



News For And About Residents Of The Palencia Community

Thanksgiving is Thursday,
November 25th



ST. AUGUSTINE

PRESS

NOVEMBER 2021

Nease High Theatre Performs “All Together Now” Musical Revue



Back row, Kayla Bond-Cashen, Allison Roggen, Nicola Valmoria, Jacob Madson, Gracie Gebbia, Samantha Yearwood, Melanie Namie and Director, Brent Hunsinger. Front row, Olivia Campbell, Troy Leatherman, Genevieve Bahr, Kylee Frye, Dineen Liriano, Chloe Dresback, Meghan Bush and Lily Downie. Not Pictured, Rylee Moore, Kailoni Morgan and Choreographer, Christina Santos.

The class of Nease Theatre students will be performing “All Together Now” a musical revue sponsored by MTI, Musical Theater International, on Nov. 12th and 13th. Nease High School PAC \$10. Directed by Brent Hunsinger and Adjunct Director/Choreographer Christina Santos. The revue features songs from the world’s most iconic musicals, so there is definitely something for everyone to enjoy. See Page 10 for more.

Palencia Toys For Tots Starts This Month



Local Realtors Maureen Nightingale and Nancy Daniels from Coldwell Banker Premier Properties, along with 4-year-old Ryan Holmes are gearing up for Palencia’s Toys For Tots, See Story On Page 11

Palencia Fall Festival Is November 12th On Market St.

Palencia's Fall Festival will take place this month on Friday, November 12th and residents are invited to head over to Market Street for food trucks, vendors, live entertainment and games.

The event will be held from 5:30 p.m. to 8:30 p.m. and will also include events for kids and fun for the whole family.



New Palencia Seniors Gaming And Activities Club



Meeting times are Tuesdays from 11 a.m. to 12:30 p.m. at the Palencia Amenity Center. The focus is on games ranging from Rummy, Black Jack, and Canasta to Mexican Train Dominoes. One day each month will feature a luncheon outing. For details about joining, email Elizabeth Beaton at lizbmusing@gmail.com.

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I have known **Cammy** since 2010 when she was the listing agent for the home we purchased in Palencia. She has been a wonderful neighbor and friend ever since. She recently marketed and sold our house in St. Augustine, Florida. We live in Texas and preferred not to travel to Florida due to the pandemic. We needed to do a lot of work in the house to get it ready for the market after our tenant left. Cammy provided us a list of **trusted** vendors we could use for each task. She **supervised** the work and held the vendors accountable to deliver **high-quality** work. She stopped by the house almost every day and kept us updated with photos as the work progressed. Once the repair work was complete, she staged the house beautifully (**at no cost to us!**) and made it look “lived in” by placing fresh flowers and plants. We had **multiple offers** after just one day on the market and the final closing went smoothly. While selling a house can be stressful, we felt **110% confident** by partnering with **Cammy**. She knows the St. Augustine market very well and recommended the appropriate listing price. She clearly explained all details and helped us **negotiate** the multiple offers brilliantly. In addition, she was extremely responsive to our questions, no matter how small. Cammy is an **experienced** and astute Advisor. I highly recommend her.”

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KitchenAid Cooktop

New in box, gas, 30” 5-burner with grill. Paid \$1750. Will sell for \$1150.

Whirlpool Cooktop

30” Whirlpool electric 5-burner cooktop. Almost new. \$500. Call for more details. **616-490-9817**

Thought For The Day

A hundred years ago, it could take you the better part of a year to get from New York to California; whereas today, because of equipment problems at O'Hare, you can't get there at all. -Dave Barry

Words Of Wisdom

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it. - Matthew 7:13,14

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Continued From Page 2

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Donna Mancini Interiors & Flooring 6th Annual Holiday Decor And Gift Event

Donna Mancini Interiors & Flooring's 6th Annual Holiday Décor and Gift Event is Thursday, November 4th from 4 to 8 p.m. Great gifts including candles, ornaments, holiday décor, jewelry, gloves, shawls and scarves in addition to fabulous furniture, lighting, wall art, and accessories. Come enjoy the festive atmosphere all the while crossing off items on your holiday gift list.



"It's hard to believe we are hosting this event for the 6th year. We love seeing our Palencia customers and helping them to find the perfect holiday gift items for their family and friends," said owner, Donna Mancini.

For additional information about the event, please contact Donna Mancini Interiors and Flooring 141 Hilden Rd. #202 at 904-810-2027 or email at info@dmiandf.com.



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Palencia POA Addresses Mailboxes, Mowing Of Lots, And Sidewalks

By Bo Hofstead, PPOA Treasurer



Bo Hofstead

community's current property standards.

MAILBOXES

The first action was to redefine Palencia's residential property mailbox requirements. Depending on where you live in the community, Palencia's original developer (Hines Corp.) established in 2001 that residents would either have a "contemporary white" or a "traditional black" mailbox and identified three companies where these mailboxes could be purchased. Now, 20 years later, two of those three companies are no longer in the business of manufacturing mailboxes. Therefore, the PPOA Board approved Sundancer Sign Graphics (a Jacksonville, FL based company) as the vendor of choice to provide Palencia residents with the appropriate mailbox for their specific neighborhood. Sundancer will also provide replacement parts (box only, scroll, door and flag) for current damaged mailboxes and will also install mailboxes and/or parts if needed.

The PPOA Board approved two versions of the traditional black cast aluminum mailboxes; it may come either with or without a newspaper holder. For the Palencia neighborhoods with the white mailboxes the Board approved three options: the contemporary white style (now made of aluminum instead of PVC) or a new white cast aluminum version of the black traditional style described above either with or without a newspaper holder. Please contact Lorraine Megdanis (904-208-4672), the PPOA Property Manager, if you are unsure about what type of mailbox is designated for your

specific address. You can visit the Sundancer website at www.sundancersigngraphics.com to see their price list. The Company manufactures several styles of mailboxes, but the styles designed specifically for Palencia are the "Sebastian Square" and the "Palencia."



Traditional Black

The PPOA Board also discussed the importance of periodically cleaning your mailbox to prevent mold and stains from becoming an eye sore and want to remind residents that mailbox wraps are not permitted in Palencia.

MOWING OF LOTS
The Board also approved a process for mowing lawns and vacant lots that have been left unattended. If a lot owner has not responded to any notifications to have their grass cut, the PPOA Property Manager will assign a lawn service company to cut the lawn and then bill the owner for the service. An owner will be given five days to remedy the situation before the lawn will be cut.

SIDEWALKS

There will also be a focus this month to notify homeowners of any dirty sidewalks and driveways that need pressure washing. It is the owner's responsibility to keep those areas around their property clean and safe. Some residents have voiced concerns after slipping on sidewalks with heavy concentrations of mold or mildew.

RESIDENT CONTACT INFORMATION

The PPOA is trying to make the notification process for covenant and regulation violations a little less onerous. If you would please send an e-mail to Lorraine Megdanis (Property Manager) and include your name, address, e-mail address and phone number, it would allow for a "kinder gentler" first notice of a problem that likely needs a resolution. Lorraine.megdanis@fsresidential.com.

The next Board meeting is scheduled for Wednesday, October 27th at 4 p.m. in the amenities center. This meeting will not be available via zoom so please plan to attend in person if you have any questions, concerns, or interest.



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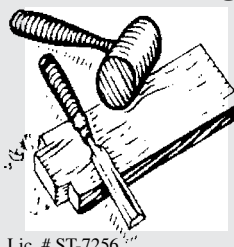
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Spotlight On Palencia People



Top: delivering cookies to first responders at Baptist Hospital, Beaches.



Left: Working with Feeding Northeast Florida at Baptist Hospital South.

Palencia Teen Hopes To One Day Open Homeless Shelter

Teenagers today lead very busy lives between school, extracurricular activities, social events, and part-time jobs. It is amazing they can find time for anything else. This is not the case for one Palencia resident. Sixteen year old Ethan Marchio has been serving his community for as long as he can remember.

At first, Ethan tagged along with his father, Jamie Marchio, who volunteers at the Jacksonville Beach Food Pantry twice a month. After working at the food pantry for about two weeks, Ethan began to embrace the experience as more than just spending time with his dad on a Saturday.

Ethan quickly learned that food insecurity is a real issue in our communities and there are not enough people getting involved to help those in need. As a result, Ethan has only missed a Saturday of volunteer work at the food pantry twice in the past two years. Since Ethan became involved with community service he has accumulated more than 300 hours of service time throughout Jacksonville and St. Augustine, and his involvement continues to grow.

In addition to the Jacksonville Beach Food Pantry, he has done extensive volunteer work with Feeding North-

east Florida and the St. Francis House of St. Augustine. In fact, Ethan spends every Saturday at either the food pantry or the local homeless shelter assisting those in need. One of the most memorable moments for Ethan was delivering thousands of cookies to first responders at fire stations, police stations and hospitals throughout Duval and St. Johns County for Feeding Northeast Florida during the COVID-19 pandemic.

When asked about his future goals, Ethan said his primary objective right now is attending the best university he can get into, but ultimately he would like to open his own homeless shelter or continue to support his community in a much greater capacity.

"If everyone would just give a little more of their time to those in need, the world would be a much better place," said Ethan.

Ethan, a junior at Nease High School, also contributes his time to assisting the theater program, running the scoreboard at home football games, performing local stand-up comedy and recently appeared in the Douglas Anderson School for the Performing Arts short film titled "The Doctor."

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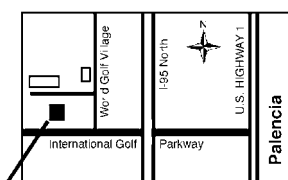


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Ladies Ready For Tricks & Treats?

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

It's been a busy month as we have ramped up our games and social activities.

We would like to congratulate the top two teams who fought a hard battle to win the September Mad Cash Scramble. Coming in 1st place was the team of Diane Robinson, Earline Barnes, Sandy Brandenburg, and Barbara McDougall. Followed closely by our 2nd place team of Barbara Jacobi, Tricia Luciano, Maria Cavanaugh and Rosetta Smith. All enjoyed receiving their team mad cash payouts. Well done ladies.

Ladies, get ready for some tricks and treats during our annual Halloween Team Scramble. There will be another Cash Kicker, along with some treats for the winners on Thursday, October 28, 2021. All ladies are encouraged to sign up to help us balance the field of play by mixing up the handicaps on each team and meeting some new players.

The Match Play competition is well under way with 12 teams of ladies competing for top honors. Matches will be played now through the end of November with a winning team being crowned in early December.

Maria Cavanaugh has kicked off the monthly Queen qualifier where ladies compete for a position in the Queen's Royal court. Each month one lady will qualify for the Queen's court where they will receive a small gift and then they will be invited to compete in the Spring Queen Competition. Congratulations to Barbara McDougall, our September qualifier for the Queens court, with Maggie Butler as the runner up. To participate, just sign up

to play on the designated Thursday or Saturday Queen play date.

The Palencia Women's golf association was happy to join in the efforts of the First Tee organization. Some of our members actively participated in the fall fundraiser; and, we have plans



Palencia ladies in the First Tee event include: Earline Barnes, Pat Rose, Rosetta Smith and Maggie Butler.

to have more ladies participate in their spring event as well. It's a great organization that helps create awareness of the game of golf, sportsmanship and teaches many life skills to children of all ages and backgrounds.

We are very excited about our first major social event of the year, Our "Halloween Par-tee" on Saturday night, October 30th from 7 to 11 p.m. A live band, costume contest (optional) dancing, hors d'oeuvres and cash bar will be provided. It's going to be a fun evening and ladies are encouraged to bring their spouses, friends and guests to this event. This event is being opened up to all Palencia club members. Just find a local WGA member to help you register for this event.

The Coquina Co-Chairs, Bev Gunter, Rosetta Smith and Maggie Butler have been working very hard on the

Continued On Page 7

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Women's Golf Association of Palencia

Continued From Page 6



9 Hole Ladies ready to play a great round of golf: Yolande Pellerin, Jeanne Carr, Beth Schmidt, Brigitte Lawlor and Marge Stancil.

two-day member-guest "Putts, Pearls and Polka Dots" on November 12th and 13th. To date, we have over 25 teams already signed up and we would love to see more ladies. Remember we have 18 hole and 9 hole player options and different prices for the two groups to play. This is one of our best events of the year, registration deadline is October 24th. All participants will receive nice tee gifts, breakfast and lunches both days, snacks, and many prizes and awards for this two day event. Whether you are a 9 hole player or 18 hole player, there's a group for all to play

Right, 18 Hole Ladies enjoying a day of competition: Peggy Lamneck, Chris McCoy, Penny Lynn and Carol Netzer.



with their guest and have a lot of fun.

Our second annual "Divot Invitational" is scheduled for Tuesday, November 30th. We are very lucky to have Peggy Lamneck back again as our chairperson to run this event. She did such a great job last year that we are looking forward to this event where the ladies will get to play the course with the Palencia grounds crew and treat them to a nice lunch. It's a nice way for the ladies to show their appreciation to the grounds crew. Looking forward to seeing who can hit their golf balls straight and who shows the grounds crew the very strange places where balls can be hit.

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

St. Augustine Travel Club Meetings - Postponed until 2022

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 this year, 2021. We will reassess the situation and advise what our schedule for 2022 will be. We are being cautious for the safety and well-being of our audience. We will update you by email. For those of you who do not know about the club, it is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas. Questions? Call Peter Dytrych at (904) 797-3736.

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PES Gets Ready For Grandparents Day And Welcomes New Music Teacher

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

It finally feels “a little” like Fall in our neighborhoods and unbelievably, we have already completed the first quarter at Palencia Elementary. Students are in full swing academically, teachers and students have had the opportunity to spend time together and build relationships and everyone is settling in. The PES staff and the Parent Teacher Organization (PTO) are such an integral part of this transition by both encouraging our students academically and creating the best possible environment for learning and personal development. While there are many examples of how these two groups make PES what it is, there are a few we’d like to highlight this month.

Grandparent’s Day is a beloved tradition that the PTO has been organizing for years at the school. Historically, it has been a chance for students to celebrate their grandparents by eating lunch, taking pictures with them and showing them around their classroom. Unfortunately, due to COVID 19 we have been unable to invite our grandparents into the school last year or this year. PTO President, Emily Turner, shared that “some creative parents at school, Aafke Adams and Ghina Amun, came up with an idea for an old fashioned letter exchange last year. It turned out awesome so we will be following the same process this year.”

Notifications will go home asking grandparents (or any special loved one) to write a letter or card to their grandchild. We know how special the relationship is between a grandparent and

a child, and we encourage grandparents (or a special loved one) to send letters wishing them an amazing break, encouraging them, celebrating them, reflecting on special memories, or anything personal they’d like to share. The cards are



Principal Goodrich was escorted by a couple of gobblers. These turkeys got “dressed-up” for Thanksgiving dinner.



Cards from Grandparents were the highlight of Grandparents Day.

meant to be a surprise for the students so that they have something fun to kick-off Thanksgiving Break. All these special letters will be delivered to classrooms

Continued On Page 9

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New Music Teacher At Palencia Elementary

Continued From Page 8

on November 22nd and then each student will have the opportunity to respond with a letter back. Everything the students need will be provided.

PES had about 200 students last year that did not receive letters. The PTO always ensures that everyone that does not receive a letter receives a card from the PTO. However, we would love some volunteers to write more personal notes to students so that they feel extra special on this day. So, if you would like to volunteer to write some of these messages, please contact the PES PTO at pes.ptopresident@gmail.com.

As previously mentioned, the staff at PES is the most critical piece to creating the wonderful environment our students experience each day. The PES resource teachers are sometimes less known than a student's class teacher, however, the resource teachers add so much enrichment and fun to each and every day.

For the 2021/2022 school year, there has been a new addition to the resource teachers that many parents may have not had the opportunity to meet. Neeraja Chandrasekharan (Ms. Sekhar, pronounced "shaker" for short!) is the new PES music teacher.

"It is an honor to serve this community in this role, and I am very thankful to be working with an awesome administration, staff, and student body," Sekhar said.

Ms. Sekhar is a Jacksonville native and recent graduate of the University of North Florida where she earned her Bachelor of Music Education with a concentration in instrumental pedagogy. She is also a graduate from the University's Hick's Honors College.

"My primary instrument is clarinet and I studied under the tutelage of Dr. Sunshine Simmons," she explained. "I've performed at the World Association of Symphonic Bands and Ensembles in Bunol, Spain, and in Oostende, Belgium, for the International Clarinet



Ms. Neeraja Sekhar is the new music teacher at Palencia Elementary School.

Association's ClarinetFest, and many places across the United States," said Sekhar. "Furthermore, I interned at Paccetti Bay Middle School with Mr. Lee Sellers earlier this year. Now that I have graduated, I am finally settling into my dream job: teaching music."

Ms. Sekhar also teaches high school marching band at Pedro Menendez High School and Orange Park High School. So, while her hands are full, she still primarily focuses on our students singing, dancing, playing instruments and building an appreciation for music. Please continue to welcome her and make her feel part of this wonderful community.

As stated in previous articles, if your family has personal concerns or needs, please reach out to Palencia Elementary School directly or to our school's Parent Teacher Organization at pes.ptopresident@gmail.com. We also welcome and encourage involvement in the PES PTO, and you can find out more information at <https://palenciapiratespto.com/>.

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Palencia's NTEB Bookstore Holding Antique Bible Reveal On November 2nd

Palencia residents are invited to come and view an original, First Edition 5th printing of the King James Authorized Version Holy Bible from the year 1640, that has been preserved in stunningly good condition. This is The Book of the Protestant Reformation, as well as the Bible of the American Revolution.

The NTEB Bible Believer Bookstore, located at 701 Market Street in Palencia, will hold this very special one night only event on Tuesday, November 2nd. The doors open at 6:30 p.m. on Tuesday, November 2nd 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.

As the most widely read book in Western civilization, the Bible offers texts including theologically-focused historical accounts, hymns, prayers, proverbs, parables, didactic letters, admonitions, essays, poetry, and prophecies. Visit the website at www.BibleBeliever.com for more information.



701 Market Street, Suite 104A



Nease Theatre Performs "All Together Now" Musical Revue

Continued From Page 1

Left to right, Brent Hunsinger, Nease High School Theatre Director, Palencia resident Hannah Pockett and Christina Santos, Palencia resident and Nease High School Theatre Arts Choreographer.



"All Together Now! is a global event celebrating local theatre," said Brent Hunsinger, Nease High Theatre Director. "This exclusive musical revue features songs from 15 musical theatre beloved shows. I am very excited for our musical theatre students to be able to work together as a team and perform some terrific musical theatre show stoppers. The students have been focusing their talents and efforts acting, singing and dancing their hearts out in this action packed revue. This show has everything from *Fiddler on the Roof* to *Waitress* and is sure to make you feel good as it celebrates the rich history of American musicals. Don't miss this show."

All Together Now! will be performed on stage at the Nease Theatre Friday and Saturday, November 12th and 13th.

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Toys For Tots Drive Collection In Palencia Starts This Month

Local Realtors Nancy Daniels and Maureen Nightingale are gearing up to ensure that kids in need have a special Christmas this year and will begin collecting for Toys For Tots at their Coldwell Banker office in Palencia this month.

Daniels, a long-time resident of Palencia, has special ties to the Toys For Tots program as her son Andrew graduated from Nease and then served in the U.S. Marine Corps. In 2019, Daniels helped to collect more than 9,600 toys that were distributed to children in need throughout St. Johns County. Last year, Daniels worked tirelessly to get the word out about Toys For Tots. Her efforts paid off with more than 12,300 toys collected which were distributed to over 3,000 children. The donations allowed children



between the ages of one and 12 to receive an average of four toys just from the Toys For Tots program, according to Daniels.

Daniels says the generosity of the Palencia community is what has made the Toys For Tots drive in Palencia a

huge success.

"One resident came in with a very generous toy for a family with four children," Daniels explained. "Another couple came in with bags and bags of toys that covered every age group for both boys and girls. When we asked

their names they simply replied 'just say it was from Santa.'"

Daniels said another donation that same year came from a couple who said they would not be seeing their families for the holidays and decided to donate money instead. She also fondly remembers Veterans who came in with checks for \$200 each and asked if they could be "Santa Helpers" and go shopping for toys to donate.

"One of my favorite stories was of a young boy about five years old who came into the office with his mother," Daniels said. "The boy immediately yelled with excitement about how much they had spent on the toys and his mother shared that her husband was deployed and was a Marine. She let her son pick

out every toy."

This year, Daniels is teaming up with her business partner and Palencia resident Maureen Nightingale to collect toys and spread the word.

Anyone who would like to help Daniels and Nightingale collect for Toys For Tots, can bring any new, unwrapped toy or toys to the drop off in Palencia located at the Coldwell Banker Premiere Properties located at 163 Palencia Village Drive, Suite 110. Daniels and Nightingale will also be at the Food Truck Fridays in Palencia this month to accept toy donations. For more information on how you can help the Toys For Tots collection drive in Palencia call Nancy Daniels at (904) 599-4233 or Maureen Nightingale at (503) 686-1426.



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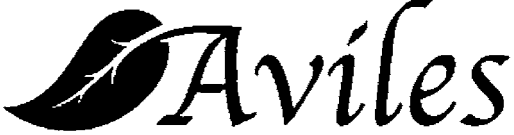
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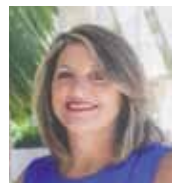
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60th Birthday Party For Tom Salmon, Palencia Tennis Director

By Marcia Oltz, Palencia Resident



Birthday honoree, Tom Salmon, is shown with long-time tennis team member and Palencia resident Donna Whitehead.

The Palencia Tennis Center held a “Grand Slam” birthday party recently for one of their favorites, Tom Salmon. Director of Tennis. Since his family chose to come in from California for his big 60th, he decided to take time off and the dates kept changing for the party. Tom’s actual birthday is September 28th and the tennis team planned the surprise party for that day, then changed the party to 9/24, then 9/21. Two women’s teams had away matches that day so they missed attending. Balloons were placed at the entrance to the Tennis Center at 7:00 a.m. to welcome Tom but he just thought it was someone’s birthday on the team that was playing at home. A total of 157 people signed his birthday card and it is very evident that he is loved by all!

During the party Palencia Tennis players had ten sayings about turning 60 and each was chosen by a resident to read out loud to the group. Quips like “Things you buy now won’t wear out,” and “Your joints are now more accurate than the National Weather Service.” The funniest thing was that Tom did not know the significance of wearing black.

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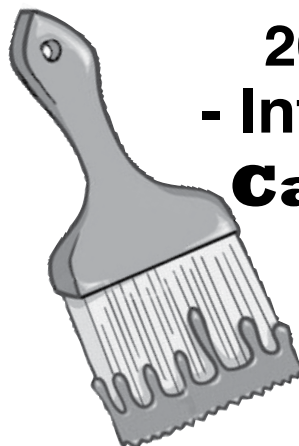
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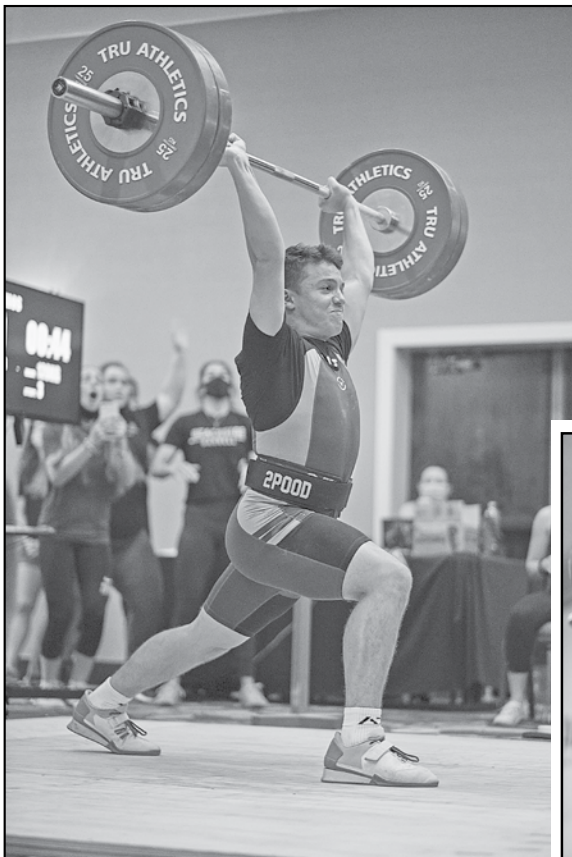


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Palencia Resident Peter Lemos Prepares For Olympic Weight Lifting Qualifying



Palencia resident Peter Lemos recently competed in his first Olympic weight lifting tournament, the Praelium, which is a major North Florida Competition, and is now on track to qualify for the U.S. National Olympic Weightlifting Team.

Peter, currently a junior at Nease High School, is the son of Joe and Emily Lemos and is active in the Nease NJROTC and graduated from the



Palencia resident Peter Lemos, a junior at Nease High School, is on track to qualify for the U.S. National Olympic Weightlifting Team.

NJROTC Leadership Academy. He also does weightlifting for Nease and is on the Olympic Youth Weightlifting Team while taking all AP classes.

The Praelium is sponsored by an Orlando gym, the "Oly Concepts" and is run under the guidance of Daniel Camargo, an Olympic weightlifting veteran and Team USA coach. Peter trained locally for the event at Beachside Barbell for less than a year and still brought home the gold as he participated in the Youth 81K (178 lb) class and snatched 76 kg (168 lb) and produced a multi-division win "clean jerk" of 120 kg (265 lb).

Peter and his family have been residents of Palencia since 2017. His brother John graduated from Nease in 2020 and is now serving in the U.S. Army and stationed at Ft. Gorden in Atlanta. His sister Rosemary attends Pacetti Bay. Peter plans to attend the U.S Naval Academy in Annapolis, MD., after his graduation from Nease.

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Palencia Resident Milton Nuckols Earns Senior Portfolio Management Designation

Palencia resident Milton Nuckols, CFP, CIMA, a financial advisor and First Vice President - Investments at Wells Fargo Advisors recently qualified for his Senior Fundamental Choice Portfolio Manager designation.



Milton Nuckols, CFP, CIMA
 Financial Advisor
 Vice President - Investments

County for 20 years and in Palencia for more than four years," said Nuckols. "We love this community, the golf, the amenities and sense of neighborhood can't be beat."

Nuckols offers a full range of investment planning strategies that are tailored to a client's individual needs and for over four decades, has helped clients with their financial concerns. He has extensive experience with major shifts in the markets and can help clients from everything to planning their retirement, saving for their children's or grandchildren's education or looking to preserve their wealth.

He began his career in finance in 1986 and in 2008, joined Wachovia Securities, a predecessor of Wells Fargo Advisors. Milt has earned his Certified Financial Planner (CFP) certification and more recently his Certified Investment Management Analyst (CIMA) designation through the University of Chicago. Nuckols holds a bachelor's degree from the University of Richmond's Robins School of Business and a master's degree from William Paterson University.

Nuckols can be reached at milton.nuckols@wellsfargo.com or at (904) 824-7543.

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The designation allows Nuckols to manage client portfolios on a discretionary basis and is a designation held by a select group of financial advisors.

Nuckols, his wife Donna and their two sons Ryan and Kyle moved to Florida in 2001 and made Palencia their home in 2017.

"My family has lived in St. Johns

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By Meridith Strout, Palencia Resident

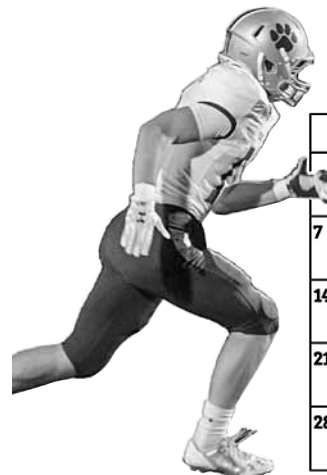
Remember sitting in your high school gymnasium wearing off-the-wall outfits for sprint week or homecoming night, chanting, yelling and screaming for a big win! High School sporting events are something we all can relate to whether we attended a game, played on the field or participated in a pep rally.

Nease High School currently offers many team sports including soccer, football, lacrosse, baseball, volleyball, basketball, cheerleading, dance team, golf, tennis, weightlifting, wrestling, cross country, swimming and diving, tennis and softball.

The Nease Athletic Department is proud to announce their first Nease Athletics Booster Club. This club allows everyone in the community to be involved in Nease athletics at all levels. You will have an opportunity to support all the sports at Nease High School.

Membership levels include website and Facebook recognition, exclusive member magnet and tickets to home games! Members will also be the first to know about special VIP events.

If you would like to join the Nease Athletic Booster Club, please go to www.nease-athletics.com and register. We have offered four levels that will all benefit Nease Athletics. Once you sign up you will stay connected with all of our upcoming Nease Athletic Events. This club is for parents of current students, Nease Alumni, grandparents, local residents or anyone in the community who wants to show some Panther Pride.



NEASE VARSITY ATHLETICS NOVEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 -Girls Soccer vs Stanton	2	3 -Girls Soccer vs Wolfson	4 -Girls Weightlifting @ Creekside	5 -Football vs Westside HoCo	6
7	8 -Boys Soccer @ Flagler Palm Coast	9 -Girls Soccer vs PV	10 -Girls Weightlifting @ St. Aug	11	12 -Girls Basketball Preseason Tournament -Boys soccer @ Toon	13 -Girls Basketball Preseason Tournament
14	15 -Tournament Boys Golf State Championship -Girls Soccer @ Oakleaf	16 -Tournament Boys Golf State Championship -Girls Soccer @ Atlantic Coast	17 -Boys Golf State Championship @ Pedro	18 -Girls Soccer vs Bishop Kenny -Girls Basketball vs Orange Park	19 -Boys Soccer vs Bolles -Boys B-ball Preseason @ Jackson	20 -Boys B-ball Preseason @ Jackson
21	22 -Girls B-ball @ Bolles -Girls Soccer vs Fleming Island	23 -Girls B-ball Tournament -Boys Soccer vs PV -Boys Basketball vs Fletcher	24	25	26 -Boys Basketball Thanksgiving Classic	27
28	29 -Girls Basketball vs Oakleaf	30 -Boys B-ball vs Sandwood -Boys Soccer vs Atlantic Coast -Boys Wrestling @ Toon				





Ask A Certified Master Gardener Soil Types: Right Kind and Right Match

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

Even for the most ardent gardener, it can be confusing to choose the appropriate garden soil or amendment for your container pots and landscapes given the now vast array of options. This article focuses on soil definitions and when to use what type to best match your landscape plants, shrubs and trees.

For a little history, a wide variety of soils and landscapes are found in the state of Florida. These include the red, loamy soils of the upper Florida Panhandle; the poorly drained, sandy soils of the flatwoods; the peat soils of the northern Everglades; and the shallow, lime rock-influenced soils of extreme south Florida.

The physiography of Florida, the physical feature of land surfaces, is the result of erosion and various deposits that have formed over time. There are ten major physiographic subdivisions in Florida, but the one we live in is called the Sea Island District.

The Sea Island District of northeastern Florida ranges from upland terraces to plains and ridges. Soils are primarily sandy, and with the absence of nutrients, what we have in Palencia, but significant expanses of clay-like deposits exist in some areas. The ecosystems associated with this district include pine flatwoods, dunes and salt marshes.

Potting mix, container soil, garden soil, topsoil. The bags are all sitting side-by-side on the shelf at the garden center. It sounds simplistic - just pick one. Nevertheless, it can be a challenge to figure out which one to select to match a given project. To begin with, none of them are "dirt" as we think of it. According to the Soil Science Society, "dirt is what gets on our clothes or under our fingernails. Soil, formed over many years, is a blend of sand, silt, clay, and organic matter and alive with nutrient and water holding components." But all soil is not equal, and, in addition, some are actually soil-less.

Topsoil:

Topsoil is the top couple of feet of soil excavated from a particular location and tends to be dense. While there are different grades of topsoil, they are all generally used to fill holes in lawns or for conditioning to improve turf or enhance a garden. It is not recommended for initial garden planting because of its density, and it also lacks nutrients for proper root development of young or small plants.

Garden Soil:

This is a blend of organic matter and nutrients designed to be used only for in-ground gardens. In addition to the nutrients it provides, garden soil is particularly helpful for moisture retention. This is not recommended for container planting. Unlike topsoil, bagged products labeled as garden soil are generally pre-mixed soil products that are intended to be added to the existing soil in a garden or flower bed. Garden soil can be specific and can depend on what it is intended to have grown in it and, therefore, label reading is important. As mentioned earlier, we have very sandy soils, so garden soil is essential for your flower and vegetable gardens.

Raised Bed Soil:

As the name implies, this soil is de-

signed specifically for raised beds and the label on the bag will explicitly state "For Raised Beds." Don't be tempted to buy only garden soil as it is, again, too dense to provide adequate aeration. Be careful as well not to buy topsoil as it can contain nematodes and soil-borne plant pathogens as well as weeds. If you don't find raised bed soil, you can use a combination of garden soil, compost and soil-less media.



Potting and Container Mixes:

Potting and container mixes are usually soil-less, typically a mixture of compost, peat moss and perlite. This provides a lightweight soil that doesn't get water-logged yet retains moisture. This type of mixture also allows the necessary support, space and light texture for good plant root growth. As in a raised bed, avoid using regular garden soil in container planting as it is, again, too dense to provide the necessary drainage capability. Be sure to have plenty of holes on the bottom of your pots and refrain from adding stones or rocks which can trap water.

Two Other Good Additions

Black Kow:

While this is not in the soil or soil-less category, Black Kow is an important odorless, weed free, extremely rich, composted soil conditioner. It is 100% composted from cow manure and it returns essential elements to the soil that plants readily absorb. It is an excellent addition to a garden and can also help enrich turf.


Pre-Planting Mix:

This is a combination of vital nutrients new landscape plants and trees benefit from for a healthy start. These mixes are generally granular and designed to be sprinkled into the plant location, mixed in with rich soil.

Lastly, remember to read bag labels to see how long the nutrients they contain will last. Note the date on your calendars and at the end of the effective time period, or preferably sooner for in-ground gardens and citrus trees, add additional soil, especially garden soils. With our sandy Florida landscapes, you can never add too much. Happy gardening!

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 University of Florida Institute for Food and Agricultural Sciences (IFAS) and the Soil Science Society.

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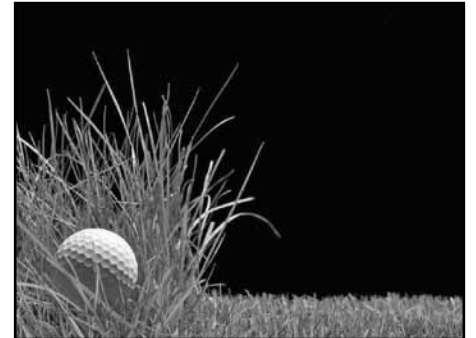
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Hitting Out Of The Rough

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



Hello Fellow Golfers,
 One of the biggest ways to lower your score is course management. Course management is extremely important, as the professional caddies say on the LPGA Tour and PGA tour “in trouble out of trouble.” If you are in the rough and have to go over something or get your golf ball in the air you must choose a more lofted club and give up some distance for carry. If you must go under a tree, you do the reverse less loft and know that the golf ball is going lower and going to release and roll more.

Your shot should start with a precise pre-shot routine -

1. Start from behind the ball and choose a line that you want your rescue shot to start on and then as you go up and address the ball make sure the club face is pointed on that chosen line.

2. Out of a gnarly lie the grass will wrap around the club face and tend to pull the club to the left (for a right handed golfer) so you must not try to help the ball up - stay nice and low through impact and...

3. Put more weight on your left foot (your lead side) that will create a better angle through impact and put the ball slightly back in your stance.

4. Now, the most IMPORTANT thing - keep that club face going toward your target... do not let the grass pull the club face to the left. The best way to keep the club face from turning left is to make sure that the back of the left hand leads do not let the right hand take over. The stronger you are, the easier it is to keep the club face going toward your intended line.

5. Commit to your shot! Remember it's best to be conservative and avoid the high numbers. They can truly ruin your score. Develop your rescue shot and make golf fun!

If you want more information or help with your hitting out of the rough, please contact me at Laura@laurabaughgolf.com




What Do Names Really Mean?

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

You ever think about names? You know, what do they really mean? Where do they come from? Why do humans come up with strange names for themselves and even weirder names for pets? Sometimes I think there's an ongoing contest to see who can find an “only” name. I actually thought “Wrigley” was an “only” name, but not to be. There are lots of me walking with their walkers. As we do the great circle — 2.74 miles — we've encountered a plethora (neat word, huh?) of great four leggers with unique names.

Just like humans who used to have names like Bob, Joe, John and Harry, and Barbara, Nancy, Jane and Sue, the Palencian Pets have taken a big step beyond “Spot” and “Brownie”! How 'bout: Dooley, Mason, Winston, Penny, Jackie, Darla, Eli, Lucky, Kobe, Lily, Auggie, Cash, Izzie, Harbor, Nessie, Molli, Buddy, Kira, Zuzu, Ollie, Apple, Bradley Cooper!, Magic, Watson, Finley, Linus, Murphy, Ace, Rookie, Kelly, Max, Skipper, etc., etc. the list never ends. And the real interesting part of the list is the names of the walkers? No one seems to remember!



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What Is An Arborist And Are They Worth Their Weight?

By Steven Kabat, Monster Tree Service

An arborist is a skilled tree professional who is educated and/or accredited by an industry tree care organization. This means that they have, at minimum, a basic level of knowledge of arboriculture and are keeping up with the growing knowledge base in the field.

A good arborist should be able to explain all issues regarding the health and structural integrity of your trees and help you make good decisions to keep property safe and your trees in good health. There is generally little need for alarm with 99.99% of trees and you should not be made to feel afraid of your trees unless they explain why the tree is an immediate risk to people or property. You should also not be made to feel that you have to take immediate action for the vast majority of trees. As an example, the classic scary tree is the browned up pine that has been struck by lightning. A big dead pine definitely has more risk than a big living pine but the level of risk does not increase largely from green one day to brown the next. To further this point, the situation can be compared to digging a post hole and placing an untreated 2x4 board in it. The day after installation, that dead 2x4 is not significantly different than the day before. It takes time for the insects and decay organisms to degrade the wood. This can take six months to a year or more before it is concerning.

Your consultation with an arborist should focus on elimination of the hazards such as large dead trees or branches, preservation of your roof from rubbing

branches and risk identification and prioritization. After eliminating the risk to people, houses and cars has been addressed, the focus then turns to property usability. One pruning technique to increasing the use of your property is to raise the canopy to prevent people from getting hit in the face while walking around the turf areas. Finally, the last focus of the consultation would be long-term tree health and aesthetic improvements.

Always trust your instincts when selecting an arborist or tree care company. If you can identify the species of trees better than the "arborist," you may want to send them down the road. Also if the scope of work and how they intend to accomplish it are not clearly spelled out, it is always a good idea to ask for more clarification before you award them the work. Keep in mind that no amount of wood glue can fix your trees once poor work has been performed. If you have the priority goals listed above, your trees should be as natural looking as possible after the work is done and your neighbors should be able to drive by your house and not be able to tell you had tree work done. If your tree attracts attention, it was likely not done properly.

If your tree requires so much work to accomplish the goals above that it looks weird and unnatural after the work is done, it likely should have never been retained at time of construction, should have never been planted in that location or should have been a removal and not a pruning.



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The Power Of Appreciation

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

www.happycoupleshealthycommunities.com

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder." -G.K. Chesterton

Thanksgiving is a time for gratitude and appreciation. However, what is appreciation, what does it consist of and what are the benefits? Appreciation involves acknowledging the meaning or value of something—an event, a person, a behavior, an object—and feeling a positive emotional connection to it. Appreciation involves both cognition (thinking) and affect (emotions) and has both trait and state components. For example, some people are appreciative as a character trait, while others are appreciative in particular moments.

According to Fagley and Adair (2012), there are eight aspects of appreciation:

- **"Have Focus":** the focus on what one has rather than on what one lacks; i.e., I have a job even though we are in a recession.

- **A sense of Awe:** Experiencing a sense of awe or wonder; a sense of transcendent connection to nature, beauty, or life itself.

- **Ritual:** Engaging in rituals to foster appreciation, such as giving thanks at a meal or reflecting one's blessings at the end of each day.

- **Present Moment Living:** Focusing on the present moment, engaging in mindful awareness, such as being fully present so that one can be appreciative and grateful for things taking place around you; this is associated with spirituality.

- **Self-Social Comparison:** the ability to engage in self or social comparison to promote appreciating one's blessings.

- **Gratitude:** Feeling grateful to someone, such as a parent, friend, boss, etc. for benefits received or help provided.

- **Loss/Adversity:** Using experiences of loss or adversity to promote appreciation of the positive aspects of one's life. Experiences of loss imbue previously ordinary aspects of life with increased value and meaning.

- **Interpersonal:** This aspect of appreciation is interpersonal in which one

cherishes, values, and appreciates one's relationship with others and expresses that appreciation to them.

What are the benefits to living a life of gratitude or appreciation? Researchers have found that there are physical, psychological and social benefits. The physical benefits are a strong immune system, less body pains and aches, optimum blood pressure and cardiac functioning and better sleep/wake cycles. The psychological benefits are positive emotions and thoughts, one is more aware and awake, increased self-satisfaction, and enhanced mood. The social benefits are better communication, more empathy, stronger interpersonal relationships, more likeability among group members and more involvement as a team member.

Gratitude even benefits the brain. The top five brain benefits of gratitude are:

1. It "wires and fires" new neural pathways.

2. It boosts the brain's "feel good" hormones of oxytocin, dopamine and

3. serotonin.

3. It softens hard feelings toward self and others.

4. It is the antidote to fear and worry.

5. It builds resilience to struggle.

It could be said that gratitude or appreciation increases optimism, selflessness, spirituality, empathy and self-esteem, and all these lead to true happiness. So, this Thanksgiving, let us strive to make appreciation or gratitude a character trait and something that we do all year long. I end with a quote from Charlotte Bronte:

"For my part, I am almost contented just now, and very thankful. Gratitude is a divine emotion: it fills the heart, but not to bursting; it warms it, but not to fever."

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 providing 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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What Have You Mastered?

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

Webster defines becoming a master as “a person with exceptional skill at a certain thing “or mastering as “becoming proficient in the use of something.” We are all master’s of compensation - meaning we all have great proficiency in making small, subtle changes in the way we move enabling us to master any and all tasks at hand.

Sometimes compensating or adapting movement is a good thing. All top athletes are able to make small changes in their movements or reactions to meet the needs of each play. But all too often compensations are counter-productive and can even have negative, dysfunctional side effects. Multiple compensations can turn into accumulated dysfunction.

How and why do we compensate? We compensate because we are living and we have an ever changing body. Along with everything else we learned in Kindergarten, we learned to compensate. We were told to sit and be still. Our bodies are made to move yet many of us become less and less mobile through the years and even more since covid. We sit at computers, in front of TV’s, at events, in cars and the list goes on. Our pelvis supports us as gravity pushes the trunk and head forward into a varying degree of a slump. The compensation manifests when we have to stand back up. Instead of keeping our head down, looking at the ground, we pull our head up and bring the eyes to the horizon, a motion that should transition through several segments of the spine – not just the upper levels of the neck.

There are all types of compensatory masters. Which one are you?

The Limp Master: The individual who lacks full range of motion in the lower extremities following trauma or surgery. The results may be an altered gait pattern, hip knee or back pain.

The Mother Master: The mother who has difficulty restoring full motion back in the spine following pregnancy or tends to stand leaning to one side with a child resting on the hip. Both problems may hinder regaining much needed core stabilization and result in sacro-iliac dysfunction or low back pain.

The Robot Master: This is the person who lacks neck or shoulder mobility following a whiplash injury or other type of neck trauma. The movements tend to look robotic as the head is kept stiff, making up for the lack neck motion in low back rotation or extension.

The Sitting Master: This person sits at home or office a large part of the day, developing tight anterior hips, which then resist full straightening with standing putting undue pressure on the lumbar spine.

We have all become masters to one degree or another and therefore guilty of ignoring such adaptations year after year. To minimize compensations, first seek analysis or assistance. Second, move (see last month’s column on Pan-

dication) but learn to move properly and move regularly. Improper movements may simply lead to more compensation and further dysfunction.

Becoming a master at most things takes years of practice and dedication. Becoming a master of compensation is easy - it just takes years to see what kind of master you’ve become.

Rob Stanborough is a physical ther-




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nars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), and co-author of *Myofascial Manipulation: Theory & Application, 3rd ed* by Proed Inc. Read previous columns posted on www.firstcoastrehab.com.



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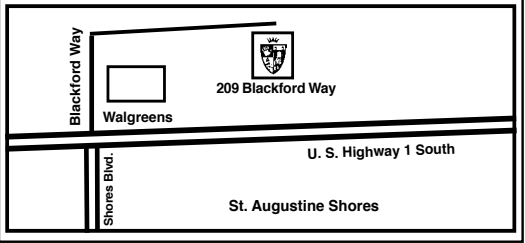
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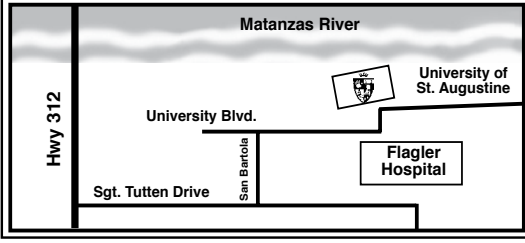
						
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Cataracts In Dogs

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

Cataracts are one of the leading causes of vision impairment in people who are older. Just like people, as dogs get older their eyes often start to have a cloudy appearance to them. While there are many similarities between a dog's eyes and a person's eyes, there are also many differences including the most common cause of eye cloudiness in dogs.

Cataracts are a cloudiness to the lens, which is the part of the eye that focuses light to your retina. In dogs, usually genetics are the primary factor for developing cataracts. Many dogs who develop inherited cataracts will do so when they are young to middle aged. Breeding a dog that has inherited cataracts will often pass this mutation along to their offspring. Most breeding dogs are examined yearly in order to detect cataracts early and hopefully prevent them from being passed on.

The second most common cause of cataracts in dogs is diabetes. A significant percentage of dogs (50% or more) will develop cataracts within one year after their diagnosis. Fortunately, it is uncommon for cats with diabetes to develop cataracts due to differences in how the two species process high levels of sugar in their lenses.

Surgery is usually required to remove cataracts and restore vision once the cataracts become mature. Cataract surgery is typically recommended for any patient with advanced cataracts that impair their

vision. Cataract surgery in dogs is performed in the same way that it is done in people, except in dogs they must be completely anesthetized for the procedure to be performed.

Cataract surgery is often not performed due to cost and an intensive recovery process. Even if surgery cannot be performed, dogs with visual impairments usually still have an excellent quality of life. They typically adjust quite well, relying heavily on their senses of smell, hearing and touch. Pet owners can make some adjustments in order to ensure that pets do not injure themselves such as blocking access to stairs and pools, adding night-lights to help navigate, etc. Advanced cataracts may also lead to irritation and inflammation inside the eyes, so often the eyes are treated with anti-inflammatory drops if cataract surgery is not an option.

While some older dogs do develop true cataracts, the most common reason for dogs to develop a cloudy appearance to their eyes is a condition called nuclear sclerosis. This is a normal aging change that we see in dogs and it does not cause a loss of vision.

If you are worried that your dog's eyes are showing changes and they appear cloudy, make sure to consult your veterinarian for an ophthalmic exam and determine the cause. If necessary, they may refer you to a veterinary ophthalmologist for further consultation or treatment.

Girl-Powered Comedy "The Revolutionists" On Stage At Flagler College Nov. 10th-14th

The Revolutionists, a play by Lauren Gunderson, is coming to the Lewis Auditorium at Flagler College in November. Four beautiful, strong women lose their heads in this irreverent, girl-powered comedy set during the French Revolution's Reign of Terror. Playwright Olympe de Gouges, assassin Charlotte Corday, former queen (and fan of ribbons) Marie Antoinette, and Haitian rebel Marianne Angelle hang out, murder Marat, and try to beat back the extremist insanity in 1793 Paris. This grand and dream-tweaked comedy is about violence and legacy, art and activism, feminism and terrorism, compatriots and chosen sisters. For questions, call (904)-826-8600.



Mike Weitz

During a routine oil change my mechanic noticed a leaking CV boot. What is the purpose of a CV boot?

The CV boot is a rubber sleeve that goes over the CV joint to keep road dirt and grime from getting into and destroying the CV joint. The CV Joint, which is part of the transaxle, transfers the torque from the transmission to the drive wheels at a constant speed. If the CV boot is damaged, typically replacement of the axle is recommended.

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The Secret Of Living Is Giving

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

When Albert J. Wildberger died in 1987, a piece of Americana died with him. A family doctor (now he would be called a "family practitioner") in Georgetown, Delaware, for 33 years, Dr. Wildberger also served as the team physician for the Sussex Central High School, and during the course of his life, was a member of most of the town's leading voluntary associations and clubs.

His tombstone epitaph bears witness to the philosophy by which he lived for 61 years: Albert J. Wildberger, MD. November 11, 1926 - May 26, 1987, "The secret of living is giving"

Dr. Wildberger's "secret" is the "secret" of Thanksgiving and Christmas.

How many of us, if we really examined our lives and our lifestyles, have got the secret of living?

How much of ourselves are we giving to others willingly, joyfully, without reservation or resentment?

On our main streets and in our malls, the "Christmas spirit" seems to be without the "Christmas secret." Bookstores are filled with stocking-stuffer "self-help" books that show us how to be good to ourselves, excuse ourselves, save ourselves and pamper ourselves. The market is flooded with products designed to help us achieve self-centered fulfillment.

So why do so many still feel that something is wrong with the way we are living? It's because a self-absorbed life ends up absorbing life. In order to experience life, we must get outside ourselves and our own concerns.

Back in the 1980's, the city of Detroit recognized the faithful, quiet work of Irene Auberlin who, at the time she

was honored, was 88 years old. When she was 56, this wife of a prominent executive who traveled a great deal, felt the need for new stimulation. She conceived of gathering the abundant free samples of medicines and drugs available in this country and shipping them to mission hospitals overseas. In the past 32 years, she has shipped \$16 million dollars' worth of healing medicines and enlisted 500 volunteers from all walks of life to carry on this tremendous work.

There are millions out there wondering what to do with their midlife crises. There are millions more wondering what to do with their late in life crisis of not feeling productive.

Here is someone who turned her need into a creative ministry that drew in hundreds of others.

You want the "secret" to a healthy, happy, whole life? "The secret of living is giving." Our Challenge this Thanksgiving is to give. For it is in the giving that we will find the secret to living.

What is God calling you to do? Perhaps God wants you to give by volunteering to teach a class or join the choir. Befriend the shut-in down the street. Work with youth, or volunteer at a local school. Maybe God wants you to lead an exciting new ministry. Whatever it is, give generously of yourself and you have found the secret to living. In Titus 2:14 we read, "**He gave his life to free us from every kind of sin, to cleanse us, and to make us his very own people, totally committed to doing good deeds.**" John 3:16 begins, "**For God so loved the world that He gave....**" Clearly, we will get the most out of life when we give.

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. 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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Are You Thankful For What You Have?



We are collecting cans of green beans, cranberry sauce, stuffing, and chicken broth for 1,100 meals for Murray Middle School on Thanksgiving Day. Please bring donations to the church office.

To whom much is given, much will be required.
-Luke 12:48

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Saturday 3:15 - 3:45 pm

Holy days and Holidays - See website



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

Fall Home Maintenance Checklist

By Craig Dewhurst, State Farm Agent, Palencia Resident

As the leaves change and the days get shorter, take the time this autumn to prepare your home for winter. A few easy steps might help prevent some surprise repairs during a more inconvenient time of year.

To prepare your home for cooler weather, use this checklist.

Heating system maintenance

Your HVAC is central to keeping your home warm during the winter. Face the challenges of winter with these simple furnace tips.

- Change the air filter in your furnace and check its efficiency before the cold weather begins.

- Stock up on several air filters for the winter, and change them every month.

- Call in an HVAC contractor to test the heating output and give the system a tune up. This technician can also check for and correct possibly hazardous carbon monoxide levels generated by your heating system.

- If you don't have a programmable thermostat, purchase one for the system to help lower your energy costs.

- After your furnace has been tuned up to its maximum efficiency, take a moment to inspect your ducts and vents. Dust them off and clear away anything that may have gotten into them.

Other areas of your home:

Check your windows for any leaks that may compromise your heating efficiency. Be sure to check your doors as well, and replace the weather stripping if needed.

Review home fire safety

The beginning of the heating season brings new potential for fire hazards, so take a moment to review fire safety in your home. Check fire extinguishers and replace

them if necessary, and change the batteries in your smoke detectors. Also review your home fire evacuation plan with your family.

Clean out gutters

It's best to inspect and clean your gutters a few times during the fall, especially if there are many trees around your house. If gutters remain clogged, water will spill over them and onto the ground next to the foundation, which can cause damage. Gutters and downspouts should be kept clean and should direct water away from the foundation, as well as from walkways and driveways, so they don't become slippery.

Yard maintenance

The orange, yellow and brown colors of the autumn leaves don't look as nice on the ground as they do on the trees. Rake or blow the leaves into piles and put them at the curb per local yard waste requirements.

Safely store gasoline

It's recommended that you empty out unused fuel from any gas-powered equipment stored in the garage because sediment can build up and clog the fuel lines. Store gasoline in tanks out of children's reach and have it ready for use in your emergency generator, if needed.

Inspect your roof

Inspect your roof or hire a licensed professional to review the condition of your roof. Look for any wear and tear that might have happened during the previous season's storms. If any shingles are curling, buckling or cracking, replace them. If there is extensive damage, you might consider re-roofing with impact resistant shingles. Don't forget to check any flashing around skylights, pipes and chimneys to prevent water from creeping in.

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