



Amenity Center Remodel Among Palencia's Latest Makeovers

By Katie Hollis, LCAM
Marshall Creek CDD
General Manager



Above, blue velvet sofas showcase the gathering room at the amenity center.



Right, new open air veranda with fireplace is poolside.

Upon arriving in December of 2018 to manage the Marshall Creek CDD in Palencia, I was inspired by Palencia's original vision. The Marshall Creek CDD Board could see this vision too. We started with changing landscaping, lots of landscaping. We needed color, we needed lush, we needed magical. Now when you drive down Palencia Village Drive all the trees are lifted, color is popping and we have even added blooming hanging pots that give the drive the character we envisioned.

Next, we moved to the pool deck. We took the oversized storage closet and created an Open Air Veranda filled with beautiful furniture, floating granite bars, a breathtaking fireplace, TV's and more. The District needed all of this additional seating but also the ambience. Kokomo's is open and serves food and drinks to...Continued On Page 4

Palencia Residents Start "Camp Kindness Kids Club"



Raegan Brown, age 8, delivers flowers to a neighbor while visiting her grandmother, Pamela Wagner, in Palencia. The Silva family of Palencia started "Camp Kindness Kids" to highlight acts of kindness throughout the Palencia community. See Complete Story On Page 3

Palencia Flag Football Team Invited To National Playoffs

By Matthew Ohlson, Ph.D.
Palencia Resident

The Palencia Flag Football Team has been invited to the Under Armour National Championships held at IMG Academy in Bradenton. More than 100 teams from around the country will be competing and the Palencia team will be representing the Ponte Vedra (Davis Park) 7th/8th grade division. The core members of this team have been together since 3rd grade and have made it to the National Championships two previous times with a collective record of 74-29. The coaches are longtime Palencia residents Jason Lewis, Tim Marlow and Matt Ohlson.

At right, Players include Brandon Strout, Jake Marlow, Connor and Carson Lewis, Evan Carmody, Davian Garcia, Davis Rascoe, Luke Jackson, Jack Lagrandeur, Jack Kuhl, Nate Wade, Brody Kraft, and Brady and Nate Ohlson. Team members not pictured, Davis Rascoe, Jack Kuhl and Luke Jackson.



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Thought For The Day

I think men who have a pierced ear are better prepared for marriage. They've experienced pain and bought jewelry. -Rita Rudner

Words Of Wisdom

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers. -Psalms 1-41

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Palencia Residents Encourage Paying It Forward With "Camp Kindness Kids Club"

The Silvia family of Palencia recently started the "Camp Kindness Kids" club both as a way to highlight "acts of kindness" throughout the community and as a way to honor the memory of a Palencia resident who was known as a great husband, father, grandfather, friend and neighbor.

Charlie and Alexis Silva and their two children Charlie, age nine and Evan, age six, decided a great way to honor Alexis' dad, John Rogers, was to start a nonprofit that encourages kids to pay it forward.

"My mother and father had been members of the Palencia community for four years and permanently moved from Boston a little over a year before my dad passed away," Alexis explained.

"He was a member of the Palencia Club and participated in Village Baseball with his grandsons and was a kind neighbor and friend," she said. "We felt that this was a positive way to keep his name alive for our family, children and the community."

The Silvas have used Camp Kindness Kids to post different ideas for acts of kindness such as park clean ups, giving the mail carrier a bottle of water, picking some weeds for an elderly neighbor...all things that cost nothing but spread kindness and hopefully motivates others. The club members then post their act of kindness on the club's Facebook page.

The Silvas also plan on coordinat-



Upon their recent flight to Logan Airport in Boston, the Silvia family wrote kindness notes to flight attendants, pilots, and staff. Left to right, Evan Silva, age 6, airline representative Dennisse Cepeda, mom Alexis Silva, Charlie Silva III, age 9, and dad Charlie Silva Jr.

ing fundraisers for the club and then the kids club members vote on which organizations they would like to donate to.

For more information or to join Camp Kindness Kids, visit their website at campkindnesskids.org.



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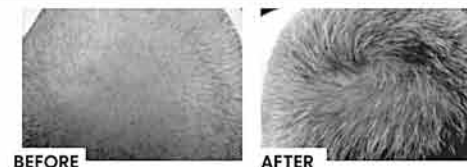
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Palencia Amenity Center, Open Air Veranda - Vision Comes To Life

Continued From Page 1



Above, additional lighting has been added to the pool deck.



New blue pool cushions welted in a canvas piping.

enjoy in the shaded alcove of the pool area. Along the way of creating this new open air veranda we added up lighting to the adult pool deck, more lush landscaping and added the Palencia brick to the landscaping beds in a herringbone pattern. In addition, 10 more Spanish style loungers have been ordered for the adult pool deck and are anticipated to arrive in the next eight weeks. Along with the additional loungers, 14 Sunbrella umbrellas have been ordered. The umbrellas are anticipated to arrive in the next few weeks. The adult pool deck has taken an entirely new look with our new blue cushions welted in a canvas piping. Again, a Sunbrella material, which means "warranty." If you have not had the chance to meet me, trust I am passionate about warranties.

Then we visited the Village Green Fountain area. The entire area has been re-sodded, fenced and painted in a natural color. All rust has been removed and will stay removed. The view of the fountain from the Open Air Veranda is worth stopping for.

For the finale at this time, we have completed the remodel of the Amenity Center. We will be ready to form Palencia

Clubs and welcome private rentals within the next few months. Here is a little behind the design for our new amenity renovations:

Our Palencia amenity building was designed to be a lifestyle extension for entertaining. The arrival area has a beautiful Porte Cochere with iron coach lights and french

doors that welcome you into the grass-cloth covered foyer. The demilune table and large arch mirror and sconces echo the elements used throughout the original architecture. A small desk area has been beautifully tucked away behind the original check-in desk.

As you move down the halls, the catering kitchen is open to the hall on the right. This conveniently allows for ease of a drop zone of food and supplies for parties that will be held in the Lounge and Gathering rooms across the hall. The catering kitchen used to be the massage room and now has a full size refrigerator, oven for warming trays of food, a microwave and coffee station. It



Raising the ceiling at the Amenity Center

has a deep sink with disposal and a pull down spray faucet for easy cleanup of party trays. The creamy cabinets run all the way up to the ceiling, providing lots of storage. The granite is a real show-stopper with special curved backsplash details.

On either side of the catering kitchen, our restrooms were brightened up with pale blue ceilings and elegant wallpaper. The original fixtures and cabinetry

Continued On Page 5

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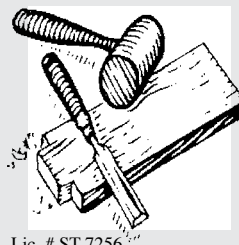
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Palencia Amenity Center, Open Air Veranda - Vision Comes To Life

Continued From Page 4



Workers install new flooring at Amenity Center.

are highlighted in a new and fresh way. Across from the catering kitchen, the Lounge is party central with an L-shaped bar that runs the width of the space. This area was the original child watch room. We raised the ceiling, kept the dutch door because it adds charm to the space and will keep little kids in while you open the top to pass food and beverages in as the party is in full swing. The left side of the bar is the drink area that has a deep sink that can be used as an ice chest to chill drinks and there is plenty of counter space for all sorts of bottles and glassware. Moving to the center of the bar, you will find a beautiful demilune focal point that was designed as a "cake table" to feature the special dessert. On the left and right are ample spaces for a food buffet. The lower floating bar accommodates banquet chairs to pull up and eat there for smaller gatherings. The upper shelf molding is convenient for posters and picture frames to lean against the wall to decorate for parties. This allows you to customize your party without disturbing the drywall with tape and tacks. New



The food buffet bar.

french doors allow the light to come in and viewing of our new blue and cream piped cushions punctuating the pool area.

The Gathering Room is a great space to hold our monthly board meetings, host Palencia Clubs and gives party space to stretch out into from the Lounge. We now have beautiful window seating with blue velvet sofas trimmed in antique brass nailheads with tortoise matchstick woven shades. Additionally,



Installing tall pocket doors to divide the Lounge from the Gathering Space.



we have a large credenza anchoring the space with a TV above for meetings or photo slide shows during parties.

To divide the Lounge from the Gathering space are tall pocket doors that can be closed to provide use of each space independently.

A special thank you to Lori Garrison, one of our Palencia original residents and talented designer in every way, for donating her time and talent to helping make this vision come to life for all our residents to enjoy.

Our amenities are continuing to improve and now have taken on an elegant feel that will provide many years of enjoyment!



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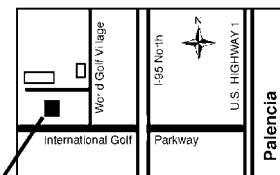
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Palencia POA Approves Revisions To Palencia's Bylaws

By Dan Dickman, President, Palencia POA



In September of 2019, the Palencia Property Owners Association (PPOA) Board of Directors appointed a committee of five (5) volunteer residents to a newly formed Governing Documents Committee. The purpose and goal of the Committee would be to review each of Palencia's governing documents and make recommendations to improve, clarify, or simplify our existing documents and bring our regulations up to date. Palencia's original regulatory documents were put into place in 2001 by its developer, Hines Corporation. Hines managed the property until 2017 when, according to a pre-established plan, Palencia's administration was turned over to an elected Board of Directors.

One of the first documents to be analyzed by the Governing Documents Committee was the BYLAWS OF PALENCIA. The Bylaws of any property owner's association contain provisions on how the association is to be managed. The Bylaws rules and regulations define procedures for electing and appointing board members and officers, protocols for board meetings, terms of office, voting methods, and standards for making amendments to governing documents. During their review of Palencia's Bylaws, the Governing Documents Committee discussed each of the 15 provisions in the original document and would reach a consensus on how the provision could be improved. Then they would present their suggestions to the PPOA's legal counsel in order to ensure that their ideas met the legal requirements of Florida State law and St. Johns County guidelines.

The Governing Documents Committee presented their recommendations for revising Palencia's Bylaws to the PPOA Board of Directors in March, 2021. The Board approved the Committee's recommendations at the May 23, 2021 meeting, and those recommendations/revisions went into effect immediately upon the conclusion of the

May meeting.

Among the many changes made to the Bylaws were the correction of some typographical errors, updating the address for the PPOA management office and making the document gender neutral. Other more significant changes included:

- The original Bylaws required that those residents who live in a sub-association (townhouse, condo, live-work unit, etc.) were required to vote in a block. The revised version allows each owner to vote as an individual.

- The revised Bylaws provide a more precise definition of who is a member of the Palencia Property Owners Association and who is eligible to vote in elections and other matters.

- The Bylaws now includes a provision to allow for electronic voting along with the previous method of paper ballot voting.

- All references regarding the powers of the developer have been removed from the Bylaws.

- The new version better defines the powers and duties of the Board of Directors, requires that a majority of the board agree before any contracts are signed and allows that a majority of the PPOA membership can vote a board member out of office.

- There is now a provision that promotes cooperation between the PPOA and the MCCDD while at the same time establishing that no officer of the CDD can simultaneously serve as an officer of the PPOA. This was enacted to help prevent possible conflicts of interest.

A process has been included that allows residents to make amendments to the Bylaws.

If you are interested in reviewing the revised Bylaws of Palencia or any of our other governing documents, you can do so by going to <https://www.palencia-online.com/std.php?IID=100729302>.

If you are interested in online electronic voting in Palencia POA matters and elections, please visit <https://palencia-poa.ivotehoa.com/login> and register your Palencia owner information using an active registration code. Please know registration codes are only provided during active voting periods and are specific to the voting matter.

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Palencia Dental Provides Options For Patients Using Recalled CPAP Devices

Philips Respironics recently issued a recall notification for an estimated three to four million bi-level PAP, CPAP, and mechanical ventilator devices in response to potential health risks related to the sound abatement foam component in the durable medical equipment.

Stephanie Kinsey, DDS, owner and founder of Palencia Dental in St. Augustine, provides options for patients using the defective devices with a preference for oral appliance therapy to treat obstructive sleep apnea. Dr. Kinsey is working with local physicians to ensure patients receive safe treatment during the recall.

"Sleep apnea significantly impacts daytime sleepiness and quality of life, and many patients rely on CPAP as a treatment," said Dr. Kinsey. "To ensure they continue to have treatment during this recall, those suffering from obstructive sleep apnea should know that oral appliance therapy is a proven, effective treatment option."

Oral appliance therapy uses a mouth guard-like device worn only during sleep to maintain an open, unobstructed airway. Qualified dentists like Dr. Kinsey are trained to provide a high level of care to patients, collaborate with physicians and manage follow-up care.

"Dentists trained in dental sleep

medicine work in conjunction with physicians and recommend a specific oral appliance based on a patient's personal needs," said Dr. Kinsey. "Patients must be made aware that medically prescribed oral appliances should always be custom fit by a trained dentist who provides follow up care to ensure maximum effectiveness."

Dr. Kinsey is an American Academy of Dental Sleep Medicine (AADSM) Qualified Dentist and has been practicing dentistry for more than 20 years. She is a Fellow with The International Association of Physiologic Aesthetics (IAPA) and serves as a member and Fellow with IAPA's founding organization, the Las Vegas Institute for Advanced Dental Studies (LVI).

Philips is advising patients using affected equipment to discontinue use of their device and work with their physician or durable medical equipment (DME) provider to determine the most appropriate options for continued treatment. For more information visit the website at <https://www.usa.philips.com/healthcare/e/sleep/communications/src-update>.

To learn more about obstructive sleep apnea and oral appliance therapy, visit <https://www.palenciadental.com/dental-services/sleep-apnea> and https://www.aadsm.org/for_patients.php.

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Continuous Learning Is Key For PES Teachers

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

As Palencia Elementary School parents, we are so fortunate to have a school staff that understands the importance of their own continuous learning. Teaching methods are constantly evolving and learning these new tools and strategies are critical in helping our children be as successful as possible. Experts believe that children are greatly influenced by their environment, so teachers that continuously learn promote children who continuously learn.

“At Palencia Elementary, one of our overarching beliefs is that we are life-long learners,” said PES Principal Catherine Goodrich. “A common spirit and shared philosophy among PES faculty and staff is that we will work to be better tomorrow than we are today, for the benefit of the students we serve.”

But how do these teachers stay so up to date with the latest trends and methods? How do teachers decide the best way to focus on their own development? There are a few key measures each teacher should take when trying to make this determination. It is very important for teachers to understand what the top models and methods are and which of them would relate best in their classroom. It is also critical to focus on areas that are changing so that they are not teaching dated methods. But most importantly, it’s focusing on training that a teacher feels can make them the best at what they do.

Kindergarten teacher, Alison Oester shared that “This summer I am teaching the summer reading program to Kindergarten students in SJC,” said Oester. “I will also be participating in a training for our new BEST standards and new ELA curriculum. I believe it is very important to be fully prepared to teach our new BEST standards effectively in this upcoming school year.”

“We also will be implementing new ELA curriculum so, the trainings this summer will be a great way to plan for instruction,” Oester said. “I have also had a fantastic training using an on-

line tool called Nearpod. This training showed me how to create lessons based on standards, find lessons for specific grade levels and implement new teaching strategies all on the computer/IPads. We were taught how to use this website for quick checks on understanding, remediating or enhancing the learning of all our students.”

First Grade teacher, Jennifer Jackson is focusing self-development as well, and is hoping to share her knowledge with her peers.

“I am learning about Florida’s new BEST standards and am sharing this knowledge with fellow first grade teachers,” Jackson said. “I am also sharing resources and helping to find answers to questions about these new standards as well. We will be implementing the BEST standards this fall.”

She is also focusing on CGI (Cognitively Guided Instruction) math training. This is a 3-year professional development program that helps increase both student achievement and conceptual understanding of mathematics. This program focuses on helping teachers learn how to provide problem solving experiences that are both engaging and help students make sense of mathematics.

“I am in my third year of this program and it has completely transformed the way I teach math,” Jackson explained. “My favorite part about this program is the positive impact it has made on my students. They enjoy math a great deal more and absolutely love trying to figure out the problems I give them to solve.”

Jacob Bultema, a new member of PES, has previously spent 4 years teaching Kindergarten, but joins PES teaching Third Grade for the first time this Fall. He also understands the importance of continuous learning.

“Teaching is an ever growing and learning profession and that’s why I love to do trainings when they are available,” said Bultema. “I took part in the Build-

Continued On Page 9

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Continuous Learning Is Key For PES Teachers

Continued From Page 8

ing Expertise Conference last week. I enjoyed this conference because you can choose which breakout sessions you want. For me wanting to go Education Leadership and still be in the classroom, I was able to select sessions that correlated to both.”



Jacob Bultema, a new member of PES, has previously spent 4 years teaching Kindergarten, but joins PES teaching Third Grade for the first time this Fall.

First Grade teacher, Dana Kelly, explains the importance of not taking too much break time over the summer.

“Quality professional development offers the opportunity for teachers to ‘recharge’ over the summer months to learn creative new strategies and innovative ways to engage students once we return to the classroom,” said Kelly. “This July, I will join in professional development in Orlando with colleagues teaching all around the state of Florida as a part of the Florida Lead Network. This is an annual opportunity to collaborate with teachers across the state to advance our teaching skills on how best to help our students learn. The relationships formed are ongoing, and we can continually reach out to each other for ideas, support, and guidance throughout the school year as well. I value this time with my peers each year and they help me become a teacher,” she said.

Kelly is spending some time this summer meeting with other St. Johns County teacher leaders to plan an 8th an-

nual St. Johns Elementary Math Council (SJEMC) Math Conference.

“In February 2020 Palencia Elementary hosted this conference for teachers, administrators and interns to learn quality professional development from exceptional math leaders from a district, state and national level,” Kelly said. “A great deal of planning goes into this professional development. The feedback from the conference evaluations has shown that this conference has impacted teachers’ instructional practices and they leave the conference feeling valued and affirmed with tools they can use immediately to improve math instruction in their classroom. Mrs. Goodrich as well as the Palencia PTO has been incredibly supportive of this conference and we are excited for this professional development to take place this Fall, 2021. When teachers receive quality professional development, the better instruction students receive as well and that is the goal!” said Kelly.

There are many other amazing conferences, books, online classes, cohorts, seminars and articles being feverishly studied all summer to ensure that each elementary student at PES is learning from current and best practices from our devoted staff.

“These teachers are a fine sampling of the greatness and commitment within our school family,” said Principal Goodrich. “Most would agree that the day-to-day uncertainty of last school year added a few layers of stress and exhaustion. It’s absolutely remarkable that these professionals are back at it, yearning for the next step in their journey towards continued excellence in education.”

The PES PTO welcomes all new and returning parents to become part of supporting PES. For more information on how to get involved, please visit the Palencia PTO website @ palenciaelementarypto.weebly.com.

(See More On Page 11)

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Antique Bible Reveal Held At Palencia's NTEB Bookstore September 14th

Palencia residents are invited to visit the NTEB Bible Believer Bookstore, located at 701 Market Street in Palencia, for a very special one night only event on Tuesday, September 14th. Come and see an original, First Edition 5th printing of the King James Authorized Version Holy Bible from the year 1640, that has been pre-



preserved in stunningly good condition. This is The Book of the Protestant Reformation, as well as the Bible of the American Revolution. Ecclesiastes says that "Where the word of a king is, there is power: and who may say unto him, What doest thou?" and this amazing Bible was translated under the authority of King James I.

The doors open at 6:30 p.m. on Tuesday, September 14th for this special showing. There will be a 30-minute presentation of the history of the King James Bible, and how it came into existence. The first 100 visitors will receive a leaf from a 16th century Bible as a free gift, and there is no charge for admission to this incredible event. Visit the website at www.BibleBeliever.com for more information.

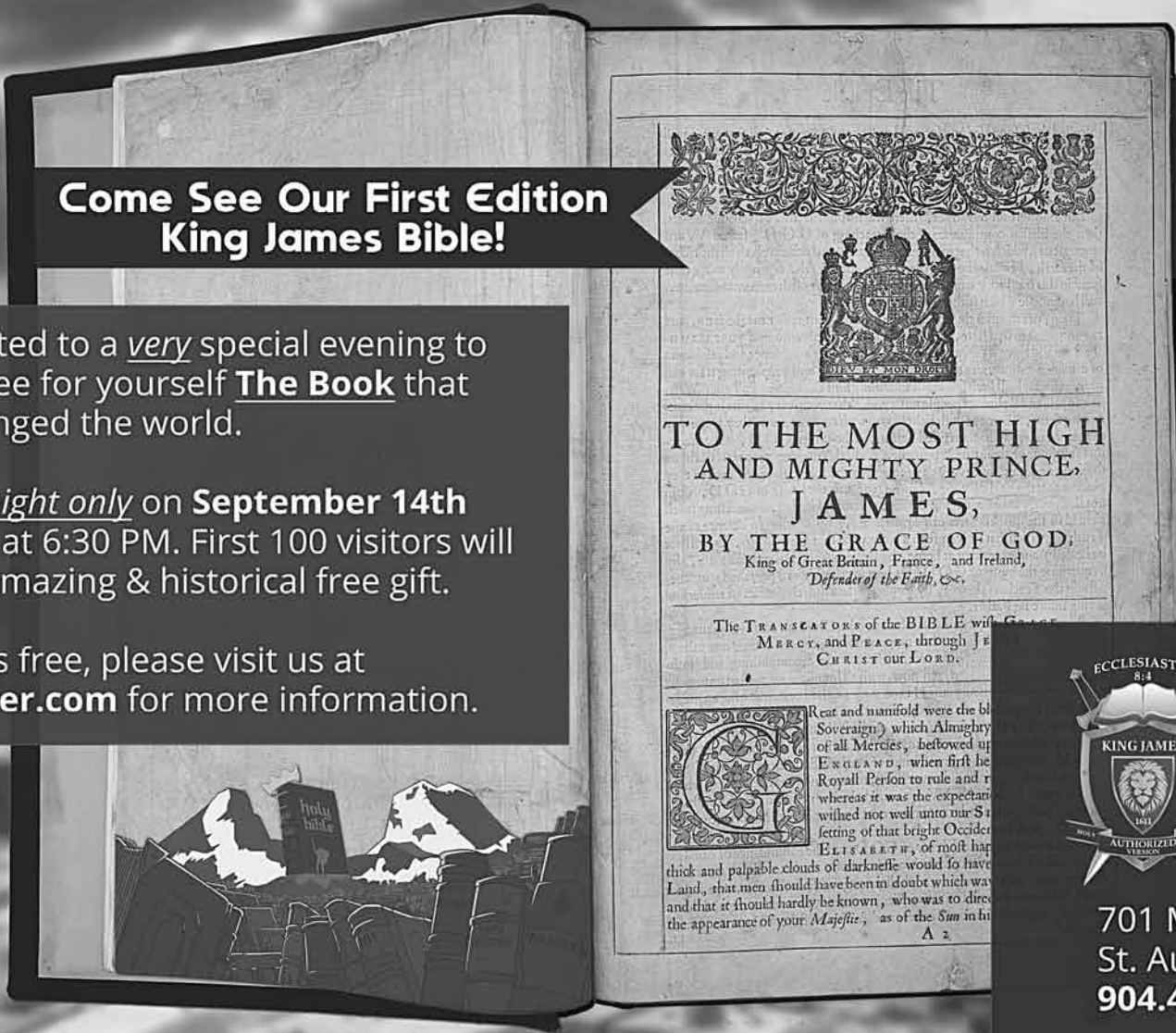
Palencia's NTEB Bookstore is located at 701 Market Street, Suite 104A. The store carries a full line of Christian books, including King James Bibles, commentaries, study materials, thought-provoking classics, DVDs and biographies of well-known Christians.

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Continuous Learning Is Key For PES Teachers



At a recent math conference, Palencia Elementary School planning team members are Laurie Bauer, Dana Kelly, Claire Ridell, Lori Price, Katrina Davis and Whitney Fischer.

Marshall Creek CDD Fishing Reminder

Fishing or otherwise trespassing in the limited common area in Marshall Creek CDD is not permitted (this is the area between the rear of a home and the lake). Walking, swimming, or boating in the lakes is not permitted. The St. Johns County Sheriff's department will issue citations and may issue arrest warrants for violation of this trespass ordinance. Fishing is only permitted in the Marshall Creek CDD common areas and the county park pond off Palencia Village Drive. Thank you for helping us help the privacy of our neighbors.



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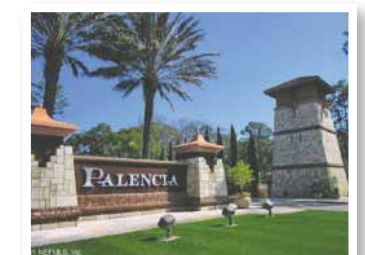
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News From Around St. Johns County

COA Champions For Elders Golf Tournament

Council on Aging (COA) invites the community to participate in their 18th Annual Champions for Elders Golf Tournament at Slammer and Squire, World Golf Village, on Monday, August 16, 2021. The local nonprofit organization has been serving seniors and caregivers in St. Johns County for the past 48 years, and the golf tournament is their largest fundraiser of the year. Sponsors are invited to bring a team of four to enjoy a day of golf followed by a celebratory luncheon, or participate as a sponsor off the course and support the important work COA does every day for elders and caregivers.



The Red Harvest Management/VanRysdam Team, one of the participating teams at the 2020 COA Champions for Elders Golf Tournament Fundraiser.

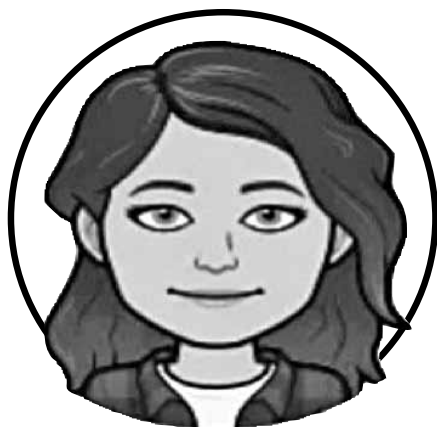
COA provides an extensive array of services for area seniors including Meals on Wheels, independent living services, case management, memory care, adult day care, paratransit transportation, prescription assistance and more. The organization also offers opportunities for socialization and lifelong learning at their six senior centers located throughout the county. In addition, COA offers programs to support the needs of local caregivers, providing counseling, education, support groups and respite care. As a nonprofit, 501(c)(3) organization, COA relies upon donations to support their work.

"We are fortunate in St. Johns County to live in a community that is committed to being there for our elders and caregivers," explained COA

Executive Director, Becky Yanni. "We rely upon the generosity and good will of members of the community to make this possible. Our annual Champions for Elders golf tournament is crucial to our ability to serve."

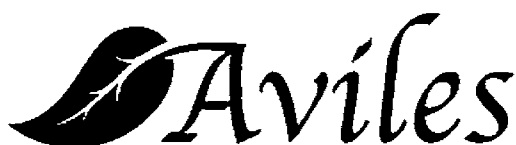
Participating team sponsorships are available with a \$2,500 donation. Event sponsorships are available starting at a donation of \$250, and include signage and publicity during the event. For sponsorship and registration information, please contact COA's Sandy Hollett at shollett@coasjc.org or 904-209-3697.

For more information on COA's extensive range of services for seniors and caregivers, please visit their website at www.coasjc.org or call 904-209-3700.



DANIELLE

St. Augustine native that is a music lover. Enjoys spending time with those closest to her, including her daughter and boyfriend.



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JENNIFER

Practice Manager of Operations since 2018. Enjoys camping, fishing and hunting with her husband and 3 kids.



OLIVIA

Moved here from the Finger Lakes Region of NY. Degreed in Psychology from SUNY Albany. Loves writing, fitness, and her 110 lb German Shepherd named Tesla.



HAYLEE

Certified dental assistant working on the business side. Newly married farm wife. Enjoys time with family and friends and loves trying new recipes.



12 Things I Wish I Knew Before I Moved My Kids To College

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

Thousands of students are packing up and moving to their college campuses during August. While they may be excited to start a new chapter of their lives, their parents are probably stressed about moving them away from home. Here are my 12 best tips to get you prepared so that you can experience a smooth and fun moving day.

1. Planning: start planning with your student and make a list of everything they need and everything that needs to be done. Use a calendar and determine everyone's role in the process. Ex. Doctor, dental, and vision appointments.



2. Obtain a list of needs from their college and college's residence guidelines: Most dorms and apartment residences have a virtual tour of their space. Watch it several times. Get familiarized with the layout and any restrictions.

Ex. Do you need a twin XL or full-size bed sheets?

3. Coordination: Your student should contact their roommates and coordinate ahead of time with what items each person will bring. It's also a good idea to write down and take pictures of the items you brought during move-in day to avoid confusion later on.

4. Pack smart: Make carrying items as easy as possible. Many places do not have elevators which makes it difficult to carry heavy boxes. Instead, use big garbage bags and stackable storage bins. Something I have found to be extremely helpful is to bring a wheeled cart or dolly.

5. Label everything: Put your student's name and room number on everything so nothing gets lost during the process.

6. Take what fits in your car: Take advantage of the services that some stores like Walmart, Target, Bed Bath & Beyond, and The Container



Store have to offer. You can order online and pick up your order at a store closer to the college. This leaves extra room in your car for everything else.

7. Ship items: Ship your bulky and seasonal items after you have already moved in. This will create less clutter and make your student's space easier to maintain.

Ex. During the summer, you don't need all your winter clothes.

8. Prepare a moving day box: Before decorating and organizing the room the way your student wants it, there are some essential supplies you will need. Some of the items you need to bring are: cleaning supplies, tool kit, trash bags, surge protector, command hooks, and a door stopper. Don't forget to prepare some water and snacks and to dress comfortably!

9. Contact information: If you have the opportunity to meet your child's roommates, try to get their contact information in case of an emergency.

10. What to unpack first: First thing you should do is make your bed. That helps remove some of the bulkier items out of the way such as the mattress topper, comforter, and pillows.



11. What to unpack last: Leave all of the wall decor until last. This allows your student to complete their room and make their space feel like their new home.

12. Have an open mind! It's likely going to be a stressful day, not only physically but emotionally as well. Let your college kid take the lead; be patient, and don't stay too long. No matter how much you plan, something might not work as expected. Start saying goodbye at home. You have been preparing your child for this moment, and it's time to trust them and let them start this new chapter of their life.

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Marie Alejandra Rivera
Palencia Resident

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Florida Friendly Landscape Principles

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

For new homeowners to Palencia or others contemplating a landscape plan, it is vital to include Florida Friendly landscape principles designed to help protect Florida's fragile ecosystem, especially our waterways.

For some historical perspective, Florida-Friendly Landscaping™ (FFL) is the state of Florida's premier program to promote sustainable alternatives to "conventional" landscaping. It provides guidance on low impact, environmentally friendly, science-based landscape practices that use less water and protect Florida waterways. Since 1994, FFL has served Florida in a partnership with the University of Florida, Institute of Food and Agricultural Sciences Extension (UF/IFAS Extension) and the Florida Department of Environmental Protection (FDEP).

Early in 2000, a collaboration of local governments, regulatory agencies, landscaping industry representatives, and UF/IFAS, developed a set of landscaping protocols and an associated training program targeted to commercial landscaping professionals. In 2008, the Florida Friendly Landscaping™ program was instituted. Since that time, the UF/IFAS instructors have trained tens of thousands of landscaping professionals in best management protocols, training that the Florida legislature made mandatory in 2014.

In 2019, the FFL program grew again to include the Florida-Friendly Communities (FFC) program, which seeks to collaborate with builders/developers, homeowners associations (HOAs), and community/property managers to integrate FFL landscaping into their properties, neighborhoods, and communities.

The FFL approach is based on nine principles outlined below. The main goal is to reduce nonpoint source pollution through proper fertilization, irrigation, and pesticide use on residential and commercial landscapes. They may appear simplistic, but are important to incorporate in your landscape.

Principle 1: Right Plant, Right Place. Achieving a healthy, low-maintenance home landscape starts with putting the right plant in the right place. This means selecting plants that match a site's soil, light, water and climatic conditions. Florida native plants will always fair better as they tolerate our subtropical climate.

Principle 2: Water Efficiently. An efficient, targeted irrigation system, set to turn off with expected rain, conserves water and helps to ensure that fertilizer and other pollution doesn't flow into water bodies. The rain sensor on the new Hunter control panel and app work very well (see June article). It is also important to observe the St. Johns County regulation of twice weekly water-

ing, unless putting down new sod.

Principle 3: Fertilize Appropriately. Be careful not to overfertilize which will aggravate pest problems, stimulate excessive growth, and most importantly, cause more waterway and groundwater pollution.

Principle 4: Mulch. Mulch is important as it helps control weeds, retain soil moisture, and moderate soil temperatures. Organic mulch also improves soil as it decomposes.

Principle 5: Attract Wildlife. To welcome wildlife, select plants as food sources with seeds, fruit, foliage, flowers or berries. Birdbaths are top of the list to attract all birds. Lastly, protect your wildlife visitors by limiting pesticide use.

Principle 6: Manage Yard Pests Responsibly. Pesticides are not always as necessary as previously believed. To minimize pest issues, select healthy, pest-resistant Florida native plants for your landscape. If you need a pesticide, choose to use horticultural oils and other low-toxicity products. Spraying horticultural oils on a regular basis will also act as a preventive measure for pests and fungus.

Principle 7: Recycle Yard Waste. A good way to recycle grass clippings is simply to leave them on the lawn when you mow. Don't be tempted to blow grass clippings into the street where it will end up in our storm drains and flow into our waterways.

Principle 8: Reduce Stormwater Runoff. Fertilizers, pesticides, debris and eroded soil carried in stormwater drains can wreak havoc on our water quality. In addition, wherever possible, direct your downspouts into landscape beds.

Principle 9: Protect the Waterfront. Many homeowners have property adjacent to fragile water bodies and these require special care. As mentioned in numerous articles, be sure to observe a ten foot "maintenance-free zone" between your lawn and the water body by avoiding any mowing, fertilizing or pesticide usage in this area. In addition, be sure to add Florida native plants to the border as they will absorb pesticides and fertilizer run off. **This is very important for Palencia residents living on the marsh. Destructive practices in this area can damage the marsh permanently.**

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. The advice in this article is based on research from the UF Institute for Food and Agricultural Sciences (IFAS).

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First Coast Florida Lifestyles Newcomers Card/Games Club Events

Sat. August 14th. Lunch/Card Playing. Italian Cafe, St. Augustine. Lunch Arrival: 1:30 p.m. Buy dining entree.

Sun. August 22nd. Board Games. Playing Rummykub. Kookaburra Coffee, St. Augustine Arrival: 2:15 p.m. Games: 2:30 p.m. Buy one item for mgmt. sitting time.

Tues., August 24th. Card Playing. Starbuck's Coffee. St. Augustine. Arrival: 2 p.m. Start: 2:15 p.m. Buy one item for mgmt. sitting time.

Sun., August 29th. Dunkins Cafe. St. Augustine, FL Arrival: 2 p.m. Cards: 2:15 p.m. Buy one item for mgmt. sitting time.

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 Lifestyles Newcomers Recreation & Activities Club Events

Thursday, August 5th. Concert outside. Rock N Roll Band. Ponte Vedra Beach. Arrival: 3:15 p.m. Concert 4 p.m. to 7 p.m. Free.

Sunday, August 15th. Exotic Bird Show/Lunch-TBA. St. Augustine. Arrival: 10:30 a.m. Cost: \$5.

Tuesday, August 17th. Florida Environmental Film Series. St. Augustine. Arrival 6 p.m. Free.

Friday, August 20th. Multi-Instrumental Quartets Music Concert. St. Augustine. Arrival: 6:30 p.m. Free.

Please contact our Club organizers. Call us to RSVP Yes in advance, how to join our club, for the venues and addresses to: 904-814-9612. Days/Evenings. Phone calls and texts welcome. Open to both men and women. Smoke/Drug Free Club.

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Posture In Golf

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

Hello Fellow Golfers,
 Posture in Golf. Your first thought might be how important could that be? The answer is very important! Your posture must be natural and athletic with the ability to transfer back to your trail side and then through to your lead side to the completion of your swing.

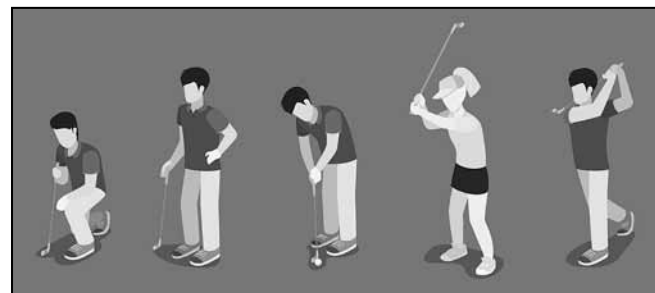
I adjust my posture twice. Once before I take my stance and a second time right after I have taken my stance.

So what is the correct golf posture for you?

We must remember everyone's body is different; some people have short arms and some have long arms and everything in between. Simply just let your arms hang comfortably, you should not feel crowded or that you're reaching for the golf ball. There are great players that have their arms close to their body and there are great players that have a little bit of distance from their body to the golf ball...comfort is the key.

One of the big changes in golf over the years has been in posture. We used to say feel like you're sitting in a chair, we do not say that anymore instead we offer these keys:

- bend over
- knees slightly flexed
- back mostly straight
- arms hang comfortably
- shoulders level
- and rear slightly out




If you feel uncomfortable or forced, you need to change your posture to one that will allow you to capitalize on your big muscles. Proper posture enables a complete shoulder turn which then allows the player to be able to come down through the ball activating your glutes and allowing your core to provide the power while using the ground to create distance.


This is only possible if you are in an athletic posture! The correct posture is the foundation for your golf swing, you must build a strong athletic foundation! If you need help on building your posture, please contact me at Laura@laurabaughgolf.com.

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The House Was Their Domain

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

Getting older is not for the meek of heart. And it's not just the olde bones and joints that creak and groan in the morning. Seems like I am in need of oil, like the Tin Man!

And two of my best friends disappeared this past year. They were really handsome guys who were always around to keep me company. They talked to me and made sure that I didn't miss anything around the house. They never went outside into the neighborhood. The house was their domain.

The bagman says that people and animals "stop." Everyone human or animal just has so many years, hours and seconds on their ticker and then it just runs out of juice. But the important and wonderful things you keep are all the pictures in your head of the great times you had enjoying their friendship



Mr. Tip and Thai made sure that I didn't miss anything .

and company. The good times, the tough times and the crazy times that make up your own individual painting of their picture in your head. That's a great pile

of memories that no one can ever erase from your mind. Mr. Tip and Thai left me a lot to smile about.



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Don't Forget! We're Still In Hurricane Season

Make A Plan

Hurricane season continues until November 30th. Before a hurricane watch is in effect, make sure you and your family are prepared by planning ahead.

- Write down emergency phone numbers and keep them on the refrigerator or near every phone in your house. Program them into your cell phone too.
- Prepare an emergency supply kit.
- Locate the nearest shelter and different routes you can take to get there from your home.
- Pet owners: Pre-identify shelters, a pet-friendly hotel, or an out-of-town friend or relative where you can take

your pets in an evacuation. Local animal shelters may be able to offer advice.

Gather Emergency Supplies

During and after a hurricane, you may need supplies to keep your family safe and healthy. Remember that a hurricane could cut off your power and water supply. You also may not be able to drive because of damage to your car. Roads may be flooded or blocked.

That's why it's best to be prepared. Stock up on things you might need now:

- Emergency food and water supply.
- An emergency medicine supply.
- Emergency power sources such as flashlights (don't forget extra batteries).

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Building Trust In A Relationship

By Michael Brown, MSC, LMFT
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While infidelity is a devastating and obvious form of betrayal, disloyalty is not always expressed through a sexual affair. According to Dr. John Gottman in *What Makes Love Last? How to Build Trust and Avoid Betrayal* (2014), "Betrayal is the secret that lies at the heart of every failing relationship—it is there even if the couple is unaware of it." If a partner hides major financial investments or failure, that is betrayal. If a husband always puts his career ahead of his relationship, that is betrayal. When a wife keeps breaking her promise to start a family, that is also betrayal. Pervasive coldness, selfishness, unfairness and other destructive behaviors are also evidence of disloyalty and can lead to consequences as equally devastating as adultery.

Dr. John Gottman has found that, "there is a fundamental principle for making relationships work that serves as an antidote to unfaithfulness." That principle is trust. While it may seem obvious, it is important to note that happy couples say that trust is what lets them feel safe with each other, deepens their love and allows friendship and sexual intimacy to bloom.

What, therefore, is trust? Using game theory, Dr. John Gottman has developed a definition of trust. In a zero-sum game where one has to lose for the other to win, each side wants to maximize its own payoff and prevent the opponent from achieving anything. This leads to distrust. If you don't have faith in your partner, you take the stance that he or she should change so that you can maximize your own payoffs. Likewise, your partner wants to change your behavior for his or her selfish reasons. When distrust abounds, neither of you includes the other's well-being in your calculations.

We come to a definition of trust by turning this description of distrust around. According to Dr. John Gottman, "Trust is not some vague quality that grows between two people. It is the specific state that exists when you are both willing to change your own behavior to benefit your partner." The more trust that exists in a relationship, the more you look out for each other. The sense is that you have each other's back. In a trusting relationship you feel pleasure when your partner succeeds and troubled when he or she is upset. You just can't be happy if achieving your payoffs would hurt your significant other.

How is trust built? According to Dr. John Gottman, trust is built through attunement, repairing when communication gets messed up, fully processing negative feel-

ings and events and a sense of fairness.

Attunement is the ability of couples to understand each other at a deeper level and lovingly express that knowledge to each other. This ability is second nature to some lucky couples, but many others who are just as devoted find it challenging. Fortunately, attunement is comprised of skills that almost all couples can learn—or learn to strengthen. According to Dr. John Gottman, "Attunement is not about memorizing a script. It's about increasing your understanding of your partner and expressing acceptance and support." The easiest way to learn attunement methods is to start small, with nonthreatening conversations that allow plenty of practice in opening up.

Repairing when communication goes wrong builds trust. According to Dr. John Gottman, "Repairs are the life jackets of all romantic partnerships. Their effectiveness determines whether a relationship will live or die." In a healthy relationship, a repair lowers the recipient's blood pressure and heart rate. The tension level drops enough to allow reason to prevail. Common repairs include jokes, a compliment, a hand squeeze, a question, or an apology.

When regrettable incidents are not fully processed, the regrettable incident sits between partners and festers. It feels like a stone in your shoe. The way our minds work, we tend to ruminate on unprocessed, unfinished negative affect events. Therefore, it is important to be able to fully process regrettable incidents without getting back into a fight. It is a skill that we teach couples in Gottman Method Couples Therapy.

Finally, trust occurs more easily when there is equal power between partners. When partners feel that their relationship is fundamentally fair, trust is built. When they feel that their relationship is fundamentally unfair and power is unequal, distrust is built.

Therefore, if you want to build trust in your relationship and avoid betrayal, attune to each other's needs, repair communication when it goes wrong, fully process regrettable incidents and distribute power equally in your relationship.

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Bartram Park. He is currently offering both in-office and secure video appointments. For couples or family therapy or for more information, contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com.

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Functional Exercise

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

One of the interventions we use at First Coast Rehabilitation is functional exercise. We use functional exercise because of the way the body learns, which is in patterns, patterns that can develop your whole life.

There are lots of different ways to exercise. You can exercise for endurance, strength, to promote healing, or even increase mobility or flexibility. Each type includes specific guidelines and parameters used to achieve optimal performance and maximum benefit. But if your goal is to improve your function, i.e. ability to perform a specific activity such as running, standing from a chair, picking something up from the floor, walking for half a day while sightseeing or carrying your child, you should work toward doing that task. It sounds simple enough, but it may not be.

Functional exercise is built on a neurological and physiological principle called training specificity. If you want to be a good golfer – play golf, not tennis (you can play tennis too, but you should golf). If you want to be able to play pickleball, then play pickleball.

Again, it sounds simple enough but sometimes executing the activity or a portion thereof may be hindered due to injury, poor conditioning, or some other factor.

At First Coast Rehabilitation, we often will break the function, or activity down to its most basic components in order to initiate extremely specific and isolated exercises with the goal of putting it all back together again into a functional exercise.

Again, it seems like common sense and simple enough, but dissecting the function into isolated movements before putting it back together again can be done in many different ways. Nevertheless, the goal should be to ultimately perform the function.

A high level activity example could be surfing, which requires core stabilization, and balance, as well as lower and upper body strength. The activity could be broken down in many ways, but core stabilization would most likely be a good place to start. Exercises may include rotation or diagonal strengthening, progressing to multidirectional perturbations (challenging forces from outside the body) to standing on a mobile surface mimicking surfing.

A lower level, everyday activity example could be reaching to pick something up from the floor. This also includes core stability, ankle, knee and hip mobility and strength, as well as balance. Like the example above, this could be broken down in many ways, but hip and core strength would be a good place to start. Exercises may include reaching forward from a chair and then from a Swiss ball. Lunges could be used to also strengthen the lower extremities and back. Eventually, reaching for objects outside the base of support could be used to challenge balance, gradually moving lower and lower toward the floor.

Although these are extremely brief and incomplete examples, it is what 500 words or less will allow. The take home message is, don't just exercise, exercise with purpose and intent. Exercise with function in mind, utilizing training specificity. If you are going to exercise, make sure you're exercising or training in a manner consistent with your goals. Break it down to build it back up. Much can be




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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.myopain-seminars.com). He is a co-owner of First Coast Rehabilitation, est 2006 (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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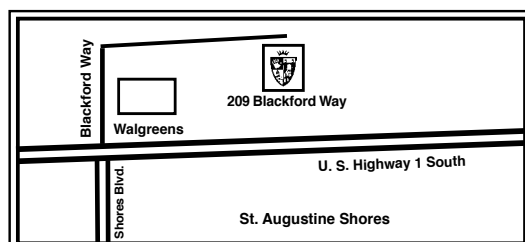


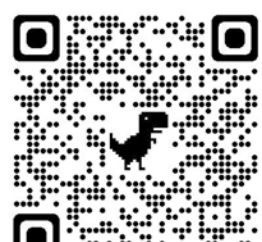
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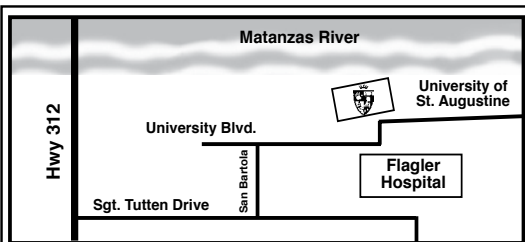
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Kennel Cough In Dogs

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

With warm weather comes increasing travel and get-togethers with friends. The increase in social activities that occurs during the summertime often leads to a seasonal pattern to canine infectious diseases. Kennel cough (also known as infectious tracheobronchitis) is a very common and contagious respiratory disease spread among dogs. Although this article is primarily about canine infectious respiratory disease, cats share their own upper respiratory infections, typically viral such as herpesvirus and calici virus.

Animals commonly contract upper respiratory infections at places where there are increased numbers of animals congregating, such as a daycare/boarding facility, dog parks, agility trials and dog shows. Viruses are spread either through airborne droplets, contaminated surfaces, direct contact (touching noses), or pet owners hands. For most dogs, infectious upper respiratory diseases are very treatable, however these infections may be more severe in animals less than six months of age or older/immunocompromised animals.

What are the typical signs of kennel cough? If your dog is affected with kennel cough, you will often notice a strong cough with a honking sound, which is the most common and obvious symptom. Other signs include runny nose, lethargy, low fever, loss of appetite and sneezing. Although those are the typical signs of your run-of-the-mill kennel cough, it is important to have your pet checked and discuss the signs with your veterinarian because canine distemper virus and canine influen-

za virus both begin with symptoms that are almost the exact same as kennel cough, but may progress to much more severe signs including pneumonia. Also keep in mind that there are other conditions that cause coughing including bronchitis, asthma, heart disease and tracheal collapse.

Once kennel cough is diagnosed, the treatment is typically guided based on the severity of the signs. Mild cases are typically treated with a week or two of rest, however many veterinarians will prescribe antibiotics to prevent a secondary bacterial infection. Sometimes cough medications are prescribed in order to improve the pets comfort and ease their symptoms. Switching to a harness instead of a collar may help improve the symptoms as well in order to reduce the pressure on the trachea.

The most common cause of kennel cough is Bordetella which is a bacteria. Parainfluenza is also a common virus that is implicated in kennel cough. Thankfully, there are vaccinations for both of those "bugs" which prevents the vast majority of kennel cough cases. Complete prevention of kennel cough is difficult because there are 12 other pathogens (infectious organisms) that have been known to cause infectious bronchitis/kennel cough. The less common causes of kennel cough such as mycoplasma, canine respiratory coronavirus, etc. do not have vaccinations available because they tend to cause less severe illnesses.

If you notice coughing from your pet or if you plan to introduce your dog to a large group of animals, speak with your veterinarian for more advice.

Nease High School Football Schedule

• **August 20th Home Game**
Flagler Palm Coast 7:00 p.m.

• **August 27th Away Game**
Ponte Vedra 7:00 p.m.

• **September 3rd Home Game**
Creekside 7:00 p.m.

• **September 10th Home Game**
Orange Park 7:00 p.m.

• **September 17th Away Game**
Atlantic Coast 6:00 p.m.

• **September 24th Away Game**
Yulee 7:00 p.m.



• **October 1st Home Game**
First Coast 7:00 p.m.

• **October 8th Home Game**
St. Augustine 7:00 p.m.

• **October 15th Away Game**
Fletcher 6:00 p.m.

• **October 29th Away Game**
Fleming Island 7:30 p.m.

• **November 5th Home Game**
Westside 7:00 p.m.



Mike Weitz

The air conditioner in my car seems to work better when driving at high speeds. What do I need?

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Thank You, Summer, And Welcome, Fall!

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

As I look back on this past summer and other summers for days gone by, I remember that there are seasons overflowed with joy and seasons filled with pain. Now, I must pause and say, "Thank you, Summer!" Thank you for the days of abundant sunshine and risen temperatures. Thank you for the gathering of friends and family, the impromptu pool parties, the leisurely strolls, the sudden thunderstorms and warm breezes. Thank you for the humid air thick with fragrance and the summer critters looking for nectar in flowers. Summer, you have given us so much but now it is time to change seasons again.

Autumn is a time of change and preparation. There is one sure way to do this, and that is to remember who our spiritual gardener is and to remain in Him always. The Spiritual Gardner does several things to prepare for what's coming:

1. Add Mulch. Mulch improves soil moisture and prevents plants from drying out too quickly. It helps reduce soil erosion and soil compaction and it helps maintain optimal soil temperatures by creating a barrier from the heat and cold. Spiritually, this can be done by surrounding ourselves with God's people. Without His people surrounding us, we

become dried out in our faith, and our faith foundation erodes. People help to keep us accountable, protecting us from making sinful decisions and helping us to get back on the path.

2. Check for Diseases. Do a spiritual check! Compare your decisions to His Word, the Bible, and be sure you are following Him.

3. Replace Old with New. If there is sin in your life, get it out! Take out the toxic and replace it with Godly things.

4. Fertilize. When you put good nutrients on your plants, they GROW and are strong enough to survive the winters. Reading God's Word, reading and watching Godly material like our devotional "Word For You Today," and surrounding yourself with God's people help to keep you strong during times of struggle.

Never forget that God is the Ultimate Gardner and when we abide in Him, He will help you to grow the fruit of the spirit- love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

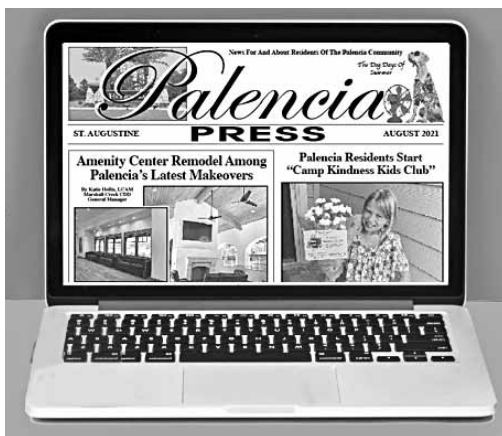
"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." (John 15:5 NIV)

Grace and Peace.

Palencia Press Website Drawing New Audience Inquiries From Outside The Area

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**During life's storms,
what is your
foundation?**

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Psalms 18:2

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West on International Golf Drive to State Road 16 and turn right. Go one mile to church on right.

Good Neighbor Celebrates Career Milestone

Palencia resident, and local State Farm agent, Craig Dewhurst recently celebrated his 30 year anniversary with State Farm. Craig began his insurance career July 8, 1991 working in State Farm's Catastrophe Operations, and oversaw teams deployed to handle on-site help during the numerous hurricanes in the southeast between 1991 and 2000, as well as some additional special assignments. Craig said it was while serving on the Catastrophe Team sent to the 1994 Northridge earthquake in Los Angeles that he really realized the depth of the promises State Farm delivers on. "And I knew I wanted to continue to be a part of that." Craig spent the next several years gaining experience, obtaining licenses, and completing the programs to become an agent.

On July 1, 2000, Craig opened the doors to his own agency in Jacksonville, "confident in State Farm's ability and passion to provide value to those at their time of need." After several years, Craig saw the need for a presence in St. Johns County and decided to move to his current location in World Golf Village in 2007. He spent almost a year involved with the office construction and build out, a true labor of love. And within those walls, Craig has seen great growth over the past dozen years.

But it's not just Craig with years under his belt. "I am blessed to have such a great team – between the 10 of us, there's over 105 years of insurance experience!" Craig added.

Craig has inspired others to follow in his footsteps, and has mentored and trained

several agents who are now within this market. "I have been fortunate for those that have mentored me along the way, so I cherish the opportunity to give back to our customers, my team members, other future agents, and my community," Craig said.

Another exciting accomplishment was getting licensed with Rocket Mortgage. "Being able to take some stress away during the home-buying process by being a one-stop shop for both home financing and home insurance is a value we are so happy to be able to provide."

And providing value is very important to Craig. "The core values of my agency are providing outstanding service and giving back to the community that

has given me so much," Craig said.

Craig is a business sponsor for several local school and youth sports organizations, including Palencia Elementary and Villages Baseball. If you have attended the Palencia Fore the Kids fundraiser for PES, you may have seen Craig's tent set up on the 4th hole, providing golf balls and goodies to the attendees. Craig always participates in the tournament, and practice makes perfect - he got his first hole in one here this past March!

Craig lives in Palencia with his wife, Michelle, and their three children, Kenzie, Zoe, and Connor. He is also a frequent *Palencia Press* contributor – providing insurance-related tips in a monthly article.

For more information about Craig's business, visit his website at www.craigdewhurst.com.



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Experience Matters

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