



News For And About Residents Of The Palencia Community

Valentine's Day is
Sunday, February 14th



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PRESS

FEBRUARY 2021

“Tiny Tots” Future Tennis Stars Hit The Courts In Palencia



Associate Head Tennis Professional Jeff Golden and Associate Tennis Professional Galina Boles welcome the most recent group of four and five year olds to the Palencia Tennis Center.

The ATP is sure to find some of its future star athletes and tennis pros on the Palencia Courts, as members of the Tiny Tots and Hot Shots tennis programs showed off their talent during a recent practice session. The Tiny Tots tennis program is a basic skills and introduction class for kids ages four to five. The Hot Shots classes are offered for kids six to eight and teach proper technique while helping lead young players into the game of tennis. There is no doubt a future Roger Federer or Serena Williams is right here in the Palencia community!

New Management Company In Place For Palencia POA



Shayna Talbert, LCAM and Hannah Hobson, LCAM of First Service Residential will handle covenant enforcement for Palencia's POA. See Article On Page 3

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Palencia Classic Car Show Coming

Market Street continues to be Palencia's hot spot for fun and community events and next month, part of those events will include the community's very first classic car show.

Food Truck Fridays from 5:00 p.m. to 8:00 p.m. will be held February 5th and 19th and March 12th.

Taco Tuesdays, 5:00 p.m. to 8:00 p.m. February 2nd and March 2nd.

Breakfast On Market Street, 8:00 a.m. to 11:00 a.m. February 20th.

Do you love classic cars? Palencia will be hosting a **Palencia Classic Car Show** on March 27th. A coffee truck will be onsite and there will be a raffle for charity. If you have a classic car and would like to participate please contact Erin at erin.gunia@fsresidential.com. All classic cars are welcome. If you love your car, we would love to see it.

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Thought For The Day

If aliens from space are watching us, they must assume dogs are the leaders of the planet. If you see two life forms, one of them's making a poop, the other one's carrying it for them, who would you assume is in charge? - Jerry Seinfeld

Words Of Wisdom

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. -Romans 8:38-39


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Palencia POA Has A New Management Company, First Service Residential

By Mary Pat Stritof
 President, Palencia Property Owners Association

It's been a busy few months for the Palencia POA! We hope everyone has stayed safe and healthy.

As of December 1, 2020, we have a new Management Company, First-Service Residential. We are pleased to introduce our new management team.

Shayna Talbert is our Community Association Manager (CAM) and is a Licensed Community Association Manager. Shayna is a Jacksonville, Florida native and has a degree in Business Administration with 14 years of experience working in community management. Prior to joining FirstService, Shayna served one of the largest planned unit developments in North Florida. In her spare time, Shayna is busy raising her four children and taking any opportunity to pack up and head to the beach! Shayna and her oldest daughters are passionate advocates for the no-kill community cat efforts in Jacksonville and are often known to be



Shayna Talbert, LCAM
 Community Association
 Manager



Hannah Hobson, LCAM
 Assistant Community
 Association Manager

fostering kittens. Shayna is also an advocate for Autism awareness and offers support to other parents who have children with Autism.

Shayna believes Palencia is a great opportunity for her and her family, and is proud to be a part of such an amazing neighborhood. She genuinely loves what she does, but the most rewarding part of her career is helping homeowners have a better experience with their community management.

Hannah Hobson is our Assistant Community Association Manager and is also a Licensed Community Association Manager. Hannah has a background in management and business development, and previously was the Assistant Community Association Manager of a luxury condominium community. Hannah has lived in Florida for 16 years, moving from Michigan with her family in 2005. In her spare

Continued On Page 4



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Palencia POA Has A New Management Company, First Service Residential

Continued From Page 3

time, Hannah enjoys crafting handmade candles and soaps and spending time with her two cats. Hannah is excited to be here in the beautiful community of Palencia and she can't wait to meet the homeowners of the community!

Shayna and Hannah will be onsite in their new office within the Palencia community, which should be ready by the end of February or early March. More on that will be shared once finalized. They look forward to meeting everyone!

As we proceed into 2021, the excitement continues! We will have our Annual Meeting and Election in April. Information will be sent out about the

upcoming election soon. We will be seeking candidates to run for the two open positions on our PPOA Board of Directors.

As of December 1, 2020, the PPOA also took over management of the Architectural Review Board (ARB) from our developer, Hines, for everything except new construction. We are in the process of re-evaluating the process and fee structure and will be sharing additional information on the new process once completed.

As the weather begins to warm up again, we look forward to seeing our neighbors out and about in our beautiful community!

Newcomers of North St. Johns February Luncheon at Amici Italian Restaurant

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) will hold its next member luncheon on Tuesday, February 16th with doors opening at 11:00 a.m. and held at Amici Italian Restaurant, 1915 A1A South, St. Augustine Beach. The event features entertainment by a local renowned entertainer.

Cost for the luncheon and program is \$30 for members. The meeting begins at 11:30 a.m. with luncheon service beginning at 12 noon. All reservations must be received by February 2nd and, because of space limitations, an early reservation response is recommended. Covid guidelines are in place.

Luncheon includes a choice of Chicken Marsala, Eggplant Parmigiana or Spaghetti with Meatballs with Garden Salad

and Dessert. A Cash Bar is also available.

Following the luncheon, members will be treated to the musical talents of veteran actor Mark Snitzer who will entertain with a variety of Sinatra, Manilow and Broadway tunes.

As always, raffles for gift baskets and a fun 50/50 drawing spice up our NNSJ luncheons. 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. NNSJ offers a wide variety of activities for you to get acquainted and have fun including smaller lunch groups, Canasta, Bunco, Book Club, wine socials, golf, Mah Jongg, holiday parties, day trips and cultural events.

First Coast Card Club And Recreation Club

**First Coast Florida Lifestyles
Recreation Club: Cards And Games**

Saturday, Feb. 13th - Valentines Holiday Party. Kookaburra Coffee-Australian Coffee Cafe, St. Augustine. Arrival: 2:00 p.m. We must buy at least one item here. Masks worn.

Sunday, Feb. 21st - Farmhand Coffee Cafe, St. Augustine. Arrival: 2:00 p.m. We must buy at least one item here. Masks worn.

Sunday, Feb. 28th - Dunkins Cafe, St. Augustine. Arrival: 2:00 p.m. We must buy at least one item here. Masks worn.

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 and Women. Smoke/Drug free club.

**First Coast Florida Lifestyles
Activities And Events**

Sunday February 7th - Super Bowl Party. WGV Restaurant, St. Augustine. Arrival: 5:30 p.m. Masks worn.

Tuesday, February 16th - Mardi Gras Party Restaurant, St. Johns County. Arrival: 5:30 p.m. Masks worn.

Friday, February 26th - Top Rock N' Roll Band/Dancing. Classic Diner, Orange Park-Clay Co. Arrival: 7 p.m. Social distancing. Masks worn.

Saturday, February 27th - Outdoors. Bird Watch Walk at Clay County Sanctuary. Orange Park. Arrival: 10 a.m. Social distancing. Masks worn. Free.

Contact our Club organizers for further information and to RSVP in advance: 904-814-9612. Phone calls welcome. Texts welcome. Open to Men/Women.

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Palencia Residents Team Up To Get Lost Dog Home To South Carolina

By Lisa Wargo, Palencia Resident

Editor's Note: Lisa has worked on rescuing lost and stray dogs and has been a volunteer with SAFE Pet Rescue in St. Augustine for 5 years.

Tanner, a 7 pound Shorkie (a mix of Shih Tzu and Yorkshire terrier) was with his owner when she got into a serious car accident December 31st on I-95 in St. Johns County.

Tanner's owner had serious injuries and needed to be transported to the hospital by ambulance and he was brought to the St. Johns County Pet Center where he was so terrified, he pulled out of his collar and ran off before they could get him inside.

People in the area were notified and Tanner's picture was put up on social media pages and on posters hung up around the area. He was then seen staying in Palencia and on the grounds of the Avila Condominiums.

Neighbors in Avila Condos started putting out food and keeping a closer eye out for him. I ran into a sweet young girl and she asked me what he liked to eat. I told her his owner told me broccoli and chicken and she said she was going to cook him a nice meal in hopes that he would show up. Her Mom said they had a trail camera they would put outside by the food to see if he came to eat it. Some residents even left their garage doors open a bit with food inside hoping to lure him in. Another resident of Palencia South, whose dog Gaspar is also missing from there, put her trail camera out. Everyone offered to help in some way, any way they could.

I put my trail cameras (whose pictures go directly to my phone) out around the Condominiums area where he had been sighted. Low and behold, on January 7th, Tanner popped up on one of the cameras at Avila. The next day, I put my trap out with a camera on it right where we saw him on camera, put McDonalds cheeseburgers in it and set it in hopes of catching him. After a few times of moving the trap around to different areas, Tanner was finally trapped.

I immediately called his owner, who had just been released from the hospital and taken back to her home in South

Carolina. I put her on the phone with Tanner and his ears perked up when the little dog heard her voice. We then gave him a bath, picked about 20 ticks off of him and took him to the Vet Tech at St. Johns Pet Center to be evaluated.

The owner's fiancé couldn't get back to Florida until Wednesday to get him and I knew he had to get back to his Mom. For his sake and for her recovery. I reached out to a friend "The Dogfather" who does transport of animals being rescued and asked if he would drive Tanner to his Mom in South Carolina and without hesitation he said "yes." I met him and off they went and now Tanner is back home with his Mom.

He is home and is safe all because of the wonderful community that came together to

get him there. It was because of all the sightings and phone calls as to why I was able to eventually catch him. It would not have been possible had it not been for every single one of you that put food out to keep him in the area, didn't chase him, which would have scared



Tanner is now back home in South Carolina with his owner.

him away, and called as soon as you saw him. This all was the key to getting Tanner back to his Mom safe and unharmed! His owners are so grateful to all of you! Teamwork! Way to go Palencia!



Palencia Residents...We Want To Hear From You!

If you have some news to share, let us know. Would you like to try your hand at authoring a column? Tell us about a friend who performed a community service or provided help to others. Do you have a family member in the service who would enjoy hearing from neighbors? Write us about his or her status. Have you recently discovered a new park or restaurant or local business? Tell us about it. Email your article to thepaper@comcast.net and be sure to include a phone number where you can be reached.

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2020 - It's A Wrap

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

Wow! Thinking back to the holiday season makes me tired. It was a whirlwind of activity for our WGA.



Left to right, Chris McCoy and Pam Ashburn discuss Luau couture.

The holidays are always a time for get-togethers and festivities but the Covid pandemic made that a bit challenging. Not to be deterred, our two co-chairs, Tricia Luciano and Laura Mayo took our annual holiday party outdoors to the Palencia Community Pool and transformed the space into a tropical paradise. So, instead of eggnog and poinsettias, we had pineapples and palm trees and our own Hawaiian luau. How fun is that?



Hula dancers entertained WGA members during their Holiday Luau.

We were entertained by an unbelievable Hawaiian dance troupe, including an amazing fire dancer and they even got some of our ladies up to learn how

to hula.

It's not all parties for the WGA ladies, however. Our holiday efforts always include a charitable effort. This year, I'm proud to announce that through the generosity of our members, the WGA contributed over \$2,000 to the St. Johns County Homeless Coalition, a very worthy organization that helps the less fortunate in our county.



Judy Guarino and Cary Hanley were Christmas elves for the Jolly Jingle Scramble.

The very next day, after the holiday party, the ladies were ready for a new event – a 9-Hole Scramble with our Palencia grounds keeping crew. Spearheaded by member Peggy Lamneck, it was a fun way to recognize the hard work that the grounds crew does every day so that we can enjoy a beautiful golf course. As anyone that has ever played golf knows, spending a couple of hours on a golf course with someone breaks down any barriers and always forms bonds and friendships. This event did

Continued On Page 7

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Women's Golf Association - 2020 It's A Wrap

Continued From Page 6



Left to right, Earline Barnes, Carol Netzer and Cathy French were a festive team for the Jolly Jingle Scramble.

just that and we expect it to become an annual event.

An annual event that is always very popular is our Holiday Scramble and this year was no different. Our Jolly Jingle Scramble had 18-holers and 9-holers together for a fun Stableford format scramble. Chairperson, Susan Altenburger planned a fun day and even made the festive centerpieces – hand painted wine bottles with lights inside! The winning gross team consisted of Sandy Frambes, Karen Hofstead, and Resa Wilcox. The net winners were Judy

Guarino, Chris McCoy, Barb McDougall, and Melanie Jakab. A good time was had by all.

I know we have our share of fun but I don't want to overlook the serious work that goes on day in and day out by our WGA. One important job (the most important job, in my opinion) is that of Play Day Chairperson. Each week, the WGA has two play days with dedicated tee times for our members to play. The Play Day Chair comes up with the format for each play day and coordinates this with the Pro Shop, creating a master calendar for the official season. She also develops the rules under which we'll play and presents those to the Board for approval.

This year's Play Day Chair is Judy Guarino and I know personally how much thought, effort and heart Judy has put into creating a schedule that encourages players at all ability levels to come out and play. It's a challenging job but Judy is the perfect person for it because she's an experienced player, she has great diplomatic skills and, above all, she's a team builder. I want to recognize Judy for her efforts and I also want everyone to know how appreciative I am that I've been able to depend on her. She has made my presidency a joy.

So, we wrapped up 2020 in style and are looking forward to more fairways and greens in 2021.

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

Grief Share Program At Village Church

WE KNOW GRIEF HURTS AND WE WANT TO HELP! The Village Church has begun a 13-week Winter session of their Grief Share program. The group meets every Thursday from 5 p.m. to 7 p.m. at the church located at 4229 Pacetti Road, St. Augustine, 32092. All members of the community are welcome to the meetings. The program will adhere to all the CDC guidelines. For further information, call the church at (904) 940-6768 or Cheryl Hosking at (904) 540-6933.



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Conscious Discipline At Palencia Elementary School

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

We can all see that our Palencia Elementary School teachers find teaching our children to be an extremely rewarding experience. We have seen first-hand how their compassion, patience and diligence has helped our children feel safe and flourish through their primary years. What some may not know, is how our teachers learn these essential skills and what actions PES takes to ensure our teachers stay up to speed with the most effective behavioral and educational models.

Conscious Discipline is a behavioral model that provides an array of behavior management strategies and classroom structures that teachers can use to turn everyday situations into learning opportunities. This practice encompasses four components to transform the way our children and teachers interact.

- **Conscious Discipline Brain State Mode** - The Conscious Discipline Brain State Model recognizes three basic brain / body / mind states likely to produce certain behaviors. Intentional, state-specific responses enable access to advanced skills.

- **Seven Powers for Conscious Adults** - The seven powers create a shift in the way adults see conflict so we can maintain composure and consciously respond to difficult situations. Adults' ability to self-regulate is the precursor to teaching children social-emotional skills.

- **Creating the School Family** - The School Family increases connections between adults and children at all levels, ensuring optimal development and learning for all. A School Family culture is built through consistent modeling of routines, rituals and structures.

- **Seven Skills of Discipline** - These seven skills transform everyday discipline issues into teachable moments, equipping children with the social-emotional and communication skills needed to manage themselves, resolve conflict and develop healthy behavior.

Saying the words "Conscious Discipline" is a first at PES, but these are methods teachers have been practicing for years. Allison Oester, PES Kindergarten teacher, has had extensive experience in practicing Conscious Discipline and has seen first-hand the impact in her classroom.

"The first thing you do is to start the year off building a community in your classroom," Ms. Oester said "First and foremost, my class is proud to be a Palencia Pirate. However, we are also our own community. We focus on being kind and fair and are our own family within the classroom. As a class we focus on building a community of kindness and positive ways to identify your feelings."

But how is PES putting this practice into play? Fourth grade teacher, Sandy Mercer, shared that "Conscious Discipline is one of the Social Emo-



Allison Oester,
PES Kindergarten teacher

tional Learning (SEL) programs that St. Johns County employs," Ms. Mercer said. "Before the pandemic impacted professional development plans, Conscious Discipline was one of the programs for which schools could receive training. PES is providing an online professional development course once a month for interested teachers and staff to explore implementing Conscious Discipline principles in our classroom




Sandra Mercer,
Fourth grade teacher


and to practice self-regulation strategies to help us and our students during these unprecedented times. During our online meetings we share our successes and challenges with the Conscious Discipline strategies we have implemented in our classrooms. With funds provided by a grant from The Players and Character Counts! we have purchased books and materials, which group members are using to help us learn more about Conscious Discipline strategies until we are able to receive in-person training."

As the years progress, the expecta-
Continued On Page 9

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Conscious Discipline At Palencia Elementary School

Continued From Page 8



Palencia Elementary School, 355 Palencia Village Drive

“Conscious Discipline’s emphasis is on the adult first—that we work to function in the executive state rather than the survival or emotional states,” Mercer said. “This emphasis has been helpful to those of us participating in the training—especially now when things are uncertain for us, our students, and their families. At the start of the year all my students were distance learners,”

tion will be that this method is utilized by my many teachers at PES so that it will become a common grade level expectation. If this practice is implemented correctly, students will have the same behavior expectations year over year and they’ll also be able to understand how to regulate their emotions.

Oester also shared how she’s seen these practices transform her classroom this year specifically.

“One of the things that Conscious Discipline talks about is having a safe place,” she explained. “This year specifically was hard for many kids as a kindergarten because they hadn’t left home since March. Mom and dad couldn’t walk them into school, and there were a couple of kids that particularly had a hard time coming to school each day. So to help them cope, I created an area where a child can go at any time to spend time in their safe space. They use a timer and get to sit, do breathing exercises and look at photos of their friends and family.”

It’s an important element to help the students identify their emotions and learn how to respond to each one. Even as an adult, these are eye opening and useful practices.

There are tremendous benefits for teachers to be engaged in this process.

she added. “We used Conscious Discipline principles to help create our school family—even from a distance. We practiced activities to unite us (we danced to songs at the beginning of the day and took brain breaks with fun songs and activities), activities to disengage stress (we learned breathing techniques) and activities to practice kindness (we ended each morning meeting by wishing others well). The kindnesses my students demonstrate toward their peers, families, and members of our community inspire me. When we experienced technical or internet issues, my students often reminded me to ‘breathe,’” said Mercer.

“We’d stop right there. I’d ask someone to suggest their favorite breathing technique. Then we would all breathe together with the student leading us. This activity was frequently followed by smiles, laughter and all of us refocusing on what was important while remembering we were in this together and we were going to get through it together!” she said.

The ultimate goal is to help the child feel calm and safe, so they can understand the impact of their behavior and find alternative solutions. For more information on this practice, please visit <https://consciousdiscipline.com>.

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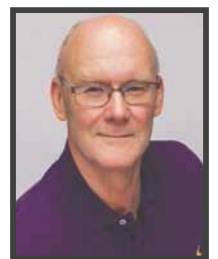
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Ask A Certified Master Gardener Crotons – Artistry For Your Landscape

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

When our harsh winter is finally over and you would like to add more color to your landscape, prefer less effort than what is required for annual flowers, Crotons might be a good option. Known for their bold, tropical foliage Crotons (*Codiaeum variegatum*), also called garden crotons or variegated crotons, are perennial evergreen shrubs that includes cultivars such as Banana, Gold Dust, Mammy, Norma, Petra, and Sunny Star. They do best outdoors in planting zones 9-11. Croton plants prefer full sun, but some species tolerate partial shade. The amount of sun the plant receives correlates directly to the intensity of its color.

Crotons come in a wide variety of leaf shapes and colors: red, orange, yellow, pink, purple, green, and white. Native to India and Malaysia, this tropical plant forms leaf clusters that create the color patterns. Capable of reaching 12 feet in height, Crotons are usually seen at three to five feet and well-suited as a foundation, accent, specimen, or container plant.

As mentioned, Crotons grow best in full sun, but some cultivars can tolerate partial shade. Frosts or freezes like what we have experienced this season will cause initial damage and leaf drop, but they can and do recover. It just takes time.

If you prefer container plants, simply use a good quality potting media that provides adequate drainage (skip the stones). When used in landscapes, plants should be located two to three feet apart. Plants located indoors will become dusty in time and should occasionally be taken outside into a shady location to be washed off. This will also help manage spider mites.

Crotons generally do not need to be pruned unless you see dead leaves or want to maintain a certain height. If you do prune your Croton, do it by hand (not with a power trimmer) and remove individual leaf sets as opposed to the entire stem.

Crotons are usually pest and disease free, but can occasionally have mealybugs, scales, mites, thrips and fungal problems. One good option for preventing pests and disease is to regularly apply an organic horticultural spray like All Seasons, which contains mineral oil, or a

neem oil product. It works best if you hook it up to your garden hose and spray your plants very liberally, both the upper and lower sides of the leaves. Doing this every three or four months will prevent pests and disease before they occur. The horticultural spray also makes the Croton leaves shiny and bright. As in any plant issue, it is much easier to prevent a problem than to correct it once it occurs. When you plant a new Croton, take time to spray it as soon as it is in the ground.

I have three different Croton cultivars in three different shades of red, yellow and orange. They provide alternate heights, textures, as well as artistry. Here is a photo:



There are so many Croton varieties in all shades of light green, orange and red, so give them a try this spring. Just remember to take preventive care to avoid pest and fungus problems.

Tip of the Month: Because our lawns are now in dormant season and mostly brown, and you have adjusted your irrigation schedule to once a week or less, now is a good time to check your irrigation system to be sure it is calibrated correctly, and all sprinkler heads are working properly. Sprinkler heads are fragile and easily damaged by lawn mowers and power trimmers.

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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Tips To Keep Your Home Tidy

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

Are you busy and overwhelmed? We all are. Our homes are not perfect, but the best way to maintain your home organized is to have a place for everything and implement easy systems that support your lifestyle.

Enjoy peace of mind with these tips to maintain your home tidy:

The 1-minute rule: anything that will take you one minute or less, you should do it right away. For example, when you take off your shoes, put them back into their place.



One new thing in-one old thing out: This is the golden rule I like to follow. If you buy something new, something old should go before everything starts to build-up.

Label everything: avoid confusion, and everyone in the family can help you maintain the house organized.

Establish daily, weekly and monthly routines:

The 15-minute reset time. This is a technique I like to use to help keep myself motivated when I'm organizing. Set the timer for 15 minutes and dedicate those 15 minutes to organizing your home. After the time is up, enjoy another activity. For example, set the timer while cooking dinner and have the kids pick up all toys during that time or grab a basket and put in it everything that does not belong in your family room and put it away.

The weekly reset plan. One day a week (usually on Sundays for 30-45 minutes), discuss with your family the



activities/plans you have for the week. For example, discuss work activities, plan the family meals, or designate specific chores that your children must complete by the end of the week. It's vital to keep each other informed so that everyone knows what to do and when to do it. All this helps to have a smooth week.



Need help? Don't know where to start? We can help you organize your life and your home. We offer a maintenance package for our existing clients.

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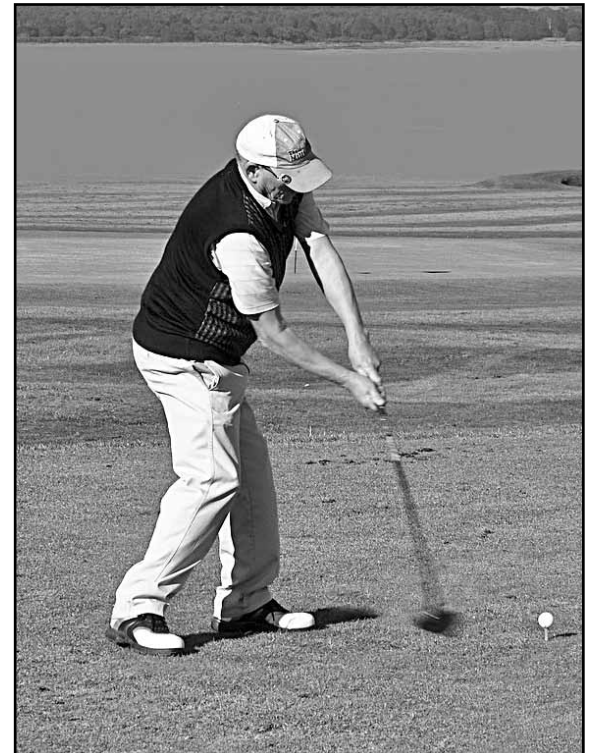
Tips from Laura Baugh
 Certified PGA Teaching Professional
 The Palencia Golf Club
 laura@laurabaughgolf.com.

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

1. A pre-shot routine
2. A straight left arm to the top of our swing
3. Establishing the importance of loading right side.
4. The Transition

Back of the left hand leads as your power compresses the golf ball through impact and beyond. One of the common misconceptions is you hit "at" the ball, actually you hit past the ball continuing the power down the line. The narrow move though the ball or chicken wing, as some call it, is due to not transferring your power fully out toward your target. Your head stays down slightly after impact allowing most but not all golfers to make a divot. It is not mandatory to create a divot some golfers have more of a "sweeper" type swing; regardless of your swing characteristics it is SO important to stay down a couple inches past impact!

As my good friend and Hall of Fame Golfer Hollis Stacy would say "look up...see a bad shot." So in summary, watch the golf ball being hit and




send the club face down your intended line.


Impact is an important move. If you need additional help with this move, please contact me at Laura@laurabaughgolf.com and set up a lesson.

Palencia Residents! Send Us Your Newsworthy Notes


Are there any anniversaries marriages, 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. Information received by the 10th of the month will be included in the following month's issue.



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The Big Sleep

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

Going to the Dog-Doc is fun. I normally get treats almost immediately upon entering my special wing of the facility. This week was especially memorable because they gave me the Big Sleep so they could clean my teeth and check out my runny nose. No treats until I wake up! It also makes me chuckle because the bagman must walk the circle without me, causing great consternation with the other dog people. It gives the bag lady the responsibility of explaining, in detail, why I'm missing. That means

the bagman must constantly monitor his fruity watch to make sure he accounts for the delays.

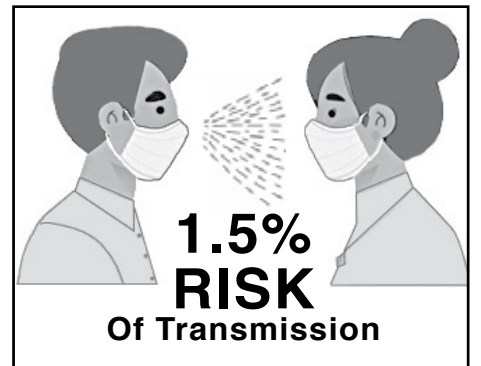
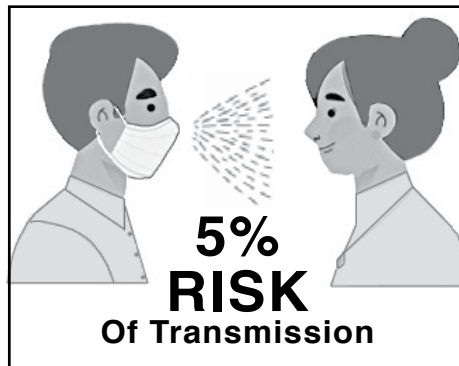
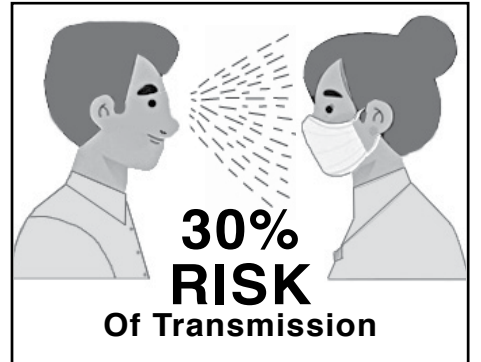
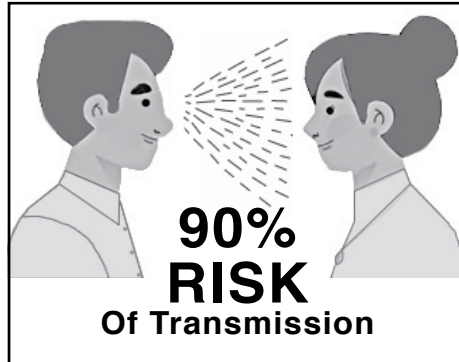
Meanwhile I am peacefully, dreaming of a big dinner, since they starve me until the sleep ends. All the people at the Dog-Doc's are great. They run in and out of the office with their masks on to make sure we all are okay. Nice to know that we get our shots on time so we stay healthy and happy.

Now I can get back home to work on my nap time!



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Frost Damaged Plants

By Steven Kabat, M.S., ISA Certified Arborist
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Most homeowners and gardeners are concerned this time of year about those plants that are showing signs of frost damage. Generally it is best not to cut back those plants showing frost damage. The burnt or dead leaves help to insulate the remaining plant from future frosts of the season. Most frosts are finished in the greater Jacksonville area by the end of February and all threat of frost is over by early April.

The next question generally asked, "Is the plant still alive?" You can determine this by looking for green stems. Green is good and is generally a positive indication of life. A better indication of life, that commonly occurs prior to the regular warmer weather of spring, would be new growth deeper in the plant structure. This growth may originate from lower stems or from an area closer to the ground. Some plants like gingers have underground stems and will almost always sprout new growth from the ground.

Now let's talk about what you should do with those damaged plants after you believe the threat of frost has passed for the season and you know the plant is alive. You can cut back the plant to a height that you desire the new growth to originate from. This is not the height of the desired finished growth height. You will want to be a little more aggressive in the pruning so that when the surviving buds sprout and new growth occurs, the finished plant is at the desired height. You also have the option to just cut back the dead tops to the height of the surviving stems or sprouting buds if you are not concerned about keeping the plant at a certain height.

Another consideration is, "Is the plant worth the time and effort to salvage?" For inexpensive plants like short lived perennials such as pentas and lantana that many people utilize as color at the front of their plant beds, it may be more desirable to pull out the survivors and replace them. Even though the plant has survived the delay in growth, and more importantly flowering, it may be too long for some to bear. In this case the plants are treated as annuals and replaced on a seasonal or an annual basis.

The people that really like to garden by cultivating something until it looks better than it did before it was damaged by frost will generally prune, water, fertilize and in some cases talk to the plants until they recover from the ravages of winter. There is no judgement from me whatever track you take. I tend to be on the more frugal side and end up talking to the plants a lot.



Small Things Done Often: Don't Wait Until Valentine's Day

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

Valentine's Day is a great reminder and opportunity to turn towards your partner and your relationship, to share fondness and admiration, and to rekindle the flames of romance and passion in your relationship. However, if you wait until Valentine's Day to do so, it may be too late. It is the small, positive things done often that make the difference, not the grand gestures.

Dr. John Gottman's more than 40 years of research with over 3,000 couples demonstrates the importance of turning towards each other in a relationship. In a six-year follow-up of newlyweds, he found that couples who remained married had turned toward their partner's bids for connection an average of 86 percent of the time in their Love Lab conversations, while those who ended up divorced had averaged only 33 percent. Furthermore, most of the arguments between couples in both groups were not about specific topics, like money or sex, but resulted from failed bids for communication.

There is a reason that seemingly small interactions are fundamental to a relationship's future: each time couples turn toward each other, they are funding what we call their "emotional bank account." They are putting good will in their relationship and building up savings that can serve as a cushion when times get rough, when they're faced with a major life stress or conflict. Because they have stored up an abundance of goodwill, such couples are less likely to teeter over into distrust and chronic negativity during hard times.

The first step in turning toward each other more is simply to be aware of how crucial these micro-interactions are, not only to your marriage's trust level, but to its ongoing sense of romance. Remind yourself that being helpful to each other on a daily basis will do far more for the strength and passion of your marriage than a romantic dinner or a two-week Bahamas getaway. A romantic outing only turns up the heat if you have kept the pilot light burning by staying in touch in the little ways. I am sure that it has never happened to you in your relationship, but you have probably seen other couples at a romantic dinner who are not talking or connecting with each other because they don't know how to do so because they haven't been doing it in the little ways.

Valentine's Day is also a great opportunity to share fondness and admiration and to remember why we chose this person as our partner in the first place. All too often in long-term intimate relationships, we neglect to nurture and express our fond-

ness and admiration for our partner.

However, don't wait until Valentine's Day to share fondness and admiration. I suggest that you start remembering and sharing fondness and admiration daily by at least the beginning of February.

Fortunately, it is not terribly difficult to revive or increase the fondness and admiration in a relationship. Even positive feelings that have been buried for a long time can be brought into the light simply by thinking or talking about them. You can do this by thinking about your partner and what you appreciate about him or her daily. Try to come up with three or four positive adjectives that describe your partner and what you like or appreciate about him or her. Then come up with a concrete example of each, i.e. a time when your partner demonstrated this quality. Then share this with your partner. Perhaps you can share one appreciation with your partner daily in a brief conversation, a note, and/or a text message.

If you are having difficulty accessing fondness and admiration for your partner in the moment, it might help to think about what first attracted you to your partner and the larger history of your relationship. What were your first impressions of each other? When and how did you realize that you were attracted to your partner? What do you remember about the time that you were dating? What stands out? If you are married, how did you decide to get married? What do you remember about your wedding and honeymoon? What have been some of the best times in your marriage or relationship? Despite the difficulties, what has kept you together? Thinking about and discussing questions like these can help you revive and increase the fondness and admiration in your marriage or relationship.

So, this year, don't wait until Valentine's Day to turn towards each other and to share fondness and admiration. Start doing it now, daily, in the micro-interactions of your relationship. Remember, it is small things done often that make the difference. If you start now, you are more likely to have a more romantic and passionate Valentine's Day and relationship.

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 offering both in-office and secure video appointments. If you are interested in couples therapy, please contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com

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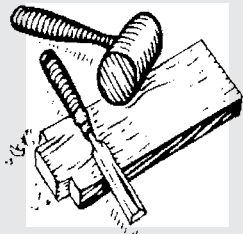
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COVID Is A Pain

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

Who could have imagined the staggering ramifications a new virus would have on our world? Some may argue our world will return to “normal” and others that our world will remain changed forever. One thing I know is COVID has been a “pain.” It has inconvenienced all of us. It has pushed us out of our comfort zone, lifestyles, patterns and habits. Although some may have continued to venture out due to necessity with alterations, others have shut themselves in to weather the plight.

As we have adapted, more people have started to make their way out. I have seen several people complaining of physical pain they have not experienced in years. There are many reasons for this. First, stress can exacerbate pain. Having written other columns on the physiology of chronic pain before, it is not a simple process. Pain is complicated and requires a series of chemical responses.

In all its wonder, our body can, and does, adapt to stimuli or the lack thereof. This includes overriding noxious (or painful) stimuli. Unfortunately, if a stimulus is repeated, intense or sustained, a release of chemicals can over sensitize the nervous system, thereby making it easier to feel pain that might otherwise ignore or overridden. We call this peripheral or central sensitization, meaning either the peripheral or central nervous system become heightened or hyper efficient, in a negative way.

The stress of COVID and the disruption of exercise or recreational routines has prevented many former patients from maintaining their rehab and manage their pain. Stretching or exercise routines enabled them to keep their backs stable, maintain mobility in their shoulders, keep a respectable level of endurance and more. But with the closing of all “unessential” venues such as gyms, yoga studios, tai chi programs and the like closed, many ask, “what to do now?” Answer: Be creative.



Some of you reading may remember, long before there were places to workout, there was Jack LaLanne. On a TV show, he demonstrated simple calisthenics and home workouts. We do not know how long this pandemic will go and now is as good a time as any to return to such simple workouts. It is not as difficult as you might think. Spread your workout through the day. Instead of immediately sitting down, sit, then stand, then sit, then

stand, then finally sit. Congratulations, you just completed 3 squats. If you get up 10 times per day and do this, you will complete 30 squats by the time you go to bed. Get up 20 times per day you will complete 60. This works your quads, gluteal muscles and more.

After brushing your teeth, combing your hair, washing your hands, do three to five, or maybe 10 countertop push-ups.

Keep your back straight and push-up/down while leaning on the counter. This will work your back, shoulders, chest and core. Or, to get your heart rate up, bring back the famous 80’s step aerobics by simply walking up/down stairs, a curb or step. Lunges are also an option. Or there are always jumping jacks for a laugh.

Although safety is key in the midst of this pandemic, well-being is also important. Exercise in any form causes endorphin release, which can contribute to a sense of well-being – something we all could use a little bit of.


Dust off the exercises from the past. If you are unfamiliar with these, look Jack up on the internet. Or, if you feel safe enough, visit us at First Coast Rehabilitation and we’ll set you up with things you can do. Please stay safe and stay well.

Rob Stanborough was one of the first

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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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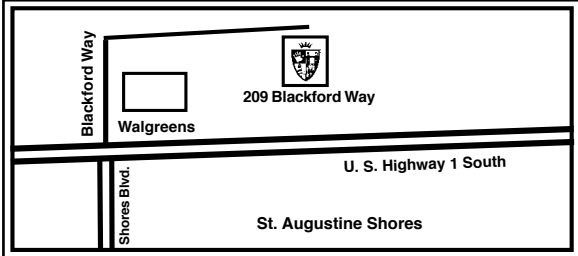
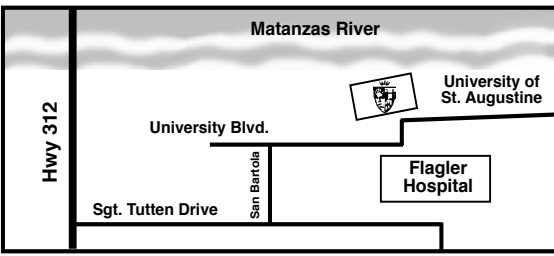
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When Is It Time?

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

There is a special relationship that exists between a pet and its family. Although this type of bond has been documented for thousands of years, only recently has it been studied to an extent that allows us to fully appreciate the emotional and physical benefits of having a pet to care for. The evidence shows that pets improve our lives and our families. Because pets are such an important part of our families, the responsibility can be overwhelming whenever pets are sick and decisions must be made to intervene.

Whenever caring for a sick pet, there are essentially two options to be considered. Do nothing and let "nature take its course," or do something. "Doing something" has many different levels, but might include diagnostics, treatments, supportive care, or even a decision to euthanize. "Doing nothing" ultimately is to ignore the problem, without identifying a cause or seeking to alleviate the discomfort or distress of the pet.

Of course, it would be ideal for all pets to live happily up until their last moment when they pass peacefully and quickly without any stress for those involved. Sadly, this is rarely the case, which necessitates some honest discussions with a trusted pet health advisor (typically your family veterinarian or a hospice veterinarian) in order to make the best decisions possible for a beloved pet when they are seriously ill. Together, you and your advisor will consider all options and decide which path(s) are the most appropriate for your pet. Once you have reached the end of what you would consider to be reasonable medically, you will be faced with a tough decision on continuing care or euthanasia.

This may be the most important decision that you ever make for your pet. Unfortunately, it is also sometimes a highly subjective decision. In order to avoid questioning your decision, it is important to make this choice as objectively as possible. I recommend filling out a quality of life (QOL) assessment that provides a numerical score for a pet's current condition. This removes some of the emotion from the situation

to the extent that that is possible. Dr. Alice Villalobos is at the forefront of the pet hospice movement, and she has a quality of life scale that is readily available online (see below).

A simpler (but perhaps more subjective) evaluation involves asking yourself two questions. The first question is "did I enjoy interacting and being around my pet this week?" and secondly "did my pet enjoy his life this week and could he be the essence of himself as I have known him throughout his life?" Of course, this is a difficult determination that has multiple factors and cannot be oversimplified. That being said, once the answers are both consistently "no" and that is not expected to change, then the decision becomes a bit more clear.

As far as I know, animals live their lives in the present moment without any thoughts of the future or fear of death. At any given time they feel either peace and happiness, or they feel pain, fear, and decline. Since pets cannot communicate with us directly, it is our duty to interpret for them and make that difficult determination about their current and anticipated future quality of life. Your interpretation is of course the most important part of the equation, but should be discussed with and supported by your veterinarian. Since the end of life is inevitable, the only thing that we might be able to influence is the when and the how.

I feel that at some point we owe our pets the dignity and respect of a painless death, although not everyone would agree with that thought, or at what that point is. In summary, I think of euthanasia as the ultimate act of love, and the last gift that we can give to our pets when treatment has failed. We all struggle with the same emotions and the same questions, so just remember that you are not alone. In the end, I trust that you know and love your pet better than anyone else does and will make the right decision for them.

For more information about quality of life of your pet, visit <https://www.aplb.org/resources/quality-of-life-scale.html>.



Mike Weitz

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“I didn’t forget a one”

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

February is the month of Valentine’s. How much do we really know about St. Valentine? Not much, is the easy answer.

The *Legenda Aurea* by Jacobus de Voragine, compiled around the year 1260, was one of the most widely read books in the Middle Ages. It gave a little bio of each saint to inspire homilies throughout the church year. The very brief description of St. Valentine has him refusing to deny Christ before the Emperor Claudius in the year 280. Before his head was cut off, Valentine restored sight and hearing to his jailer’s daughter. Jacobus makes a play on words by connecting “Valentine” to the definition “as containing valour.” How we got to candy hearts from there is a mystery of history.

The red heart pierced by Cupid’s arrow is a traditional symbol of Valentine’s Day. The heart symbolizes love and giving someone a heart means to hand over our existence to someone. A heart pierced by a Cupid’s arrow means that when someone presents a heart, the person takes the risk of being rejected and feeling hurt. The point here is that the original St. Valentine had given himself over to loving even those who would take his life. That’s love for the whole world — the kind of love that makes up the kingdom of God.

I wonder if the risk of being rejected is rampant in our society today. Is it the reason many people do not love their neighbor? Is it the reason why people from differing political opinions are not willing to meet halfway or compromise? Is it the reason why certain people are not willing to express their feelings? St. Valentine showed love even for those who would take this life. Are we able to find it within ourselves to love those who have a different color

skin, political persuasion, physical or mental challenges?

Dale Galloway, in his book, *Dream a New Dream: How to Rebuild a Broken Life*, tells this story. Little Chad was a shy, quiet boy. Day after day, his mother agonized when she watched the children coming home from school. While they laughed and talked to each other and hung onto each other, Chad always lagged behind - alone. One day, Chad came home and told his mother that he'd like to make Valentines for everyone in



his class. Her heart sank. She thought, "I wish he wouldn't do that! They never include him in anything." Nevertheless, she decided she would go along with her son. So she purchased the paper and glue and crayons, and for three weeks, night after night, Chad painstakingly made 35 valentines. Valentine's Day dawned, and Chad was beside himself with excitement as he started out for school. That afternoon, Chad's mother placed cookies and milk on the table. Then she

looked out the window and saw the children coming home from school. There they came, laughing and having the best time. And, as always, there was Chad in the rear, alone. But walking a little faster than usual. His arms were empty. Obviously, he had not received any valentines, and she fully expected him to break into tears when he got inside. She choked back her own tears, saying as he came in, "Mommy has some cookies and milk for you." But he hardly heard her words. He just marched right on by, his face aglow. And all he could say was: "Not a one. Not a one." Her heart sank. And then, he added: "I didn't forget a one, Mommy. Not a single one."

How many of us can say the same? May we remember ALL on this Valentine’s Day and every day.



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Is Life Insurance Worth It?

Deciding if life insurance is worth buying starts with looking at what's important to you.

A lot of people wonder — should I buy life insurance? What are the benefits? State Farm Agent Craig Dewhurst helps customers with these questions every day. His answer — it depends on what's important to each individual. He talks about the different reasons people buy life insurance, and the impact it can make.

The biggest reason people buy life insurance is to protect their loved ones. "It is purchased out of love for the family," says Craig. "If you have a partner or a family and don't have life insurance, they could lose everything if something happened to you. Life insurance will help ensure your family will be taken care of if you're not there and allow them to continue their standard of living."

He says most wage earners find it especially important to have life insurance, but stay-at-home parents can benefit from it, too. If something were to happen to them, the other parent would potentially have added expenses, like child care, house cleaning, eating out more, etc. Even if you don't have a family yet but plan to, it's more affordable the younger and healthier you are.

A lot of business owners also have a big need for life insurance. "Not only can it protect your own family, but if you have one or more business part-

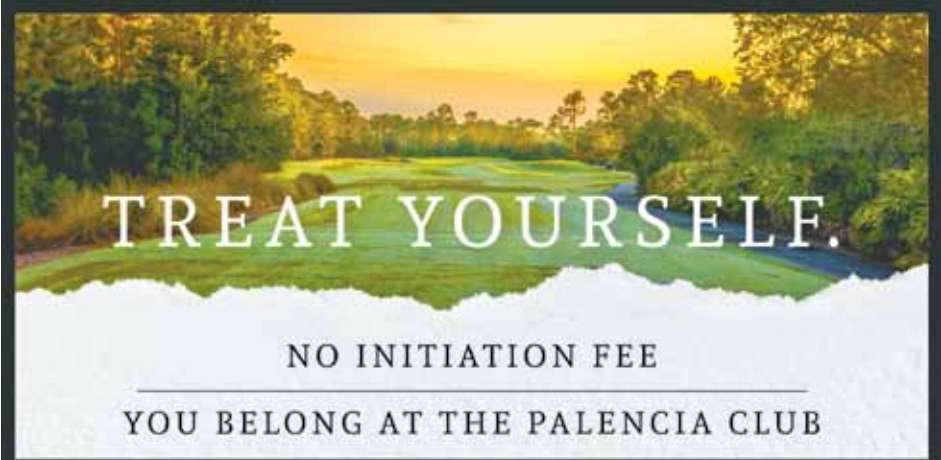
ners, you can set up partnership agreements, so that if something happens to one of you, the other partners would take over your share of the business, while the family of the person who dies would get a life insurance payout."

Craig has also had customers who are passionate about non-profits and some that travel abroad on mission trips. Some of these customers have purchased life insurance for the expense of being flown back if something were to happen to them overseas. Others have chosen a charity as the beneficiary of their policy, so even if they're not around, they can continue to give back to their cause. "It's something that's dear to them, and many people decide it's important enough to protect."

So how do you decide if life insurance is worth it? "The most important thing to keep in mind," advises Craig "is that it could mean you're able to take care of the people you care about for the rest of their lives, instead of them losing everything after losing you."

He's helped a lot of customers over the years and has seen firsthand the incredible difference it can make. "It will protect your family for years to come."

If you would like to learn more about life insurance and how it can help you protect what's important, talk to your Palencia neighbor and local State Farm Agent Craig Dewhurst today at 904-940-9740.



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