



News For And About Residents Of The Palencia Community

Independence Day is  
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# PRESS

JULY 2021

## Palencia Women's Tennis Wins A-2 Division



Stephanie Kinsey, captain, and Jill Jabot, co-captain, center, hold the trophy presented to Palencia's Women's A-2 Interclub Tennis League. Team members, back row, Hillary Vogel, Stephane Derienzis, Theresa Conroy, Sue Kansteiner, Jodi Stuckey, Elizabeth Hall, Kimiko Stephens and Lizett Oosthuizen. Front row, Cheryl Moody, Danielle Stanley, Missy Nevin and Heather Murray. Not pictured but on the team were Amy Bell, Mary Hosking, Paula Miller and Aimee Powell.

Out of the 12 tennis teams in the A-2 Women's Inter-Club League, the Palencia Tennis Team took first place, competing against teams throughout Jacksonville, Ponte Vedra and St. Augustine areas including Marsh Creek, Julington Creek, Marsh Landing, Deerwood and Jax Golf & Country Club just to name a few.

The Palencia Team had a total of 90 matches won in route to their... **Continued On Page 3**

## Two Palencia Residents Selected To Attend AAUW Tech Trek Camp This Month



Left to right, Gabby Catlin, 8th grade and Caitlyn Gaffney, 7th grade were selected to represent Pacetti Bay Middle School at AAUW Tech Trek Camp this summer.

Palencia residents Gabby Catlin and Caitlyn Gaffney have each earned a coveted spot at the American Association of University Woman's (AAUW) Trek Summer Camp where the two Pacetti Bay Middle students will represent their school.

The camp is designed to inspire young girls to explore careers in science, technology, engineering and math (STEM)... **Continued On Page 3**

## Improvements to Palencia's Architectural Review Process

By Hannah Hobson, Community Association Manager



The Palencia Property Owners Association Board of Directors and your Palencia POA management team are delighted to announce that the Architectural Review process has been completely re-vamped! We've been working hard over the last several months reviewing and updating the architectural review procedures to streamline and simplify the approval process for homeowners.

Originally, Palencia's Architectural Review Board was comprised of non-homeowner members who were compensated for their services. This was beneficial when Palencia was in its development stage, as these ARB staff were professionals in the new construction field, with backgrounds in architecture and landscape design. Now that Palencia is a well-established and mature community, this is no longer necessary for the majority of project... **Continued On Page 4**



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### St. Augustine Travel Club Meeting

Travel club meetings will resume in September at the Southeast Branch Library, 6670 U.S. 1 South. The club includes a travel presentation with lecture and video highlighting areas around the world. Questions? Call (904) 797-3736.

### Thought For The Day

"They say there are about 12 million illegal immigrants in this country. But if you ask a Native American, that number is more like 300 million." -David Letterman

### Words Of Wisdom

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## Palencia Residents Selected To Explore STEM At AAUW Tech Trek Camp

Continued From Page 1

and participants include girls from diverse backgrounds. During the camp, girls will participate in interactive home-based activities and will have a chance to meet females working in the STEM field. One of the courses at this year's Trek Camp includes the "Thinkabit Lab" that gives the girls an opportunity to focus on robotics engineering and learning about circuitry, engineering and programming.

Caitlyn and Gabby are both interested in the science and the medical field and hope to become surgeons.

*"We will always have STEM with us. Some things will drop out of the public eye and will go away, but there will always be science, engineering, and technology. And there will always,*



Caitlyn Gaffney

*always be mathematics."* -Katherine Johnson, NASA Mathematician

## Palencia Women's Tennis Wins A-2 Division

Continued From Page 1

first place finish. The season which began in late August and runs through May, was highly competitive, with Riverside and Amelia Island rounding out the top three.

"The team was under the leadership of captain Stephanie Kinsey and co-captain, Jill Jabot, both who are very active in the tennis community," said Tom Salmon, Palencia Director of Tennis. "Congratulations to each member of the team for the fantastic results."



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## Improvements to Palencia's Architectural Review Process

Continued From Page 1

submissions that we receive.

Effective as of April 23rd, 2021, we now have a new resident-based Architectural Review Board, who will be responsible for the majority of reviews going forward. These individuals are unpaid volunteers who live in the community and have a vested interest in keeping Palencia beautiful. The original developer-appointed ARB members will remain in place to serve on a separate, "New Construction Only" Board, and will continue to review only new homes being planned in the community until all vacant lots have been fully built out.

Prior to FirstService Residential's arrival at Palencia, there were several different application forms used for different types of improvement projects. This was not convenient or practical for residents wanting to make changes or additions to their homes or landscapes. We now have created a new single application form that can be used for all types of planned modifications. This form can be found on the Palencia POA resident portal or can be picked up at the First Service Residential office at 571 Market St.

We have implemented a new way to review applications which will save homeowners and ARB members time and the headache of trying to fit an ARB meeting into their busy schedules. We are now using a program called "Smart Webs," which allows the ARB members to review and vote on the submissions online, anytime- simplifying the process, and in most cases, reducing the wait time for homeowners to receive a decision on their project. Homeowners will receive automatic email notifications during the review process, keeping them updated on a timely basis every step of the way. New home construction projects are still being reviewed at regularly scheduled meetings, currently being held virtually via Zoom on the second and fourth Thursday of each month.

Along with this new review format, we have also introduced an ARB "Permit Card" system. This system will allow us to keep track of modifications, and ensure final inspections are completed and the project is closed out. When a project is approved, the permit card can either be picked up from our office, or it will be automatically mailed to the homeowner. This permit card should be displayed in a front facing window during the project and can be removed upon completion. Once your project has been completed, please contact the management team for a final inspection of the project.

Major changes have also been made to the ARB fee schedule. Previously, application fees for projects ranged anywhere from



\$50 to \$250. After comparing Palencia's fees with other surrounding HOA communities, the PPOA Board determined that a fee of \$25 would be appropriate for all home and landscape modifications. In addition to the reduction of the fees, we have also discontinued the requirement of security deposits for modifications. Homeowners no longer have to pay an expensive security deposit on top of the application fee. Please note that the fee and deposit structure for new home construction submissions will remain unchanged and the updates to the fee schedule only apply to existing home and landscape modifications.

Finally, we are introducing in-house approvals, which can be applied to the most commonly approved architectural modifications. The goal of these in-house approvals is to allow the management team to approve select projects at the time of submission and at no cost to the applicant. These types of in-house projects will include minor modifications such as painting doors, installing gutters, roofs, windows, minor landscape changes and other like-for-like improvements. These types of projects still require an application to be filled out for both PPOA records and the homeowner's records, but the application fee is waived for projects that are eligible to be approved in-house. Your management team will advise you if your project is eligible to be approved in-house.

Both the PPOA Board of Directors and the FirstService Residential Management team hope these changes will make the ARB approval process a system that Palencia residents will find provides a quick response, reduces cost, and is easy to adhere to. Should you have any questions about the new architectural review process, please contact Shayna Talbert at [shayna.talbert@fsresidential.com](mailto:shayna.talbert@fsresidential.com) or Hannah Hobson at [hannah.hobson@fsresidential.com](mailto:hannah.hobson@fsresidential.com).

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# Spotlight On Palencia People



Charlie Silva provides high-quality cuts of meat to Palencia residents with his "butcher shop on wheels" refrigerated truck.

## Palencia Resident Charlie Silva Is The Boston "Butchaaah"

When Palencia resident Charlie Silva, a third generation meat cutter, relocated to St. Augustine with his family, he soon brought his idea of a "butcher shop on wheels" to fruition, which has made meat lovers in Palencia and all over Northeast Florida very happy.

Charlie, his wife Alexis and their two children relocated to St. Augustine five years ago from Peabody, Massachusetts and, seeing what a big hit the local food trucks are in the community, especially with his family, he decided the area could use a similar way to provide high quality cuts of meat. After some encouragement from friends to start his own business, the idea of the butcher shop on wheels was born and became The Boston Butcher.

Charlie has been behind the meat counter for pretty much his entire life and helped his family run their butcher shop in Massachusetts. He has become known in the Palencia area as the Boston "butchaaah," and delivers high quality meat products and cuts to local neighborhoods,

Food Truck Friday's and local farmer's markets.

"The kids like to think of it as an 'ice cream truck' for barbecue lovers," said Charlie who plays "Shippin' off to Boston" throughout the streets of St. Augustine in the Boston Butcher mobile.

"Items on hand in our refrigerated truck include prepackaged marinated steak tips and chicken tips, steaks, chicken wings, lamb racks, pork and beef pinwheels," Charlie explained.

The Boston Butcher can also customize orders to meet a family's dinner needs and any custom order placed ahead of time can be cut to order and delivered locally.

Residents who are looking for some mouth-watering quality meat to grill for that July 4th celebration, can give their neighbor Charlie Silva, the Boston Butcher a call at (904) 788-9112, email him at [meatman@boston-butcher.com](mailto:meatman@boston-butcher.com) or visit his website at [boston-butcher.com](http://boston-butcher.com) for more information.

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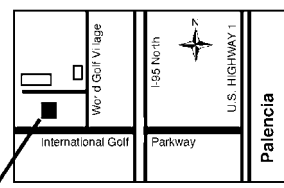
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## Bye Bye Birdie - Hello Beach The Palencia WGA Concludes Its Season

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

How did it happen? Eight months seemed to have passed in the blink of an eye!

May 20th, the WGA wrapped up the 20-21 season and a good season it was. The official kick-off to the season took place on September 12th with our patriotic Opening Day Scramble, chaired by the dynamic duo of Teri Rawitt and Connie Brewer. They partnered up again to lead the Closing Day Shamle event and we never thought they could surpass their September extravaganza however, they did it again with a nod to a Broadway musical, Bye Bye Birdie, theoretically trading our golf clubs for our bathing suits. The theme was visually brought to the luncheon with adorable birdhouses and birdies galore serving as the table decorations.

The first awards were for Ringers and Birdies. Members are put into flights, based on their USGA Index. Then a Low Gross and Low Net winner is recognized in each flight for games that are played on WGA Play days. Winners with the most birdies in a season also are recognized. Lastly, Most Improved Players were announced, one player in the 18-holer group – Cindy



Closing Day winners (left to right), Jeanne Carr, Nicole Murrell, and Ellie Chappellear, are all smiles after their victory.

Of course, there have to be winners. Winning low gross was the team of Monique Perna, Nicole Murrell, Jeanne Carr and Ellie Chappellear.

Also taking home cash winnings were the teams of:

Linda Hoffman, Judy Guarino, Sue Kansteiner, and Melanie Jakab.  
Maggie Butler, Barbara McDougall, Pam Ashburn, and Faye Peludat.  
Sandy Frambes, Maria Cavanaugh, Robyn Crosfield and Bev Gunter.  
And of course there were proximity prizes. Closest to the pin prizes went to Linda Hoffman, Monique Perna, Connie Brewer and Sandy Brandenburg.

Gates and one in the 9-holer group- Nicole Murrell. Congratulations to all of the deserving winners.

We're very happy to announce that a new slate of officers were elected unanimously. These ladies will be leading our organization for the upcoming year.

**President – Earline Barnes**  
**Vice President – Laura Mayo**  
**Secretary- Indy Nelson**  
**Treasurer – Dee Dee Bandy**  
**Technology Officer – Maria Cavanaugh**

Closing Day also brings with it the final general membership meeting of the WGA, where two very important events take place – recognizing golfing accomplishments and electing a new slate of officers.

We know that the WGA is in very good hands.

Just because the season was officially concluded doesn't mean the fun and

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## The Palencia WGA Concludes Its Season

Continued From Page 6



Many joined in the celebration of Pat Rose's hole-in-one on #12.

celebrations came to a halt. On June 3rd, Pat Rose had a hole-in-one on Palencia's signature hole, #12 – not an easy hole by any means. The gracious golfer treated a dozen of her fellow WGA'ers to drinks and lunch afterward. Obviously, many benefitted from her good fortune.

One other big event occurred after closing day. Originally scheduled for May 4th, Our Queen Tournament was rained out and was rescheduled for June 4th. For those who are unfamiliar with our "Queen of Clubs," here's what it's all about. Each month during our WGA season, one player becomes a "Lady in Waiting" by achieving the Low Net score for the month. Then, at the end of the season, all of the ladies in waiting compete in a shoot-out competition to win the coveted crown. Reigning Queen, Staci Luttrupp presided over this year's shoot out, which consisted of 10 competitors. One by one, players were eliminated and then there were only two left, both competing for the royal cape and crown. In the end, Maria Cavanaugh was crowned as the new queen, with Stephanie Kinsey, coming in as runner-up. Congratulations to both and we look forward to Maria's reign as Queen for the next year.

So, that's the official news from the WGA but something else happened that is worth mentioning. We had a visit from former member, Arlene Rowan, who relocated back to New Hampshire

last fall. Arlene's visit emphasized the bonds of friendship that are formed within our organization. Arlene was a long-time WGA member and a very active volunteer for the WGA. Wherever Arlene goes fun follows. Her visit resulted in multiple house parties, hosted by several WGA members, as well as a fun outing to the Tini Martini Bar. Arlene's visit was a crystal clear demon-



The Palencia WGA has a new Queen of Clubs- Maria Cavanaugh.

stration that the friendships formed at Palencia and within the WGA are solid ones and cannot be broken by time or distance. It was great having Arlene back, even for a short time.

So, summer is here and our official season is over but next year's leaders are busy planning for another successful season. Stay tuned!



Linda Hoffman (right) was happy to welcome Arlene Rowan back for a visit.

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## School's Out. It's Summertime!

By Tiffany Trivedi, Palencia Resident  
Palencia Elementary PTO

Summer has finally arrived. Palencia Elementary School students have been so fortunate this school year to have so many options to learn, while still maintaining a safe and clean work environment. Whether your student was learning virtually or in the classroom, this year had its challenges so we can all bet parents, students and teachers alike are ready for a little rest and relaxation.

But as parents, how do you ensure your child gets the recharge and mental break they need while keeping their academic future in mind? The answer really seems to be "it depends," however, there are many tips to help both you and your child stay sane over these next few months.

The Child Mind Institute has many amazing ideas about how to keep your child busy and healthy, while still giving them the R&R they so desperately need. The main points highlighted by this expert group is to maintain a similar sleeping schedule to what your child is used to during the school year in an effort to keep them calm and adjusted. This is especially important for younger children.

The next thing that helps is to post a visual schedule so that kids know exactly what to expect each day. The more planned activities they see, including down time, chores, etc, the more equipped your child will be to handle their day. This will also avoid the inevitable "what am I doing today" conversation saga. Getting outdoors is also a great way to stay physically active and is good for everyone's mind, body and spirit, especially those kids with energy to burn.

The last tip is to maintain a behavior system to reward good behavior. A chart with stickers for tasks accomplished can work wonders as positive reinforcement for children. Just remember, if you have

set rules or restrictions, make sure you follow them the entire summer, or children will quickly realize you're not serious about those expectations.

"I think that this summer parents should remember to take it easy on their children and not put pressure on them



Anniston Lanoue and Camille Lee enjoy some down time after an intense school year.

about learning," shared Tiffany Ellis, PES School Counselor. "These kids need a break from such a difficult year and a half. While it is true that there are gaps from all the missed learning time, all kids are in the same boat and we as educators know that."

"Teachers are prepared to work on those gaps when they return in the fall," added Ellis. "Let the kids have fun this summer and focus on authentic learning experiences. Doing fun things like letting the little ones read menus when you are out to eat or measuring ingredients when making a recipe...those are the experiences that will keep them mentally and academically strong, as well as have a positive impact on their mental health," Ellis added.

"I believe the best thing students

Continued On Page 9

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# School's Out. It's Summertime!

Continued From Page 8

can do to keep up to speed academically during the summer is to READ READ READ!" said first grade teacher Martha Devane. "Find time each day to read something new. Find a great entertaining book for fun, or research non-fiction books to learn about something that interests you. Making meaningful connections to texts will always strengthen reading comprehension and the summer is the perfect time to dive into subjects that interest you."

"Making reading a family event is also a great way to share memories and experiences so everyone wins. Families get so involved in the fun activities and forget that reading can be one of the best ways to be entertained as well as build relationships," Devane added.

The most important thing to remember as parents is that mental breaks are important for you as well. Helping your child study, driving them all over the place for every extracurricular activity, cooking dinner, working, volunteering, packing lunches, cleaning the house, taking care of elderly family members, shopping, paying bills...the list could go



William Oleksyn and Preston Lee take advantage of the cool breezes along the Palencia boardwalk.

on and on. During the summer months, some of those responsibilities temporarily pause and it's important that parents utilize this time AS WELL to decompress and recharge so that we can be at our best for the 2021/2022 school year.

So, have fun this summer...enjoy the downtime, the extra cuddles and time to laugh together. Do what works best for your family so that everyone can return to school in August with smiling faces and peaceful minds.

## Summer Reading Volunteer Opportunity

If you are willing to spend a little time this summer helping others, there is an opportunity waiting for you! RSVP of St. Johns County is looking for community members to assist once a week in the St. Johns County School District summer reading program by remotely assisting in reading activities. Hours are flexible, and you will be able to help from the comfort of your home!

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"This year has been a very challenging time for students," said Cheryl Freeman, RSVP director. "Assistance from community volunteers can make all the difference in helping these students succeed."

For more information, contact RSVP at (904) 547-3952 or Cheryl.Freeman@stjohns.k12.fl.us.

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## NTEB Bookstore Opens In Palencia



Geoffrey Grider, center, cuts the ribbon to open Palencia's first Christian bookstore. Just to Grider's right is Maranda Heykens, Bookstore assistant manager.

More than 60 people were on-hand for the ribbon cutting of the NTEB Bookstore recently held in Palencia. The store, located at 701 Market Street, Suite 104A, carries a full line of Christian books, including King James Bibles, commentaries, great study materi-

als, thought-provoking classics, DVDs and biographies of well-known Christians.

The Bookstore is open Monday through Friday from 10:00 a.m. to 6:00 p.m., Saturdays from 10:00 a.m. to 2:00 p.m. and closed Sunday.

## Kyle Bazler Is First Recipient Of The Joe Bradshaw Scholarship

Congratulations to senior student athlete Kyle Bazler for being the first recipient of the Joe Bradshaw 84 scholarship. Kyle played football and baseball at Nease and will be attending Florida State University in the fall.

Joe Bradshaw (inset), was a wide receiver from Nease High School. A scholarship was started in Joe Bradshaw's name after his tragic death at Charleston Southern University.



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### Palencia Resident Takes The Super Seniors Pictona at Holly Hill



Palencia resident Al Tacornal and Pickleball partner Gene Usner won the Silver Medal at the recent Super Seniors Tournament at Pictona at Holly Hill. Pictona at Holly Hill is a 24-court Pickleball facility serving the greater Daytona Beach area.

### Happy July 4th...Thank You To Our Service Men And Women

As our nation celebrates July 4th this month, the Palencia Press would like to pay tribute to the many brave men and women who serve and have served our country in the armed forces. The Palencia Press would also like to thank those residents who sent in tributes to their loved ones for our July 4th issue.

Thank you to Palencia residents Dr. Ana Rivera, DDS, Colonel, U.S. Army Retired and her husband Francisco Rivera, Sergeant Major, U.S. Army Retired for their service to our country.



Francisco Rivera, Sergeant Major, U.S. Army Retired and Dr. Ana Rivera, DDS, Colonel, U.S. Army Retired have lived in Palencia since 2017.

Dr. Ana Rivera served in the U.S. Army for 43 years which included a combat deployment to Iraq in 2005 and Francisco Rivera served in the U.S. Army for 36 years. The couple moved to Palencia in 2017 from the Washington, D.C., area and both volunteer weekly at the Wildflower Clinic in St. Augustine, the leading non-profit provider of free medical and dental services to low income, uninsured adults in St. Johns County.

### Palencia Residents! Send Us Your Newsworthy Notes

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

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## Nease High NJROTC Program Named 2nd Most Outstanding Unit In The Nation



In this compilation, Most Outstanding Unit and Drill Champion banners hang as Nease NJROTC's senior class celebrates a successful year at the annual Navy Ball.

The Naval Service Training Command selected Nease High School NJROTC as the Second Most Outstanding Unit in the Nation for 2020-2021. Unfazed, unaffected and undaunted by the restrictive COVID environment this past school year, Nease took its NJROTC citizenship development and leadership building program to new heights.

This announcement came on the heels of Commander Johnathan D. Shaw, Navy JROTC Area-12 Manager, announcing Nease as the Most Out-

standing Unit in Area-12, a region encompassing 60 schools covering the 13 NJROTC programs in northeast Florida and 47 across the entire state of Georgia.

"They say it takes a village to feed a child, well in the JROTC world, it takes a community of cadets, parents, school administrators and instructors pulling in the same direction to ascend a program to this level," said senior naval science instructor Captain Scott LaRochelle.

This marks the 3rd time in the past

Nease NJROTC presents the Colors during a unit Promotions and Awards ceremony. Nease High School NJROTC was selected as the Second Most Outstanding Unit in the Nation for 2020-2021.



six years Nease has cracked the Top 5 in the nation. In 2018 Nease was named the #5 program, and in 2015 Nease was the Most Outstanding Unit in the Nation.

This also marks the ninth time in the past 10 years that Nease has been named Area-12's top program.

The award is based on the total achievement of the program, which includes academic performance, community outreach, campus leadership, graduation plans, physical fitness and competition results.

Nease's main identity is its drill team that competes in a compilation of 10 academic, athletic and drill individual events at 12 to 16 school meets. This past year Nease placed 1st at Terry Parker, Mandarin, Stockbridge (GA), Area-12 State Championship and 3rd overall

at the Navy National Academic, Athletic and Drill Championships.

Nease also won 1st place in athletics, academics, orienteering, drone and air rifle at competitions across North Florida and the state of Georgia, and placed 3rd at the National Brain Brawl (academic) Championships.

There's pressure every year for the seniors to keep the unit on top," said former Battalion Commander Brandon Donovan who will be attending Embry Riddle University on a full Navy ROTC scholarship in the fall. "Mission accomplished."

"We don't rebuild our program every year at Nease," said naval science instructor Command Master Chief Duane Spears. "We reload – and we're already back to work getting ready for next year."



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**JENIFFER**

Certified Dental Assistant since 2010. She is pursuing her dream of becoming a dentist. Dog mom to a 12-year old dachshund named Oscar.



**MEAGAN**

Army Veteran and animal lover. Used to feed lions, hyenas, wolves, bears and tigers at a rescue. Loves to watch movies in her P.J's

## INK! And Take Stock In Children Graduation Recognizes St. Johns County Students, Mentors



INK!, Take Stock in Children program leaders at student graduation.

The St. Johns County Education Foundation which operates as INK! (Investing In Kids), has an ongoing mission to provide innovative programs and classroom resources to promote the academic success of students in the St. Johns County School District. Since 1998, INK! has been the exclusive umbrella agency for Take Stock in Children® (TSIC), a statewide non-profit organization that offers low-income, at-risk students with a unique opportunity to escape the cycle of poverty through education, college tuition, scholarships, mentors, and goals for a better life.

Students are selected for TSIC when they are in the eighth grade in St. Johns County public schools. Upon acceptance into the program, students each sign a contract to maintain a 2.5 grade point average (GPA), stay in school, and remain drug and crime free. The program continues to be the only public-private partnership of its kind in the U.S. with 100 percent of all monetary donations directed to the purchase of scholarships for students within St. Johns County and fully matched by the Florida Prepaid Foundation via the State of Florida legislature.

According to James "Jim" Wheeler, Take Stock in Children Program Director with INK!, the recent TSIC graduation was held on May 26 at St. Augustine High School for all program students. "The graduation event served as an extremely exciting time, as we get to recognize an outstanding group of graduates from the Class of 2021. It has been our tradition to honor our students and bring in the new class of 8th grad-

ers at the same event each year. With all of the happenings due to the pandemic since March 2020, this year holds a special celebration for a respected group of graduates," said Wheeler.

The graduation ceremony was highly acknowledged by Tim Forson, St. Johns County School District's Superintendent with opening remarks and recognition of school board members, dignitaries, area high school principals, INK! staff, teachers, mentors, and sponsors, among others.

"We are extremely grateful for the years of dedication and devotion from local volunteer mentors for our senior class," said Wheeler. "If you look up the definition of mentor, it reads, 'A trusted counselor or guide.' I have adopted a new description of what a mentor means to our students and families, and it's less dictionary and more real world. A mentor is someone whose hindsight can become your foresight," he said.

Outstanding seniors were called to the stage with family members and friends to be recognized with their scholarships, gifts, and medals, while the audience was told about each student's high GPAs, school and sports performance, and all received custom photo sessions. Students were honored from Allen D. Nease High School, Bartram Trail High School, Creekside High School, Pedro Menendez High School, St. Augustine High School, and St. Johns Technical High School. Many students also received additional scholarships from local and national educational foundations and other funding sources.

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## Ask A Certified Master Gardener Florida's Invasive Plants

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

Invasive species are a serious threat to the state of Florida. Invasive species are defined as non-native or exotic organisms that cause ecological harm in the environment in which they are not historically found. Their natural predators are not present in the new environment and, as a result, populations grow unchecked causing significant impacts. For example, the state has spent more \$300 million to control a single invasive: citrus canker.

In Florida alone, over 1,180 non-native plant species have become established and Florida ranks as one of the top four areas in the U.S. facing serious invasive species issues. They cannot be eradicated and instead must simply be managed.

Some of the most dangerous invasive plants in our state are in a Category One, meaning they cause demonstrated ecological damage. The top contenders for this "most wanted list" are: Brazilian Pepper, Mexican Petunia, Air Potato, Camphor Tree, Lantana, Coral Ardisia, Wild Taro, Japanese Honeysuckle, Balsam Apple, and Rosary Pea.

While this topic is considerable, let's take just one of these invasives as an example of the harm they do to Florida's environment. Brazilian Pepper is ranked as the number one most dangerous invasive plant in the state.

Imported from South America in the 1840s for its ornamental beauty, Brazilian pepper quickly spread into natural areas, taking over native tree hammocks, pine flatlands and mangrove forest communities. It has been called "Florida holly" for its bright red berries, and used as Christmas decorations in Florida. It is now against the law to sell or plant Brazilian pepper.

Brazilian pepper trees have infested more than 700,000 acres in the state, in addition to over 30,379 acres of the Everglades. It out-competes native species and threatens all biotic life. It looks similar to a holly tree, but if you tear a leaf on this invasive, you will easily detect it due to its spicy fragrance.

In St. Augustine, Brazilian pepper took over large swaths of Anastasia State Park Preserve and was threatening biotic life on the beach and wooded areas. Three years ago, I and a group of volunteers from Palencia and elsewhere, began working every other Saturday to begin to tackle the problem. Many in the group are certified Master Gardeners and fully knowledgeable about Brazilian pepper.

Last summer, along with contract help from the Fish and Wildlife Commission, Brazilian pepper was finally brought to the management stage on the Preserve in several fragile areas, meaning that it can now be controlled and prevented from spreading. Here are some of the members of our group on a Saturday work party, including Park Specialist David Jones:



Palencia group includes members of the Fish and Wildlife Commission and Park Specialist David Jones.

Here in Palencia, some of our more visual problems include invasive vines that infest our bushes and wind around our large community trees. Skunk and arrowhead vines are pernicious as well as air potato and other varieties. They can be difficult to discern, but if you see winding vines of any kind in your landscape, whether around trees or bushes, they are likely invasive. Try to pull them out and immediately bag and tie them so as not to contaminate other areas.

If you think you have a Brazilian pepper tree on your landscape, it requires a more specific control with a strong herbicide. It is best to seek professional advice to be sure what you see is actually Brazilian pepper.

One popular argument against removing problem species is that they are "well-maintained." Unfortunately, even when taking the utmost caution, an invasive in your yard can still spread. Seeds scatter in the wind, and birds eat berries and then drop seeds as they fly. Clippings slip into storm drains and germinate hundreds of miles away. Invasive species cannot be perfectly managed, and all it takes is one escaped culprit to do major damage to the ecosystem.

*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).*



## Newcomers Of North St. Johns Announces Its 2021-2022 Board Of Directors

By Michele Oliver

Left to right – Co-Presidents Lyn Whitlock and Pat Lett; Co-Vice Presidents Michele Oliver and Charlene Lim; Co-Secretaries Judy Porter and Mary Ellen Fleming; and Co-Treasurer Lauretta Corsair (not pictured is Casey Yeomans).



Newcomers of North St. Johns announced its Board of Directors for 2021-2022 at their May luncheon held at the St. Johns Golf and Country Club. Serving for the coming year are Co-Presidents Pat Lett and Lyn Whitlock; Co-Vice Presidents Charlene Lim and Michele Oliver; Co-Secretaries Mary Ellen Fleming and Judy Porter; and Co-Treasurers Lauretta Corsair and Casey Yeomans.

Newcomers of North St. Johns was established in April 2004 to offer people the circumstances to become acquainted

with others while finding their place in the community.

“We’re a very friendly, welcoming group that offers many opportunities to enjoy social activities and help form life-long friendships,” said Lyn Whitlock. “We have had a lot of fun planning events this year and look forward to a great year ahead. We invite anyone from the St. Johns County neighborhoods interested in membership to contact us for more information.”

To learn how to join, please contact Sue Aird at sjaird@comcast.net.

## First Coast Card Club And Recreation Club

### First Coast Florida Lifestyles Newcomers Card/Games Club Events

**Tuesday, July 6th.** Kookaburra Coffee. St. Augustine. Arrival: 2 p.m. Start: 2:15 p.m. Must buy one item. Masks worn.

**Saturday, July 10th.** Lunch/Cards. Cafe at Vilano Beach, St. Augustine. Lunch Arrival: 11:45 a.m. Cards: Approx. 12:30 p.m. to 3:15 p.m. Buy entree for dining room time. Masks Worn.

**Sunday, July 18th.** Board Games-Rummykub or Suggestions. Kookaburra Coffee, St. Augustine. Arrival: 2:15 p.m. Games: 2:30 p.m. Must buy one item. Masks worn.

**Saturday, July 31st.** Dunkins. St. Augustine. Arrival: 2:00 p.m. Cards: 2:15 p.m. Must buy one item. Masks worn.

Contact Our Club Organizers To RSVP and to receive the venues and addresses at 904-829-0643. Days/evenings. Phone calls only. Open to both men and women. Smoke/Drug Free.

### First Coast Florida Newcomers Recreation & Activities Club Events

**Friday, July 2nd.** Dinner & Classic Rock n’ Roll Band. Classic diner cafe, Orange Park. Arrival: 7 p.m. No Cover.

**Saturday, July 3rd.** Independence Day holiday event. Dinner-Golden Corral. Celebration at Town Center Lake in Palm Coast. Arrival: 5 p.m. Music/Fireworks. Bring your own snacks/beverages. No alcohol. Free.

**Friday, July 9th.** Food Trucks-Classic Rock n’ Roll band. Outside Park Gazebo. Green Cove Springs. Arrival: 4:30 p.m. Free.

**Thursday, July 22nd.** Classic Rock n’ Roll band concert outside. St. Augustine. Arrival: 6 p.m. Bring your chair, Beverage & snacks. Free.

**Thursday, July 29th.** Classic Rock n’ Roll Band concert. Outside. St. Augustine. Arrival: 6 p.m. Bring your chair, beverage/snacks. Free.

Contact Our Club to RSVP venues & addresses To: 904-814-9612.

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## Creative Short Game

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

Hello Fellow Golfers,  
 Let's discover a way to reduce your scores and also develop your creative side of golf. Just two main fundamentals to remember in developing an imaginative short game:

1. The more loft you create the more airtime your golf shot will have.

2. Don't look up to see the result before you have finished creating it!

First choose equipment that allows you to hit the type of shots you want. You should have at least these two basic wedges in your bag:

1. A 58 or 60 degree wedge - this wedge is good for high shorter shots and also out of green side bunkers. You will have decided how much bounce you want. The less bounce you have the easiest the shots will be around the greens. But the bounce is nice to hit out of bunkers but restricts shots around the green.

2. And a wedge of 54 - 50 degree - this wedge will give you a bit more distance and be not quite as high in the air as the 58 or 60 degree. These are the two basic wedges you should have besides you pitching wedge. The pitching wedge goes further and has a lower trajectory than the creative wedges. You will notice that I refer to these wedges by the degree of loft, not gap, sand, or lob, because it's all about the degree of loft not the name a

company may call it because most companies have different standards to determine their lob, sand, or gap wedges.



Basic wedge descriptions...

- gap wedge - 48 or 50 degrees
- sand wedge - between 54 and 56
- lob wedge - between 58 and 60 degrees. Phil uses a 64 degree from time to time!

The creativity you have around the green is like that of an artist's palette and paints. So don't stress out when you're around the green, it's a wonderful opportunity to be creative as long as you remember the two fundamentals, the more loft you have on the wedge the higher the ball goes and the shorter it goes and never look up to see your result of your shot until it's stops rolling!

If you need help in creating your short game, or if you would like more help on your pitching, please contact me at laurabaughgolf.com

### Palencia Community Classifieds Are Free

The Palencia Press offers free community classified ads to all Palencia residents. Ads may not promote a business or service. Ads will be printed on a first come, first served basis as space permits. Email your ad to [thepaper@comcast.net](mailto:thepaper@comcast.net).



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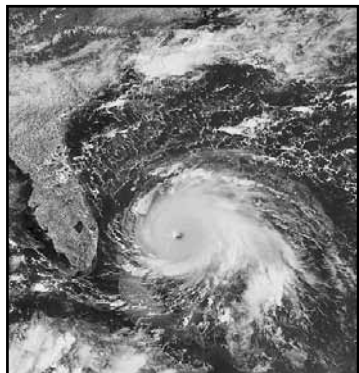
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# Let's Get Ready For Hurricanes

Editor's Note: While Palencia families are busy planning their July 4th festivities and going about their summer activities, hurricanes may not be on your mind. However, the *Palencia Press* would like to take this opportunity to remind residents that when it comes to these storms, getting prepared now will help you and your family stay safe and will help better prepare you to deal with all the "after storm" challenges such as having no power, cell service and access to clean water. The Department of Homeland Security offers the following helpful hurricane preparedness information which we would like to share with our readers.



ation or sheltering in place.

- Become familiar with your evacuation zone, the evacuation route, and shelter locations.
- Gather needed supplies for at least three days. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.
- Keep important documents in a safe place or create password-protected digital copies.

- Protect your property. Declutter drains and gutters. Install check valves in plumbing to prevent backups. Consider hurricane shutters. Review insurance policies.

### When a hurricane is 36 hours from arriving

- Turn on your TV or radio in order to get the latest weather updates and emergency instructions.
- Restock your emergency preparedness kit. Include food and water sufficient for at least three days, medications, a flashlight, batteries, cash, and first aid supplies.
- Plan how to communicate with family members if you lose power. For example, you can call, text, email or use social media. Remember that during disasters, sending text messages is usually reliable and faster than making phone calls because phone lines are often overloaded.
- Review your evacuation zone, evacuation route and shelter locations. Plan with your family. You may have to leave quickly so plan ahead.

### Prepare NOW

- Know your area's risk of hurricanes.
- Sign up for your community's warning system ([www.ready.gov/alerts](http://www.ready.gov/alerts)). The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- If you are at risk for flash flooding, watch for warning signs such as heavy rain.
- Practice going to a safe shelter for high winds, such as a FEMA safe room or ICC 500 storm shelter. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level that is not subject to flooding.
- Based on your location and community plans, make your own plans for evacu-

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- Keep your car in good working condition, and keep the gas tank full; stock your vehicle with emergency supplies and a change of clothes.
  - If you have NFIP flood insurance, your policy may cover up to \$1000 in loss avoidance measures, like sandbags and water pumps, to protect your insured property. You should keep copies of all receipts and a record of the time spent performing the work. They should be submitted to your insurance adjuster when you file a claim to be reimbursed. Visit [www.fema.gov/media-library/assets/documents/137860](http://www.fema.gov/media-library/assets/documents/137860) to learn more.
- When a hurricane is 18-36 hours from arriving**
- Bookmark your city or county website for quick access to storm updates and emergency instructions.

- Bring loose, lightweight objects inside that could become projectiles in high winds (e.g., patio furniture, garbage cans); anchor objects that would be unsafe to bring inside (e.g., propane tanks); and trim or remove trees close enough to fall on the building.
  - Cover all of your home's windows. Permanent storm shutters offer the best protection for windows. A second option is to board up windows with 5/8" exterior grade or marine plywood, cut to fit and ready to install.
- When a hurricane is 6-18 hours from arriving**
- Turn on your TV/radio, or check your city/county website every 30 minutes in order to get the latest weather updates and emergency instructions.
  - Charge your cell phone so you will have a full battery in case you lose power.

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## Say "No" To Text Wars

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

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You feel hurt, angry, frustrated, righteously indignant, or jealous and you want to reach out to (or strike out at) your spouse or partner, but they are not there. So, you send them an angry or sarcastic text message. Thus begins the text war, with increasingly angry and contemptuous text bombs back and forth.

As a marriage and family therapist, I have seen far too many couples who have had fights via text message. And they come to my office and want to continue the fight. They start to argue about who texted what and they even want to show me each other's text messages to bolster their position. The truth is, I don't want to see them, because couples can argue until the cows come home about the "facts" of the fight, but what they need to process, recognize, and honor are each other's feelings during the fight.

If I could give one simple piece of advice to couples who are tempted to engage in text wars, it would be simply this: DON'T DO IT. If you are tempted to text your partner an angry, sarcastic, or nasty text message, RESIST THE IMPULSE. Nothing good can happen from text wars. You may think that you have won the battle but, ultimately, you will lose the war.

Text wars are problematic for a number of reasons. First, the impulse in text wars is to use harsh startup (i.e. criticism or contempt). We know that how you start an argument determines how well it will end. So, if you start with criticism or contempt, it will likely end poorly. We know that text messaging lends itself to harsher expression than face-to-face encounters.

Second, text wars do not allow for subtlety or nuance or attention to tone or non-verbal expression that could attenuate the conflict.

Third, text wars do not lend themselves to repair. Repair is the ability to stop an interaction before it goes bad or to repair it once it starts to go bad. It basically says, "I made a mistake. I was wrong. Can we start over again?" and, implicitly, "You and our relationship are more im-

portant to me than this issue." Repair attempts are seldom made during text wars and they usually are not effective because each partner to the conflict is engaging in distress-maintaining thoughts.

If you must use text messages to address a concern, try using softened startup. Softened startup begins with "I feel" followed by a feeling word. Do not use "You" statements, which only spark defensiveness. Then, describe the situation as objectively as possible, without blaming or shaming. Describe the situation, not your partner. Lastly, state a positive need.

Tell your spouse or partner what you might need or want in positive terms. It is much easier for your partner to hear and to respond to if it is stated as a positive message.

I said earlier that couples get caught up in the "facts" of the argument. What they easily forget is that there is no one objective reality, rather, two

subjective realities, which are both valid. You can argue about the "facts," but you cannot dismiss or ignore your spouse or partner's feelings (you can, but at a very high cost). What you want to do when you process a fight (without getting back into the fight) is to understand, acknowledge, and validate how each of you felt during the argument, something that is hard to do via text messages.

Certainly, conflicts can escalate face-to-face, but there is more opportunity for nuance and repair than with text messaging. I shared a good laugh with a couple the other day when they said, "No, we don't have text wars, we prefer to fight the old-fashioned way." I encourage you to resist the impulse to have text wars and, instead, to fight "the old-fashioned way." At least then you have a chance at repair.

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Bartram Park. If you are interested in couples or family therapy, contact Michael at 904-289-2954 or visit [www.happycoupleshealthycommunities.com](http://www.happycoupleshealthycommunities.com).



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## Dry Needling Q&A

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

I have written on Dry Needling (DN) before but continue to receive questions regarding this intervention. The purpose of this column is to answer as many of those questions in the space allowed (500 words or less) but more info can be found on our website or can be answered with a phone call at 904-829-3411 by any of our DN clinicians (see ad).

### Is DN new?

No, DN is not new. It has been growing in popularity since the 1960's when Janet Travell, MD coined the term Myofascial Pain Syndrome and used it to treat myofascial trigger points. It has been utilized for years by European physical therapists, which was my first exposure and was first approved in 1984 for use by US/Maryland physical therapists.

First Coast Rehabilitation (FCR) therapists have been teaching DN nationally and internationally since 2010, were approved in 2017 by the state PT Board to use in 2017, testified before the FL PT Board on behalf of all FL PT's, which was approved in 2020, and have since trained many others in St. Augustine, Florida and across the nation (see myopainseminars.com).

### Why utilize DN?

The benefit of DN is multifactorial and rooted in pain science research. At its root, a trigger point, or hyper-irritable nodule within a taut band of muscle, develops when the muscle is overloaded. This can happen in several ways, but poor posture or unaccustomed activities are two of the primary reasons. When this happens, the basic contractile elements of the muscle lock up, causing compression of the vascularity, thereby depriving the tissues of oxygen, resulting in tissue damage and the release of noxious (pain stimulating) chemicals = pain.

When treating the trigger point with DN, a twitch response is elicited, which is a protective response to the stimuli via a spinal reflex loop. The "twitch" is an indication the trigger point has been treated and the noxious stimuli have been flushed out. It may leave some muscle soreness but can result in an immediate analgesic effect, increase motion, strength and function. And because no medication is involved, there are not medicinal side-effects.

### What kind of problems can be treated with DN?

Almost anyone. It can help with nearly all types of headaches, Ehlers-Danlos syndrome, shoulder, neck, back, hip, leg, foot, and hand pain, where trigger points are involved. TMJ, jaw pain, and ringing of the ears caused by trigger points can also be treated. It can be used for orthopaedic and neurological problems where pain, muscle inhibition and loss of range of motion are a result of trigger points. It can also be used to treat scar tissue, pelvic pain and more.

### Is it safe?

Yes. All needles are sterile. In a 2013 multi-site study in Ireland, which included 39 PT's in nearly 8,000 treatments, proved with proper training and practice, DN is safe. (Therapist at FCR have been trained

in the same techniques used in this study). The major side effects were soreness, fatigue, an occasional bruising.

There are many more questions but limited space. **What to do after treatment? How many sessions will it require? Once the trigger points are treated, are they gone forever?**

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answer to your question or to see if DN could work for you.

Rob Stanborough was one of the first PT's to be permitted to use DN in FL and doing so since 2017. He has trained others in DN since 2010 both nationally and internationally as a Senior Instructor

for Myopain Seminars ([www.myopainseminars.com](http://www.myopainseminars.com)). He is a co-owner of First Coast Rehabilitation, est 2006 ([www.firstcoastrehab.com](http://www.firstcoastrehab.com)), has presented and published regarding DN and co-authored Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc.

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## Arthritis In Pets

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

Often our pets start to slow down in their old age. Sometimes this is a matter of behavior, though many times it is due to pain.

Arthritis is an inflammatory condition that affects the joints. It is brought on by chronic "wear and tear." The inflammation leads to cartilage damage and bone spurs (osteophytes) which cause the smooth surface of the joint to be irregular. The irregularity causes more inflammation, which continues this cycle. Ultimately, this leads to a decrease in function and it begins to interfere with your pets normal functions.



Unfortunately, 92% of cats develop arthritis at some point in their lifetime, with 78% having joint irregularities by only 10 years of age. Dogs are similarly affected, with larger dogs having a more severe effect on quality of life than small dogs due to the amount of pressure placed on their joints. Although we know pets do experience pain, because animals are so stoic, it can be difficult to recognize this insidious disease.

So how can you tell if your pet is one of the many who are affected? First, watch for subtle changes in their abilities and activity level. Usually pets with arthritis have less desire to jump, run and play. This may manifest as a pet who used to always join you

on the couch that now chooses a spot by the fireplace. Or a dog who used to prefer to follow you upstairs that has chosen a new spot downstairs. A behavior change such as aggressiveness when being picked up may also indicate arthritis. A veterinary exam and/or X-rays is the best way to determine the presence and extent of arthritis in your pets.

In order to lessen the effects of arthritis, there are many options available. One of the most important is to maintain a healthy weight for your pets. It may also make their lives easier if you move resources closer to your pet. For a cat, make sure the litter box is accessible and large to prevent crouching in an awkward position. For dogs, ensure the food and water bowls are elevated so that their necks are not uncomfortable. Joint supplements such as fish oils, glucosamine, and chondroitin may be options to pursue and are worth discussing with your veterinarian. Prescription anti-inflammatories have come a long way, and there are now several safe long term options to reduce pain and improve quality of life.

If your pet has been "slowing down" lately, don't just accept it as a fact of life. With some work, you may be able to help them get a new lease on life!

## St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas – well, not right now but planning - on Saturday, March 26 – April 2, 2022 on the beautiful Norwegian Escape out of Port Canaveral to the Eastern Caribbean ports of Puerto Plata (Dominican Republic), Tortola (British Virgin Islands), St. Thomas and Norwegian's private island Great Stirrup Cay in the Bahamas for a 7-day cruise. Prices start from \$1059.39 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies, Oceanviews and Studio Singles are also available at additional cost. 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.



### My steering wheel shakes when I apply the brakes.

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## “Freedom To” Vs. “Freedom From”

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

“For you were called to freedom, brothers and sisters; only do not use your freedom as an opportunity for self-indulgence, rather serve one another humbly in love.” Galatians 5:13

Thomas Jefferson's bold assertion that each individual has an "inalienable right" to "life, liberty and the pursuit of happiness" still sounds sweet to our freedom-loving ears. Despite the imperfections and weaknesses of our political system, we still enjoy tremendous economic freedom, political freedom, religious freedom, personal freedom and communal freedom. But we must be careful that we don't define the freedoms we enjoy so much solely as "freedom from" -- forgetting that the real test of freedom's value is how we use our "freedom to."

Paul's caution to the Galatians likewise reminds us that sometimes our greatest liberation can be found in our commitments; in our freedoms to. There is our freedom to gather together for the benefit of others, our freedom to love and serve each other and our freedom to express our feelings, concerns, hopes and aspirations for our community, neighbors and friends. Remember that the same philosophers and statesmen who boldly announced this country's "Declaration of Independence" were also the ones who worked long and hard to craft our Constitution - a document that shapes our freedom along specific guidelines and responsibilities necessary to make freedom work - our freedom to govern, to serve, to defend, to protect, to honor and to be loyal.

The Fourth of July is a good time to celebrate the paradox at the center of the Christian faith: We are most free when we are most bonded. Through Jesus Christ's supreme example of freedom in service, we all become most free when we bind ourselves to Christ. That is why Jesus was called by Theologian and priest John Newman - "omnipotence in bonds." He freely denied himself of his divinity so that he could make the ultimate sacrifice for our sake and for our freedom.

We must take care not to confuse this freely offered liberty for license. The long list of what Paul calls in Galatians "fleshly works" is what results when we let our freedom to... become freedom from.

- Freedom to worship becomes... idolatry.
- Freedom to serve becomes... factions.
- Freedom to inquire becomes... animosity.
- Freedom to discuss becomes... arguments.
- Freedom to disagree becomes... dissension.

• Freedom to thrive becomes... envy.

The political and personal freedoms we celebrate every Independence Day always remind us that with freedom comes great responsibility. For our freedom to "work" we must be good citizens - we must vote, pay taxes, obey the laws, respect property, be loyal and keep the peace. The freedom we enjoy every day of our lives as Christians demands of us only two things - faithfulness and love. Despite the long list of fleshly "works" versus spiritual "fruits" Paul itemizes, he takes care to preface these with a single reminder: "You shall love your neighbor as yourself" (Galatians 5:14).

When Thomas Jefferson listed the "pursuit of happiness" as one of humanity's "inalienable rights," perhaps he should have called it more accurately an "unachievable right." Christ's mandate of freedom through service reveals that the only way to achieve happiness is to love and serve others. Pursuing happiness, focusing solely on self-happiness, will never bring genuine joy or the fulfilling happiness of peace. When we pursue happiness for the self, it is like looking for the ending point of a rainbow -- as soon as you think you've reached the pot of gold, your perspective changes, and the rainbow's end has moved again.

It is true that there is no place in Christian theology for self-hatred or self-persecution or self-disrespect. But loving ourselves was not the goal Jesus had in mind for us when he freely gave his life for our salvation. We can't hold out a hand to our neighbor when our arms are wrapped around ourselves. The love Christ calls us to is agape love, a sacrificial love, and therefore cannot be self-directed. Only when offering ourselves in sacrificial service for others will we run reckless into the "happiness" we thought we had to pursue.

I remember reading a story years ago about Christian apologist Joseph Parker who found himself listening to one of those infamous "self-made men" tell the story of how he became a "self-made man." After his presentation was over, he remarked to Dr. Parker, "What did you think of my story?" To which Dr. Parker replied, "My dear man, you have just relieved Almighty God of an enormous responsibility."

In the words of the great George Matheson's poem and hymn, "Make Me a Captive, Lord, and Then I Shall Be Free."

Happy 245th Birthday America!

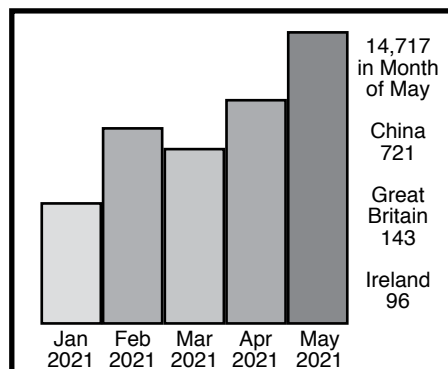
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## Protect Your Home While On Vacation

Help prevent your house from becoming a target with these tips for security during vacation.

You've packed up your suitcase and booked your trip, but before you board the plane, take the time to protect your home while you're on vacation. July and August are popular vacation months, and not surprisingly, they're also the months when home burglaries peak.

To fully enjoy your trip, plan appropriate home security and maintenance with this checklist.

### Inside the house

- Set timers on interior lights. This goes a long way in deterring burglars, who often look for crimes of opportunity. Don't allow your house to appear as if no one is home.

- Power surges. You never know when a power surge may occur, so be prepared. Disconnect the computer, TV, stereo and other electronics, or make sure they are plugged safely into a surge protector.

- Don't make or socialize status updates. Never broadcast your location on social media. Even if you think that it's only your friends or colleagues viewing your online profiles, it's safest not to leave any sort of opening for a possible burglar.

- Alert your alarm company. If you have an automatic security system in place, call your representative, announcing you'll be away from home for an extended period of time. Make sure the alarm is set properly when you leave. There are some ways of remote monitoring with your smartphone as well.

- Secure valuables. If you don't already have your jewelry or other valuables in a safe deposit box, now might be the time to

do so. Doing this also ensures that you don't leave out anything valuable in plain sight that a burglar might be able to see from a window.

- Set the HVAC. Set a programmable thermostat to lower your heat or air conditioning usage and remember to change the thermostat's battery.

- Check doors and windows. It might seem obvious, but double-check just to be sure. Lock all doors and windows.

### Outside the house

- Arrange for lawn care. Have your landscaping tended to by a friendly neighbor or local service. Before you leave, trim tree branches that might allow access to a climbing burglar.

- Stop newspapers and mail. Stop mail and newspaper deliveries, or have them regularly picked up by a neighbor. Again, you don't want to easily clue in a burglar to your absence by the mounting newspapers on your doorstep.

- Plan some exterior lighting. Set these lights on timers as well to deter burglars.


- Don't leave spare keys outdoors. Collect any hidden spare keys from around the exterior of your home. Remember, burglars know the most popular hiding places, like beneath mats and in potted plants.

- Lock the garage. Even if there is no entrance to your house from the garage, there's still a chance for numerous things to be stolen. Secure the door and any entrances to the garage.

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