



# Palencia

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# PRESS

JUNE 2021

## New Palencia Property Owners Association Board And Officers

By Dan Dickman, President, Palencia Property Owners Association



Left to right, Katie Hutchinson, Vice President, Dan Dickman, President, Bo Hofstead, Treasurer, Susan Agee, Secretary and Mary Pat Stritof, Past President.

At the conclusion of the April 28, 2021 Town Hall meeting, two new candidates began serving their first term as official members of the Palencia Property Owners Association (PPOA). They replaced outgoing Board Members, Jim Newhall and Rich Luciano. Jim had recently served as Secretary of the Board of Directors and was instrumental in converting our community to an on-line election system. He also helped to update Palencia's Bylaws and other governing documents. Rich had served on the PPOA Board for several years in various capacities and was a staunch supporter of keeping the POA fees and dues as low as practical. He also served as the Board liaison with Palencia's cable TV and internet..Article Continues On Page 3

## Celebrating Palencia Dads

The Palencia Press asked Palencia families to send in their tributes to help us honor dads this month.

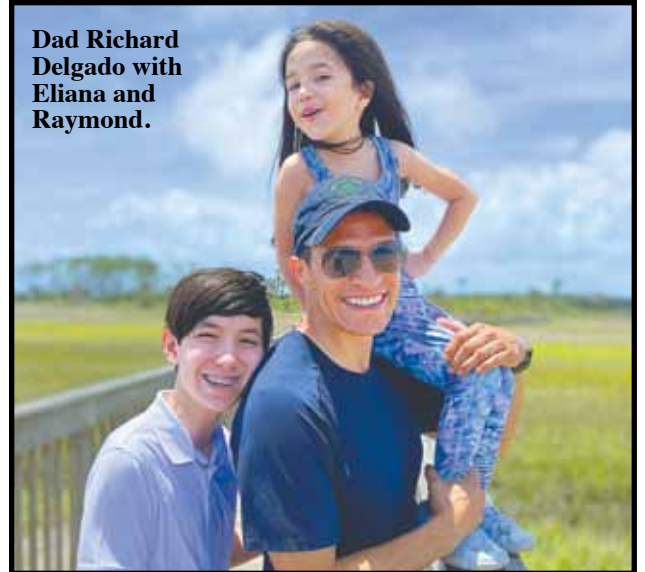
The Vega family sent in their tribute to honor dad Trevor. The family includes mom DeAnne and children Reese, age 4 and Rawling, age 6 who say "we love fishing and boating days with dad."

The Delgado family which includes mom Melissa and kids Eliana and Raymond sent in a tribute to honor dad Richard. Eliana says "daddy is loving and funny" and Raymond says "my dad is extremely smart."

Happy Father's Day to all the dads and thanks to our Palencia families for sharing what makes their father so special to them.

Fun fact: The idea of Father's Day was conceived more than a century ago by Sonora Dodd of Spokane, Washington. Dodd wanted a special day to honor her father, William Smart, a widowed Civil War veteran.

Dad Richard Delgado with Eliana and Raymond.



Dad Trevor Vega with Reese and Rawling.



## Village Panthers 10U Score Big In Orlando

The Village Panthers 10U independent football league placed 3rd among all the teams competing this week in state competition in Orlando. Led by coaches Kasch, Martin, Sanders and Powell, the 10-year-old boys gave it their all. Team members are Gavin Powell, Jacob Manderson, Wyatt Martin, Colby Sanders, David Scherb, Andrew Dolan, Cayden Burnside, Cameron Langdon, Ayden Blakely, Remington Scott, Gavin Satterfield, Noah Klingbeil, Bryce Umland, Kentraevion Matthews, Karter Kasch and Braydon Achramowicz. See More On Page 3



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**Deadline for articles and information is always the 10th of the month.** 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**

Your hand and your mouth agreed many years ago that, as far as chocolate is concerned, there is no need to involve your brain. -Dave Barry

**Words Of Wisdom**

"If a man have an hundred sheep, and one of them be gone astray, doth he not leave the ninety and nine, and goeth into the mountains, and seeketh that which is gone astray? And if so be that he find it, verily I say unto you, he rejoiceth more of that sheep, than of the ninety and nine which went not astray. Even so it is not the will of your Father which is in heaven, that one of these little ones should perish." -Matthew 18:12-14

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## Palencia Elementary Spirit Rock Honors Village Panthers

Four young Palencia athletes helped to take their team to the youth spring football league state championship. The Villages Panther tackle football league began practicing at Palencia Park in mid-January. This group of 10 and 11-year-old boys had not all previously played together on a team. During the months of March and April this young team won four games and tied one game. This dominating record led them to compete in the state championship tournament during the weekend of May 1st and 2nd.



At the Palencia Elementary spirit rock, from left to right, is David S., Brayden A., Gavin S. and Gavin P.

Led by their fast and quick-thinking quarterback and strong defensive line the team played a tough game against the South Florida Bengals but the team suffered their first loss. They had not come that far to go home yet. Sunday the team came out on fire and won against the Kissimmee Hellcats to bring home the overall third place in the state championship. Thanks to the contributions of these young athletes, they proudly represented Northeast Florida and the Palencia community with great sportsmanship.

## Palencia Property Owners Association Board

Continued From Page 1

service providers. The Board wants to express its sincere appreciation to Jim and Rich for their efforts and accomplishments.

Under normal circumstances, the PPOA would have held an election to determine who would fill the vacant Board seats. However, as PPOA Bylaws dictate, when the number of candidates applying to fill vacant seats is the same as the number of vacancies, then an election

is not required and the Board seats are awarded to the applicants. This was the case in 2021 with the two newest Board members: Susan Agee and Katherine Hutchinson.

The PPOA Board is comprised of five members, all of whom are non-paid Palencia residents. The Board holds an election of Officers following the annual meeting. The term of office is normally two years.



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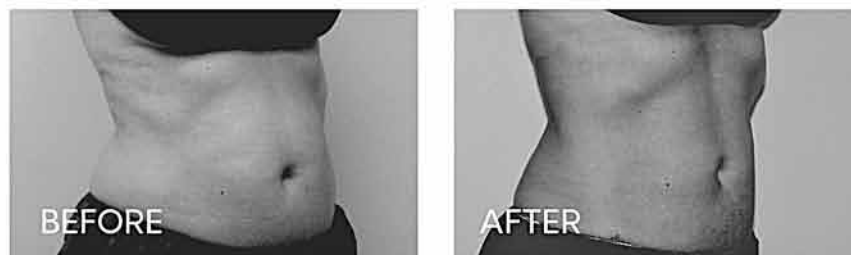
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## Palencia Resident Sydney Ott Recognized As An Athletic All American In Lacrosse



Congratulations to Palencia resident Sydney Ott, the daughter of David and Jennifer Ott, for recently being recognized as an athletic All American in Lacrosse. Sydney played Lacrosse at Nease High School and will soon be a Gator as she is headed to the University of Florida where she received an academic scholarship and will be studying pre-law. The Ott family also includes Sydney's brother Kyle and brother Zach, who also played Lacrosse for Nease and is now playing for the University of Central Florida.

## Help Us Celebrate The Fourth of July!

Our country is getting ready to celebrate its birthday next month. Tell us how you like to spend the Fourth of July. Tell us what your favorite thing about America is. Send us a photo and name of your loved-one or friend or neighbor who is serving or has served in the U.S. Military so we can honor them in a July 4th tribute. Send your information to us by our deadline June 10th at [thepaper@comcast.net](mailto:thepaper@comcast.net).

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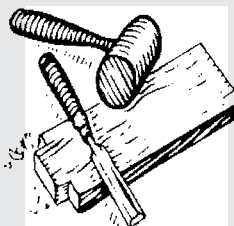
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# Spotlight On Palencia People



Mary Beth Perrone at home with her dog, Bandit. Her new book is "I Have Super Powers."

## Palencia Resident Authors Book To Teach Kids About Mother Nature

Palencia resident Mary Beth Perrone is debuting her children's book called "I Have Super Powers." While she is a successful owner of two retail businesses, Mary Beth's true passion and purpose is her non-profit Mindful Movement FL, which teaches kids mindfulness and meditation.

Mary Beth's book follows Zander, a young boy who has challenges controlling his emotions. During his seventh birthday celebration, Zander screams when his dog swipes his cupcake. After his outburst, Zander's mom gives him a very powerful present. She teaches him how to use deep breathing to calm down. Once Zander puts the breathing technique into practice, he realizes that he does indeed have a super power.

"In working with children, I see young people often stressed and anxious, especially through the Covid pan-

dem," said Perrone. "I have never seen a better time or need to teach our children mindfulness, meditation, movement and to love Mother Nature."

Perrone has been living in Palencia for more than ten years with her husband, two kids and two dogs. She started *810 Showroom*, a fashion wholesale company and *Radiate Wellness*, a women's wellness company offering vitamins for hormone health and optimal aging.

"You can purchase 'I Have Superpowers' anywhere books are sold," explained Perrone. "If you purchase from [www.Mindfulmovementfl.com](http://www.Mindfulmovementfl.com) you will receive a signed copy and ten percent will be donated to purchase a book for every St. Johns County Elementary School."

Mary Beth Perrone has a book signing scheduled at the St. Augustine Farmers Market on June 5th.

## Palencia Residents! Send Us Your Newsworthy Notes

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



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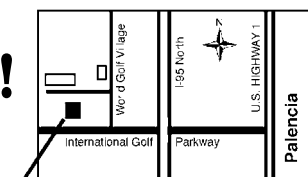


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## Who Needs April In Paris?

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

April was a great month right here at Palencia. It brought Daylight Savings Time (more time for golf!), Easter, the NFL Draft and the Palencia WGA's Guest Day.

Nothing's better than a round of golf on a spring day except a round of golf with friends and that's what the WGA Guest Day is all about. Members invite one or more guests for a fun day of golf, lunch and prizes.

This year's Guest Day was held on April 9th and chaired by two active WGA members, Lisa Proctor and Pam Ashburn. It consisted of two flights and 52 players. The format was playing two best gross balls and two best net balls for each team/foursome. BUT... there was a joker at play on four holes. When that tricky joker appeared on the tee box, the group had to play one best ball for gross and net on that hole. You have to make things interesting, right?

The Joker sure was wild when our two chairladies ended up as the overall winning team, along with their guests, Sach Price and Ann Manning. But, that really is no surprise because they're really good golfers!

Once again Bozard supported this tournament as a major sponsor and, in the true WGA and Bozard spirit, a contribution was made to a charity - The Wily Network, an organization that provides financial support for college students that don't have any financial support from families and may otherwise not be able to attend.

Another April WGA event was the WGA Memorial Charity

Tournament, which was held on April 25th and chaired by Ann White. This event is held to honor WGA members



Pam and Lee Ashburn lent their support to the Memorial Charity Tournament that raised funds for Make A Wish Foundation.



Sandy and Bruce Brandenburg came out to support the WGA's Memorial Charity Tournament on May 25th.

Continued On Page 7

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## Women's Golf Association

Continued From Page 6



The winning team of the WGA Guest Day event- left, Ann Manning, guest, Pam Ashburn and Lisa Proctor, co-chairs, and Sach Price, guest.



Net winners of their flight, left, Cheryl Gage, guest, members, Rosetta Smith and Tricia Luciano, and guest, Cathy Collins.




that passed away during the previous year. Sadly, we lost one of our founding members in the fall- Linda Dufault. This tournament is open to any Palencia Club members - men and women - and we ask the family to select a charity that is important to them and/or their lost loved one. Linda's husband, David chose the Make A Wish Foundation. Players were asked to make a donation of any amount and we're happy to report that the tournament raised over \$2,000 for Make A Wish. It's our intent to remember our lost member but to use the event to help others and this year's tournament accomplished just that.

As the weather warms up it reminds us that the 2020/2021 WGA season is approaching its conclusion. Reflecting back, we're so happy that we were able to hold all of our scheduled events this year, unlike last year when Covid shut everything down in March. With the availability of the vaccine, we can look forward to sharing carts again and maybe a return to ball washers, rakes and ice water on the course. Those little amenities that we used to take for granted went by the wayside during the pandemic. This spring really brought a fresh start, like never before and we say "bring it on"!


For more information about the Palencia WGA contact membership.PalenciaWGA@gmail.com.

At left, guests were greeted by Chairs- Lisa Proctor, left and Pam Ashburn, right, and volunteers, Diane Robinson (middle left) and Ann White, at the WGA Guest Day.



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## Year In Review At Palencia Elementary

By Tiffany Trivedi, Palencia Resident  
Palencia Elementary PTO

Wow...what a different year it has been for everyone at Palencia Elementary School. New ways of teaching; new technologies; new safety procedures and news ways of interacting. In a year that many have found stressful or downright challenging, it's important to celebrate all the successes and achievements at PES for the 2020/2021 school year.

### PTO Achievements:

It is truly amazing how many events we were able to host considering all the restrictions in play this school year. The year started with a modified version of Boosterthon in September. Instead of the normal race that is hosted, it was changed to an in-classroom Dance-a-thon. Handling the event in this manner allowed children to still get exercise while collecting pledges from our faithful donors. This event alone raised \$40,000 for the school.

nity that comes out to volunteer, cheer, or run to support the school.



The final, and most successful event of the year was the Annual PES Silent Auction which took place in May. There were so many amazing donations made by families and local businesses and a sold out event! Everyone who attended in their Kentucky Derby best, were treated to a lovely meal, music and incredible silent and live auction items. This event was able to raise over \$47,000 for the school.



In October, the Fore the Kids Golf Tournament was held at the Palencia Club. There was an amazing turnout of players and wonderful food and prize donations as well. Even with a giant rainstorm in the middle, it was one of the most successful tournaments yet.

"All of these events have supported a much-needed upgrade to classroom storage," PES PTO President, Emily Turner said. "Kindergarten teacher, Cheryl Kerekes, was literally so excited she jumped for joy. The PES community was amazingly supportive of all the Covid adjustments! Our community is the best," added Turner.

With all these successes, the PTO will also be able to begin construction on an outdoor classroom where the former garden was located. Classes will



The Pirate 5K and Family Fun Run then took place in January, which is a beloved community event. PES is always so thankful for the entire commu-



be able to reserve this outdoor covered area to have an additional learning environment with picnic tables, nature, and

**Continued On Page 9**



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# Year In Review At Palencia Elementary

Continued From Page 8

fresh air. Hopefully students will be able to begin using this space in the next school year.

Lastly, PES teachers have been provided extra treats each Friday to ensure they feel “the love” from the PES parents and students.

### School Achievements:

As a school, PES has been able to operate the entire 2020/2021 school year both in classroom and virtually. This is thanks to all the vigorous planning of the talented and hard-working faculty and staff. The faculty, staff and PTO have all had to work so much harder since volunteers have not been allowed to enter the facility. PES has still managed to keep a clean environment, all resource classes operational and has continued to excel teaching academics.

Teachers have become creative having virtual field trips, in classroom studies, special art projects and



Kindergarten teacher Cheryl Kerekes with the new cubbies.

ences and enhanced communications so that all parents feel as much a part of the school community as possible.

The community and school have come together in such a profound way to create this successful school year. This year could have felt isolated, confusing and scary with very few funds raised for the school. However, with the determination of each parent, teacher, student and PTO member, it was a huge success. PES Principal, Catherine Goodrich, stated to “thank all the parents for encouraging your young student(s) to finish the last days of the school year in a robust, focused, and confident style.”

For upcoming new parents to PES or for more information on how to get involved, please visit the Palencia PTO website @ palenciaelementarypto.weebly.com. The PES PTO is always grateful for this amazing community and how all the residents always rise to support each other.



PES Principal Catherine Goodrich with Martha Roth, Senior Volunteer of the year.

class events. FSA and iReady testing have still been held as teachers continue to ensure each child meets essential standards. The school has held virtual art shows, virtual parent teacher confer-

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## Palencia Community Rallies To Help Local Food Bank

Thanks to the generosity of the Palencia community, more than 650 pounds of canned food has been donated to date for the Our Lady of Good Counsel (OLGC) Catholic Church Food Bank.

The food drive, which took place last month resulted in not only canned food donations but also monetary donations. The donations will allow the OLGC Food Ministry to continue to help families in our area and has helped the food bank to restock supplies after being hit hard by the Covid-19 pandemic. During the pandemic, the food bank experienced a drop in donations yet had an increase in the number of families in need of food assistance.

Residents can still help the OLGC Food Bank with monetary donations and food donations. For more information on how to help or on the food bank's specific needs, contact Palencia resident Molly Gonies-Cox at (860) 305-9411.



**Cheryl Blythe at the Sweetwater Fitness Center, gathers donations of cans of beans, cans of vegetables, rice and plastic jars of peanut butter during Palencia's Food Drive for Our Lady of Good Counsel Catholic Food Pantry.**

## First Coast Card Club And Recreation Club

### Newcomers Recreation Club: Cards And Games Events

**Saturday, June 12th.** Card Playing. Dunkins. St. Augustine. Arrival: 2:00 p.m. Cards: 2:15 p.m.

**Sunday, June 20th.** Card Playing. Kookaburra Coffee. St. Augustine. Arrival: 2:00 p.m. Cards Begin: 2:15 p.m.

**Sunday June 27th.** Lunch/Card Playing. Mexican Restaurant/Dunkins-Next Door, St. Augustine. Lunch Arrival: 1:15 p.m. Cards: 2:00 p.m.

**Tuesday, June 29th.** Board Games-Rummykub. Rummy w/Tiles. Kookaburra Coffee, St. Augustine. Arrival: 2:15 p.m. Game Starts: 2:30 p.m.

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

**Friday, June 4th.** Dinner/Classic Rock N Roll. Poolside Grill, Near St. Augustine Beach, FL. Arrival: 5:20 p.m.

**Saturday, June 5th.** Dinner/Country Music. Seafood Grill-Fruitcove. Arrival: 5:20 p.m. Outside on patio.

**Thursday, June 10th.** Bus Stop-Comedy Play. Community Theatre, St. Augustine. Arrival: 7 p.m. Price: \$17.

**Sunday, June 13th.** Little House On The Prairie Musical. Community Theatre. Fleming Island-Clay Co. Arrival: 1:30 p.m. Doors open. Meet in lobby. Price: \$15. Reserved seating. Cash or credit card.

**Wednesday, June 23rd.** Dinner/Classic Rock N Roll Duo. Seafood Restaurant, St. Augustine. Arrival: 5:20 p.m. Outside on deck. No cover.

Please contact our club organizers to RSVP in advance 904-814-9612.

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## Palencia Resident Jason Lewis, DDS Opens New Dental Office In St. Johns

Left to right, Jamie Barlow, Royce Barlow, DMD, Jason Lewis, DDS, and Traci Lewis celebrate the grand opening of the new Bartram Dental office. Jason Lewis, third from left, cut the ribbon to open the new Bartram Dental office at 55 Jaidev Road, just off CR210 in Saint Johns.



Palencia resident Jason Lewis, DDS, FAGD, recently celebrated the grand opening of a new Bartram Dental office in St. Johns, along with his associate Royce Barlow, DMD.

The new Bartram Dental is located in the Fountains at St. Johns on County Road 210 in the same plaza where St. Vincent's Ascension has begun construction of its new hospital.

Dr. Lewis and wife Traci have been Palencia residents since 2005 and their family includes 14-year-old twin boys Carson and Connor who attend Pacetti Bay Middle School and play on local basketball, baseball and flag football teams. Traci, who also works at Bartram Dental,

is a former high school math teacher who taught for ten years including at Bartram High School.

Dr. Barlow joined Bartram Dental in August of 2018 and he and his wife Jamie, who also works at Bartram Dental, are St. Augustine natives. The Barlow family also includes their one-year old daughter Emerson. Jamie is a former teacher and she taught at Ketterlinus Elementary for six years.

In 2016, Dr. Lewis and Traci opened Bartram Dental Assisting School which combines both their two passions... dentistry and teaching.

The new Bartram Dental office is located at 55 Jaidev Road in St. Johns.

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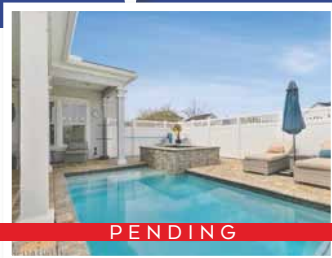
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## Palencia Residents Among Nease NJROTC National Champs



Palencia resident and Cadet Brodie Mongon leads the Nease NJROTC Unarmed Basic Drill team to a First Place finish during the Navy Nationals Academic, Athletic and Drill Championships. Palencia residents Peter Lemos and Jami-la Rodriguez were members of the team.

Competing against the top 25 NJROTC drill teams across the country, Nease placed 3rd at the 2021 Navy National Academic, Athletic and Drill Championships on April 16.

The Navy Nationals comprise a series of nine events – five drill, three athletic and one academic – where the cumulative scores are added to determine the overall national champion. Nease represented NJROTC Area-12, which covers the 60 NJROTC programs across Northern Florida and the state of Georgia, having won the Area-12 Drill Championship last month in Lee County, GA.

Nease won 1st place in two events – the 16 x100 Relay and Unarmed Basic Drill. The team garnered six additional trophies, including 3rd place in Overall Athletics, Armed Basic Drill, Armed Exhibition Drill and Pushups. Two cadets earned individual medals for athletics – Emmelie Neff finished 4th in Sit-ups with 320 and Amber Vidler finished 6th in Pushups with 86.

“These young men and women persevered since August practicing at 7:30 a.m.,” said senior Naval Science Instructor Captain Scott LaRochelle. “Finishing third in the nation validated their commitment to excellence.”

Nease has qualified and competed at the Navy Nationals every year since 2015 (last year's championships were canceled, but the team qualified), having never finished higher than 6th place. The top five schools are recognized with individual trophies.

“I believe we nailed our performance perfectly,” said Cadet Brodie Mongon, commander of the winning Unarmed Basic Drill team. “Knowing how incredible some of the other programs from places like California, Virginia and Florida are makes this trophy even more special.”



Cadet Johnny Castillo sprints the anchor leg to Nease's record setting 16x100 Relays during the Navy National Academic, Athletic and Drill Championships.

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## What Is Spanish Moss And Is It Good, Bad Or Indifferent?

By Steven Kabat, M.S., ISA Certified Arborist  
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Spanish moss is native to Florida and much of the Southeastern United States. It's scientific name or species is *Tillandsia usneoides* and is monocot like grass and is in the same family of plants as Bromeliads. The most well-known Bromeliad would probably be the Pineapple. Spanish moss is not a parasite as it does not steal food or water from the tree. Like many of the members of its plant family, it is an epiphyte. This just means it grows on another plant similar to many orchid species. It may also be surprising to learn that it is a flowering plant. Most people have likely never seen it bloom but some keen observers may have seen the plant's dried brown seed capsules. They are about an inch long and when they open, they release seeds that are attached to filamentous hairs. The hairs help to disperse the seeds to new locations with the help of the wind.

I have been told that the flowers have the smell of grape soda. I tend to believe this as I have smelled the flowers of other species of *Tillandsia* and they have a grape soda fragrance. If you are curious, I have the secret on how you can get a whiff of the flowers. If you

place the plant into a plastic bag, this concentrates the ethaline gas that signals the plant to flower and it will also retain the smell of the flowers if the plant is already in full bloom. Just don't leave the bag in the heat or the sun as the bag will catch the condensation and the moisture will help the bag to quickly smell like mold, Yuck!

Well, down to the nitty gritty, Spanish moss is pretty much benign. It does add an insignificant amount of weight to branches. The weight of the well hydrated wood is the majority of a tree's weight. Please remember that correlation is not causation. Just because a dead moss laden branch is laying on the ground does not mean that the moss killed it. Most lower branch death is caused by the shade of the canopy above the lower branch. In effect, the tree killed a part of itself.

Spanish moss does add a little wind resistance by creating a larger sail than the canopy would natural have without it being there. You probably have also noticed as you clean up after a storm that Spanish moss is pretty easily dislodged in high winds and it falls onto lower

Continued On Page 17



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**KEELY**

Loves offshore fishing.  
 Spending time with her two kids.  
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**NANCY**

Nancy has lived in Palencia 19 years.  
 Worked in the area for 11 years.  
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## Warm Weather Turf Care

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

Now that dormant season has come to an end, it is time to think about the University of Florida Department of Environmental Protection Best Management Practices (BMPs). If followed, they provide procedures for the healthiest lawn possible. More importantly, these principles help reduce nonpoint source pollution, which happens when misapplied fertilizer enters water bodies causing dangerous algae growth and contamination of our water supply. This is an ongoing issue in the state of Florida.

BMPs address every aspect of turf-grass maintenance, from fertilization, irrigation, and mowing to pest and weed control. While these practices might seem intuitive, they are not always followed and the result can be a less than vigorous lawn during the summer months. We still have home owners in Palencia who irrigate too frequently and mow turf too short (scalping), both of which leave St. Augustine grass vulnerable to pests and disease.

This article focuses specifically on simple themes and care required for the health of St. Augustine grass, specifically, Floratam, the cultivar that is most commonly used in Palencia. There is also information at the end on a wireless app to manage irrigation virtually.

### Irrigation

More lawns are damaged by over-watering than by any other cultural practice. What over-watering does is hold grass roots in the top few inches of soil, resulting in a shorter root structure. This leaves grass very vulnerable to numerous issues like pests, fungus, and weeds. Healthy turf has deep roots which increases stress tolerance. To increase tolerance, follow these simple practices:

Water less frequently for longer periods of time. During active growth, lawns generally need watering no more than once or twice a week.

Water the proper amount. This means applying 1/2" to 3/4" of water during a single irrigation session, generally, 30 to 45 minutes.

Irrigate around sunrise. Irrigating in the early morning allows leaf blades to fully dry out during the day. Irrigating in the late afternoon or evening results in wet leaf blades at night, which increases turf susceptibility to disease, especially fungus.

**Note:** Don't be motivated to water more frequently if you have a well. In addition to the added turf stress, home wells are also subject to the same St. Johns County irrigation restrictions.

### Mowing

**Height:** St. Augustine grass should be mowed at a height of 3.5 to 4 inches. This may seem too high, but this cultivar requires a longer leaf blade. Mowing too low, or scalping, a common practice, will stress turf, leaving it extremely vulnerable to disease, insect and weed invasion.

**Grass Clippings:** Leave grass clipping on the ground. They act as compost, returning valuable nutrients to the lawn and do not cause thatch.



### Pest Control

The major insect pest of St. Augustine grass is the southern chinch bug (*Blissus insularis* Barber), which can cause considerable damage if not treated immediately. Do a weekly inspection of your lawn and if you see areas that don't look green or healthy, address them right away. Chemical controls can be challenging, so best to employ professionals who are certified and have the knowledge to deal with each pest or fungus issue.

### Fertilization

It's important to use fertilizer responsibly. When fertilizing near water, leave a 10 foot strip around the water as a buffer zone. This unfertilized strip will protect the water body from nutrient leaching or runoff. Thatch, as mentioned above, is a layer of dead turfgrass that develops between your lawn and the actual soil and caused by over-fertilizing and/or over-watering. It reduces air and water penetration and is an excellent habitat for pests and disease.

### Weed Control

Proper fertilization, watering, mowing, and pest control will prevent weed infestation. Weeds don't create a void; they fill a void.

### Irrigation System Wireless App:

Most of us living in newer homes in Palencia live in "smart homes," with the exception of the contractor-grade irrigation systems. I have received numerous complaints from residents on this antiquated system. There is a wireless system available now designed to be used with homes that came with a Hunter PRO-C 400 system manufactured after March 2014. Information on this upgrade is available at Pro-HC Professional Grade Wi-Fi Irrigation Controller (hunterindustries.com). The app is free, but there is a cost for the control panel. I just purchased the upgrade and app which has a full array of options. It is easy to install and operates directly from cell phone, laptop or tablet. You remove the old panel and slip in the new one. It's a major improvement over the old manually-operated model and the rain sensor works!

*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. Most of the advice in this article is based on research from the University of Florida Institute for Food and Agricultural Sciences (IFAS).*





## Decluttering, New Home Move-In And Home Organization Services

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

Trinity Unpacking Company is a white-glove move management company focused on removing the stress from the moving process by managing your move from start to finish. We are a team of insured and certified professional organizers who take great joy in offering a professional turn-key service, helping individuals, families and seniors transition so you can enjoy your fresh start, worry free.

So how does this work? After our initial consultation and evaluation, Trinity Unpacking Co. begins by space planning and formulating thoughtful product recommendations. We help hire a trusted local moving company, then professionally pack up your possessions. We supervise the movers on move day and delegate furniture arrangement. Then the magic happens! Trinity Unpacking Co.'s team of professional organizers gets busy unpacking all your belongings in a thoughtful, organized, aesthetically pleasing manner. We even make your bed! So you can get busy exploring your neighborhood without worrying about the fine details.



In addition to our move management service, Trinity Unpacking Co. also offers pre-sale whole-home decluttering sessions, donation/waste management referrals, specific and complete home organization and light staging services.

With Trinity Unpacking Co., you aren't alone. For more information, please visit our website at www.trinityunpackingco.com or email us at: info@trinityunpackingco.com

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We are a team of certified and insured professional organization experts, each with a trained eye for order, practicality and design.

## What Is Spanish Moss?

Continued From Page 15

plants or the ground. The moss that remains on the tree becomes much more streamlined when it is blowing horizontally. The moss' structure does rigidly resist the wind like the tree's own branches.

The biggest negative that I can surmise is that it adds shade to the tree. This can help to prematurely cause inner canopy and lower crown branch death. As you may have noticed, the moss always hangs below the branches and does not cover over the upper foliage like a vine commonly does. The moss will also make it that much more difficult to grow grass under the tree.

I also thought it important to mention that it is an old wives' tale or myth

that chiggers or red bugs are found in Spanish moss. These sock-line itch inducing mites are related to ticks and are generally picked up from leaf litter, grass or plants within three feet of the ground. They are picked up when an animal or hiker brushes up against the low vegetation. It is advisable not to walk along wild game trails as the wildlife is picking up and shedding these critters. I tend to walk over or around vegetation wherever possible to avoid picking up these annoying tagalongs. If you have never heard of these mites, consider yourself one of the lucky ones. They are worse than mosquitoes. That should tell you all you need to know.

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## Let's Work On Pitch Shots!

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

Hello Fellow Golfers. Let's work on pitch shots!

These are the high soft vertical shots that will carry any trouble around the green, specifically bunkers and rough. A pitch shot lands soft and is very controllable. Most golfers will choose a wedge with 58 or 60° loft with minimal bounce. Whether it is a tight lie or a fluffy lie you want to make sure that the club face stays square or even slightly open through impact to achieve maximum height. One of the common faults to this shot is rolling your hands over and delofting the club, which in essence turns it into a pitching wedge or 9 iron which land hard and fast and releases. Keep the back of the left hand leading!

So let us talk about the steps we need to do to achieve a good pitch shot:

1. Survey your shot and decide on a

spot where you would like the ball to land.

2. Set up with your stance open and the ball in the middle to slightly back of your stance.

3. Hands are a bit ahead and the club face is square or open, depending on how much height you need.

4. Take the club back in a smooth rhythm and continue through while not changing the angle of the club face and not looking up. One of the keys to hitting the ball in the air is not looking up and not trying to help the ball up, simply let the club do its job.

This is the part of your golf game where you can be creative; the more you practice the more confidence you will have and the better you will become. If you would like more help on your pitching please contact me at Laura@laurabaughgolf.com.

## Newcomers of North St. Johns Welcomes New Members

By Michele Oliver

Interested in making new friends and getting involved in fun activities? The Newcomers of North Saint Johns (NNSJ) is for you!

With a variety of activities geared to all ages and interests, NNSJ is a great way to step back into social events with a new best friend.

Special interest groups include "Shopping and Lunch at Town Center" the first Thursday of the month; "Let's Do Lunch" gatherings held monthly at local restaurants in St. Augustine and Jacksonville; Wine Socials for members and their spouses, significant others or singles; a "Book and Brunch Club" reading a variety

of novels and non-fiction selections; plus, foursomes that play a weekly game of 18-holes at South Hampton Golf Course.

In addition, NNSJ also has a friendly BUNCO game and luncheon held monthly at Caddyshack in World Golf Village; Canasta group meeting the second Wednesday of the month and a Mah Jongg group that plays every First and Third Monday at Cimarrone Golf Club with beginners welcome.

NNSJ is accepting applications now. Annual dues are just \$25. If you are interested in joining Newcomers of North Saint Johns, please contact Sue Aird at sjaird@comcast.net.

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## The Bark Spa

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

Every so often, the bag lady takes me to the "spa"! What a great deal. I visit a place called the "Bark" and get to stay all morning with Chelsea. And does she ever take care of me! I get washed, trimmed, blown dry and generally spoiled rotten. And, if I behave, they even give me treats!

Then the bag lady picks me up and parades me down to my Village for all to see. I'm so beautiful I can hardly stand it!

The bagman, on the other hand, gets to take this white, four wheeled Odyssey to the cleaning machine spa. He pushes buttons thru the window to a bunch of keys. We get to sit inside while the giant "whirly whiskers" wash away the dirt and grime.

Then we go home and he still has to



Washed, trimmed and blown dry. Now it's about time for a long nap.

wipe and shine the inside and outside. I lie regally watching the work.

The bagman gets no treats. No pets, rubs or atta girls! I think my spa is really a much better way to get cleaned.

Read back columns of Wrigley's "A Dog About Town In Palencia's Village" at [www.palenciapress.com](http://www.palenciapress.com).



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*Eddie Creamer*



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**NOTICE OF CERTIFICATION OF TAX ROLL**

Pursuant to Sections 193.122 and 197.323, Florida Statutes,  
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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. We look forward to seeing you back. Peter Dytrych 904 797-3736.

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## Let's Start A Pandemic Of Kindness

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

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

*"Mutual caring relationships require kindness and patience, tolerance, optimism, joy in other's achievements, confidence in oneself, and the ability to give without undue thought of gain."*  
-Fred Rogers

*"Patience and kindness were always called for..."*  
-Flannery O'Connor

In today's world, it often feels like patience and kindness are in short supply. Yet, in the small but populous country of Singapore, there is a National Kindness Movement which aims to encourage kindness and graciousness in Singaporean society. We desperately need more kindness and patience in our lives, our society and our relationships. The benefits of patience and kindness are tremendous: they are good for the body, the mind and our relationships.

Living with patience and kindness helps us to live healthier and longer. Research shows that patience and kindness increase self-esteem, empathy, and compassion, and improve mood. They decrease blood pressure and cortisol, the stress hormone.

Physiologically, patience and kindness change your brain. Living with patience and kindness boosts your serotonin and dopamine (feel good neurotransmitters) and lights up the pleasure and reward centers in the brain. They also release endorphins, our body's natural pain killers.

Living with patience and kindness increases your connectivity with others and decreases the measure of loneliness that you feel. Patience and kindness can also be contagious: we can "catch them" from each other and they have a multiplying effect.

In our intimate relationships, patience and kindness can have powerful effects. Dr. John Gottman found that the Masters of Relationship—the couples who stay together and are relatively happy—have more positive to negative interactions and are far gentler and less negative even in the midst of conflict. When things are going well, the Masters of Relationship have ratios of positive

to negative interactions as high as 20:1, and even in the midst of conflict they have ratios of 5:1, whereas the Disasters of Relationship—the couples that end up separated or divorced—have ratios of 0.8:1. Dr. Gottman also found that it is the "small things done often" (i.e. the daily acts of kindness and patience), not the grand gestures, that make the difference in relationships.

There are at least seven benefits of living with kindness. One, it boosts your immune system. Two, it's good for your heart: oxytocin is released, which expands blood vessels, which reduces blood pressure.



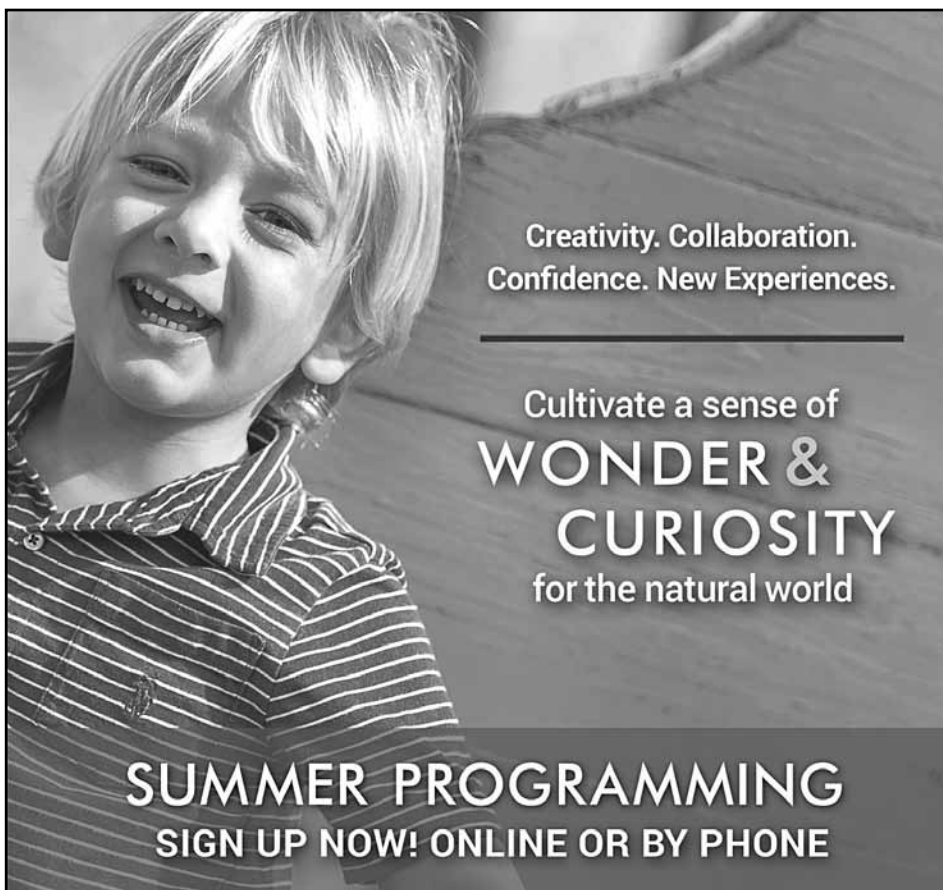
Three, kindness reduces anxiety. Four, kindness helps you in your relationships and your relational networks. Five, kindness

gives you a sense of self-control. Six, kindness gives our brain a rest because we don't live in anxiety and stress. Seven, all humans need kindness.

Mayo Clinic has piloted a program of Loving-Kindness Meditation (LKM). What they found is that those who practiced LKM an hour a week felt more positive emotions while interacting with others. They also found that it reduces pain and tension from migraines and it reduces depression. One study found that a 10-minute session of LKM increased feelings of social connection and positive feelings towards others.

We can choose to be kinder to ourselves and others. We can extend ourselves grace and release negative self-talk. We can choose to act kindly daily and focus on being grateful. Remember, patience and kindness can be contagious, so let's start a pandemic of patience and kindness.

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).



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## What Have You Lost?

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

I recently read an article titled, *The Forgotten Art of Squatting Is a Revelation for Bodies Ruined by Sitting*. The article described squatting as more than the motion often used to sit down or bend at the hips. The author described the forgotten art of squatting as fully flexing the back, hips, knees, and ankles - bending all the way down to the ground while keeping both feet firmly planted. In much of the world this is a position used through life for daily cooking, work, sharing a meal, using the toilet, or even giving birth. Children are often seen making this motion when picking something up off the floor vs bending from the waist, which is seen later in life as a compensation. As long as they remain flexible, children will fully squat and return to standing with relative ease. It is not until years later, with loss of flexibility and balance where this motion, or 'art of squatting' fades. It is a simple



movement but can indeed be lost when not utilized regularly. Joints get stiff. Muscles and soft tissue lose flexibility. And power wanes, making it difficult to control a full squat. This may not seem like a big deal since we have modified our life requirements (raising our front-loading washers/dryers) making it rarely necessary but, there seems to be carry over into other activities, functionality and interestingly enough - health.

I was surprised to find in 2014, the European Journal of Preventative Cardiology showed those who had difficulty getting off the floor without support of the hands, an elbow or leg resulted in a three-year shorter life expectancy than subjects who got up with ease, which brings me to the purpose of this column.

Don't allow short term losses become long term. What have you lost during COVID?

It has been over a year since COVID caused many changes in our lives - some of which may never return to "normal." But as people begin to venture out and attempt to return to the life they once knew, care should be taken, especially when it comes to returning to physical activity. At First Coast Rehab, we've recently seen a number of people who attempted to jump back into their previous routines only to be met with discouragement. It's not unreasonable for them to think "I used to be able to do this" instead of making themselves

sore or worse, suffer injury. But just like losing the "art of squatting," if you've not remained active during COVID, that which you did prior to COVID was over a year ago. Chances are you've lost mobility, strength, coordination, balance and more. It's possible to regain and rebuild but it will take time and patience. Give yourself at least half that time to work your way back. And if you are not sure how to

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start, or have experienced an injury, before becoming too discouraged, consult your physician or physical therapist.

Start smart. Start slow. Start simple - but start before your body forgets.

*Rob Stanborough is a physical therapist, president, and co-owner of First*


*Coast Rehabilitation. He is co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He is certified in manual therapy and a Fellow of the American Academy of Orthopaedic Manual Therapists. Read previous columns posted on [www.firstcoastrehab.com](http://www.firstcoastrehab.com).*



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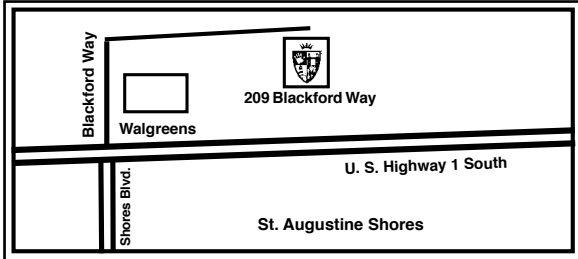
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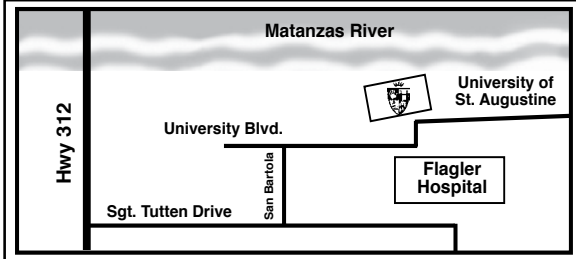
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## It's Vacation Time... But What About Fido Or Tigger?

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

Our post-pandemic summer has arrived and with the summer comes the promise of vacation. Soon we will be taking trips to the mountains, sunbathing by the beach, or going on camping trips. As you are planning your trips, however, have you wondered how to keep your pet safe and happy while you are on the road?

For a pet who spends much of their time with its family, leaving your pet at home while you are traveling might

cause stress for both you and your pet. With these tips below, while you are gone you can make your trip as stress-free as possible for all involved.

First, you must decide if you will bring your pet along. If you are only going to be traveling for a few hours to a familiar destination, there shouldn't be any problem with bringing your pet along with you for the trip. If it is a longer trip, or to a location where your pet may be in an unfamiliar place, this may be more stressful than just leaving them at home. If you are flying by plane the risks of flying may not be worth the trip for your pet, depending on their breed and disposition. Check with your veterinarian to find out about flying and if it's right for your pet. You may also need to consider medications for anxiety or motion sickness while traveling, which can make for a much more comfortable experience for your pet.

If you have decided to leave your pet at home, the best way to keep your pet safe while you are gone is to hire a pet sitter or to have a family member or friend checking in on them regularly while you were gone. Most animal welfare groups suggest three visits per day for indoor-only pets, and at least one visit per day for indoor/outdoor animals. You should have your pet sitter visit



your home at least once before you leave to help your pet not feel threatened when they arrive at your house after you have left. Offering high-value treats at this first visit can be helpful. Make sure to leave the contact information for your veterinarian and an emergency contact, along with anything the sitter might need to know about your pet's medical needs and any prescriptions that may be necessary.

In some cases, it might not be possible for you to have your pet at home while you are away on your trip. She may need close supervision due to a medical condition, or maybe you just would not like him to be left alone and unsupervised in the house. In any case, boarding your pet can often be a good solution

if the boarding or kennel facility is a good fit. Most facilities will allow you to tour prior to deciding to leave your pet. This is highly recommended. If you are planning on boarding your pet, make sure they have all the necessary vaccinations needed for the kennel. You should schedule your pets vaccines two to four weeks ahead of time to ensure that they are protected. Most kennels require Bordetella and influenza vaccine as well as any other routine vaccinations such as distemper and rabies.

If your pet has never been kenneled, it's a good idea to do a trial date to see how your pet does first. Sending along a belonging of theirs that they are familiar with may help to decrease anxiety. This may be a favorite toy or their dog bed.

There are lots of good choices for care of your pets while you are away for your trip if they are not able to come along with you. If you have any questions, contact your veterinarian who would be happy to help you sort through what may be the best option for your pet.

### Car Safety Check Before Summer Road Trip



Mike Weitz

Before hitting the road this summer, make sure your car is ready for a safe trip and avoid any mechanical issues. Before your trip, change the engine oil in your car and check to make sure all your car's fluids, coolant, brake fluid, transmission, power steering and windshield washer fluid are topped off. High heat from the road can make tires, belts, hoses and wipers deteriorate faster so make sure all are in good condition before you head out for vacation. Make sure your A/C and car battery have a full charge and check all lights, including emergency flashers. Give your car some love by bringing it to Feldman Auto for a pre-trip safety check.

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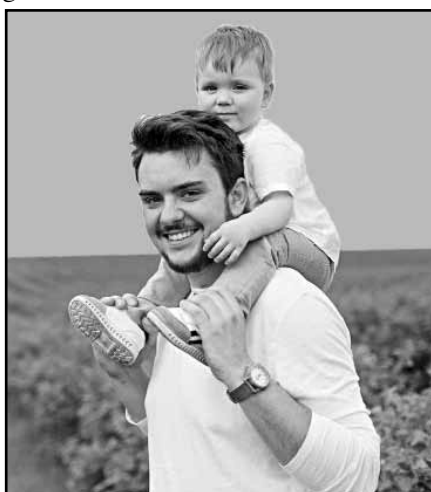


## What The Father Says About Fathers...

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

I remember speaking with a teenage friend of mine at summer camp about Fathers. He said "I can't get the idea that God is my father and has my best interest in mind at all times." He continued with the statement, "I mean that is what you are trying to tell me that God is like my Father right? Well my Father is nothing like that." That conversation was a little heartbreaking but I understood what he was talking about concerning his father's shortcomings.

There are all kinds of fathers and yours may be a whole different story compared to someone else. But there is one thing they all share: every one of them is called to live God's way no matter what their personalities, gifts, struggles and circumstances are. And when they do, their families are blessed, communities are strengthened, and a ripple effect of goodness happens in the world.



Our Heavenly Father has much to say about fatherhood:

*As a father has compassion on his children, so the Lord has compassion on those who fear him.* -Psalm 103:13 NIV

When our fathers show compassion, they give us a glimpse into the heart of God. Strong - yet tender, deeply understanding, fiercely loyal and always ready to help us through the toughest of times.

*Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.* -Ephesians 6:4 NIV

Bringing up a child with healthy boundaries and godly discipline is not an easy task. But even in the most frustrating moments, a loving father is called to be like Jesus - standing firm in the truth, yet grace-filled; never overly critical and carelessly demanding.

*The righteous lead blameless lives; blessed are their children after them.* -Proverbs 20:7 NIV

The actions of a father speak volumes to his children. Even if they can't

express it when they're young, they're watching and learning. And even if they won't admit it when they're older, there's a strong pull to follow in his footsteps. When a father chooses a righteous path, his family is blessed.

*He will turn the hearts of the parents to their children, and the hearts of the children to their parents...* -Malachi 4:6 NIV

A father's deep affection offers a sense of security and assurance that nothing else can give. The heart of a child is wonderfully designed to respond to that love; it's a connection strong enough to last a lifetime.

As you reflect on God's Word about fathers, what thoughts come to mind about your dad or father figure? Maybe he's been a great example of service to others; maybe he spent time with you as a child, helping you learn to navigate life; maybe he showed a spirit of grace in a moment when you just knew you blew it.

This Father's Day, consider writing a card to that father in your life. Let him know something you appreciate about him, something specific you remember; some way he has helped to shape the person you've become. Share one of the Scriptures above and show him how his life has been a reflection of God's truth.

And, if your dad is no longer with you, there is surely another dad in your life - a husband, a relative, a friend - who'd be so blessed to receive a thank-you note of encouragement.

We all know that no earthly father is perfect, but we can choose to focus on their life-giving ways and trust that God is always working to bring out the very best in them. The men in our lives need to be lifted up, to be reminded that we are strengthened by their presence, that we see the love of our Heavenly Father reflected in theirs, that we honor who they are and who - by God's grace - they are becoming. Happy Father's Day.

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## Must-dos to improve your hurricane preparedness

Hurricane season begins June 1. Here's what you need to know about hurricane safety preparations.

From federal agencies to local emergency response teams, lots of people work to improve hurricane safety response when a storm is possible. What can you do to prepare for hurricane safety well in advance? Make a hurricane evacuation plan, put together a hurricane evacuation kit and more.

### How can I plan ahead?

When it comes to hurricanes, being prepared in advance can make your situation much better than trying to react in what can be a chaotic and stressful time. There are a number of ways you can prepare that can speed and better your response to a coming hurricane:

### What should be in my hurricane evacuation kit?

- Drinkable water – 1 gallon per person, per day,
- Sealed, prepared meals – at least a 10-day supply for each person,
- First-aid kit,
- Prescription medications in sealed containers,
- Waterproof, battery-powered or hand-crank-powered flashlights and radios,
- Whistle or sound-signaling device,
- Multi-tool with a knife,
- Identification and medical records for each person,
- Waterproof bags or containers,
- Essentials for your pets:
- Water, food and medications - at least a 10-day supply, and veterinary records.

### What if we get split up?

Decide in advance on two different meeting points in case your family or group gets split up. Your first meeting place may be rendered inaccessible by the storm, so it's

important to have a backup location.

### What else might I need?

Fuel and cash are important. If a storm is predicted to head your way, keep your gas tank and your wallet full. If power goes out, gas pumps, ATMs and credit card machines won't work.

### Should we stop anywhere if we evacuate?

Once you're packed and on the road, do not stop unless traffic necessitates it. Stopping for food or drinks could significantly slow your evacuation.

### Should we evacuate or stay?

Officials in your area or state may issue orders to evacuate or stay, depending on weather and traffic conditions.

**Evacuation orders:** There are two types of evacuation orders: voluntary and mandatory. Both employ an evacuation formula that helps officials determine what areas and populations should leave first. This is usually those most susceptible to flooding and severe damage.

**Voluntary** – Heed this type of evacuation order if you: Live in a flood-prone area, mobile home or structurally unstable building, and have any young children, elderly or special-needs members of your family.

**Mandatory** – If this type of evacuation order is issued, you must, by law, leave. Use only those roads identified as evacuation routes, even if they are heavily trafficked. Other routes may be closed.

**Order to stay:** It's possible officials may determine it's safer to remain in your home if leaving could lead to gridlock and danger.

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