



News For And About Residents Of The Palencia Community

Daylight Savings Time begins on Sunday, March 14th



# Palencia

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MARCH 2021

## Palencia Women's Golf "Red Team" Wins Solheim Cup



The Palencia Women's Golf Association Red Team, captained by Barb Jacobi, played with pride and passion at the Palencia WGA Solheim Tournament.

The Palencia Women's Golf Association recently held their annual team event, the Solheim Cup, which involved thirty-two players divided into two teams – The Red Team and The Blue Team.

Leading up to the tournament, players were grouped by handicaps and then names drawn, placing that player on the appropriate team. The event itself becomes intense as the partners battle it out against another pair of players of a similar handicap. It's ruthlessly competitive on each and every hole because match play is all about winning the most holes, not about scores.

The Palencia WGA ladies played with pride passion and sportsmanship while keeping the competition fun to the very end. **Full Story On Page 6**

## Palencia Cheerstars Cheer On Pirate 5K Runners



Palencia Cheerstars from Ms. Cheryl's Dance, left to right, Natalie Adams, Minaal Ahmed, Emma Denson, Annabelle Adams, Yara Akl and Zoe Akl cheered on the runners at this year's Palencia Elementary Pirate 5K Run. "The girls always love this event cheering on their friends and teachers, and of course seeing the Pirates," said Cheerstars instructor Cheryl Blythe.

## Palencia Classic Car Show Is Sat, March 27th

Have A Classic Car? Show It Off At Upcoming Market Street Car Show

Market Street continues to be Palencia's hot spot for fun and community events and in the month of March, part of those events will include the community's very first Classic Car Show.

Take a trip down memory lane on Saturday, March 27th when the Palencia community hosts its first car show, featuring resident's classic cars as well as brand new specialized vehicles. As participants check out the cars, they can also enjoy some great breakfast items and coffee from the various food trucks that will be on site.

The fun starts at 9:00 a.m. and continues til 12:00 noon. If you have a classic car and would like to take part in the event, contact Erin at erin.gunia@fresidential.com as all classic cars are welcome.



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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.

### Thought For The Day

My wife uses fabric softener. I never knew what that stuff was for. Then I noticed women coming up to me, sniffing, then saying under their breath, "Married!" and walking away. Fabric Softeners are how our wives mark their territory. We can take off the ring, but it's hard to get that April fresh scent out of your clothes. - Andy Rooney

### Words Of Wisdom

From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked. -Luke 12:48

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Continued From Page 2

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## Spring Cleaning At Palencia!

By Shayna Talbert, CAM and Hannah Hobson, CAM  
 Your Management Team

With spring approaching, your management team will be looking for clean driveways, mailboxes and don't forget vinyl fencing and other exterior areas that may need refreshing.

Spring is a perfect time to enhance your landscape beds with fresh colorful annuals, and don't forget proper mulching. Make sure you pay attention to weeds, trimming and mowing when your clocks spring forward on March 14th. So get outside and enjoy that extra hour in the yard!

There are times periodically parking in the street is convenient, but parking in your driveway is polite. Street parking can create conditions that make it hard to see pedestrians and also can impact emergency vehicles in the event that someone is in need of assistance.

Passenger vehicles need to be parked appropriately and county ordinance requires that sidewalks cannot be blocked. Please be considerate and take the extra effort and park your vehicles accordingly.

Don't forget to also bring in your trash and recycling bins in the evening on the day of pickup. The community pickup days are Monday for yard waste and recycling, and Wednesday for trash. Please ensure nothing is placed on the curb any sooner than the evening before pickup. We appreciate your efforts to keep Palencia looking beautiful.

We understand special circumstances, such as moving, major home improvement projects, etc. may call for storage or disposal units. These are not permitted to be placed on the street under any circumstances. Please contact management regarding placement and review prior to delivery of any dumpsters, trailers or moving pods.

Under current health restrictions, families are limited in social activities and have been spending more time at home playing outdoors. The Board is focused on maintaining a family friendly neighborhood, while also keeping the community in accordance with the neighborhood rules. Recently, friendly reminders were sent regarding recreational items in the front yard. The intent is not to take away from any child to have the privilege to play and enjoy outdoors, it is only to limit the storage of recreational equipment. Please make sure that when items are not currently in use, they are kept in the backyard or area not visible from the street.

Mark your calendars for Wednesday, April 28th at 6:00 p.m. and be on the lookout for the 2021 Palencia Annual Election Meeting Notice. The mailing will include a call for candidacy for two (2) seats on the Board of Directors and online voting registration. Please contact management in writing if your mailing address has recently changed. We look forward to a great turnout at the 2021 Annual Election.



Palencia landscaping crews clean-up vegetation and overgrowth at Heather Park.



Anh Vu, M.D.

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## Newcomers Of North St. Johns March Luncheon At Serenata Beach Club

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) will hold its next member luncheon on Tuesday, March 16th with doors opening at 11:00 a.m. and held at Serenata Beach Club, 3175 S. Ponte Vedra Boulevard; Ponte Vedra Beach. The event features entertainment by local Comedian/Magician Mark Alan.

Cost for the luncheon and program is \$30 for members. The meeting begins at 11:00 a.m. with luncheon service beginning at 11:45 a.m. All reservations must be received by March 8th and, because of space limitations, an early reservation response is recommended. Covid guidelines are in place.

Luncheon entrees include a choice of Sauteed Chicken Piccata in a Lemon Caper Butter Sauce with Basil Pesto Potato Purée and Provencal Ratatouille; Grilled Atlantic Salmon featuring a 4-ounce Grilled Salmon topped with a Citrus Beurre Blanc and served with Roasted Sweet Bell Pepper Mashed Potatoes and Sauteed Haricot Vert; or vegetarian option of Mediterranean Pasta featuring Artichoke Hearts, Kalamata Olives and Tomatoes tossed in a White Wine Garlic Sauce with Extra Virgin Olive Oil and Lemon. Dessert is choice of an

Ultimate Chocolate Cake or Fresh Fruit Medley. A Cash Bar is available.

Following the luncheon, Mark Alan will delight members with a combination of magic and stand-up comedy. Alan has been entertaining audiences for more than 25 years, both nationally and internationally. His award-winning shows are fast-paced, hilarious and rated "PG clean."

As always, raffles for gift baskets and a fun 50/50 drawing spice up our NNSJ luncheons. And, perhaps you will win one of our beautiful centerpieces!

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.



Mark Alan

### St. Augustine Travel Club

Travel Lovers! As you already are aware, we have not convened our Travel Club meetings at the library due to the coronavirus; and having asked the library staff, there is no commitment yet and probably not for sometime to come. We have been assured that we will be provided a room for our meetings and the library will certainly accommodate us as the Travel Club is very popular.

We will issue an email to everyone once we are able to resume. In the meantime, please keep yourselves safe; and let's all do the best we can under these challenging times. We look forward to seeing you back. -Peter Dytrych (904)797-3736.

### St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas – well, not right now but planning - on Saturday, March 26 – April 2, 2022 on the beautiful Norwegian Escape out of Port Canaveral to the Eastern Caribbean ports of Puerto Plata (Dominican Republic), Tortola (British Virgin Islands), St. Thomas and Norwegian's private island Great Stirrup Cay in the Bahamas for a 7-day cruise. Prices start from \$1059.39 per person, double occupancy for inside cabin, inclusive of all port fees and taxes. Should NCL have to cancel the cruise, full refund would be issued by NCL. Offer expires March 25, 2021. Call Peter, St. Augustine Travel Club at (904) 797-3736.

## First Coast Card Club And Recreation Club

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

**Sunday, March 14th** - Lunch/Card playing at St. Augustine restaurant. Arrival: 1:30 p.m. Cards Begin: 2:15 p.m. Must buy at least two items at restaurant to satisfy management. Sitting time of 2.5 hours. Masks worn.

**Tuesday, March 23rd** - Card Playing. Kookaburra-Australian Coffee Cafe, St. Augustine. Arrival: 2:15 p.m. Cards: 2:30 p.m. to 5:15 p.m. Masks worn.

**Sunday, March 28th** - Card Playing. Dunkins Cafe, St. Augustine. Arrival: 2:00 p.m. Cards: 2:15 p.m. Masks worn.

Please contact our club organizers to RSVP in advance and to receive the venues and addresses to: 904-829-0643. Days/evenings. Phone calls only. Open to both men and women. Smoke/drug free club.

### Newcomers Recreation Club: Activities And Events

**Sunday, March 7th** - Dinner/Irish music at restaurant in Ormond Beach. Arrival: 3:45 p.m. Masks worn.

**Saturday, March 13th** - Cade Museum tour Gatorade inventor/doctor Gainesville. Arrival: 1 p.m. Cost: Se-

niors-\$10. Adults-\$12.50. Masks worn.

**Wednesday, March 17th** - St. Patrick's Day dinner/music Irish restaurant-Jacksonville. Arrival: 5:30 p.m. Masks worn.

**Saturday, March 20th** - Clifford House Mansion Home & Citrus Museum. Tours/Dinner. Eustis, FL Arrival: 12:45 p.m. Cost: Free. Masks worn.

Contact club organizers to RSVP in advance for the venues, or how to join club, to: 904-814-9612. Days/evenings. Phone calls and texts welcome. Open to both men and women. Smoke/drug free club.

*Jill Stonier*

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Palencia Resident



## Top 4 Benefits Why You Need To Be Organized

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

An organized home leads to an organized life; there is no getting around it. When you get organized, you can easily find the things you are looking for and focus on the more important areas of your life. You can better meet deadlines, accomplish tasks on your to-do list, and show up on time. Understanding the benefits organization brings makes the hard work of cleaning up worth it, and better yet, it reduces stress significantly! To motivate you further to take that first step to organize your life, here are the top four benefits I believe that an organized home brings to your life:



**Peace of mind:** Overwhelmed by your cluttered room? Can't find anything you need? Using valuable time to look for things can be frustrating. It can also be hard knowing where to start once you find the courage to clean up. However, I guarantee that once you begin to clear the clutter and put organizing systems in place, you feel lighter and more in control. The peace of mind you gain is priceless!



**Increase in Productivity:** Being organized makes you more productive. It helps you be more efficient and effective in completing the tasks you need to get done. The average American spends 2.5 days each year looking for lost items. That's a lot of time that you could have spent focusing on what matters most to you. That is why implementing functional, simple systems and routines will enable you to get more done in less time. For example, when

you specify a spot for your keys, you'll be less likely to lose them and it will be easier to get everyone out of the house quickly!



**Better Health:** Organization improves your overall health and mood. Once you are more productive, you will have more time available for self-care. You will have the time to focus on eating healthy, exercising more, and doing the activities you truly enjoy. Of course, other factors lead to health issues, but organizing your home is a great first step to improving your overall health and mood. By removing the stress of disorganization from your life, it will lead you to a healthier you.



**Improve Relationships:** Being organized improves our relationships with the people around us. When we are less stressed, more productive, and more health-conscious, it puts us in a better position to be the best spouse, parent or sibling that we can be. We can dedicate more of our time with the people we love, doing what really matters most to us.

When you let the disorganization continue, stop and reflect on what is holding you back. What area in your life needs organization? What can you do to help motivate yourself to take the step to organize your life? Allow all these benefits I shared to encourage you to take the first step and start getting organized so that you can live your best life.

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



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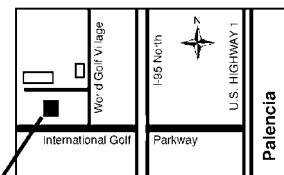
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## Kudos To Great Teams

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

We were all hoping that 2021 was going to be a big improvement over 2020. The reality is that we're still left with some big challenges, yet have so much to be grateful for. So, I want to take this opportunity to thank a local business for their unwavering support of the Palencia WGA, because we are truly grateful. That business is Bozard Ford

go. It's the Taj Mahal of car dealerships. It's absolutely eye-popping and you can literally eat off of the gleaming floors. Couple that visit with lunch at Ford's Garage and you have a fun day experiencing the innovation demonstrated by this local business. The Palencia WGA is extremely grateful for Bozard and we feel so fortunate that this thriving business



Jeff King, General Manager/VP and Tonya Tomanek, Sr Client Advisor for Bozard accept a plaque from WGA officers, Joanne Gage and Maria Cavanaugh in recognition of Bozard's continuing support.

and Lincoln. Without the generosity of this family-owned business, our WGA would not be able to conduct the quality events that we do. Bozard was the major sponsor of our Coquina Classic Member Guest in November. They provided financial support, but it didn't end there. They had their staff at the two-day tournament, meeting our members and guests personally. An added (and much appreciated) surprise was a gift card to the new and exciting Ford's Garage restaurant for each participant.

I had the pleasure of presenting Bozard with a plaque of appreciation at their new Lincoln dealership recently. If you haven't seen the dealership, stop what you're doing right now and

is in St Augustine. They truly are a part of our team.

And speaking of teams, we recently held our annual team event- the Solheim Cup- a two day intense, but fun match play event. Thirty two players were divided into two teams - The Red Team, captained by Barb Jacobi, and The Blue Team, captained by Tricia Luciano.

The event actually begins well in advance with a gathering to choose who will be on which team. Players are grouped by handicaps and then names drawn, placing that player on the appropriate team. When all is said and done, the teams are very close in the playing level of their players.

Next comes the fun part- pairing parties. Each team assembles and partners are paired together. This gives them a chance to play some practice rounds before the actual tournament. But it's the smash talking between the two teams (and the two captains) that everyone enjoys leading up to the Solheim and then during it, as well.

The event itself becomes intense as the partners battle it out against another pair of players of a similar handicap. It's dog-eat-dog on each and every hole

Continued On Page 7

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## Women's Golf Association of Palencia

Continued From Page 6



The Blue Team toast the Red Team winners in a show of camaraderie and good sportsmanship.

because match play is all about winning the most holes, not about scores.

Day One resulted in Team Blue ahead by one point. Although a solid victory, everyone knew that anything could happen on Day Two, and it did! The red team was ready to battle back and they did, leading by two points on the second day thus making them the winners of the tournament! That extra point on Day Two gave them the edge that they needed.

Afterwards, the blue team participants good naturedly place medals over the heads of their red team opponents and toasted them with bubbly- all good sportsmanship to the end. Congratulations to the red team!

I'd like to conclude by saying that



Red Team Captain, Barb Jacobi and Blue Team Captain, Tricia Luciano kept the competition fun.

I will reluctantly be stepping down as President of the Palencia WGA. Life brings many opportunities and changes and my life is taking me to Arizona. I have loved my 20 years in North Florida and have made many wonderful friends that I will miss. I'm leaving the WGA in the very capable hands of our Vice President, Staci Luttrupp, who will see it through until the end of the season on May 20th.

I may be going far away but my heart will stay close to Palencia and the WGA.

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



Solheim Blue Team participant, Diane Robinson, good naturedly places a winner's medal around Red Team competitor, Sue Kansteiner.

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## PES Volunteer Of The Year And Senior Volunteer Of The Year

By Tiffany Trivedi, Palencia Resident  
Palencia Elementary PTO

We all know it takes great teachers and a great administration to make a great school, but there are so many other members of our community that donate their time to ensure our school continues to flourish even during the most challenging of times. While Palencia Elementary is grateful for each and every volunteer; there are a few volunteers that warrant special recognition.

For the 2020/2021 school year, PES has selected both a Volunteer of the Year and a Senior Volunteer of the Year. This is a process conducted county wide for the St. Johns County School District each year. The very worthy winners this year are Adult Volunteer of the Year, Emily Turner and Senior Volunteer of the Year, Martha Roth.

Mother of five, Emily Turner, is our Parent Teacher Organization President and very deservedly, our Adult Volunteer of the Year. Emily has held many roles within the Parent Teacher Organization over the years. She has devoted countless hours and dedication to ensuring our school has all the funds it needs to successfully operate and that our students receive the care and nurturing they deserve. She also makes sure our teachers feel appreciated and supported. The PES staff shared that "Mrs. Turner is wonderful and generous. She makes the job look easy and effortless and we all know how difficult this role is on even a normal year."

Mrs. Turner handles a vast number of responsibilities including facilitating all of the PTO meetings, despite the challenges of COVID19. Meetings have been held at our local outdoor park where the community is welcome to participate and gather while maintaining social distancing. This has helped the community continue to feel connected to the school even though no volunteers are allowed in the building. In addition, Mrs. Turner supervises all fundraising events including the Fore the Kids Golf Tournament, Boosterthon, The PES Pirate 5K and Fun Run, various family



PES Asst. Principal Audrey Holtz with Emily Turner, PES Volunteer of the Year



kick back restaurant nights and so much more. In total, thanks to her tireless efforts, the PTO has raised enough money to help support the school in numerous ways. Some money raised from these events has gone towards interactive panels and cubbies for each classroom. The cubbies will allow students a place to keep their personal belongings and keep the classrooms organized and clean.

While all the community PES events have not occurred due to Covid, others have still been able to move forward in a safe way, all of which Mrs. Turner led. This includes PTO movie nights at the park, Mojoes BBQ nights, a revised Grandparents Day activity and many, many more.

And then there is all the responsibility of taking care of the day to day attention the PTO sheds on the school. This begins with the weekly, manually changing of the display board outside of the school so that all parents are kept up to date with the most important informa-

Continued On Page 9

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# PES Volunteer Of The Year

Continued From Page 8

tion. Then, each Friday is dedicated to the staff at PES. The PES staff is treated to "Hospitality Friday" where treats or gifts are provided such as coffee carts, mini cheesecakes, hand sanitizers and personalized face masks just to name a few. The PES staff feels "this gesture of kindness provides social and emotional support to our staff and that is easily transferred to the care and education of our students."

Mrs. Turner's PTO peers shared that "the amount of time and effort that Emily gives to PES is second to the warmth and kindness she spreads both within the PTO and to the school staff. Her energy and positive outlook are infectious and so appreciated by everyone who knows her."

PES has also named, Martha Roth as Senior Volunteer of the Year. Mrs. Roth has certainly devoted countless hours to help PES flourish is some of the most important of ways. One of the most important focuses for Mrs. Roth is leading the national program, Blessings in a Backpack, for PES. Blessings in a Backpack "mobilizes communities, individuals, and resources to provide food on the weekend for elementary school children across America who might otherwise go hungry." Mrs. Roth comes to PES despite the risks of Covid19 to help organize and place food in bags for students who meet the criteria for needing support. Mrs. Roth spends many hours ensuring this task is completed each week for our PES students and her efforts help many of our PES students in need. On holiday weekends or teacher planning days, she comes to school in advance so that each child will still go home with a bag full of food. Each bag of food is enough for the child and their entire family. Ms. Roth is the reason these families have a meal each weekend.

While you would think Blessings in a Backpack would be enough to keep her busy, Mrs. Roth decided that the PES annual Clothing Closet that allows kids to "shop" for new and gently used



Palencia Elementary School Principal Catherine Goodrich, left, congratulates Martha Roth, Senior Volunteer of the Year.

clothing during the holidays was just not enough. She requested that the school find a spot for the store where the children could go weekly to shop for new clothes and she assists the students with picking out the clothes, shoes, and other items each week. She also leads the donation efforts as well as ensures the store stays well organized and clean at all times. Her tireless efforts have provided confidence and full stomachs to children that will undoubtedly add to them being stronger, healthier, and performing at their highest ability.

The PES PTO greatly appreciates these two amazing women on their efforts and commitments to making PES as strong as it can possibly be. We also thank the PES administration and the St. Johns County School District for recognizing these efforts and providing them the accolades they deserve.

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

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**March Is Mulch Time!**

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

Normally, mid to late spring is the best time to put down mulch. This practice affords a good new-season start for your landscape trees, bushes, and plants.

For Palencia residents new to Florida, mulching is an important part of Florida landscape care. Mulch mimics the natural process you find in healthy, mature forests. In a mature forest, there will often be a thick layer of leaves or needles blanketing the ground, creating a neat forest floor without much weedy undergrowth. The leaves or needles slowly break down, creating rich soil. Mulch is a soil cover specifically designed to create a buffer to protect plant roots from temperature extremes. It also keeps soil moist longer after irrigation, giving roots extra time to soak up water. Because mulch conserves water, it is an essential component of any Florida-Friendly landscape and will reduce your monthly water bill. This practice is particularly important in our hardiness zone where temperatures fluctuate greatly.

Mulch can also be used as an attractive groundcover where it is difficult to mow or irrigate. As mentioned earlier, it adds nutrients to the soil as its organic components decompose, increasing soil fertility and improving aeration, structure and drainage. Mulch can even help reduce erosion and protect plants from certain diseases.

Here are a number of different types to choose from, all found at local garden stores:

- **Pine bark** is a byproduct of the forest industry. It comes in ground and nugget forms and has a rich brown color.
- **Melaleuca mulch** is made from the exotic invasive trees. The product is cured at a high temperature to kill the seeds, so they won't germinate.
- **Pine straw** (needles) comes from pine plantations that produce paper and wood products.
- **Mixed hardwood mulch** is produced from scrap lumber, recycled pallets, or tree stems.
- **Eucalyptus mulch** typically comes from plantations in South and Central Florida, where the trees are grown specifically for this purpose. They grow quickly, so this mulch is considered renewable.
- **Utility mulch** is sold or given away for free by many utility companies. This

mulch comes from trimming trees and other plants obstructing power lines.

- **Cypress mulch** is composed of both wood and bark. Cypress trees, which grow in Florida's forested wetlands, are often harvested for lumber, and used in fencing, flooring, furniture, and other products. Cypress mulch is often made from the waste wood generated in the manufacture of these products, but it may also come from whole trees cut from wetlands. It is important to note that the Florida-Friendly Landscaping Program does not recommend the use of cypress mulch, as its origins may be difficult to determine.

- **Gravel or pebbles** can be used as a type of mulch, but only for aesthetic purposes as they don't contribute to soil nutrient content or water-holding capacity. If you decide to use gravel or pebbles, make sure you first install a woven ground cloth to prevent them from sinking into sandy soils. Another caveat is that too much gravel or stone, unlike natural mulch, can also produce a great deal of heat in your landscape. This can be harmful to adjacent plants.

When applying mulch in your landscape, be sure to follow these simple tips:

Maintain a two to three inch layer around established trees, shrubs, and bedding plants. Florida-Friendly Landscaping™ recommends mulching to a depth of three inches.



While you will see this practice all over and even in Palencia, avoid "volcano mulching" around your trees. When mulch is piled against the base of a tree, it holds moisture, encouraging rot in the trunk. Mulch piled against the trunks of young trees may also create a habitat for rodents that chew the tender bark, and this will ultimately kill the tree.

**Continued On Page 14**

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## Nease NJROTC Cadets Drill Team Captures Title In First Competition

By Captain Scott LaRochelle, USCG (ret)

The last time we saw the Nease NJROTC Academic, Athletic and Drill team, they were walking off the drill deck with the 2019-2020 Navy Area-12 (State) Championship in Coffee County, Georgia.



Nease NJROTC senior cadets Brandon Donovan, Dylan Dosio, Juan Castillo and Michael Winczner receives the overall championship trophy at the recent Terry Parker Drill Meet.

overall winner.

This year Nease won first place in Personnel Inspection, Athletics Overall, Situps, Pushups, 16x100 Relays, Overall Drill, Color Guard, Armed Basic and Armed Exhibition Drill.

Of the 25 individual medals/awards for academics, pushups and situps, Nease cadets garnered 16 including notably Lauren Villareal 1st in Female Pushups (90), Anthony Tucker 1st in Male Situps (309), and Emmelie Neff 1st in Female Situps (325).

"Few things have seemed normal this year," said senior Cadet Michael Winczner, anchor of the 16x100 Relay. "But today felt like old days."

Nease is currently the No.1 ranked NJROTC

COVID-19 derailed their hopes to compete for a National Championship. Since that time, competitions have been cancelled or rescheduled, until finally the Drill team competed at the Terry Parker High School Drill Meet on January 23 in Jacksonville. Whatever rust there may have been was not apparent as the team continued its winning ways, capturing first place in nine of the 12 events enroute to the overall championship.

With the victory, the team qualifies for the Area-12 Drill Championships in Georgia in March where the team competes against the best programs in Georgia and Northern Florida.

"This competition has been a long time coming," said Cadet Battalion Commander Dylan Dosio. "To say the team was ready to bust out is an understatement."

Drill is much more than a marching competition. Drill championships include a series of events including unarmed and armed marching, color guard, personnel inspection, academics, pushups, situps, and running relays. Points awarded in each event are combined to determine the day's



Nease NJROTC's dynamic sit-up duo Anthony Tucker and Emmelie Neff receive the overall 1st place team trophy for Situps at Terry Parker HS. Tucker and Neff placed first in male and female events.

drill team in Area-12 (59 programs covering northern Florida and the state of Georgia), having won the Area-12 Drill Championship each of the past six years.

"Despite all the trophies, we've got a lot to work on before our next competition," said Color Guard commander Isabella Rivera. "Everyone wants to beat Nease and they give us their best shot every time."

Other top schools in the competition were Orange Park HS 2nd place, Valdosta, GA HS 3rd place, Mandarin HS 4th place, and Bishop Kenny HS 5th place.

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## Extension Through The Ball

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. Transition
5. Impact

Extension through the ball is this month's topic...

After you have made contact with the golf ball and impact has occurred, a common fault is to look up and anxiously see the result, that is definitely not what you want to do. You must have a wide extension with the club face extending toward your target. This move will allow the club to do its job. If you look up, the leading edge of the club will

hit the ball resulting in the "topped" shot.

A great way of working on this whether it is on the range or the golf course is to choose a spot slightly ahead of the ball and try to have your club extend over that spot towards your target. Extension "down the line" will go a long way to prevent the habit of coming up out of the shot.



The width of your follow-through is an underrated part of your swing to develop power!

The warmer weather is on its way so please contact me if I can help you with your golf game!

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

## March Is Mulch Time! (Continued From Page 12)

The best practice for all trees, young or mature, is to firstly rake the old mulch which can be matted and will then prevent water and air from seeping through. Then, apply the new mulch to the drip line.

Most lawn care companies provide mulching as part of their lawn service if you don't want the hassle of hauling big bags of mulch home and then applying it to your landscape.

You only need to mulch once a year. In addition to increasing protection for your trees, shrubs and plants, mulching will also enhance the appearance of your Florida landscape. As a last note, be wary of buying red colored mulch as, while attractive, it can stain also your pavers.

Tip of the Month: March is the time to plant bulbs such as canna, dahlia, and gloriosa for spring and summer flowering. Be sure to plant these in beds modified with good organic matter.

*Do you have landscape and/or gardening questions? I live in Palencia, so please email me at norie.flowers@outlook.com and I will answer you immediately. If you would like an in-depth article written on a topic you feel would be of interest to all of us, please let me know. 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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## Palencian Pickers

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

There seems to be a proliferation of "P's" lately when the bagman and lady are parading around the Palencia pathway with me. Of course one of the objects is poop, possibly, depending on my priorities. However, they also discuss people as they prattle on about the pleasant Palencian perimeter's panorama! Well, maybe not that bad...but there are some very particular "p" types that they really respect; the Pickers.

From almost the beginning of our community, there have been a posse of pleasant people who have taken it upon themselves to walk the paths of Palencia with the purpose of picking up. No matter the weather or the time of year, we see them often picking up. And they do it because they feel it's the thing to do. Howard, Linda, Cindy, Carol, just to name a few. And I give them all a wag and a woof. They're pretty darn especial! Plaudits to our Palencian Pickers, one and all.



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## Keep Your Head In The Trees

By Steven Kabat, M.S., ISA Certified Arborist  
Monster Tree Service  
904-719-8499

Never mind seeing the forest through the trees, it is actually better to see the trees through the forest. It is always good during each winter season to inspect the trees near your property. This can be done any time of year but the tree's dormant season is better as you can more easily make out the structure of a tree.

During an inspection of any tree it is always best to walk completely around the tree and look it up and down. Generally the down is more important as defects in the trunk and major roots is more important because a severe defect means that if a catastrophic failure were to occur, the tree can reach further and has the possibility of damaging property or people further away. The things to look for are fairly wide ranging and varied but it does not take an expert to spot many problems. Most of the following issues are most concerning on the main trunk as opposed to a branch. Branch death and decay is normal and common as long as those branches are lower in the canopy or deep in the center of the canopy.

1. Cavities (holes) in the tree trunk. This is obviously reducing the structural integrity of the trunk. Size and location are very important in this evaluation. In this case bigger is not better. If you see a raccoon crawl out from a hole in your tree there is a raccoon sized hole in your tree.

2. Fungus or mushrooms around the

area where the roots start originating from the trunk or on the trunk itself are important clues. Mushrooms typically do not last long so you have to be an eagle eyed observer. The mushroom is only the fruiting body of the fungus. The fungus is generally extensive if it is capable of producing large and/or numerous fruiting bodies. This is obviously concerning if it is decaying the structural roots holding the tree upright or low in the trunk.

3. Abnormal bark growth on the trunk. This can indicate damage or decay inside the trunk. This can look like rapid and uneven bark growth. Sometimes this is around a patch of bark that is starting to turn soft and flake away.

4. Animals can also be useful in helping you spot problems. Bees can make extensive hives with small openings to the outside world like old branch pruning wounds that have not covered over properly. Woodpeckers are good at finding insects within dead and decaying trunks. Sometimes you can actually hear the beetles in pine trees making noise from 20 feet away. Many beetles have exit holes where they expel wood dust and it can accumulate in the furrows in the bark around the base of the trunk.

The list above is not exhaustive but the main take away is look for big problems low in the tree as they have the highest risk for the people and things of value within falling distance of the tree.



## How To Fight Fair: Eliminate The Four Horsemen And Replace Them With Their Antidotes

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

To read or listen to social media and public discourse, it would appear that we have lost the ability to maintain civic dialogue in our country. We are increasingly polarized and entrenched in our own positions and contemptuous of anyone who disagrees with us. This is true on a macro as well as a micro-level: we even see it in our intimate relationships.

In his over 40 years of research Dr. John Gottman has identified four ways of interacting that are the best predictors of divorce. Like the Four Horsemen of the Book of Revelations, which wreak havoc and destruction on the face of the Earth, these Four Horsemen wreak havoc and destruction on relationships and, I would dare say, on society: **Criticism, Defensiveness, Contempt, and Stonewalling**. Fortunately, each of these horsemen has an antidote.

**Criticism** is describing a problem as a flaw in your partner's character, for example, "You are so lazy." Criticism often begins with "You always" or "You never" and involves pointing the finger at your partner and implying not just that they made a mistake, but that there is something fundamentally wrong with their personality.

Women exceed men in delivering criticism. This is not intended to blame women; criticism often results from complaints or irritability a woman may feel that has been long ignored by her partner. With a lack of response by her partner, her complaints may then escalate to criticism. Nevertheless, criticism is still destructive.

The antidote to criticism is to use gentle start-up. Gentle start-up involves using "I" statements about your feelings: i.e. "I feel... (sad, angry, frustrated, etc.) about... (describe the situation, not your partner). I need... (state a positive need)." For example, if you are upset because your partner was home late from work and didn't call and dinner was ready and waiting, rather than saying, "You're always late and thoughtless and you ruined dinner," you could say, "I feel upset because dinner was ready and you didn't call to say that you would be late. I need you to be home on time or to call or text me if you are going to be late."

**Defensiveness** is an attempt to protect oneself, to defend one's innocence, to ward off a perceived attack. This is usually done by counter-attacking or by whining (innocent victim stance). It is the natural counterpart to criticism: the two often go hand in hand.

The antidote to defensiveness is to accept responsibility for at least a small part of the problem. You don't have to accept all the responsibility, but accepting at least part

of the responsibility to defuse the situation. In the example above, taking responsibility would involve saying something like, "You're right: I was late and I forgot to call you. I apologize and I will call or text you the next time I am going to be late."

To be **contemptuous** is to put someone down, to take a higher plane – for instance, taking a higher moral ground. **Contempt** is any critical statement you make when you feel superior to your partner. It's a position of "I'm better/smarter/kinder/etc. than you are." It may be accompanied by belligerence. There is a mindset which underlies contempt: it is a negative habit of mind where the person scans the environment for people's mistakes rather than what is positive or what to appreciate. It can be communicated through name-calling, insults, rolling of the eyes, a sigh, etc. There is a cross-culturally universal facial expression of contempt: a lateral pull of the left-lip corner to the side by a muscle called the buccinator, creating a dimple.

Contempt is our single best predictor of divorce in heterosexual couples or break up in same sex couples. I would dare say that contempt is one of our biggest problems in social media and discourse today: our comments and our discussions are often dripping with contempt.

The immediate antidote to contempt is to describe your own feelings and needs, not your partner (or the other person, group, or political party). Talk about how you feel and what you need, not about the other person.

To **stonewall** means that the listener withdraws from the interaction while staying in the room. Basically, this means not giving cues that he or she is listening, for instance, by looking to the side, not maintaining eye contact, or crossing one's arms, etc. Men tend to stonewall more than women. Usually, partners stonewall because they are physiologically flooded, with a pulse rate over 100 beats per minute, and setting up for a fight, flight, or freeze response.

The antidote to stonewalling is to do self-soothing and stay connected in the interaction or to take a purposeful break, self-soothe, and come back to the conversation when you are physiologically calm.

These Four Horsemen and their Antidotes are not only applicable in intimate relationships, but in all relationships, from the micro to the macro. The Antidotes can help us fight fairly with our partner, our family and friends, our co-workers, and with people who think differently from us. Perhaps by using the Antidotes, we can restore civic discourse in our society.



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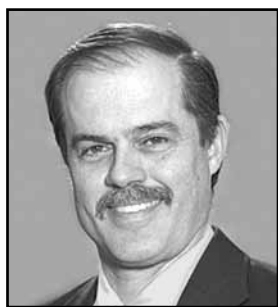


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## Move To Last

By Jim Viti, PT, DPT, MHSc, OCS, MTC, FAAOMPT  
 Low Back Specialist  
 First Coast Rehabilitation  
 904-829-3411

Appliances used to be built to last. It seems now-a-days everything is built for temporary use only to be replaced. Fortunately, many joints of the body can be replaced with a high percentage of success but many people don't realize the way they move and perform their daily functions may either increase or decrease joint stress. Simple suggestions on how we move and function can significantly reduce these stresses, maybe enabling them to last longer, and potentially reduce the need for replacement or surgery later in life. Such suggestions include:

1. When getting out of bed in the morning, bend your knees, roll to the side and sit up sideways. This 'log roll' significantly reduces twisting, shearing and compressive forces in joints of the low back.

2. When sitting in a car, computer or chair at home and work, place a small pillow in the curve of the low back. This reduces pressure within the discs of the low back, supports the back so muscles don't have to work as hard and places the neck in a more neutral position.

3. When standing up after sitting, keep the back straight and lean forward at the hips. This too reduces stress in the low back.

4. When standing for prolonged periods (like in line at the store), place one foot slightly forward of the other and rock slowly back and forth. This keeps the muscles firing, lubricates the joints and reduces stress on the hips, knees and spine.

5. When bending and lifting, keep your back straight, bend your hips and knees and do not twist your spine. Turn by moving your feet, not with your back.

6. When getting in the car, sit first then lift and swing your legs in. When getting out of the car, lift and swing both legs, then lean forward at the hips and stand up. This significantly reduces torsion forces on the back, hips and knees.

7. When performing activities like vacuuming, shoveling or cutting the lawn, lean forward at your hips and bend your knees, as if you were lunging forward. This reduces the need to bend forward in the low back region, reducing pressure within the discs.

8. Overhead activities can place undue stress on the tendons of the shoulders, so use a stool or ladder to reduce the amount you have to reach overhead.

9. Low impact aerobic exercise like walking or cycling improves nutrition to the joints, which improves overall joint health. Exercise improves cardiovascular function, burns calories, reduces weight gain, and may therefore decrease compression on all joints.

10. Finally, at the end of the day, when it is time to sleep, make sure your pillow supports your head and neck in a level position, both when you are lying on your back or lying on your side. This

helps reduce stress on joints, muscles and nerves of the neck during one of the times you are most immobile.


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*Jim Viti has been treating patients*

*with low back pain for over 30 years. He is board certified in Orthopaedic physical therapy and lectures to physical therapists throughout the United States regarding low back mechanics, injury and treatment.*



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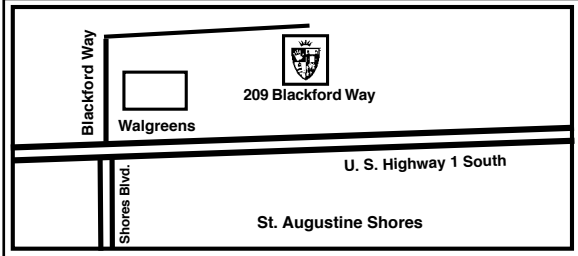


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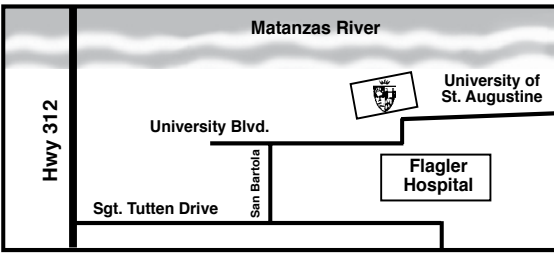
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## Cancer In Pets (Part 1)

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

Over the past several decades, it has been well documented that pets are living longer due to receiving better care. Interestingly, an unintended consequence of living a longer time is that unfortunately more pets are getting cancer. Almost everyone knows a pet that has had a diagnosis of a neoplasm. This three-part series will discuss why pets get cancer, how to diagnose it and what treatment options are now available.

To start, let's differentiate between neoplasia, tumors, and cancer. Although all three terms are often used interchangeably, there are distinct differences between the terms. Neoplasia is the uncontrolled, abnormal growth of cells or tissues in the body, and the abnormal growth itself is called a neoplasm or tumor. It can be benign or malignant. Benign neoplasms tend to grow slowly and they may displace (but do not tend to invade) the surrounding body tissues. Most importantly, they do not spread throughout the body. Conversely, malignant neoplasms can be unpredictable and grow at various rates (sometimes rapidly), invade the tissues around them, and spread (metastasize), to other parts of the body.

The word "tumor" or "mass" is often used to describe the actual swelling or other physical appearance of a neoplasm. The word "cancer" is often confused with neoplasia, but only malignant neoplasms are truly cancers.

Make sense? Now let's talk about why cancer happens.

All cells of the body are coded to perform their job, and then to die and be replaced by another cell of the same type to take over its function. In this way, the cells are constantly kept fresh and healthy. The process of cell death (apoptosis) is planned, and the code (DNA) is written from the very beginning of the animals creation and copied into new cells millions of times.

Unfortunately sometimes the copies of DNA get written improperly, and the portion of the code responsible for cell death and replacement gets miswritten. This error may tell the cell to create far more cells than it should, sometimes with no "off switch." This leads to uncontrolled cell growth, or a neoplasm. Depending on where this occurs, the neoplasm can manifest as a tumor, or as a problem with overproduction of cells in the blood stream or bone marrow.

Approximately 50% of dogs will develop a neoplasm in their lifetime. Fortunately, these are benign neoplasms about half the time.

Dogs get cancer at roughly the same rate as humans, while there is less information about the rate of cancer in cats. Some cancers, such as lymphoma, are more common in cats than in dogs. Check back next month to find out which tests are helpful for diagnosing cancer in pets.



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Mike Weitz

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## Love In Action

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

“Get to the Point!” Have you ever carried that thought in your mind? Have you perhaps uttered those exact words in a moment of frustration or impatience? Maybe you’ve been on the receiving end of that statement when sharing or presenting or even preaching? Sometimes we may be under such pressure to know the answer or to get help that we don’t even have the time to wait for it. We are facing a crisis, and we want help right away. We may have received a diagnosis or someone we care about has, and what was important is no longer as important. We face some decisions in life that can affect our lives so radically that we need others to just get to the point.

The point of **1 John 4:7-21** is that God is love: **Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.** This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. **This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another (NIV).**

Did you hear that? The God of all creation deeply loves you and cares for you. This is the kind of good news that keeps on giving. We are not orphaned or alone in this existence. We know this

as a matter of faith. Every parent knows how precious their child is to them. God sent His son to live among us and to die an atoning death for our sin; that is love in action! The cross which we remember at Eastertime demonstrates that God is *for* us. He made a way for us to choose life that is everlasting through a personal relationship with Christ.

Jesus’ resurrection is a promise kept and an assurance that God’s love never dies. This assurance is needed when life is ever-changing. We experience all of the good and all of the bad in this life. So when we need confidence, the heart of it all is knowing God is love and He loves us. No longer do we need to be afraid or uncertain about facing life or death. We can count on the certainty that God is here, right when we question life’s hardships or worry about what is or what could be. We can count on the God who is love.

Finally, my point is if God is love and loves each of us, that should impact how we connect with others. How can we ignore people in need if we know and worship a loving God like this? How can we feel anxious if we have confidence in a God like this? We serve a God who has structured the universe so that love is what is most important. **“And now these three remain: faith, hope, and love. But the greatest of these is love” (1 Corinthians 13:13 NIV).** The best response we can give is to love others just as God has loved us. That is the point.

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## Four Reasons For Getting Life Insurance

Life insurance is often thought of as a way to protect loved ones by providing for final expenses, estate taxes, etc. But let's think beyond that. Who else depends on you and your income? "One size fits all" may apply to a lot of things, but not something as important as life insurance. Why you need it, and how much you need, depends on your obligations and priorities. Your concerns are likely different from those of your neighbors or friends.

Because life insurance can have a big impact on both your loved ones and your finances, the topic can be intimidating. To make it easier for you to assess your life insurance needs, here are four thought-starters.

### Who do you want to protect?

Life insurance is often thought of as a way to protect loved ones by providing for final expenses, estate taxes, etc. But let's think beyond that. Who else depends on you and your income?

Do you have young children at home? Life insurance can help provide the money for day care now and an education for the future. If your kids are older, your insurance can help cover tuition payments.

Are you responsible for your parents? If you're contributing to the care of an elderly relative, you should consider how those healthcare bills will be paid if you or your partner passes away suddenly.

### What do you want to protect?

If you have a mortgage, adequate

life insurance can help your family stay in the home and maintain their standard of living. Even if you don't have a mortgage, there are probably other assets that you want to protect. Life insurance can help your family keep up with car payments or protect your spouse from having to dip into retirement funds earlier than anticipated.

If you're a business owner, life insurance can help the company you built continue after you're gone.


### Do you want to leave something behind?

Perhaps you would like your legacy to help the next generation live more comfortably. Life insurance can help you do that. Life insurance can continue your contributions to your favorite charity, because some policies allow you to name an organization as your beneficiary.

### What's your personal financial plan?

So far, we've focused on what life insurance provides after your death. But did you know some life insurance policies have benefits you can use during your lifetime? Many people appreciate knowing they have access to living benefits, as needed, through loans and withdrawals. So it pays to think about your finances in their entirety when you consider the benefits of life insurance.

If you'd like to talk about your personal life insurance needs and see what options are available, your Palencia neighbor and local State Farm Agent Craig Dewhurst is here to help.



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