



Palencia

ST. AUGUSTINE

PRESS

OCTOBER 2021

Palencia Witches Ride For Childhood Illnesses Oct. 29th

Just some of the participants in the Palencia Witches Ride last year were, from left to right, Becky Rocheford, Sara Baez, Christina Oleksyn, Victoria Rosenbaum and Ashley Gibson.



Photo by Linda Ray Photography

Double, Double, Toil and Trouble...the "Palencia Witches" are gearing up for their annual Palencia Witches Ride for childhood illnesses which will take place on October 29th starting at 5:30 p.m. The event includes women 18 and up dressed in their most festive Halloween styles as they ride through the streets of Palencia on their decorated brooms (aka bikes and golf carts) and toss candy to all the little witches, ghosts, goblins and wizards that line the route.

Proceeds from the event benefit Dreams Come True of Jacksonville and this year, the witches hope to double the \$5,000 they met last year, according to Palencia resident and "head witch," Ashli Bryan. Visit the Witches Ride website at <https://bit.ly/2021WitchesRide...> **Continued On Page 14**

Palencia Property Owners Association Welcomes New Property Manager, Board Member

The Palencia Property Owners Association recently welcomed a new Palencia Property Manager from First Service Residential, Lorraine Megdanis as well as new POA board member Marc Sierra.

Megdanis, a native of New York, has more than 14 years of property management experience. She is a state-certified CEU Course provider and has a wealth of knowledge and experience.

Marc Sierra is a U.S. Military Veteran who has lived in Palencia with his wife Mary Kay for the past six years. He has more than 20 years of experience in the development and construction industry.

See Dan Dickman's article on Page 4 to learn more about the newest POA team members and other POA board news.



Lorraine Megdanis



Marc Sierra

Palencia Womens Golf Holds "Olympic Style" Tourney

The Palencia Women's Golf Association officially kicked off the golf season recently with the lighting and passing of the Olympic torch. All teams worked together to compete to win gold, silver and bronze medals at the opening season tournament. An added feature this year was a Cash Kicker Multiplier created by Judy Guarino and Diane Robinson that added a new level of excitement to the tournament.

See the complete article with tournament winners and dates of upcoming events on Pages 6 and 7.



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Deadline for articles and information is always the 10th of the month. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the *Palencia Press*. All articles are subject to editing. **Acknowledgements:** This issue was designed using resources from Freepik.com.

Thought For The Day

"My dog and I are working on a new product: it's a combination toilet bowl cleaner and dog breath fresher."
-Robert Alper

Words Of Wisdom

Children, obey your parents in the Lord, for this is right. "Honor your father and mother" (this is the first commandment with a promise), "that it may go well with you and that you may live long in the land." Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord. -Ephesians 6:1-4

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St. Augustine Travel Club Meetings
 The Southeast Branch Public Library has been evaluating on a month by month basis as to when the best time to resume activities that utilize the conference rooms. We will not resume the Travel Club program until we feel comfortable in doing so for your safety and well-being. There will be no October meeting. Questions? Call Peter Dytrych at (904) 797-3736.

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Miko Salon Raising \$\$ To Fight Cancer

The stylists at Miko Salon in Palencia will be taking donations during the month of October to help fight Pediatric Cancer and Breast Cancer.

The salon will hold a raffle with limited entries to win one of three sensational prizes: First Prize is a Moroccan oil professional hair dryer and brush set; a \$300 value.

Second Prize in the raffle is a basket of hair care and professional hair styling products; a \$150 value.

Third Prize is a \$65 gift certificate for services at Miko Salon.

Raffle tickets may be purchased at Miko Salon at a cost of three tickets for \$5.00 or six tickets for \$10.

All funds raised from the raffle will be donated to one of two organizations: The Susan G. Komen Foundation, which funds research into the causes and treatment of breast cancer; or Lighthouse For Hope whose mission strives to fight alongside families experiencing physical, emotional and financial setbacks caused by Pediatric Cancer.



Miko Salon stylists Melanie Winchester, Carolyn Miko and Adrienne Smith.

Residents may visit Miko Salon during the month of October to buy their tickets. Call 904-576-9695 for more info.

Four years ago, Miko Salon held a fundraiser for former St. Augustine resident Kylie Rodgers who was diagnosed with Ewing's sarcoma.



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Palencia Property Owners Association Updates: Two New Faces

By Dan Dickman, President, Palencia POA

Welcome to Marc Sierra, the Palencia POA's newest board member. Marc was appointed to the vacant board seat at the August 25th board meeting when former Board Member Susan Agee submitted her resignation. (Susan and her husband Joe are planning on returning to their "roots" in Alabama). Marc and his wife Mary Kay live in "The Reserve" neighborhood and have been residents of Palencia since 2014.

Marc is a graduate of the United States Military Academy and served in the 82nd Airborne Division and the 10th Special Forces Group. He is currently employed as the Vice President of Operations for a construction management company and has over 20 years of experience in the development and construction industry. He also has served on the Board of Directors of the Palencia Men's Golf Association, including two years as President. Marc's term on the PPOA Board will run until the board seat elections are held in 2023.

The Palencia community recently welcomed Lorraine Megdanis as the new Palencia Property Manager.

Megdanis has been a South Florida resident for 19 years and started her career as a board member of a master association. Coming from New York, associations were something new to Megdanis however, she has 14 years of property management experience starting as a temp and then working herself up the ranks while learning every aspect of the property management industry.

Megdanis' experience also includes working with condominiums, high-rises and homeowners associations. She is involved with CAI, which is an interna-

tional membership organization dedicated to building better communities and has served in the roles of President and Treasurer of the Gold Coast Chapter.

Megdanis is a state-certified CEU Course provider and has a wealth of knowledge and experience. You can contact Lorraine by email: Lorraine.Megdanis@fsresidential.com or phone (904)206-4672.

Two Regulatory Changes

Residents should be aware that the Palencia Property Association Board recently approved some additions to our Architectural Design Guidelines. The first of these changes addressed the issue of residential yard waste and trash receptacles. The original guidelines were directed mainly toward new construction and were mostly silent when it came to the subject of current homeowner's trash issues. Therefore, the PPOA Board approved the following new regulation:

Trash, recycling waste and yard debris should be placed at the curb in front of the homeowner's residence no sooner than the evening before pickup service and the trash receptacles must be removed from the curb and stored/shielded from view (not visible from the street) no later than the evening of the pickup day. Trash cans should be stored inside the garage, behind the dwelling or a permitted fence, or behind shrubs that are tall enough to shield the trash cans from view.

Both the PPOA Board and the Property Management team are aware of the current staffing shortage issue that our yard waste collector is temporarily experiencing and will be mindful of this when property inspections are conducted.

The second change that the PPOA Board approved pertains to the loading and unloading of recreational vehicles and boats on resident's property. Over the past six months, two separate subcommittee's (the RV Committee and the Governing Documents Committee) have examined this issue extensively. Although Palencia's covenants prohibit the storing, parking, repair or maintenance of RV's and Boats on any lot, St. Johns County regulations would al-

Continued On Page 11



Marc Sierra



Lorraine Megdanis

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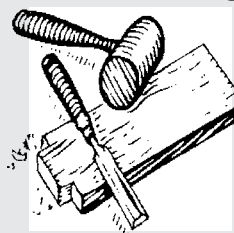
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Spotlight On Palencia People



At left, Laura Boilini at her home studio in Palencia located on Arnau Court. Laura volunteers frequently at the University of North Florida to share her art and teaches a variety of groups inclusive of students, staff and faculty.

Palencia Resident Laura Boilini Is Featured Artist At Local Gallery

Palencia resident Laura Boilini will be the artist of the month for October at the St. Augustine Beach Art Studio and Gallery located at 370-AA1A Beach Blvd., in St. Augustine Beach. The title of the show is "Expressions of Color" which symbolizes the joy she finds in painting, creating colorful renditions in acrylic and oil.

Laura has been a resident of Palencia for more than ten years, moving to Florida from Indiana in 2010 with her husband, Kirk Kemmish. The gallery is adjacent to the pier in St. Augustine Beach with ample free parking nearby. Laura's work will be showcased on the 1st Friday night art walk on October 1st from 5 p.m. to 8 p.m. and her show will be displayed for the entire month of October. The show is open to all on Friday, October 1st and the regular hours for the gallery are noon to 5 p.m. every day of the week.


The St. Augustine Beach Art Studio and Gallery is a unique venue to purchase locally created art, including paintings, jewelry and ceramics. The gallery features artists of all mediums and backgrounds and the work is eclectic and vibrant, each piece different than another. It is a must stop if you are in the area as the work changes frequently.

Laura's art career began years ago as

she studied art and education and taught elementary art for several years in Indiana before pursuing educational leadership. Her passion for art reignited when she moved to Florida and she now has a studio in her home and teaches classes to help others find their creative potential. She has created many paintings as commission work and she loves the excitement of creating a special piece for a client in their color choices and style. Her work ranges from abstracts to flowers and landscapes. Laura has been a frequent teacher at the Palencia Lunch and Learn events where she enjoys inspiring others to paint.

Laura's full-time work is as the Program Director and a Clinical Assistant Professor in Educational Leadership at the University of North Florida. Laura volunteers frequently at UNF to share her art and teaches a variety of groups inclusive of students, staff and faculty as part of her service work.

Laura's work can be viewed at the St. Augustine Beach Art Studio and Gallery and you can also schedule a time to meet her at her studio in Palencia located at 113 Arnau Court. Her email is boilinill@outlook.com and her cell: 260-460-0636. Contact Laura if you are seeking a new piece of art created just for you.



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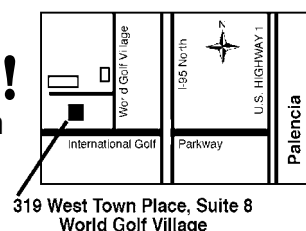
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Let The Good Times Roll

By Earline Barnes, President
and Laura Mayo, Vice President
Women's Golf Association of Palencia

The women's golf season officially kicked off with the lighting and passing of the Olympic torch. All teams worked together to compete to win Gold, Silver and Bronze medals. Judy Guarino and Diane Robinson added a level of excitement to the tournament by "rolling the

MaryKay Lydane, and Tricia Luciano. Audrey worked very hard on creating beautiful boxes to hide the gifts for trade. While Earline was a comic MC for the event, Tricia, MaryKay and Audrey helped deliver the element of surprise as the boxes were opened and offered for trade up options. A fun time was had by all.



Rolling the dice for the Cash Kicker Multiplier is Diane Robinson, and Kim Jakobs and Erin Lyons, Palencia Pro Shop assistants.

Our two-person Match Play Kick Off Party will be on Thursday, September 30th at 1:00 p.m. All ladies signing up will be placed in a flight of teams that will be in line with their handicaps. Ladies will play other teams with similar skills over the course of the next four to six weeks. Sign up online with your partner by September 28th and join in the fun. Team awards will be done by flight and handicap, so everyone should come out and give match play a try. It's a great way to learn about various types of golf competi-

tion and meet new players. Ladies enjoyed our "First Ladies Night Out" where the focus was on girls having fun playing "Let's Make A Deal" co-chaired by Earline and Laura with help from Audrey Chapman, tion and meet new players. Our annual Palencia club championship will be held on Saturday, October 23rd. Some of the best lady golfers



1st Place Gold Medal Winners: Melanie Jakob, Sue Keinsteiner, Resa Wilcox, and Deidre Wray.

Our annual Palencia club championship will be held on Saturday, October 23rd. Some of the best lady golfers

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Women's Golf Association of Palencia

Continued From Page 6



2nd place Silver Medal Winners: Deborah DuFresne, Pat Rose, Peggy Lamneck, and Linda Hoffmann.

will be competing for the top honors of Club Champion and Senior Club Champion. Stop by the Grille in the afternoon to toast the winners.

Plans are well underway for our first ever Halloween Par-Tee on Saturday, October 30th from 7 to 11 p.m. This event will have a live band, optional costume contest, dancing, hors d'oeuvres and a cash bar. Create a unique costume and potentially find yourself winning a cash prize. All Lady golf members are encouraged to bring spouses, friends and



First Ladies Night Out: Tricia Luciano, MaryKay Lydane, Earline Barnes and Audrey Chapman.



3rd place Bronze Metal Winners: Laura Mayo, Tricia Luciano, Marge Stancill and Maria Nilsson.

guests to this event. Contact a WGA Member to attend. The WGA member must register their guests online.

Our annual two-day Coquina Classic Member/Guest tournament "Putts, Pearls and Polka Dots" on November 12th and 13th is going to be one of our biggest and most spectacular events of the year. This year's tournament will have two flights: one for our 18 hole players and another flight for our 9 hole players. Friday is a shotgun scramble format and Saturday is the best ball of two. A practice round is being offered on Thursday,

November 11th. Team entry fee includes: guest golf cart and fees, snacks, lunch and breakfast on Friday and Saturday, wonderful tee gifts for all participants, many prizes, and much more. Registration deadline is Oct. 24th.

We would like to welcome two new members to the Palencia ladies golf association - Yulonde Pellerin-Judge and Deborah DuFresne.

If you would like to find out information about joining our ladies group, please go to the Palencia WGA contact: membership.PalenciaWGA@gmail.com.



07/21/2021 - Bought and sold a Single Family home in 2021 in St. Augustine

Kathy was great to work with and understands that selling a residence you have lived at for a long time can be difficult and very emotional. She is very thorough and knowledgeable about all the aspects of residential real estate sales and the local real estate market. We had a first rate experience and have even recommended her to neighbors.



08/05/2021 - Sold a Single Family home in 2021 in St. Augustine

Kathy was the seller's agent when we bought a house a couple of years ago, but she helped us so much and was so knowledgeable of the area that we decided to use her to represent us this time in selling our home. Kathy knows the housing market and knows how to show a home and help get top dollar for that home. We would highly recommend Kathy as an agent and for her vast knowledge of the real estate market in your next home purchase or sale of a home.



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Fore the Kids Golf Tournament 2021

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

It is that time of year again...the air is "slightly" less humid, there is a lighter breeze blowing through the palm trees...and it's time to help support Palencia Elementary School at the Fore the Kids Golf Tournament! This event is so important for the PES PTO as it is one of our largest fundraisers. The Palencia Club has once again graciously agreed to host this annual tournament which will take place Monday, October 18th.

There are so many things that go into making this such a successful event but above all is the wonderful contributions by our sponsors.

"One of my favorite parts about planning the tournament is reaching out to our partners that continue to play a huge role in the success of the tournament," said Golf Chair, Christina Oleksyn. "For example, Craig Dewhurst at State Farm is going on his 8th year of sponsoring a hole as well as playing in the tournament. He also raffles off a large screen TV. He enthusiastically supports the tournament and is such an honorable man to have on our golf team."

Each year the PES PTO, in partnership with PES leadership, determines how and where the money raised in the PTO fundraisers is best utilized. This year the decision was made to allocate some of the funds to build an amazing outdoor space for the children. The goal is to improve the playground areas and build an outdoor classroom. This will give our children and teachers so many more options to promote creativity, have fun outdoors and get closer to nature.

There are many other sponsors that play a vital role in making these dreams become a reality. Tropical Smoothie Cafe is going on their third year as the



PTO chair Meghan Hancher and PES Principal Catherine Goodrich.

\$5,000 Putting Contest Sponsor and participates in the tournament.

Tropical Smoothie sponsor, Nick Crouch enthusiastically shared, "Let's get this playground built for the kids!" It's that type of support that makes PES fundraising work.

Jenny Jones at Bridge City Real Estate is a corporate sponsor that decided to become a hole sponsor as well this year.

"We're so excited to have her partner with us in this amazing way," Oleksyn said. "Bob Savage at Golf Carts of St. Augustine has been sponsoring and playing in the tournament for years. I love calling him and hearing him say, 'Of course we'll be your sponsor again!' in such a kind and humble voice."

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Fore the Kids Golf Tournament 2021

Continued From Page 8

Honda of the Avenues is our Title Sponsor and even though they have been our \$5,000 Title Sponsor for years I still have butterflies calling them," Oleksyn said. "Tim Peeler always enthusiastically says, 'Count us in and we're honored to work with Palencia Elementary PTO.' He even asks me if he can do anything else to help."

In addition to all the amazing sponsorships, PES also receives amazing donations for meals. Salt Life and Harry's will be generously providing lunch and dinner for the tournament and always brings extra tacos for the volunteers. They have been incredibly supportive of the Fore the Kids Tournament for years and the players always enjoy the delicious meals they provide.

There are so many ways to get involved in this event. From sponsoring, to donating your time to help run the event, to playing in the tournament.

"We have players that have played in this tournament for 9 years and have truly made it a tradition to continue to play," Oleksyn said. "The sponsors and players are the heart of our tournament and I wish I were able to list them all. Last year this fundraiser broke a record on the net amount earned and we want to exceed that amount this year. Every player and every sponsor counts and we can't thank everyone that participates enough."

If you would like to register to play in the tournament or you're interested in becoming a sponsor, please visit the



2020 Champions Bryan Ulmer, Josh Hammond, Jeff LaConte and Todd Rebella.

event's web page at <https://palenciapi-ratespto.com/fore-the-kids-golf>. Lastly, it takes a lot of volunteers to make this event run smoothly. So, if you are available on October 18, there are many ways you can lend your time and energy. Please be on the lookout for a communication from the PTO via email and on the Palencia Elementary School PTO Facebook page for how to sign up to volunteer.

So come one come all! What an amazingly fun way to shower your local community with love and support...and remember, it's "Fore the Kids."

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. Should NCL have to cancel the cruise, full refund would be issued by NCL. Call Peter, St. Augustine Travel Club at (904) 797-3736.

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**- It's Hurricane Season -
Organize Your
Important Documents
In Case Of An Emergency**

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

October might be the perfect month to share a really cool project. Organizing your most important documents at home in case of an emergency. Hurricane season is still upon us and this is a project



you can tackle in a couple of hours. We know how stressful hurricane season can be; for me having my most important documents organized and ready to go brings me peace of mind.

It all started like this:

A pile of papers stuffed into an accordion file box.

Then I gathered all my important documentation in one place, purged and sorted all the paperwork in the following categories:

1. General information
2. Birth certificates
3. Social Security numbers, voter registration cards
4. Passports and Citizenship papers
5. Marriage certificate
6. Car Titles
7. House deed and home warranties
8. Home closing paperwork
9. Homeowners and flood insurance
10. Life insurance and accidental insurance
11. Family wills
12. Financial: checkbooks, credit cards that are used only for emergencies, an envelope with cash.

13. Last year's tax return
- Other categories you could consider:
14. Trust
 15. Appraisals: owner certificates
 16. Government: military documentation, security clearance, police report
 17. Legal: Power of attorney, custody agreements, final settlements
- This is the end result:

A much smaller and manageable group of papers that fit easily in a small accordion file. The new folder is now safely stored inside a safe at home. In case of an emergency, I take the file out of my safe and put it inside a bag that I can take with me. I purchased a document bag through Amazon and I love it because it is lightweight, it can hold legal documents and, most importantly, is water proof and fire resistant.



Here is a link to the bag I used, inspired by Professional Organizer Alejandra Costello [https:// www.amazon.com/fireproof-non-Itchy-Certified-resistant-Valuables/](https://www.amazon.com/fireproof-non-Itchy-Certified-resistant-Valuables/)

Hopefully, you'll find this information useful. Remember we're all in this together and these are challenging times. If you need assistance decluttering your home, I can help. I offer free virtual organizing consultations:

You can text me at: 904-351-8343. Or visit my website at: www.yourorganizingstudio.com for more information.

**INK! Receives Publix Donation For \$15,720
To Launch New School Year Supplies**

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. The nonprofit's Tools 4 Schools program has received a generous donation from Publix for \$15,720 in store gift cards to support the purchase of educational supplies for teachers and students in the classroom. Barry Rickelman, Publix District Manager, recently presented Donna Lueders, INK! Executive Director and staff members with the charitable contribution.



Left to right, Barry Rickelman, Publix District Manager; Niels Almeida, Tools 4 School WorkStarter Intern; Donna Lueders, INK! Executive Director, and Allyson Breger, Coordinator of INK! Tools 4 Schools.

Palencia Property Owners Association Updates

Continued From Page 4

low for active loading and unloading of these vehicles on Palencia's streets, as long as the vehicle did not interfere with street traffic. Both sub-committees made recommendations to the PPOA Board that concluded that active loading and unloading in a resident's driveway was preferable to performing these activities in Palencia's streets. At its August 25, 2021 meeting the PPOA Board approved the following regulation:



1. St. Johns County ordinance prohibits the use of recreational equipment to be used for living, sleeping or housekeeping purposes when parked or stored in a residential zone or any other area not approved for such use. In addition to any County imposed fines for disregarding this ordinance, the Association may impose fines to any resident allowing any recreational vehicle to be used for living, sleeping or housekeeping purposes on their property.

2. Although parking and storage of recreational vehicles is not permitted on any residential lot (except inside a garage), "temporary parking" for the express purpose of actively loading and unloading the vehicle(s) is permissible providing the following conditions are met:

a. The vehicle must be fully situated

on the resident's driveway and must not block any public sidewalk.

b. The loading and unloading of the vehicle must occur between the hours of 7:00 a.m. and 7:00 p.m. and is limited to a maximum of 12 hours in any 7 day period. No overnight parking is permitted.

3. Jet skis are not permitted on any residential lot (except inside a garage) or on a resident's driveway at any time.

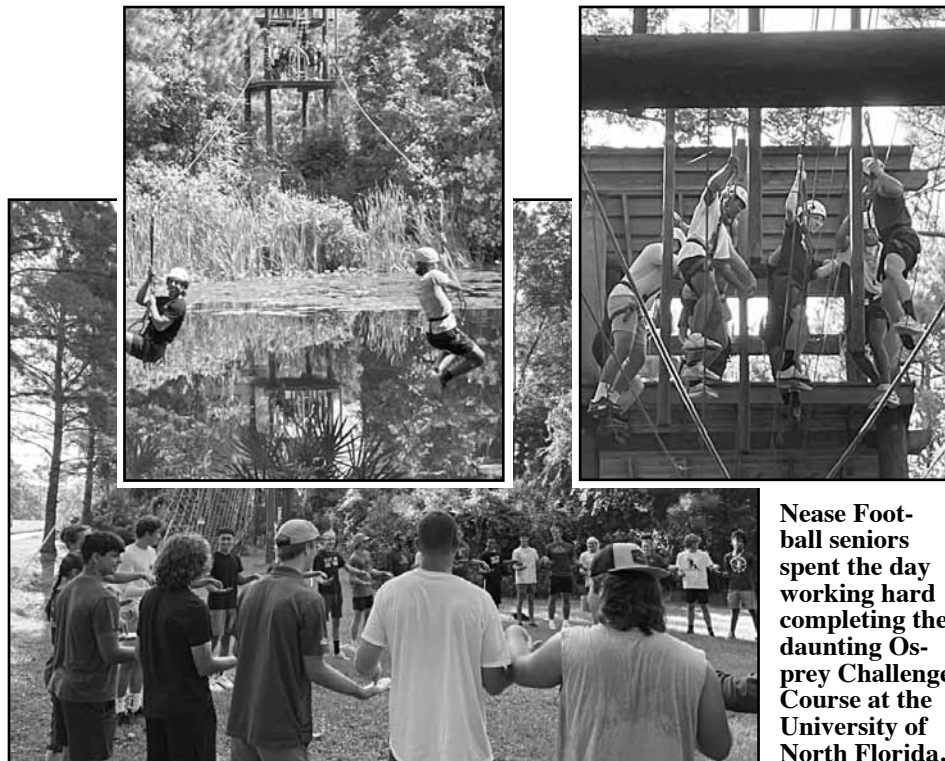
Wavefly Update

For Palencia residents (this is not applicable to Palencia North residents) who are customers of Wavefly for internet and/or cable TV services, please be aware that beginning October 1, 2021, Wavefly will begin invoicing its customers directly and the PPOA will no longer be involved in the billing and collecting efforts for these services. For its part, Wavefly has agreed that its customers will not receive a monthly fee increase for at least two years plus, in January of 2022, its internet speeds will be doubled and its TV channel offering will be expanded. Residents desiring to "opt-in" (become a Wavefly user) may do so at any time by calling (904)940-9525. Current Wavefly customers who wish to "opt-out" (discontinue the service) must notify Wavefly in writing of their intention to opt-out between November 1st and December 15th.

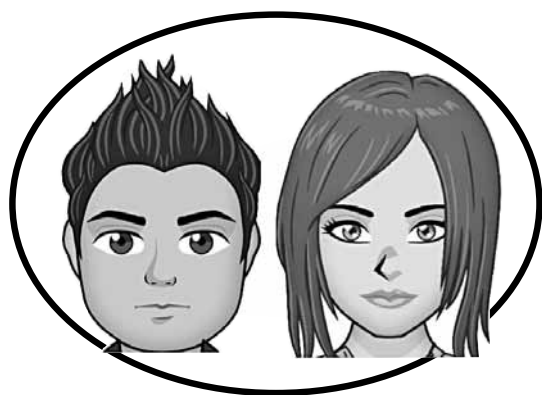
Nease Football Seniors Rough It At UNF Challenge Course

By Dr. Matthew Ohlson, Palencia Resident

On Labor Day, 30 plus Nease Football seniors and their coach spent the day working hard completing the daunting Osprey Challenge Course at the University of North Florida. In partnership with The University of North Florida's Taylor Leadership Institute, these brave seniors focused on overcoming obstacles and becoming a stronger, more cohesive group by completing the high ropes course - culminating with a zipline across Lake Oneida at UNF. This is part of the Leadership Institute's increased efforts to immerse area students in UNF resources including leadership training, the ropes course/zipline, group athletic events and community engagement opportunities with partners such as the Ronald McDonald House of Jacksonville.



Nease Football seniors spent the day working hard completing the daunting Osprey Challenge Course at the University of North Florida.



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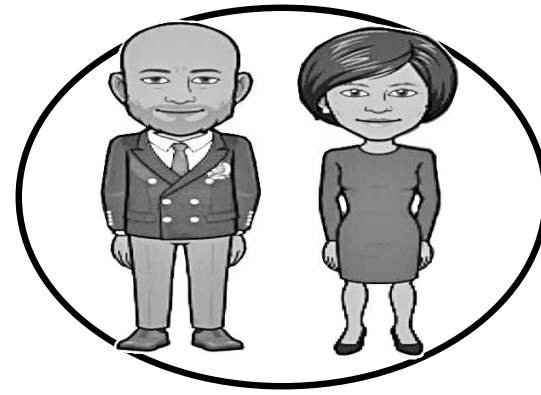


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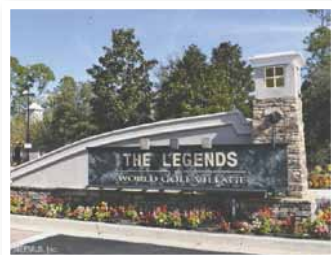
90 FREMONT AVE
4 BR 3.5 BA 2,880 SF
\$648,500 MLS 1129511



111 TEQUESTA TRAIL
3 BR 2 BA 1,440 SF
\$214,900 MLS 1124579



136 TERRACINA DR
3 BR 2 BA 1,557 SF
\$365,000 MLS 1126834



210 PRESIDENTS CUP WAY #204
2 BR 2 BA 1,055 SF
\$220,000 MLS 1120980



233 JACKSON BLVD
3 BR 2 BA 1,120 SF
\$259,900 MLS 1128236



324 FERNDALE WAY
4 BR 3 BA 2,498 SF
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724 BLACKMOOR GATE LN
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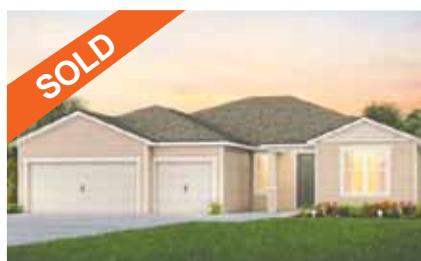
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Palencia Witches Ride To Benefit Dreams Come True

Continued From Page 1



At left, some of last year's Witches Ride participants helped raise \$5,000. On Friday, October 29th the medieval sorceress' will be back for purposes of practicing magic of good rather than evil as they accept donations for childhood illnesses.

Photo by Linda Ray Photography

"It is an event that is loved by all ages in the community and has become a festive Halloween tradition for the families in Palencia," said Bryan. "Whether flying, catching candy, purchasing a T-shirt to support the cause, becoming a sponsor of the event, or simply cackling as we fly by, we hope to see all of Palencia's witches, ghosts, and goblins come out for the event this year."

The witches will start on Market Street and ride around the loop from Southside to the Northside and will "fly" back around the Palencia loop. Cost is \$30.00 per witch on a bike, \$75 per golf cart. Witches must sign up by October 28th in order to fly in the

event. Visit <https://bit.ly/2021WitchesRide> for registration information. You can also visit the Witches Ride Facebook page at <https://fb.me/e/1KzlrU3pz> for additional information.

Anyone interested in sponsoring the Palencia Witches Ride can contact Bryan at witchesridepalencia@gmail.com.

Dreams Come True is the First Coast's only locally-based, wish granting organization dedicated to using the power of a dream to bring hope and joy to every First Coast child battling a life-threatening illness. Since 1984, the organization have fulfilled the dreams of more than 4,000 children.

Palencia Resident Dr. Stephanie Kinsey Named Wildflower Healthcare Dental Director

Palencia resident Stephanie Kinsey, DDS, owner and founder of Palencia Dental has been named as the Dental Director on the Board of Directors for Wildflower Healthcare, a nonprofit in St. Augustine. Good Samaritan Health Centers, Inc. (GSHC), the 501(c)3 parent organization of Wildflower Healthcare, has continuously responded to the changing healthcare needs of St. Johns County adults and children with no cost medical and dental services for low-income community members.

According to Dr. Kinsey, she and fellow board members help to ensure the organization's mission is met and are active participants who guide the nonprofit in sustainable programs and services through healthcare governance, fundraising and financial management. As Dental Director for the Board, Dr. Kinsey is responsible for overseeing the organization's planning and direction in all facets of clinical dentistry, staff training and patient care. Dr. Kinsey has volunteered and provided services along with philanthropy for Wildflower since 2016.

To further serve the community and dental patients, Dr. Kinsey recently completed training, continuing education and advanced certification with Dr. Ara Nazarian in Rosville, Mich. in guided full arch dental implant reconstruction. The new technology and procedure is available at the local practice with digital diagnostics, onsite surgical and laboratory procedures for professionally engineered full mouth, dental implants.

Palencia Dental is located at 159 Palencia Village Dr. Suites 107-109 in St. Augustine. For information, call 904.826.4343. Visit the website at www.palenciadental.com.



Dr. Stephanie Kinsey studied with Dr. Ara Nazarian to receive advanced certification in guided full arch dental implant reconstruction.



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Breast Cancer Awareness Month What Are The Symptoms Of Breast Cancer?

During the month of October, the nation observes National Breast Cancer Awareness Month. Breast cancer is a disease that affects both men and women and is among the most common cancers. According to the National Breast Cancer Foundation, 1 in 8 women will develop invasive breast cancer in her lifetime. Next year, new breast cancer diagnoses are expected to number more than 200,000 for women and more than 2,000 for men.

This month, *The Palencia Press* is raising awareness of preventative measures and helpful resources that may help you and your loved ones beat the odds.

Different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all. **Some Warning Signs Of Breast Cancer**

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.



- Pain in any area of the breast. Keep in mind that these symptoms can happen with other conditions that are not cancer.

If you have any signs or symptoms that worry you, be sure to see your doctor right away.

What Can I Do To Improve My Chances Of Staying Breast Cancer Free?

There are many steps you and your loved ones can take to improve your chances of staying healthy:

Conduct monthly self-exams. In addition to medical screenings, the National Breast Cancer Foundation and many medical professionals recommend a monthly self-exam. To learn how to do a breast self-exam, check out the self-exam guide offered by NationalBreastCancer.org.

Quit smoking. According to the National Cancer Institute (NCI), smoking is a significant risk factor for breast

and many other types of cancer. Non-smokers are at lower risk than smokers regardless of your age or how long you have been a smoker.

Exercise more. Regular exercise and a healthy diet can also lower your risk.

Visit Benefits.gov for resources that will help you stay informed and take steps to lower risk factors or get treatment for yourself or a loved one.

Palencia Events In October

- October 5th-Taco Tuesday
- October 8th-Food Truck Friday
- October 9th-Breakfast on Market Street
- October 14th-Trivia Night with Kokomo's
- October 22nd-Food Truck Friday/Artisan Night
- October 23rd-Breakfast on Market Street
- October 30th-Football Party at Kokomo's



Upcoming November Events:

- Fall Festival-Friday, November 12th

Water Problems? Ask Polly!



Polly Swindull

How much money will I save on my water bill if I have an irrigation well and pump installed?

Good question. If you are on water and sewer you have a base rate of approximately forty-five dollars per month which allows you to use approximately five thousand gallons of water and sewer per month. So, if you are a family of four or less and you have an irrigation well installed, your water and sewer bill should drop to less than fifty dollars per month. You can figure that anything you presently pay more than that fifty dollars is the amount you should save. Our customers who water their lawns twice a week repeatedly tell us they are saving around one hundred dollars a month on their water and sewer bills.

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Ask A Certified Master Gardener Turn Up Halloween Heat In October With Orange Datil Peppers!

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

While the exact origin of the famous St. Augustine Datil pepper is unknown, local legend says it was brought to Florida from Spain by Minorcans. A rich Minorcan cultural history surrounds this unique fruit found in our St. Augustine area. Datil peppers are made into hot sauces, jellies, relishes, barbeque sauces and mustards and used in a number of specialty cuisines throughout St. Augustine. They are easy to grow, require little care and are a beautiful addition to any garden. But, beware – they are very, very hot!



Capsaicin is the component that gives hot peppers their spicy hot flavor and has long been considered an anti-inflammatory agent. In recent years, capsaicin has found its way into many topical analgesics such as muscle rubs and sport creams. The heat in a pepper is measured on an index known as the Scoville scale, which was developed by chemist and pharmacologist Dr. Wilbur Scoville in 1912 while working at Park Davis, a Detroit-based pharmaceutical company. Scoville developed what is known as the "Scoville Organoleptic Test" to measure the perceived heat intensity of chili peppers. The test measured how much a spicy substance would have to be diluted in water before its pungency was no longer noticeable.

Datil peppers are an iconic, heirloom tradition in St. Johns County. In 2013, St. Johns County Board of County Commissioners proclaimed the Datil pepper as the official plant of St. Johns County and the first Saturday in October as Datil Pepper Day.

Peppers, specifically cayenne, were used frequently in pharmaceutical preparations. Scoville based his scale on ratios, diluting an extracted drop of juice from a pepper in a drop of water. He increased the water, and the last point at which the spiciness of a pepper can still be sensed was its spot on the scale. If a pepper measured 500,000 on the scale, it meant that one drop of the juice from that pepper in 500,000 drops of water could still be felt on the tongue. The process has since been refined and is now measured using tools to actually gauge how much capsaicin is in a pepper, but Scoville's work is still recognized as setting that standard.

Each year the University of Florida Institute for Food and Agricultural Services (UF/IFAS) hosts an Annual Datil Pepper Fall Festival on October 2nd and 3rd at the St. Johns County Extension Center. While the star of the day is the Datil pepper in all its forms, the Extension Center is located on 54 acres of beautiful walk-through gardens for visitors to enjoy. There are opportunities to attend horticultural programs, enjoy Datil-inspired food and visit vendors of all types who sell a wide selection of Datil pepper products, as well as numerous other hand-crafted specialties. Florida natives plants are also on sale and a plant clinic is on site and staffed by highly trained and certified Master Gardeners to provide advice on all types of garden issues.

Mild peppers rank between 1,000 and 10,000 Scoville units, whereas spicier peppers can measure between 50,000 and 250,000 units. The heat index of the Datil pepper is similar to the Habanero at around 100,000 to 300,000 Scoville units, extremely spicy and hot!



The Datil pepper plant, *Capsicum sinense*, produces relatively small peppers ranging in length from one-half to 4 inches. The bright orange fruit is oblong in shape, and possesses a unique sweet, fruity tang in addition to its hot spicy flavor. Gardening practices for Datil pepper plants are similar to those of other hot and mild peppers. Seeds require warm soil temperatures (75 – 80 degrees F) for germination to be successful and can be started indoors in the late winter and transplanted after danger of frost is over. Full grown plants are also available locally and do well in our summer heat.

In addition, the festival boasts a Datil Pepper Restaurant Cook-Off contest on Saturday. This event provides a great opportunity for local restaurants to feature their newest Datil-inspired cuisines.

While we have been on pause with the COVID pandemic, the festival is scheduled to take place this year. So, think about adding St. Johns County's official plant to your landscape and put October 1st and 2nd on your calendars for the Datil Pepper Festival. It features fun events for all ages!

Datil peppers take on a variety of hues as they mature. They will morph from olive green to lime green with a purple stripe when they are close to maturity. They can be harvested at this stage or kept on the vine until they exhibit a bright glowing orange color, which is when flavor is said to be at its peak. Harvesting frequently will encourage the plants to produce more fruit. Be careful when handling the fruit, as the capsaicin can be irritating to eyes.

Do you have 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 University of Florida Institute for Food and Agricultural Sciences (IFAS) and Notable Names Database (NNDB).

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Alexander Dental Opens New High Tech Facility At World Golf Village



Moving Day At Alexander Dental. Left to right, Ronald Foster, receptionist, Kayla Alexander, front desk, Jessica Alexander, vice president of Alexander Dental, and James Alexander, DMD, pitch in to help transport files and furnishings.

Alexander Dental recently relocated to its new state of the art dental practice based at 134 Registry Boulevard near the entrance to King & Bear in World Golf Village. The Alexander Dental team has experienced tremendous growth during its 12 years of serving the local community, which opened the door for the practice's recent expansion and move to a larger facility.

Dr. James Alexander, DMD, owner, Chelsea Derbaum, DMD, Associate Dentist, Dawit Adugna, DMD, Associate Dentist and 29 staff members of Alexander Dental will now be working out of the new 5,500 sq. ft. office which includes 10 patient operatories.

The new Alexander Dental office is equipped with Cerec, a new advanced method of reconstructing tooth restorations. Cerec allows for digital impressions and same day crowns. Cone Beam CT, another system at Alexander Dental, provides 3D digital radiography that allows for complex diagnosis and surgical implant planning as well as cancer screening. Alexander Dental's new facility also includes all digital X-rays with minimal radiation and a Diode Laser for atraumatic soft tissue surgeries.

Dr. Alexander and his team offer I.V. sedation for surgery, Invisalign for orthodontics as well as a wide range of pediatric and cosmetic dentistry that includes CT-guided dental implants, root canals, partials, help with sleep apnea and teeth whitening. Patients will also be treated to luxuries such as streaming TV with headsets, refreshments, cozy leather couches, blankets and rooms with closed doors upon request.

Alexander Dental is also working to keep its staff and patients safe with strict COVID-19 safety protocols such as all staff wearing masks, temperature checks, a limited waiting area, cleaning and disinfecting and other important safety measures.

In addition, Dr. Alexander, who is a United States Marine Corps Veteran, has contracted with the Veterans Administration to provide dental services to 100% disabled veterans.

Alexander Dental is open Monday through Friday from 7 a.m. to 7 p.m. and on Saturdays from 8 a.m. to 2 p.m. The office accepts most insurance plans and offers payment plans. Visit www.alexanderdental.com for more information.

Newcomers Of North St. Johns Announces October Luncheon At Ruth's Chris Steak House

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) invites members to join the fun at our October luncheon on Tuesday, October 19, beginning at 11:15 a.m. at Ruth's Chris Steak House, 814 A1A North, Suite 103, Ponte Vedra Beach. The event features a delicious lunch and talented actor Dianne Jacoby who will portray infamous female pirate Anne Bonny. Members are encouraged to dress up like pirates to get into the spirit of the special presentation.

Doors will open at 11:00 a.m. Cost for the luncheon and program is \$32. All reservations must be received by October 8th.

Luncheon includes a 4-oz. Petite Filet, Creamed Spinach and Mashed Potatoes. Ruth's Steak House Salad and Dessert. Cash bar is also available.

Our featured presenter, Dianne Jacoby, will be telling tales of the raucous Irish-born Anne Bonny, recognized as the "Queen" of the pirates. Anne cut a bloody swatch through the Caribbean as she wreaked havoc on the high seas with her fellow pirate and friend Mary Read. We'll learn about Anne's true love, the notorious pirate Captain Calico Jack Rackham, as well as discover how both brutal and thrilling life can be on a pirate ship. Arrgg!

As always, raffles for gift baskets and a fun 50/50 drawing spice up our NNSJ luncheons.

If you are interested in a registration form for the luncheon, NNSJ membership information or about upcoming activities, please contact Sue Aird at sjaird@comcast.net.

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Pitch Shots From The Rough Around The Green

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

Hello Fellow Golfers,
Here is a simple system to become great out of the tough lies around the green:

Choose a wedge that has lots of loft (like a 54 - 60 degree wedge) and very little bounce.

1) Address the golf ball with an open and slightly narrow stance.

2) Club face should be a bit open and your hands slightly forward.

3) The "key" ingredient that was shared with me by Hall of Fame and winner of 43 LPGA tournaments, Joanne Carner, while playing on the LPGA tour is GRIP THE GOLF CLUB LIGHTLY.

Like all other golf shots, don't look up and trust the process!



These are just three simple and important steps to becoming a fantastic pitcher and chipper. Only three steps - You can do this!

If you want more information or help with your short game, please contact me at Laura@laurabaughgolf.com

Friends of Anastasia Island Library Book Sale Oct. 1st & 2nd

The Friends of the Anastasia Island Branch Library (FAIBL) will be holding their Fall Two-Day Book Sale on Friday, October 1 and Saturday, October 2 at the library at 124 Seagrove Main Street, St. Augustine Beach. Dates and times are Friday, October 1, 10:00 a.m. to 5:45 p.m., and Saturday, October 2, 10:00 a.m. to 4:45 p.m. Shoppers will enter through the patio door on the east side of the library.

This is our first book sale since the beginning of COVID, and as always, we will have thousands of items available for purchase. Books include like-new hardcover bestsellers with dust jackets at \$1 each. We also have a great selection

of children's books, fiction for all ages, history, biography, the arts, cookbooks, crafts, travel, and more. Most books are priced at \$1 or less. Music CDs are \$1, and DVDs are \$2. A collection of specially-priced items will also be available.

On Saturday, prices will be reduced by 50%. A paper grocery sack can be filled for \$5 (doesn't include specially-priced items, DVDs or CDs, but they are half price.)

The proceeds of the Book Sales supplement library funds from the county. The money raised is critical to provide ongoing quality programs materials for the library. Come pick up some fall and winter reading, and support the library!



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The LONG Trip Versus The Short Trip!

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

You can always tell when the baggers are getting ready to take a LONG TRIP. The Bag-lady starts to get "ant-sy." The Bag-man assumes a low profile. And I start to prepare my canine mentality for the BIG RIDE.

There is much discussion about the road to be taken. It always appears that there is nothing good about "95." Alternative routes are searched for in a big book of roads called the ATLAS. The bag-man spends lots of time on the typing machine with all the pretty pictures. He's looking for a solution to some mystery that will get us to our "destination" quicker. But I can tell you, as the back seat control-master, it always takes a long time. And we use the big white "H" bus instead of the little blue "P" four wheeler. We even put a container on the roof for the ball whackers and other extra clothing, food and "stuff" that is necessary to make the trek.

Sometimes we listen to people reading books on the radio to make us forget the time. Sometimes the bag-people sing along with the music from the speaker box... a special treat?! We stop at human resting places where I get to sniff and make deposits.



Wrigley and Zoey

But it always takes a long time. The good part is watching all the countryside and seeing other people — non-Palencian's! And my dog relatives, like Zoey! The bad part is you always have to turn around and make the trip home. The same "LONG TRIP!" But, I still have those many "short" trips to St. Augustine. That's really a beautiful place! And...it's a lot closer!



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10	11-Boys Golf vs Bartram	12-Swim vs Bartram Volleyball vs Sandalwood -Dive vs Bartram	13	14-Boys Golf vs Bishop Kenney	15-Football @ Fletcher	16-Cross Country Inv.
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Why Cheaters Cheat

By Michael Brown, MSC, LMFT
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If your world has been blown apart by an affair, or you fear it might be, you probably want to know how and why it happened to you, whether your relationship is salvageable and if future infidelity is preventable. As painful as it may be, it is possible for a couple to recover from an affair. In fact, it is not impossible for an affair to lead to a stronger commitment if its causes are understood and addressed. However, no repair is possible if the cheater is deemed an immoral monster. It is understandable for the victim to feel devastated and enraged. Yet, people who stray are not inherently evil. Laboratory and clinical research show that the relationship itself is the cause in most cases. In this essay, I will trace the road to betrayal as outlined by Dr. John Gottman in *What Makes Love Last?: How to Build Trust and Avoid Betrayal* (2014).

It is rare for a partner to transform into a cheater overnight. He or she heads down the path unwittingly and at a slow, undetected pace. This is why so many affairs seem to come out of nowhere. It usually starts with what Dr. Gottman calls a couple's "trust metric" plummeting. It begins with the tendency to turn away and ignore the partner's emotions. Then one or both begin to experience physiological flooding, unresolved regrettable incidents pile up, the unresolved incidents are remembered more than the resolved, an absorbing negativity develops and finally, distrust.

The final poison of betrayal is what Dr. John Gottman calls a negative COMP (or negative comparison). The untrustworthy partner doesn't just turn away. In addition, he or she compares the partner to someone else, real or imaginary—and the partner loses. For example, Bob's wife, Jean, is tired and greets him in a less than friendly manner when he comes home from work. Instead of asking her what is bothering her, he thinks, Stacy at work always greets me with a smile. A tendency to make such negative COMPs—whether the desired "other" is real or imagined—primes the partner for future betrayal.

When couples are stuck in the roach motel of negative conflict (i.e., "you can get in, but you can't get out") and are making negative COMPs, their relationship spirals downward. The more they become trapped in negativity, the more they entertain negative COMPs. These in turn further the unhappiness, triggering more negative thoughts, and down the spiral they go. The roach motel and a preponderance of negative COMPs form what Dr. John Gottman calls the "germ of betrayal." When someone new enters one partner's life, the poten-

tial for unfaithfulness is already there.

How does this "germ of betrayal" lead to behavior that breaks the partner's heart? From its onset, the march toward infidelity weakens the relationships "walls" and "windows," as described by the late psychologist Shirley Glass, in her famous book, *Not "Just Friends"* (2003). Typically, partners in a long-term, committed relationship keep a window open between each other, while erecting walls that protect their privacy from the outside world. The stage for betrayal is set when partners reverse walls and window.

First, partners stop confiding in each other, which leads them to maintain secrets, erecting a wall between themselves and their partner. Next, partners open a window to a new person by unburdening their heart to him or her. Then they start building a wall around the new relationship to keep it safe (and secret) from the primary partner. Almost inevitably, they start to trash their primary partner and relationship. They focus on their partner's negative qualities and minimize his or her positive traits. Ironically, the potential "cheater" begins to distrust the primary partner. This happens because keeping a secret creates distance and the more disconnected the future cheater feels, the less he or she believes in the mate. The primary partner is seen as less trustworthy even though the cheater is responsible for the breach.

The partner is now primed for a sexual relationship with the new companion. Over a long period, people give themselves permission to cross small boundaries, to talk about intimate subjects, confide, look into the other person's eyes, touch briefly, peck a cheek good-bye, then a lingering kiss, fantasize about one another, feel like they are part of a couple, and so on. However, even before the new intimacy turns sexual, the cheater's ability to love the primary partner has been crippled. A weakening of the couple's emotional intimacy left the relationship unprotected.

References: Glass, S.P., & Coppock Staeheli, J. (2003). *Not "Just Friends."* New York: Free Press.

Gottman, J., & Silver, N. (2014). *What Makes Love Last? How to Build Trust and Avoid Betrayal.* New York: Simon & Schuster.

Michael Brown is a Licensed Marriage and Family Therapist and a Certified Gottman Method 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 more information visit www.happycoupleshealthycommunities.com.



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Pandiculation

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

Padicu...what?
 Pandiculation is involuntary stretching of soft tissues. You've probably seen your dog or cat perform such stretches upon waking from a nap or even experienced the refreshing feeling yourself. Yawning is a perfect example of pandiculation – arms stretched over head, back arched. It's a stretch that can't be stopped. But why do our bodies do such strange things? One current hypothesis is that it helps regulate our locomotor or musculoskeletal system.

Most people know muscles move bones, which create movement but few have heard about fascia. Fascia is the fabric that helps hold us together and more. Current research now tells us fascia not only holds us together but also plays an integrative role with muscles. It helps distribute forces from muscle making movement more efficient.

So why stretch, or pandiculate? Although fascia is a durable connective tissue, remains lubricated and mobile with movement, it can become sticky and stiff when we don't move, hence the need to stretch, or 'pandiculate' after periods of stillness. Such stretches are said to reverse the stiffening effects immobility during sleeping.

The purpose of this column is to emphasize the need to stretch. Chances are the last time many of us stretched with a goal in mind was when we participated in sports, or maybe further back during "hips, ankles, knees and toes" in elementary school PE.

The fact is, stretching should be a regular part of one's life. Gentle stretches to the neck, shoulders, back, hips and legs are thought to decrease compressive forces to the joints. And, they only take a few minutes.

Stretching can be as simple as leaning through a doorway while your arms are on the jam. Or leaning back in your computer chair after sitting a while – both examples reverse the stresses through the tissues.

The body will automatically attempt to maintain mobility of soft tissue via pandiculation (involuntary stretches). Imagine how voluntary and routine stretching could achieve greater and longer lasting effects when done intentionally.

We've all been a little less active during covid, why not learn to stretch intentionally? If you are getting stiffer or feel you are losing range of motion, perhaps you should consult your physician or physical therapist regarding a stretching program designed specifically for you.

Rob Stanborough is a physical therapists, president and co-owner of First Coast Rehabilitation. He is co-

author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He has been in practice for over 13 years, is a Fellow of the American Academy of Orthopaedic Manual Therapists and trained/certified in a number of soft tissue techniques. Read previous columns posted on www.firstcoast-rehab.com.




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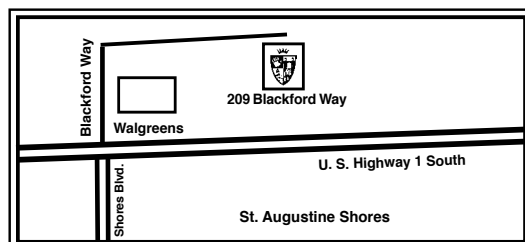
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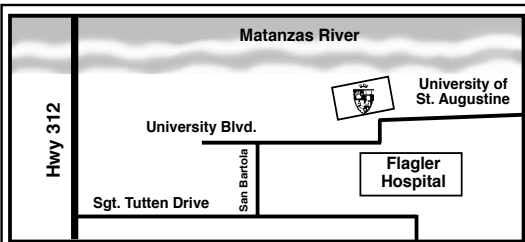
						
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Has your veterinarian ever recommended or discussed an abdominal ultrasound? What is the difference between an ultrasound and X-rays? Why does your dog or cat need one? What is involved? This month we will be answering these questions and discussing a very useful diagnostic tool in veterinary medicine; ultrasonography.

Ultrasonography uses harmless sound waves to produce images in real time which can be interpreted to aid in the diagnosis of certain diseases in pets. This is very similar to a pregnancy sonogram. The procedure is non-invasive, safe and painless. The patient's abdomen is shaved, gel is applied, and a probe is used to obtain multiple images. This procedure typically takes anywhere from 20 to 30 minutes.

An abdominal ultrasound has historically been performed by board-certified radiologists and internists; however, some veterinarians are getting more training and being able to offer this service less expensively and without the need to travel to see one of these specialists. But why is it needed? Didn't we just take X-rays?

Ultrasound, often times, fills the gap left by X-rays. X-rays are useful in showing the size, shape and location of certain organs within the abdomen; whereas ultrasound shows, more specifically, the architecture of these organs and structures. This imaging modality

lets us look within the liver, kidneys, gall bladder, spleen, stomach, intestines, adrenal glands, bladder and other organs to find changes often missed with an X-ray. The complimenting nature of X-rays and ultrasound are why they are often used together to

get a more complete picture as to what is going on with a patient. Common indications for abdominal ultrasound include chronic vomiting, diarrhea, weight loss, elevated liver or kidney enzymes, urinary issues, pregnancy, painful or distended abdomens, along with many other presentations.

But the ultrasound didn't find exactly what was wrong with my pet? This can and will sometimes happen. Remember, medicine is not always black and white. An ultrasound can be suggestive of certain diseases but additional blood tests, biopsies, endoscopy, or more advanced imaging such as a CT scan may be needed to further understand what is going on with your pet.

Remember, our goal as a veterinarian is to work with you as a team to provide the best medical care we can for your beloved pet. We understand that having a sick or injured pet is often scary, confusing and frustrating. If you have any questions on ultrasound, or any other matter pertaining to the well-being of your pet, do not hesitate to ask your veterinarian. We are always here to help.



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Mike Weitz

I've got sporadic starting problems with my car. Sometimes I get a grinding noise. The battery seems to be fine though.

Bad spots on the armature of your starter can cause recurring cranking problems. This causes the starter to work on and off. Many times, the first indication of starter trouble is a complete failure of the starter motor, meaning the starter does not function at all. The starter is at the end of the line of a circuit that includes the battery, the ignition switch, a neutral safety switch plus relays and fuses. Bring your vehicle in for an in-depth inspection.

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God's Treat Has No Tricks... It's About Grace

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

During the month of October, two colors dominate offices and stores—orange and black. In every store you are bombarded by displays of candy and almost any type of costume that you can think of. Whether or not you will put out candy for the superheroes and goblins ringing your doorbell is a matter of personal opinion.

But October 31st is more than just candy and princess costumes; it is also Reformation Day, a day that celebrates the reformation movement that brought to light the authority of Scripture and Salvation by God's grace alone, through faith alone. The Bible, the inspired Word of God, tells us:

"It is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God—not by works, so that no one can boast" (Ephesians 2:8, 9).

For many centuries believers had been held in fear and guilt their whole lives because they had been taught that their relationship with God depended at least in part on their good works. The biblical truth that the Reformation movement rediscovered and proclaimed centers on grace, the unbelievably good news that Jesus Christ has paid all our

debts, forgiven all our sins, and even gives us the Holy Spirit to help us believe it. This is the radical good news of the Gospel. It is freely given and available to all.

God doesn't choose to use people to further His good purposes based on their merit, but on His goodness and mercy. In the Old Testament, God worked through dysfunctional kings and prophets who had fears and hang-ups. In the New Testament, He chose the Apostle Paul (who persecuted Christians) to establish churches and record a majority of the New Testament.

We often fall victim to the misconceived notion we have to be better than the rest to be used by God. However, every person He chooses to accomplish big things was and is flawed. Saved by grace means Grace is free. No one is required to work or earn it to retain it. It is an all-inclusive, no-strings-attached, free gift from God. It is Grace.

When later this month, the little ghosts and goblins come to your door, their implied threat is "treat or trick." Because of Jesus Christ, you can enjoy the ultimate treat—forgiveness of your sins and eternal life. No tricks. It's His gift!

Blessings and Peace.



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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Are you afraid?
PRAY!



For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.
-2 Timothy 1:7



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Four Reasons For Getting Life Insurance

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

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

Who do you want to protect?

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

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

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

What do you want to protect?

If you have a mortgage, adequate life insurance can help your family stay

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

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

Do you want to leave something behind?

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


What's your personal financial plan?

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

If you'd like to talk about your personal life insurance needs and see what options are available, Palencia neighbor, and local State Farm Agent Craig Dewhurst is here to help. Call 904-940-9740.

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