won't always go as planned. That's why there's life insurance. It can help you protect your family's future no matter what happens. Call me today.

Like a good neighbor, State Farm is there.®

