



News For And About Residents Of The Palencia Community

Remember Mom on Sunday,  
May 9th



ST. AUGUSTINE

# PALENCIA PRESS

MAY 2021

## Palencia Residents Star In School Production Of "Guys & Dolls"



At left, top row- JR Gonzalez, Aiden Mai, Chris Tarsitzno, Spencer Forsling and Troy Letterman. Bottom row - Jake Madson and Kai-noa Fuata.



Above - Jake Madson as Skye Masterson and Darby Dinger as Sarah Brown.

Great performances by the entire cast, coupled with outstanding vocals, highlighted the family-friendly classic musical "Guys & Dolls" recently presented at Nease High School. The cast, which included several Palencia residents, generated energy, comedy and romance in this revival of the New York musical which first opened on Broadway in the 1950's. The audience left the theatre humming timeless winners like "Sit Down, You're Rockin' The Boat" and "Luck Be A Lady." **See more Page 20**

## Residents To Hold Food Drive In Palencia



Palencia residents serving Our Lady of Good Counsel Food Pantry and Garden Ministries, back row, Cheryl Alderson, Kevin Benedict and Molly Goins-Cox. Front row, Fran Singer, Mindy Benedict and Jeanne Carr.

The Palencia food drive is being coordinated through OLGC's Palencia Good Neighbor Group. Donations needed include 15 oz. cans of beans (Navy, Kidney, baked beans), 15 oz. cans of vegetables (any brand/type) and 16 to 18 oz. plastic jars of peanut butter. Donation boxes will be located at the Sweetwater Creek Swim & Fitness Center on North Loop Parkway and at the Palencia Amenity Center. Monetary donations are also welcome. **See article on Page 15**

## Palencia Residents Donate Golf Cart To Nease School

Palencia residents, Bob Savage and Casey Bierer, partners at Golf Carts of St. Augustine, recently donated another golf cart to Nease High School. The emerald green refurbished cart with premium seats and all the extras will be raffled off by the Nease Athletic Department to raise much-needed funds for their athletic programs.

Nease athletics was hit hard this past year due to limited attendance imposed by COVID according to Charles Gomes the new Athletic Director at Nease. Please support their efforts by purchasing raffle tickets for this beautiful cart. For further information on where to purchase these tickets contact The Nease High School Athletic Dept. or reach out to Palencia resident Laurel Madson at 904-382-2815 who is on the Golden Panther Booster Club and helped spearhead this effort between the two organizations the past two years. **For more Nease news, see Page 17.**



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### Thought For The Day

Unlike cats dogs never scratch you when you wash them. They just become very sad and try to figure out what they did wrong. -Dave Barry

### Words Of Wisdom

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. -Matthew 5:16

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Continued From Page 2

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## Welcome To The Palencia POA Board Of Directors

By Shayna Talbert, Community Association Manager

We are excited to introduce Katherine Hutchinson from Sebastian Square and Susan Agee from Oak Common to the Palencia POA Board of Directors.

**Katherine (Katie) Hutchinson** was born and raised in Miami, a native Floridian. She grew up enjoying summers in the Keys at her family's summer home fishing, snorkeling- all things water. After high school, she worked on South Beach, where she had an opportunity to move to Portugal. Working in Portugal, Katie was able to travel all over Europe. Upon returning to the U.S., she enrolled in Florida Atlantic University where she received a Social Work degree focusing on children and families. She returned to get a degree in Early Childhood Education.

While in college, she worked in the hospitality industry and was named Miss Clematis St. West Palm Beach. She was then recruited to a Florida International University program to obtain a Child Welfare Specialist Certificate. After completion, she was offered a job with the Department of Children and Families (DCF) in Monroe County and the lower Keys located in Key West. While living in Key West, she met her husband, and is now a proud military wife. The newlyweds were relocated to Orlando, FL, where Katie continued to work for the DCF.

After the birth of their first child, her husband was deployed for a year to Africa, and Katie decided to focus on her family and committed to being a full-time stay at home and military wife. Adjusting

to being a new mom and deployment of her husband was not easy for their family.

Two years after her second son was born, Katie decided to try something different and enrolled in the National Academy of Sports Medicine and received a degree in Personal Training and Nutritional Coaching. Being a competitive dancer and swimmer, athletics has always been important to Katie. With her boys in school, she started to work at the YMCA Downtown Orlando with seniors and post-partum women. When COVID struck, Katie and her family were unexpectedly transferred to the St. Augustine area where they instantly fell in love with Palencia.

Katie feels truly blessed to live in such a wonderful community and to have met many wonderful neighbors. Katie is so excited to serve her neighbors! As a dedicated Palencia POA board member, her objectives are to find solutions to improve uniform and consistent compliance, improve safety throughout the community, support community engagement between the Board, committees and homeowners.

**Susan Agee** was born in Alabama and attended Samford University in Birmingham. Susan is married to Joe Agee and they have four children and eight grandchildren. In 2006, her husband's career brought them to Jacksonville and they moved to Palencia.

Shortly after joining The Palencia Club, she became involved in the Women's Golf Association and served as Presi-

Continued On Page 4



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## Happy Mother's Day May 9th



The Raab family of Palencia recently sent in this photo of mom Loreyn in celebration of Mother's Day.

We thank Mothers for laughing with us in the best of times and sticking with us through the worst of times, for Mothers are like roses, each one beautiful in her own way.

Erma Bombeck once said, "When your mother asks, 'Do you want a piece of advice?' it's a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."

Palencia residents, at left, Loreyn Raab lovely mother to Madeline, age 4, and Sophie, 18 months, will celebrate Mother's Day with father/husband Thomas Raab.

## Welcome To The Palencia POA Board

Continued From Page 3

dent for two years. Avid golfers, they love the neighborhood and have made many friends. Susan was an employee of The Southern Company for approximately 25 years, and she worked in various areas; specifically, the Treasury Department, System Operations, Environmental Services and Human Resources. During that time, she was responsible for many facets of budgets and analysis, corporate employee benefits, and accounting.

After an early retirement there, Susan established a Human Resources Department for a national masonry and glazier company. When that job was completed, she obtained a realtor's license and worked for Re/Max and Coldwell Banker until moving to Florida. It is important to Susan that the Board aggressively works to ensure a positive transition from the developer of Palencia to the property owners. She believes that in order to maintain the high standards established for our community, residents should be involved and accept responsibility. With her business background, communication and problem-solving skills, Susan will work to continue and improve the character of Palencia.

A Special Thanks To Jim Newhall And Rich Luciano

We offer our sincere gratitude and a special thank you to Jim Newhall and Rich Luciano for their time and service on the Palencia POA Board of Directors. We wish you both the best!

### Announcing The Homeowner Architectural Review Board

We are excited to announce the newly appointed Architectural Review Board. **Bob Stevens, Matthew Sara and Robert Singletary** have been appointed to serve on the homeowner ARB. This is a huge accomplishment for the community and by having a homeowner comprised ARB, the Board of Directors was able to reduce the ARB fees significantly to \$25 for all modifications. The application process and fees for new construction remains the same. Thank you to Bob, Matthew and Robert for volunteering your time to serve the community!

### Other Committee News

We are sad to announce that **Andrea Coneglio** has given her resignation as the committee chair on the hearing committee. Andrea has been a great support to the committee, board and community. Andrea will be dearly missed and we wish her and her family the best of luck.

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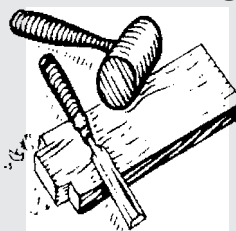
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# Market Street Business Spotlight

Top right, barber David Torres specializes in men's haircuts and straight razor shaves at Cornerstone Barbers located at 601 Market Street.

Below, barber Brent Parry strives to provide a luxury experience as well as a quality haircut.



Palencia's Market Street will be home to the new Cornerstone Barbers, slated to open this month. The shop is a traditional style men's barbershop specializing in men's haircuts and straight razor shaves.

"Life is too short to not have experienced a straight razor shave," said David Torres, barber at the full service shop located at 601 Market Street.

David Torres and Brent Parry, co-owners of Cornerstone Barbers, are both graduates of The Barber School in Salt Lake City, Utah. Torres and Parry have spent more than five years honing their craft and come highly acclaimed by those who have experienced their work firsthand. The barbers provide a custom haircut tailored to each client, hot towel and straight razor finish along the neckline and concludes the cut with blow dry style and your choice of fragrance.

If a straight razor shave is some-

thing you cherish, hot towels are used to soften hair and skin along with pre-shave oils using hand whipped lather. Finished with aftershave and a cold towel along with post shave moisturizing cream.

Besides providing quality cuts for adults, the shop also specializes in haircuts for "young men" with a custom haircut tailored to each client.

"I love how providing an amazing haircut helps others feel good about themselves and their look," said Parry, who strives for excellence in every service he provides, from pompadours, flat-tops and military haircuts to classic cuts.

"I know how good a custom haircut feels, and I want others to feel the same," Parry added.

Cornerstone Barbers, which will have their debut in May, will be open from 10 a.m. to 7 p.m. Tuesday through Saturday. Call the shop at 904-466-3380 or visit [www.cstonebarbers.com](http://www.cstonebarbers.com)



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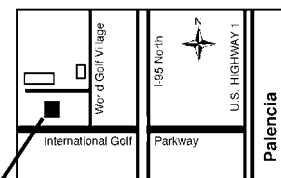
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## WGA Hosts Players From Eight Area Clubs

By Joanne Gage & Staci Luttrupp  
Women's Golf Association of Palencia  
President.PalenciaWGA@gmail.com

We have a new team this month. Staci has assumed the Presidency of the Palencia WGA because Joanne is traipsing around the country enroute to her new home in Arizona. However, she has agreed to stay on as a volunteer "cub reporting" for the Palencia Press so that readers can still keep up on all of the WGA activities through the remainder of this season.

We again felt blessed when the sun was shining brightly on March 15th as Palencia hosted a 9-Hole Interclub. Players from eight other area clubs got to take to the links at Palencia for the "Wearin' O' the Green" event. Chairperson, Jeanne Carr created some very fun and interesting golf challenges. Have you ever tried putting with a shillelagh? Well, the 56 ladies decked out in green

Mother Nature was very kind to the Palencia WGA for our spring events. We couldn't have asked for a better spring-like day than we had on March 11th for our Spring Scramble. That day was the first in a long stretch of beautiful weather that St. Augustine enjoyed in March, after a long, bleak winter. I'd like to credit co-chairs, Cathy French and Monique Perna for the weather because they did such a great job organizing all of the other details, but that might be going a bit too far!



9-Hole Interclub Chair Jeanne Carr, left, with her 9-hole volunteers enjoyed in Louise Starman, Liz Bigelow, and Indy Nelson registering guests.

Twenty four ladies came out to enjoy a fun scramble format but only two groups could go home as winners. That honor went to the foursome of Judy Guarino, Rosetta Smith, Sue Kansteiner and Bev Gunte who took home first place gross with a score of -1. First place net went to Monique Perna, Robyn Crossfield, Nancy Allen, and Barbara McDougall with a score of -10. But everyone felt like a winner as we sat outside for a lovely lunch with colorful vinca plants adorning our tables. Spring in Florida is a beautiful thing.



Darlene Adams and Dee Dee Bandy were all decked out in their green.  
Continued On Page 7

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## WGA Hosts Players From Eight Area Clubs

Continued From Page 6

that day are now experienced shillelagh putters! The fun continued afterward with an Irish lunch of shepherd's pie, Irish soda bread and a decadent Bailey's cheesecake. Darlene Adams once again worked her magic with creative and beautiful table decorations combining golf, flowers and shamrocks, complementing the day perfectly.

Then we said goodbye to our President Joanne Gage as she took off for her new life in Arizona. In typical 9-hole fashion (they define themselves as the fun group), the 9-holers treated Joanne to a farewell lunch at the St. Augustine Fish Camp after a sentimental (but fun) 9-hole round on March 25th. There were plenty of laughs as they reminisced about the past few years, and welcoming in many new 9-holers and many new players to the game of golf. A few days later, the WGA hosted a send-off for Joanne and her husband, Tom at the Palencia Club.

It was Palencia's month to host ladies from other clubs. On March 31st, we hosted an 18-hole Interclub, chaired by Tricia Luciano. Again women from all of the local clubs turned out to experience our golf course and to enjoy a delicious lunch afterward.

The season is far from over. It will end on May 20th with our closing day and election of new officers. Until then, hit 'em straight and long!

For more information about the Palencia WGA, contact membership.palenciawga.com.



Spring Scramble Chairs, Monique Perna (left) and Cathy French.



The WGA ladies enjoyed an al fresco lunch at the Bistro following the Spring Scramble.



Two guests from area clubs embraced the Wearin' o' the Green for the 9-Hole Interclub.

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## PES Misses Our Volunteers

By Tiffany Trivedi, Palencia Resident  
Palencia Elementary PTO

It's hard to believe that it's already the fourth quarter at Palencia Elementary for the 2020/2021 school year. PES parents, the PTO and faculty have all pulled together to create as peaceful and consistent of an environment as possible for students this school year. Even for "seasoned" parents and students that understand the culture, routines and norms at PES, the transition to this school year, amid Covid-19, was still challenging and let's face it...scary. However, what about those parents and students that are completely new to PES? First time Kindergarteners that have never been to a large public school? New students and parents that just moved to the area? There have been no class parties, no in-class volunteer opportunities, no field trips or class studies; getting to know PES and PES getting to know these new members of the community have been some of the biggest challenges this school year has brought.

Think about the very first time a child enters Kindergarten. Parents walk their child into the classroom, take pictures hugging teachers and smile as their child sits to play blocks with new friends on the floor. Parents sign up for helping with class activities, field trips and parties to assist the class. First time elementary school parents get to shake hands and exchange phone numbers to plan play dates and a small support structure forms within the school and classroom. But this year was unfortunately, different.

"Honestly, we have been struggling not having parents and families/volunteers in the classroom this year," shared Kindergarten teacher, Cheryl Kerekes. "Families are such a huge part of what makes our kindergarten year so successful! We completely understand what a difficult transition this can be (especially for first time Kindergarten families), and we love getting to know our families, and having them get to know us so it can make it easier to send their little ones to school each day. This year has not been typical, and it has been a challenge, because we have not been able to build those same relationships with families. Despite this, we are extremely grateful to be in school and have the opportunity to teach our students face to face. Our students and families have



Evelyn with mom Kendall Lasota.

been amazing. We are looking forward to next year and hoping that it will be somewhat back to normal, but as we all know, no one knows what is around the corner!"

The void of parents and volunteers on site has been felt not just in the Kindergarten class but schoolwide. PES is extremely fortunate to have so many willing to provide their time to help the school excel. To add perspective, from March 2019 through March 2020 (pre-pandemic), PES volunteers logged 19,965 volunteer hours. Conversely, from March 2020 through March 2021, only 1,496 volunteer hours were logged; a 93% decrease. Many of these hours logged were also for meetings, not for in-class assistance.

"We usually would have been able to have volunteers assist with our annual Boosterthon fundraiser in the beginning of the year," shared PES Volunteer Coordinator Susan Solms. "It was always such a treat for the children to be cheered on by their biggest supporters – their family members! Teachers miss having the volunteers in the classroom for added support such as mystery readers, teacher aids, room and door décor and holiday events, to name a few."

"Sadly, we have not been able to have

Continued On Page 9



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# PES Misses Our Volunteers

Continued From Page 8



**Tyler Garrity with Kindergarten teacher Cheryl Kerekes.**

field studies off school grounds resulting in less chaperones. Some favorites in the past have been St. Augustine Alligator Farm, Junie B. Jones performances and the big one... the fifth grade end of year trip to Sea World or other Orlando favorite theme parks," said Solms.

However, PES has found ways to ensure essential functions for our students still run like clockwork.

"We have been blessed to have some amazing support with our Blessings in a Backpack program and our School Closet," Solms continued. "Both programs offer support to our families most in need. All volunteers are required to seek approval prior to coming into the building so we assure a safe environment. Our PTO President and VP are continuing to meet with Mrs. Goodrich as well. I think I can speak for everyone that we can't wait to see our volunteers back in the building when the guidelines have been lifted and it is safe to do so," Solms added.

If you are new to PES and are considering getting involved in volunteering, supporting a current teacher, or just looking to meet other parents, the staff will be waiting and ready to assist you.

"Our school crew (the staff) and our students hear me say routinely that Palencia Elementary is a school community where 'we take care of each

other,'" PES Principal, Catherine Goodrich, explained. "We all have rough moments or difficult seasons; however, the PES community is one that pulls together to support each other through life's struggles and triumphs. I've worked in the school setting since the 80's and I'll tell you that this community truly understands what it means to put students first. Our teachers and staff view their work as their mission or calling, rather than a job. Our parents value the home-school partnership and actively seek to connect with the education professionals guiding their children each school day."

"PES parents are remarkable," added Principal Goodrich. "If we identify a need or way to enhance the school, the PTO immediately has a committee formed to develop a plan and put it into motion."



**Camille Brooks with mom and dad Mike and Megan Brooks.**

If you would like to learn more about how you can get involved or get the support you need, there are many resources at your disposal. You can visit the PES PTO website at <http://palenciaelementarypto.weebly.com/>. You can also follow the Facebook page by searching for "Palencia Elementary School PTO" on Facebook. For any personal matters, please feel free to also reach out directly to Palencia Elementary School or to our school's Parent Teacher Organization email address at [pes.ptopresident@gmail.com](mailto:pes.ptopresident@gmail.com).

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## Natural Ways To Treat Ear Infections

By Dr. Mayredlis Cruz, Chiropractor  
 Lighthouse Chiropractic  
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Otitis Media or middle ear infection can be frustrating to handle. It is becoming an epidemic! I am a mother of three and I have experienced it already. I can tell you it feels frustrating to see your kids dealing with ear pain and also you are not alone. I have never used antibiotics to treat an ear infection. This article will explain some anatomy and natural ways to aid during the infection.

Antibiotics are NOT the solution and in fact, it helps less than 10% of the time. Why? In most cases the ear infection is due to a virus and not a bacteria, hence, treating such infections with antibiotics is an exercise in futility.

Some studies have shown that for each antibiotic given to a child in the first year of life, increases their risk of asthma and allergies two to four times more than without antibiotics. It also increases the risk of recurrence. Side-effects include: diarrhea, stomach aches, allergic reactions, GI upset and destruction of the gut's intestinal flora leading to yeast proliferation and antibiotic resistance.

Research shows that 85% of kids have at least one ear infection before the age of 3, also it is the most common reason why kids visit the pediatrician, the most common cause parents miss work, and the most common reason for prescription of antibiotics.

The other allopathic route is ear tubes surgery, that is, piercing the tympanic membrane and inserting tubes to aid in drainage. Tubes in the ears have a 98% recurrence of infection within two months while 25% of those with tubes suffer from hearing loss years later. Isn't that crazy?

Misalignment of the cervical spine, food allergies and teething can be the cause for an ear infection. Sometimes fluid does not drain well because of the anatomy of the Eustachian tube. Kids' Eustachian canal are horizontal, preventing the fluid to drain back to the throat and get flushed out the body.

Here are some ways you can help your kids:

**Chiropractic care:** A Chiropractor will check your child's spine giving special attention to the neck to make sure it is in alignment and moving properly. The ear is innervated by nerves that come off the upper cervical region and it is surrounded by muscles that aid in hearing and pumping the wastes. A nervous system free of subluxations will work 100 times better to fight any infection and improve the overall function of your body.

**Garlic oil, Lavender oil, Tea tree oil with coconut oil:** These oils are naturally antimicrobial, antiviral and antibacterial, making it beneficial for helping the body fight many types of infections. I mix tea tree oil with coconut oil and apply it outside the ear. Then put 3 drops of lavender oil and garlic oil in a sterile gauze and put it inside the ear.

**Colloidal Silver Drops:** This works as an antibacterial and antiviral and anti-inflammatory. Two drops in the affected ear two times daily.

Determining the true cause of the ear infection can help you cure the problem naturally. Sometimes, ear infections can be caused by allergies. Being sensitive to certain foods is another reason for ear infections. Understanding that food sensitivity or allergies are causing ear infections can help you naturally treat the ear infection by eliminating the foods that caused the problem in the first place.

Other than these three very effective natural remedies for ear infection, it also makes sense to drink a lot of water. Doing so means that the water will help to clear away the mucus and in this way, it will help you naturally treat your ear infection. Also, at the same time, it makes sense to avoid food allergens, conventional dairy as well as sugar. Understanding the root cause of the problem will help you determine which natural remedy is most likely to help you overcome your ear infection.

## Special Events And Food Truck Fridays In Palencia



- May 4th: Quatro de Mayo**  
Two Food Trucks 5:30 p.m.-8:30 p.m.
- May 14th: Food Truck Friday**  
Four Food Trucks, 5:00 p.m.-8:00 p.m.
- May 16th: Breakfast on Market Street**  
8:00 a.m.-11:00 a.m.
- May 28th: Food Truck Friday & Artisan Night**  
5:00 p.m.-8:00 p.m.
- May 30th: Breakfast on Market Street**  
Two Food Trucks, 8:00 a.m.-11:00 a.m.

## 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. Book now with a \$250 p.p. deposit and receive \$100 per stateroom On Board Credit, Free Beverage Package and more. Should NCL have to cancel the cruise, full refund would be issued by NCL. Call Peter, St. Augustine Travel Club at (904) 797-3736.



## Palencia Resident Elected 2021 President For Wildflower Healthcare

**Dollene Ewing, an advocate for providing health care services to low-income families, was recently elected president of the Wildflower Clinic in St. Johns County.**



Palencia resident Dollene Ewing was recently elected President of the Board of Directors for Wildflower Healthcare and was also recognized for having over 25 years of experience in non-profit organizations.

Wildflower Healthcare is the leading non-profit provider of free medical and dental services to low-income, uninsured adults in St. Johns County. It ensures access to quality and compassionate healthcare that improves the lives of

the people it serves.

“As we go through our day-to-day lives, we do not realize that there are people right here in our community that do not have access to medical or dental care,” Ewing said. “These individuals are in pain and have no place to go or the means to pay. This is why the Wildflower Healthcare Clinic is so important to so many.”

Dollene serves on the Wildflower Healthcare board along with fellow Palencia residents Bea Schrobo and Al-

lysa Shorstein. Bea is a retired Navy Nurse who is on the Executive Board as Secretary, and Allysa is a new director this year who is an attorney and partner at the Law Office of Shorstein & Lee in St. Augustine.

“We have been navigating through this pandemic with such unknowns, jobs lost, insurance lost, but not the growing need for medical and dental care,” said Ewing. “You could find that one day your life has changed and now you are that person in need.”

Ewing was formerly with The Connecticut Institute for the Blind in Hartford, then with Caridad Center in Boynton Beach, FL. She hopes to spread the word about the work of Wildflower Healthcare which helps to fill the healthcare gap for uninsured eligible residents and to help fundraising efforts in the lo-

cal community for the program.

“I would like to ask that when you are thinking about a way to do something good to make a difference in your community, please think of Wildflower Healthcare Clinic,” Ewing stated. “Every donation and every hour of time donated in service can make all the difference in someone's life.”

Wildflower Healthcare professional staff and volunteers provide much-needed medical and dental services at the Wildflower Healthcare's only Clinic, located at 268 Herbert Street in St. Augustine. It is part of Good Samaritan Health Centers as well as being a member of the Florida Association of Free and Charitable Clinics. The non-profit has been in operation for over 25 years. Learn more at [wildflowerhealthcare.org](http://wildflowerhealthcare.org) and about how you can help make a difference.

### Volunteers Needed

#### You Can Make A Difference In Your St. Johns County Community

Wildflower Healthcare is in need of volunteers who can join in the goal of providing free, quality, and compassionate healthcare for those in need within the St. Johns County community. Below is a list of immediate volunteer needs:

- Dentists
- Physicians (Primary Care)
- Physicians (Specialists)
- Nurse Practitioners
- Nurses
- Patient Intake

Sign up today, or learn more at: [wildflowerhealth.org](http://wildflowerhealth.org) or call 904-829-1962.

Wildflower Healthcare is the leading non-profit provider of free medical and dental services to low income, uninsured adults in St. Johns County. The organization ensures access to quality, compassionate healthcare that improves the lives of people they serve.

\*All healthcare professionals must have an active Florida license or certificate in order to volunteer. All healthcare professionals are covered for professional liability by the Florida Department of Health Sovereign Immunity Program.

Healthcare students are encouraged to volunteer and embrace the opportunity to provide mentorship through supervised patient interaction in a clinical setting. All healthcare volunteers must be at least 18 years old to apply.



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## Crowds Come Out For Palencia Charity Tennis Tournament



Palencia residents Jeff and Jill Jabot, left, welcome Marion Delenclos and Max Rodrigues from Neptune Beach.

Palencia residents Stephanie Kinsey, DDS, and tennis partner Andy Tynan get ready for a doubles match with Dennis Lamoureux and Rachel Richter from Club Continental.



Brielle Jabot and Abby Clary, both Palencia residents, show off the Charity Tennis Tournament souvenir T-shirts available for purchase. The tournament raises funds for Camp Boggy Creek for seriously ill and disabled children.

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## Palencia Food Drive To Support Our Lady Of Good Counsel Catholic Church Food Pantry

Our Lady of Good Counsel Catholic Church's (OLGC) Food Pantry and Garden Ministries will hold a food drive in Palencia May 3rd through May 23rd.

The Food Pantry and Garden Ministries volunteers have had to rapidly adjust their operations during the COVID-19 pandemic in order to continue to be able to serve local families in need of food, according to Palencia resident and OLGC food pantry ministry volunteer Molly Goines-Cox. Not only has the food pantry seen an increase in need but has also had to develop new sources of donations and resort to a drive-through operation to hand out donations.

"The COVID-19 pandemic had and continues to have a significant effect on the food pantry," Goines-Cox explained. "The entire structure of the pantry had to change with the emphasis on safety and social distancing."

Cox also explained that the food pan-



New drive thru procedures at the OLGC Food Pantry due to COVID 19.



Cox said the OLGC Food Pantry served over 100 families per month this past fall and is currently serving about 60 families each month thanks to the generosity and support of community members.

The Palencia food drive is being coordinated through OLGC's Palencia Good Neighbor Group. Donations needed include 15 oz. cans of beans (Navy, Kidney, baked beans), 15 oz. cans of vegetables (any brand/type) and 16 to 18 oz. plastic jars of peanut butter. Donation boxes will be located at the Sweetwater Creek Swim & Fitness Center on North Loop Parkway and at the Palencia Amenity Center. Monetary donations are welcome and may be sent via a check payable to OLGC - MEMO: Food Pantry, and mailed to Molly Goines-Cox at 136 La Mesa Drive, St. Augustine 32095 or you can contact Molly at (860) 305-9411.



Dennis and Cheryl Alderson serve as good neighbor and food drive coordinators.

try's food availability also changed during the pandemic and that their "normal sources of donations" such as Sunday donations from OLGC and surrounding churches, as well as those from Feeding Northeast Florida Food Bank "dried up." Cox also said many items such as rice, beans and pasta being unavailable or severely limited at stores during the pandemic effected supplies.

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## Creating A Bird-Friendly Landscape

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

Florida landscapes can attract a wide range of Florida native birds. The manner in which you plan and maintain your landscape can make a difference for bird conservation and the environment. While Florida boasts more than 500 bird species, urbanization and development have caused habitat fragmentation. Our landscapes can bridge the gap.



Bird enjoys a splash in bird bath.

If you want to encourage birds to visit your landscape, you will need to provide a high diversity yard that includes three essential elements: the right variety of natural plant life, fresh water for drinking and bathing and shelter, preferably provided by native plants and trees. Out of all the "creature comforts" you can offer birds in your landscape; water is the most important and easily provided by a simple bird bath. This can be accomplished by selecting a shallow basin that has a rough surface and gently sloping sides, to enable sure footing. The sound of moving water attracts birds, as it mimics their natural environment, so you might want to consider an added incentive with a small fountain. There are a number of fountain types available, including solar fountains, perfectly suited to Florida with its abundance of sun. Many solar varieties are available on-line and in all price ranges. Remember to clean your birdbath regularly so that diseases are not spread among birds.



Attract Hummingbirds with nectar feeder.

We think of bird feeders as a great way to provide birds with a food source, but while they will initially attract birds to your landscape, feeders are simply considered "snacks" for birds. The nutrients that birds must have to live come from nature itself – their natural habitat. Many birds feed on the berries of native plants like Simpson's stopper, berry-producing hollies, American beautyberry, wild coffee, blueberry, and red mulberry. Native fruit-bearing plants, like Chickasaw plum, passion flower, pawpaw, wax myrtle, native persimmon, and sea grape are also excellent food sources for birds.

Florida's state tree, the sabal palm, is a favorite source of fruit for robins, mockingbirds and many more. Hummingbirds, for example, feed on nectar-producing plants like coral honeysuckle, firebush, and scarlet salvia. Diets differ between species: some birds are frugivores and some are insectivores. Some, like mockingbirds, actively switch back and forth between berries and insects.

As you decide on your plant selections, be on the lookout for these bad berry producing plants: Brazilian pepper, nandina, coral ardisia, asparagus fern, and Surinam cherry. All of these are invasive species and dangerous to Florida's ecosystem, the very worst being Brazilian pepper, which is prohibited for sale in the state. Please do not plant any of these dangerous invasives and if you have any in your landscape, remove them. The one caveat is that you ensure that you actually have an invasive in your landscape as many trees and plants are misconstrued as invasives.

Here is a group of Florida native plant options that all attract birds: Beautyberry, Blueberry, Chickasaw Plum, Coral Honeysuckle, Firebush, Hollies, Mulberry, Passion Flower, Pawpaw, Sabal Palm, Scarlet Salvia, Sea grape, Simpson's Stopper, Wax Myrtle, and Wild Coffee.

If you are intent on attracting native birds, it will be important to protect your wildlife visitors by limiting pesticide usage, especially pesticide dust and employ the least toxic products available like horticultural oils containing mineral oil. Horticultural oils containing neem are unfortunately toxic to bees.

Please keep your cat indoors as they are natural hunters, even if they are well fed!

With the right combination of available water and native plants and trees, you will begin to attract a plethora of beautiful birds. We in Palencia live among beautiful preserve and marsh areas and therefore have a greater opportunity to attract a numerous variety of native Florida birds. It promises a unique, inspiring experience. So, get started with your bird-friendly landscape and be a Florida conservationist!

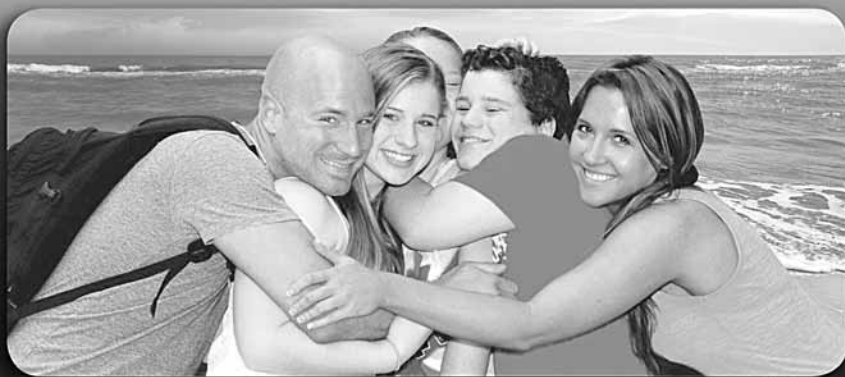
**Tip of the Month:** For residents who live on the marsh, it is vital to observe at least a 10-foot buffer zone between your landscape and the marsh. It is as important to plant native plants on your side of the buffer zone in order to trap any pesticides and other chemicals you may be using in your landscape. We are fortunate to live in Palencia and it requires vigilance!

*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. If you would like an in-depth article written on a topic you feel would be of interest to all Palencia residents, 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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## Nease JROTC Is Best Drill Team In Northeast Florida & State Of Georgia

For seven consecutive years, Nease NJROTC travelled to Georgia in search of the Area-12 State Academic, Athletic and Drill Championship. And for the seventh straight year, the 40-cadet varsity team returned home to Ponte Vedra as Area-12 Champions – the top program of the 60 schools from Atlanta to Jacksonville.

With seven straight state championships beginning in 2015, Nease established itself as arguably Northeast Florida's most dominating high school championship program.

Nease competed against the top 12 Navy high school JROTC drill teams in Area-12, an area which includes all of northeastern Florida and the entire state of Georgia. Sixty NJROTC programs competed at local drill meets during the fall and winter with the top 12 advancing to the state championships. Nease earned its berth by winning first place at each of its qualifying competitions at Mandarin High, Terry Parker High and Stockbridge (GA) High School.

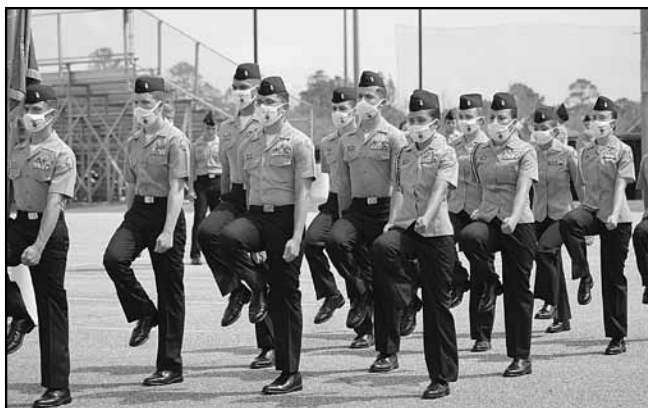
"This team faced a mountain of adversity this year amidst the uncertainties of COVID," said Captain Scott LaRochelle, senior naval science instructor. "But the cadet leaders maintained discipline, practiced diligently and never took their eye off the prize."

In addition to winning the overall championship, Nease claimed first place in Personnel Inspection commanded by Juan Castillo, Overall Drill, Armed Exhibition commanded by Brandon Donovan, Unarmed Ex-

hibition commanded by Amber Vidler, Unarmed Basic commanded by Brodie Mongon; Overall Athletics (sweeping all three athletic events), Team Situps,



Head Judge First Sergeant Tyrone White inspects Nease NJROTC's cadets during Personnel Inspection at the Area-12 Drill Championship in Leesburg, GA.



Nease NJROTC's Unarmed Basic team performs its winning demonstration during the Area-12 Drill Championships.



Nease's 16-cadet Situp team competes in the cadence situps competition. The cadets averaged 194 reps per cadet in winning top honors.



Cadet Rachel Tawdrous sprints during the 16x100 Relay.

Team Pushups and the 16x100 Relay. Cadet Emellee Neff earned an individual medal for the top female in Situps for the second consecutive year with 314. Cadets Isabella Rivera, Kaitlyn Boggs, and Keegan Mapa also earned medals for top five in female or male situps. Cadets Rivera, Boggs, Hailey Pitches, Brodie Mongon and Juan Castillo earned medals for top five in Pushups. Cadet Ben Prohofskey placed third in Academics.

"Our seniors have never lost a drill meet in Area-12," said Cadet Jordon Mayberry. "Collectively, we underclassmen weren't about to let them lose today."

The Navy Nationals championship will be conducted virtually in 2021 as other regional champions across the country are unable to travel to in-person competition in Pensacola.



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[laura@laurabaughgolf.com](mailto:laura@laurabaughgolf.com).

Hello Fellow Golfers,  
 Always assess the bunker as you approach or enter it for any uneven lies because the wind will tend to move the sand to the downhill and uphill part of the bunker. In other words, there will be less sand at the bottom of the bunker than around the edges. Your goals may change as you continue to get more proficient out of the bunkers. You may start out with just wanting to get out of the bunker onto the green.

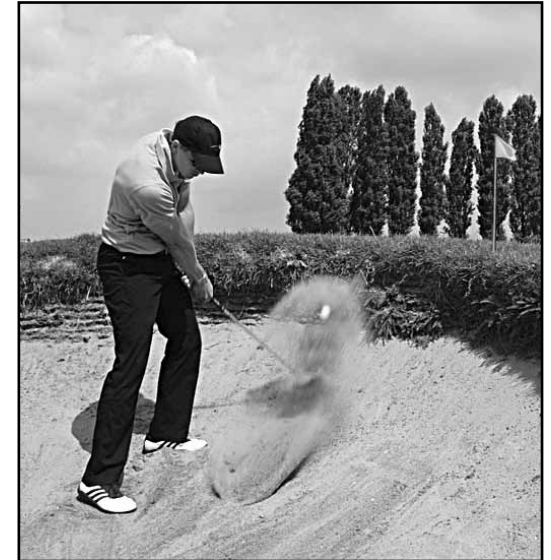
Here are the simple and repetitive steps to make it relatively easy to get out of the bunker onto the green:

Make sure your stance is secure and slightly open (that means aiming slightly left for a right-handed golfer) This also gives you the opportunity to feel the firmness of the sand with your feet.

Determine how you would like your club face to be at impact and address it that way and LEAVE it that way throughout the shot - do not roll it over.

Take about an inch of sand behind the ball to add softness and a repetitive shot.


Always COMMIT because the lack




of acceleration will leave the ball in the bunker.

Just four things and two are done in pre-shot routine, before you hit the bunker shot. You will continue to gain confidence and your expectations will soar. You can be a fantastic bunker player!


If I can be of help with your bunker play, please contact me at [Laura@laurabaughgolf.com](mailto:Laura@laurabaughgolf.com) and set up a lesson.



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**St. Augustine Travel Club**

Hi 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 when we will be able to resume. Questions about the Travel Club? Call Peter Dytrych at (904) 797-3736.

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## Fixin' Stuff And Making Palencia Beautiful

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

Who are those guys? They all wear the same shirts, kinda orange, sometimes under other stuff to keep them warm and dry on the not-so-nice Palencia days.

And they're always doing something that makes Palencia beautiful. Fixin' stuff. Plantin' stuff. Covering stuff when it's too cold. Doing crepe murder when the trees need stopping! Fixin' the pools. Makin' sure the sprinklers come on without warning! Paintin'

things. Grindin'.

They even take care of the bagman's bags in the green depositories. They can drive all kinds of machines and you know what? They still have time to wave when I wag and woof. And I think they never can get enough "attaboys"! Tell you what. Here're their names. See how many you can woof out when they go by...! That's who those guys are. They're our guys and they do a great job!



Left of sign: Back row, left to right, Shane, Jamie, Chris, Bill, Robert, and Jim (da Boss). Middle Row, Nick, Michael, and Chance. Front row, Chris, Gary, Tony, and Bill. Right of sign: Back row, left to right, Kevin and Tyler. Front Row, Jevon, Jagger, and Nick.

## Help Us Celebrate Dads

In honor of Father's Day next month, we invite Palencia kids to tell us one thing that makes their dad so special. We know there are a lot of awesome things about our dads, but just tell us one or two things (so we have room to print everyone's). Tell us something like...what is one of the best things about your dad?...what is your favorite thing to do with your dad? Please be sure and include your full name and your father's name. You can also email a photo of the two of you and we will print it along with your information - space permitting. Send your information to [thepaper@comcast.net](mailto:thepaper@comcast.net) no later than May 10th or else we won't be able to include it in the June issue!



## Newcomers Of North St. Johns May Luncheon At St. Johns Golf And Country Club

By Michele Oliver, Publicity Committee Chairperson

Newcomers of North Saint Johns (NNSJ) will hold its next member luncheon on Tuesday, May 18th with doors opening at 10:30 a.m. and held at St. Johns Golf and Country Club, 205 St. Johns Golf Drive, St. Augustine.

Cost for the luncheon and program is \$30 for members. The meeting begins at 11:00 a.m. with luncheon service beginning at 11:30 a.m. All reservations must be received by May 10th. Covid guidelines are in place.

Luncheon entrée choices include Flat Iron Steak or Atlantic Salmon Medallion. Beverages include Iced Tea and Water with a Cash Bar also available. Dessert is Lemon Meringue Pie.

During lunch, accomplished pianist Carl Grant will entertain members with a medley of soft ballads and love songs.

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

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## Acceptance And Change In Relationships

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

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In couple relationships, it often happens that we fall in love with our partner as they are (or as we imagine them to be) but, in the course of a relationship, we want them to change. Often our attitude is something akin to "What the devil is this? Why won't you change?" The desire that our partner change and their resistance to change are often a source of frustration in relationships.

In couples therapy, in particular, this often takes the form of: "I'm okay, my partner's a mess. Fix my partner and we'll be alright." This is a form of what psychologist Fritz Heider called "the Fundamental Attribution Error," which basically says, "I'm okay, you're defective." Heider says that we tend to overlook or rationalize away our own shortcomings and to be more critical and judgmental of the shortcomings of others.

The paradox is that none of us can change unless we first feel accepted. The two Rogers, Mr. Rogers and Carl Rogers, taught us that lesson. Mr. Rogers, the American public television personality and the host of "Mr. Roger's Neighborhood," taught us by word and example about unconditional acceptance and genuine positive regard. Carl Rogers, the great 20th Century American psychologist and one of the founders of the humanistic or "client-centered" approach to psychology, wrote: "The curious paradox is that when I accept myself

just as I am, then I can change." Applying this to relationships, this means that my partner can only change if and when he or she feels accepted just as they are, without conditions.

Therefore, we want the attitude toward change in couple relationships to be something more akin to: "I love you. I accept you as you are. I don't want you to change. But, for God's sake, will you change?"

Having said this, however, there are limits to acceptance. No one should have to tolerate abuse in any form (physical, emotional, psychological, verbal, etc.). No one should have to tolerate a betrayal or infidelity, though some may choose to stay together and to rebuild their relationship. No one should have to simply accept their partner's substance abuse or addiction.

These caveats aside, if we want our partner to change, we have to begin accepting our partner as he or she is. Only then can they and our relationship change.

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. For couples or family therapy or for more information, contact Michael at 904-289-2954 or visit [www.happycoupleshealthycommunities.com](http://www.happycoupleshealthycommunities.com).

## Nease High Presents Guys & Dolls Musical

Continued From Page 1



The Hot Box Girls give a rousing performance on stage at the "Guys & Dolls" musical.

Brent Hunsinger, Theatre Director at Nease High School, had nothing but praise for the cast. "We have, here at Nease, an incredibly dedicated and talented group of artists that collectively use their talents to create something greater than the individual parts. In these difficult times, with the COVID

pandemic, it's so wonderful to be able to safely provide an opportunity for these students to create art together. The ensemble effect of this cast and crew is simply remarkable. They have grown together and have united like a family. I'm grateful to be their director. Congratulations to the entire cast and crew!"

## 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. Email your information to: [thepaper@comcast.net](mailto:thepaper@comcast.net). Deadline is the 10th of the month to be included in the following month's issue.





## Is There Such A Thing As Too Much Movement?

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

Stretching and staying mobile is a good thing and something I usually encourage. Many lose range of motion, getting “tighter” with age. Staying mobile or unrestricted is a constant challenge. But for some the opposite is true – they move too much.

Imagine being Gumby the Claymation figure – able to take any form due to extremely pliability. If that analogy is dated, perhaps Mr. Fantastic of the Fantastic Four is better. After being exposed to radiation, he gained the ability to stretch to any length and take any shape, which is a great skill to have if you are a superhero but not one for everyday life. Individuals diagnosed with EDS, or Ehlers-Danlos syndrome live with just that – extreme pliability. Due to a connective tissue disorder, their joints are extremely hypermobile, which can be painful and quite debilitating. Because connective tissue is found throughout the body, it effects their entire body. They are often labeled as “double-jointed.”

Connective tissue is named so because it is found everywhere in our bodies. It “connects” us and holds us together. It helps give us structure as it surrounds and infiltrates muscles, joints, organs, nerves, blood vessels, etc. It also resists and transmits forces from one muscle to another, one joint to another. It can become stiff, as in a frozen shoulder, but for those who have EDS, it acts quite the opposite.

Imagine sitting in a chair reading this column. The longer you sat, the more your tissues would adapt, slowly “melting” or giving way to gravity and the force of the chair. As your joints start to gradually stretch, the muscles respond by tightening, attempting to stabilize the joints. This process takes place regardless of the structure: chair, couch, bed or car – to name a few. Every night’s sleep becomes a challenge, first to get comfortable and second, to stay comfortable. Whether you sleep on your back, side or stomach, your tissues gradually give way to the force of gravity and the mattress. Maintaining any one position for too long will produce the same result, even to the point of joint subluxation (popping out and then back in). This happens because the connective tissue lacks the inert stability it should normally provide.

EDS may be misdiagnosed and can be very painful. If your connective tissue provides the stability its intended to, muscles work harder and longer than usual, becoming sore and riddled with myofascial trigger points. Overworked muscles and trigger points can lead to central sensitization, which is where your nervous system becomes over-excited or sensitized (something I’ve written about in previous columns). For the patient with EDS, if left untreated, the product is chronic pain.

Fortunately manual therapy, bal-

anced exercise and education can help. If you think you may have EDS, consult your doctor or physical therapist. It can be managed.

You can get more information at <http://www.ehlersdanlossyndrome.org/> or review EDS posts provided on the Facebook page of First Coast Rehabilitation.


Rob Stanborough was one of the

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of First Coast Rehabilitation ([www.firstcoastrehab.com](http://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](http://www.firstcoastrehab.com).



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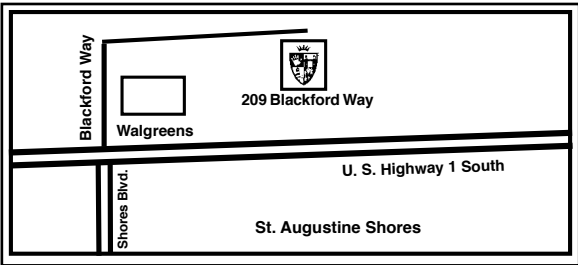
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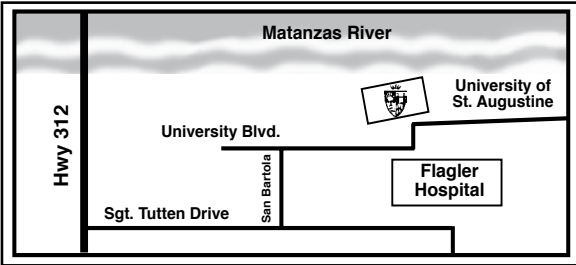
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## Treatment Options For Cancer (Part 3)

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

Welcome back to our series on Cancer in Pets. In this month's article we will discuss some treatment options that are available. Although there are many experimental treatments currently being developed, the mainstays of therapy are surgery, chemotherapy, and radiation.

Surgery is the traditional therapy for any cancer that is both discrete and resectable. This means that the tumor is confined to one area and this area is one which can be removed without significant disturbance to the life of the animal. Sometimes the cancer is too spread out, or it is in a location/organ that renders the cancer "inoperable." Even if the tumor can be surgically removed, certain types of cancer have the tendency to "metastasize" to other areas. If metastasis is suspected (or if the cancer is inoperable) then chemotherapy may be recommended in addition to surgery.

Chemotherapy is intended to target rapidly dividing cells more readily than cells that are dividing at their normal rate. Although they are more effective on their target cells, often there is some collateral damage to other areas of high cell growth such as the bone marrow. Although the thought of chemotherapy in people usually conjures images of hair loss, vomiting, and being bedridden, thankfully this is not the case in out pets.

The doses and frequencies of treatments have been adjusted in order to provide a more humane course of treatment. Depending on the type of cancer, chemotherapy may provide many months of remission. A cure is not typically achievable in veterinary patients unless a low grade cancer is present.

Radiation therapy involves exposing the tumor cells to invisible energy that destroys them slowly by damaging their DNA. The challenge is to allow the body's normal cells to remain healthy during the treatments. This typically means several lower doses of radiation to the area (often five days a week for two to four weeks), or a very targeted high energy treatment called stereotactic radiosurgery over a lower number of treatments.

In addition to these traditional options, new therapies are being utilized for many specific cancer types including vaccines for melanoma, intratumor injections for mast cell tumors, and immunotherapy for several other cancer types. There are many types of cancer and each type responds differently to each of the treatment options discussed above. Therefore, a consultation with your veterinarian is recommended in order to gain a more specific understanding of the options available to you if your pet has cancer.



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Mike Weitz

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## A Mother's Day Reflection

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

The Month of May is known for many celebrations. May Day is a festival of spring which includes Maypole dancing and cake (because cake should always be included). Cinco de Mayo is observed to commemorate the Mexican Army's victory over the French Empire at the Battle of Pueblain on May 5, 1862 under the leadership of General Ignacio Zaragoza. In recent years it has become a celebration of Mexican-American culture. But perhaps the month of May is best known for celebrating Mother's Day.

The modern holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother, Ann Reeves Jarvis, at St. Andrew's Methodist Church in Grafton, West Virginia. Her campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother died. Ann Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and she created Mother's Day Work Clubs to address public health issues. St. Andrew's Methodist Church now holds the International Mother's Day Shrine.

My own mother was born in Lynchburg, Virginia and lived in a little community of Elon until her family moved to Lynchburg to be closer to the schools. I have been there and have seen the little farmhouse where she and her siblings were raised. It may be those few short years on the farm (or her two brothers) that made my mom not afraid of snakes. If we had a snake, she was the snake whisperer. Neighbors would call to see if my mom could remove a snake. Certainly, you don't have to be able to remove snakes to be a great mom, but for me, this made the perfect mom.

My mom had two brothers and two sisters. Having this many siblings and being raised during the Great Depression became a useful experience for raising three boys. We were encouraged to play outside, share with one another and not be wasteful. We had chores to complete as well as helping out in the family business. It was amazing how she would move so efficiently between her roles of doctor, taxi driver, teacher, cook, and full time pitcher for front yard

kickball games.

Today, I am aware that there are certain personality traits that I have specifically received from my mom. My mother is the most positive person I have ever met. Some might refer to this as a naïve or Pollyanna personality. For me, this is the perfect balance to my dad's reality checks. The two of them make a perfect pair because I needed both. I also received a lot of her common phrases like "Home again home again jiggy jig," "This too shall pass," "It will all work out in the end," and "Tomorrow's another day." These have been etched into my memory for days when needed the most.

It was under my mother's training that I was given a lifetime of sermon illustrations. My favorite is the blue velvet couch that was the centerpiece of our living room. I have related the instructions I was given as a child in regards to this couch as similar to those given to Adam and Eve in the Garden of Eden in regards to the tree of the knowledge of good and evil. "You can sit on any other chair in this house, but on the blue velvet couch you shall not sit, for the day you sit on that couch is the day you will surely die!"

The greatest gift my mother gave to me was to take me to church. It was in church I learned that "Jesus loves me this I know, for the Bible tells me so." It was in church that I developed my faith, found lifelong friends, received my call to ministry, was baptized, ordained and married. This precious gift, an heirloom really, I have passed on to my children. I know that this gift was passed to my mom from her parents and the gift is precious enough that I thought it best to pass to my children. That gift is now being passed to my grandchild. While the decision to follow Jesus cannot be passed down, the placing of our children in the presence of God for them to accept for themselves the grace that is being offered is beyond price.


Thank you for allowing me to reflect on my mom. I hope this has encouraged each of you to reflect as well. My mom is 94 and lives in Jacksonville with my dad. I am blessed to have them still. My mom is beyond catching snakes and playing kickball, but she is still, more importantly, my mom. Happy Mother's Day!

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## How To Create A Home Inventory

A home inventory can expedite insurance claims process after theft, damage or loss. Imagine needing to list every possession in your home, along with each item's worth, after your belongings have been stolen or destroyed in a fire or natural disaster. That task may seem impossible so it is best to make the list before you need it.

A home inventory can be as simple as a list of all your possessions or a visual record for each item, but an effective home inventory should include both.

- **A written inventory:** A comprehensive home inventory catalogs your belongings and should include the item description, value and purchase date. You can create your own list using a spreadsheet or fill out a home inventory checklist that's ready to go.

- **A digital inventory:** If you have a smart phone, there are apps to download, some of which are free, that allow you to record a photograph of the item along with the description, value and purchase date.

- **A visual record:** A visual record of your possessions shows proof of ownership. This can be accomplished with a video walk-through of your home or through a series of photographs.

Once you decide on the type of home inventory you want to create, there are some simple steps you can take to start the process.

- **Record possessions as you pack to move:** When moving to a new home, take a couple of extra minutes to record the belongings in each room.

- **Pick one area at a time to record**

- **Record each item as you redecorate:** Note each purchase you make and save the receipts.

- **Record recent purchases:** Get into the habit of recording new purchases. Along

with the record, be sure to store sales receipts and appraisals to help verify the value.

- **Record important information:** Provide a general description, where you bought it, make and model, and price. Include the serial number if the item has one.

- **Record the number of each clothing type:** For example, "five pairs of jeans." Make note of items that are especially valuable.

- **Include stored items:** Items kept in your basement, attic, garage and other detached structures should be recorded as well. If you have items in a self-storage unit, make sure to include them as they are usually covered under your home insurance policy.

- **Take pictures.** Capture important individual items as well as entire rooms, closets or drawers. Label your photos with what's pictured, where you bought it, the make or model and the serial number.

- **Take video.** Walk through your home recording and describing the contents. For example, you might describe the contents of a kitchen cabinet: "Poppies on Blue by Lenox, service for 12 - includes dinner plate, salad plate, bowl, cup and saucer, purchased in 2015."

- **Use an app.** There are mobile app options that can help you create and store a room-by-room record of your belongings.

It's important to keep a copy of your home inventory in a fireproof safe, safety deposit box or digitally in the cloud. You can even email your inventory to your insurance agent, which has the added value of allowing him to review the list to see if you need extra home coverage or to add a Personal Articles Insurance policy.

For additional information, talk to your Palencia neighbor and local State Farm Agent Craig Dewhurst at 904-940-9740.



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