



News For And About Residents Of The Palencia Community

New Year's Day is Saturday
January 1st



ST. AUGUSTINE

P R E S S

JANUARY 2022

Palencia Celebrates 2021 Holiday Season

Palencia residents came out with holiday spirit in their hearts for the 2021 Palencia Christmas tree lighting. The merriment was as bright as the 30 ft. tree sparkling with more than a thousand lights.



A huge crowd gathered on Market Street on Friday, December 3rd for the community's annual kick-off to the holidays. Kids eagerly waited to welcome Santa with their Christmas lists in hand. Everyone sipped hot cocoa, ordered mobile munchies from their favorite food trucks and enjoyed horse-drawn carriage rides through Palencia. See more holiday photos on Page 11.

Palencia Senior Member Golf Donates To USO

Proceeds from the recent Senior Member/Guest golf tournament at Palencia have been donated to the local USO Center. Palencia residents Gary Dempsey and Bob Steck, co-chairs of the event presented a check to Mike O'Brien, Executive Director of the Greater Jax USO.

"The Palencia Senior Men's Golf Association has been supporting the active duty military and their families through the USO for more than seven years," said O'Brien. "The USO, which is 100% supported by individuals, corporations and civic groups, has three locations serving families in the greater Jacksonville area: NAS Jax, Mayport and the JIA Welcome Center at the Jacksonville airport."

The USO has served our 250,000-plus active duty military population by offering the many programs of support to improve their quality of life and create that "Home Away from Home" environment in each of the USO Centers hosting thousands of visitors each year.

At right, Bob Steck, left, and Gary Dempsey, right, present a check to Mike O'Brien with the USO.



PRSR STD
US POSTAGE PAID
JACKSONVILLE, FL
PERMIT # 315

The Palencia Press
P. O. Box 600022
Jacksonville, FL 32260

Happy New Year



Wishing all of our neighbors and friends a **Happy, Healthy, and Prosperous New Year.** Our business has grown and prospered because of you. We thank you for your ongoing support, business and referrals. Our commitment to you today, tomorrow, and always is **excellence.** We look forward to helping you with your real estate needs in 2022.

**Engel & Volkers
Ray Team**
904-806-3489
cammy.ray@evrealestate.com
www.rayteam.evrealestate.com

**ENGEL & VÖLKERS
RAY TEAM**



Palencia Community Classified Ads

FOR SALE - Dining room table & 6 chairs. (dark wood); Pine queen bed + mattress, pine drawers and armoire; Sofa and love seat - brown faux leather; 54" brown marble effect coffee table, matching end tables; 49" rustic pine coffee table; Floor steamer; BBQ grill; Lamps; Contact : Lynn 904-501-6251.

Dog Training S.I.T.

Training begins as early as 6 weeks! Dogs of any age can be trained to be the companion you have always imagined. I also train dogs for therapy or service work.

Kathy Tracy, PDT, CASI
ktracy101@gmail.com, 904-707-0470
CGC Evaluator, Pet Therapy ATD

Looking for Part-Time Work with a short commute?

Gilliland Insurance Group located in Palencia's Village Square is seeking someone with insurance experience to join our team.

Flexible Schedule / No Weekends
Email inquiries & resumes to:
resume@gillilandinsurance.com
Learn more about us at
www.gillilandinsurance.com

iPhone Repair

Palencia resident repairs iPhones. Specializing in broken iPhone screens. Call Ben Feldman 904-844-1339.

The Palencia Press

P.O. Box 60022
Jacksonville, FL 32260
Email: thepaper@comcast.net
www.palenciapress.com

**Advertising Hotline
904-436-5887**

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.

ESTATE SALE ITEMS - Sigma DM1, Martin Guitar with case, made in Korea, \$250/obo; 2) Olympus 35mm camera with leather cover, 3-sets of lenses, and hard carry case, \$300/obo. Call Jeff 904-874-8491.

Thought For The Day

Changing a diaper is a lot like getting a present from your grandmother - you're not sure what you've got but you're pretty sure you're not going to like it.
- Jeff Foxworthy

Words Of Wisdom

And the angel said to her, "Do not be afraid, Mary; you have found favor with God. You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High. - Luke 1:30

Smiles by GLENOS & HADGIS ORTHODONTISTS



Dr. Jimmy Glenos



Dr. Craig Hadgis
Palencia Resident

TWO STATE-OF-THE-ART LOCATIONS

ST AUGUSTINE ST JOHNS

FREE Initial Exam

904.79.SMILE (797.6453)

smilesbyGHortho.com



Create a Lasting Impression



Home Renovations • Retail Showroom

Interior Design

Store Hours

Mon-Wed, Fri
10am—6pm

Thursday
10am—8pm

Saturday

By Appointment Only

Sunday Closed

Featuring
WELLBORN
CABINET.



DONNA MANCINI
INTERIORS & FLOORING

904-810-2027



Shop Virtually at DMIANDF.com/shop

Just 4 miles North of Palencia at 141 Hilden Rd. #202



Palencia Community Classified Ads

Continued From Page 2

DOG SITTER

"I love dogs!" Palencia resident will take care of your dog. Visit or sleep-in. Great rates!
904-347-8317 or 904-770-9542

Annette's Pet Sitting
Mature Loving Care In Your Home
Multi-Daily Visits, Dog Walking
Overnight Stays
904-540-1923
annettelovespets@gmail.com

HANDYMAN

Electrical, Plumbing, Ceramic Tile, Pavers, Painting, Remodels and Renovations.
904-576-0379

Water Expert

36 years experience in the water treatment industry. Free water quality consultation. Call and save today. 904-679-8998

Friendly Reminders From The Palencia POA

By Keitha Ford, Assistant CAM Manager, Palencia Property Owners Association



Keitha Ford

As we enter into the new year of 2022, all of us here at The Palencia POA would like to put a special emphasis on the integrity and beauty of our neighborhoods.

We take pride in this beautiful community and want to ensure that it is maintained to the highest standards that attracted all of us to want to live here in the first place. We know that clean, well kept, homes and maintained landscaping help protect every homeowner's property value.

The Palencia POA is governed by Covenants and Restrictions and Architectural Guidelines that set forth our community standards. Usually when we find owners are not in compliance, it's only because of a misunderstanding. Our goal is to proactively resolve compliance matters by sending regular community updates informing homeowners of the rules, specific violations, and certain times of the year that regular maintenance is recommended. When violations are observed, we are obligated to the community, to send a series of violation letters. Once a violation has escalated to a third notice without remedy, the violation may result in a fine. We are here to

support you in a joint effort of keeping Palencia well maintained and the beautiful community that you are proud to call home. We ask you to join our efforts by taking any necessary action to ensure that Palencia is kept in pristine condition, as is expected by our residents.

Actions to take to avoid most commonly observed violations.

1. Recyclables – Out on Sunday evenings and remove from view by Monday evenings.

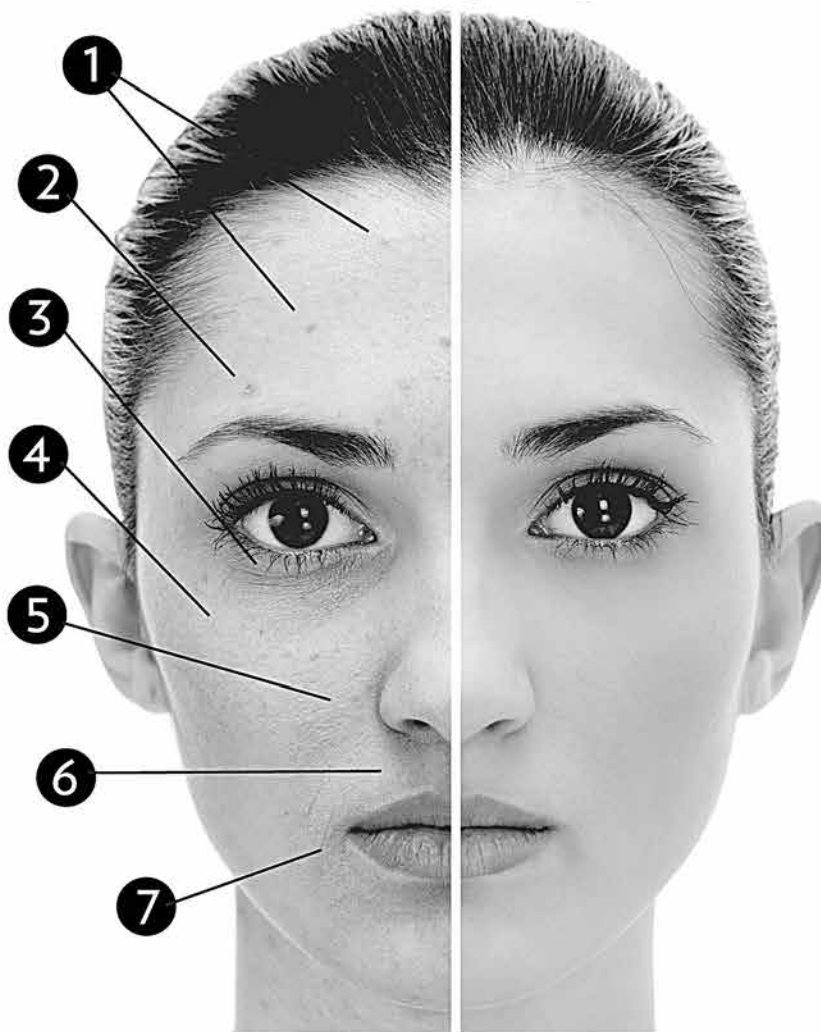
2. Trash Receptacles – Out on Tuesday evenings and remove from view by Wednesday evenings.

3. Mailbox Maintenance – Remove dirt and mildew with mild dish soap and water. Damaged mailboxes must be repaired or replaced with a mailbox that conforms to requirements, which can be found online in the Palencia POA website. Although some residents may feel that a clean and attractive mailbox is of minor importance, at curbside, it is the first thing that pedestrians and passengers see when they come upon your lot.

Mailbox Replacement and Repairs
Sundancer Sign Graphics: 904-287-4949 for mailboxes, parts and installation options.

4. Sidewalks & Driveways – condition must be maintained with respect to cleanliness and safety. Vehicles should not be parked in such a way as to obstruct the sidewalk. Sidewalk structure damage such as cracks or elevation changes caused by tree roots should be reported to MCCDD for remediation.

What's Aging You?



- ① age spots
- ② acne scars
- ③ sun damage
- ④ rosacea
- ⑤ uneven skintone
- ⑥ hair removal
- ⑦ wrinkles

We have the solution.

CYNOSURE

ICON LASER

CALL TO SCHEDULE A CONSULTATION

Anh Vu, M.D.

BOARD CERTIFIED PLASTIC SURGEON

(904) 245-1320 · WWW.ANHVUMD.COM

301 HEALTH PARK BLVD., SUITE 109, ST. AUGUSTINE, FL

BOTOX & JUVEDERM · FACE & NECK LIFTS · TUMMY TUCKS

BREAST AUGMENTATIONS · VASER LIPO

NEOGRAFT® HAIR TRANSPLANT · COOLSCULPT® · ICON® LASER CENTER

a remarkable
Résumé

Sarah Jewell

Certified Professional Résumé Writer
Certified Career Management Coach

904.824.3608

sjewell@aremarkableresume.com
www.linkedin.com/in/sjewell

www.aremakableresume.com

BBB Accredited Business

Résumés
Cover Letters
Career & Interview
Coaching
Professional Bios
Linkedin Profiles
Career Assessments

New Year...New Do! Your Hair Is Our Canvas



- Advanced haircutting specialists
- Certified Goldwell colorists
- Educated in the latest trends and techniques



mikosalon

581 Market Street • Palencia

904-576-9695

www.mikosalon.com

Jill Stonier

BEAUTY STUDIO

- Facials
- Hydrafacials
- Wedding & Event Make-up Application
- Make-Up Lessons
- Spray Tanning
- Skin Care and Make-up For All Your Needs



Jill Stonier, Palencia resident

Visit Our Studio In Palencia At
591 Market Street
904-599-2272
or email jill@jillstonier.com

Visit Our Website
JillStonier.com



591 Market Street, Palencia



Nease Football Exceeds All Expectations With Committed Coaching Staff & Seniors

By Matthew Ohlson, Palencia Resident

The Nease football team had their best season since 2008, making it to the state playoffs as the #7 seed and defeating the #2 (Spruce Creek) and #3 (Niceville) teams in dramatic fashion. With the state's top receiver (Dom Henry) and the top defensive players (Ben Bogle and Zach Harmon), the Panthers exceeded all expectations and became the true "Cinderella Story" in the area with television, print and social media features.

Palencia residents starting Quarterback Marcus Stokes threw for more than 2000 yards throughout the season and backup quarterback, Gabe Ohlson even tossed a 95-yard touchdown pass in the final game against Buchholz. In addition, their special teams included the #2 ranked punter in the nation, Evan Crenshaw, and kicker Canaan Kimball kicked the game-winning field goal against perennial powerhouse Spruce Creek.

The Nease Panthers also gained national recognition with scholarship offers from elite programs such as UCF, Georgia Tech, Cincinnati, Virginia Tech, Army, Air Force, Coastal Carolina and the Naval Academy. Finally, the leadership at the top was paramount to the team's success with Head Coach, Collin Drafts receiving the District Coach of the Year. The committed coaching staff and the 36 seniors helped to put Nease football "back on the map" with victories over Ponte Vedra and an enthusiasm not seen since the Tebow-era.

At right, Head Coach Collin Drafts gives a post-game talk to his players.



Thirteen players are shown at the start of the season.



Donovan Wilson No.11 and Dom Henry No. 1 make a midair onslaught.



JORGE'S HANDYMAN SERVICE, INC.

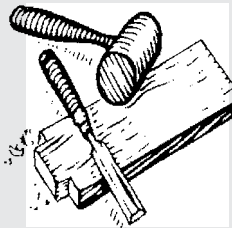
TRIM & FINE FINISH CARPENTRY

Custom Interior Woodwork
Cabinets * Closets * Shelves * Doors
REMODELING AND RESTORATION

Free Estimates (904) 315-8550

www.jorgeshandyman.com

Palencia References Available



Lic. # ST-7256

Nease Football Exceeds All Expectations

Continued From Page 4



36 Seniors with coaching and training staff. Enthusiasm not seen since the Tebow-era.



NEASE VARSITY ATHLETICS JANUARY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1-Girls Basketball Tampa Holiday Tournament
2	3	4-Boys Basketball vs Bolles	5-Boys Wrestling @ Oakleaf Girls Weightlifting vs Toccoi & Mandarin	6	7-Boys Wrestling @ Fleming Island Boys Soccer @ Bishop Kenny Girls Soccer @ John Country Boys & Girls vs JF @Giles in Camp Pagan	8-Boys Wrestling @ Fleming Island Girls Wrestling @ Palm Bay Comp. Cheer Chiles Comp. Girls Ball @ Flagler
9	10	11-Boys Soccer @ Seagrass Girls Soccer @ Seagrass Boys Basketball @ White Girls Basketball @ Columbia	12-Girls Weightlifting vs Creekside	13-Girls Basketball vs JV	14-Boys Soccer @ Menomans Boys & Girls Basketball vs Toccoi Girls Soccer @ Fleming Island	15-Girls Wrestling @ Malabar Boys Wrestling @ Lincoln H.S.
16	17	18-Boys Soccer @ Seagrass vs Seagrass Boys Basketball @ Seagrass Girls Soccer @ Seagrass Girls Basketball vs Toccoi	19-Boys & Girls Wrestling @ Creekside	20-Boys Soccer @ Sandalwood Girls Basketball vs Fletcher	21-Boys Basketball vs Yulee Girls Soccer @ Sandalwood Girls Basketball vs Andrew Jackson	22-Cheer Comp. @ St. Augustine FHSAA Region. Dance NDA Regional Comp.
23	24	25-Boys Basketball OP Tournament Girls Basketball vs Ridgeview	26	27	28-Boys & Girls Wrestling Meet @ Flagler Palm Coast Boys Basketball OP Tournament Girls Basketball vs Creekside	29-Boys & Girls Wrestling Meet @ Flagler Palm Coast
30	31					

For more info visit NeaseAthletics.com

Are You In Pain Again? We Can Help!



Lighthouse
CHIROPRACTIC



Dr. Adam Podraza, Chiropractor
Dr. Mayredlis Cruz, Chiropractor

CHIROPRACTIC EXAM INCLUDES:

- CONSULTATION
- THERMAL SCAN
- MUSCLE TENSION TEST
- INTERNAL STRESS TEST
- DIGITAL POSTURE
- DIGITAL X-RAYS (if necessary)

~~\$300~~
\$97
Exam

Mention This Ad For Free Adjustment!

Lighthouse Chiropractic is a family oriented chiropractic office located just 4 miles north of Palencia on US-1. Our mission is to be the cornerstone of health for the residents of St. Johns County and neighboring communities.

AUTO ACCIDENT • PRENATAL CARE • WELLNESS • PEDIATRICS

OPEN SATURDAYS!
SAME DAY APPOINTMENTS!
HABLAMOS ESPANOL!

CALL NOW!
(904) 342-8970

INSURANCE ACCEPTED!
CASH RATES OFFERED!

www.getlhc.com | 145 Hilden Rd. Ste 123, Ponte Vedra, FL 32081 | getlhc@gmail.com

COMPASS

CELL 904.728.3333
crickett.huff@compass.com
CrickettHuff.com
100 Executive Way, Suite 105
Ponte Vedra Beach, FL 32082



Crickett Huff

LUXURY SPECIALIST
REAL ESTATE ADVISOR



OVER \$16 MILLION IN 2021 REAL ESTATE SALES

It is my pleasure to announce my move to **COMPASS**, Real Estate Advisors. I look forward to continuing my real estate career with even more success!

SELLING CONDOS TO CASTLES

What my Customers are saying!



MULTIPLE OFFERS
The Cascades of World Golf Village
496 N. LEGACY TRAIL
3 BR | 2 BA | 2,007 SF | MLS 1143702
SOLD \$429,000
Under Contract in 24 Hours!

"Crickett was great! She got our house on the market very fast and with amazing professional photos. She was very easy to work with and got our house sold fast!"
- Natalie Dorsey, St. Augustine



**Asian - European
& Domestic
Car
Specialists**



Feldman Auto Repair

Like Us On 

*Honesty & Integrity are our Best Attributes
- The Feldman and Weitz families have
been serving Palencia Residents
for over 10 years*

**Mike Weitz,
Trained in Diagnostic
Mechanics, Hybrids &
General Maintenance**

**3816 N. U.S.1 • St. Augustine
(904) 217-0865**

www.feldmanautorepair.com

We Specialize In:
Engine Diagnostics/Driveability
Brakes • Front Ends • Tune-Ups • Timing Belts/Chains
• C/V Boots & Axles • Tires • General Maintenance



**We Sell Tires
With FREE Lifetime
Tire Rotation!**



MAINTENANCE LIGHT RESET We Reset All Maintenance & Service Lights On All Vehicles Feldman Auto Repair	ENGINE LIGHT DIAGNOSTICS \$95⁰⁰ <small>Some addl. diagnostic charges may apply</small> Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 1-31-22</small>	TIRE AND BRAKE INSPECTION Free Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 1-31-22</small>	ROAD TRIP SAFETY CHECK \$25⁰⁰ <small>21-Point Safety and Service Inspection</small> Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 1-31-22</small>
AIR CONDITIONING SERVICE \$129⁹⁵ <small>Includes • Evacuate and Recharge sys- tem • UV Dye • Check entire system</small> Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 1-31-22</small>	SERVICE SPECIAL \$10⁰⁰ OFF <small>Retail Or Service Of \$100 Or More. Most Vehicles.</small> Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 1-31-22</small>	COOLING SYSTEM SERVICE \$47⁵⁰ <small>Plus Fluid • Check entire system</small> Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 1-31-22</small>	WE PROVIDE SERVICE FOR ALL MAKES & MODELS <ul style="list-style-type: none"> • Asian • European • Domestic Feldman Auto Repair

* Some Cars Slightly Higher



Cheers To 2022 - May It Be Our Best Year Yet!

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

We will be starting off 2022 with a fun, two-day competitive Solheim Cup team competition that will be co-chaired by Barbara Jacobi and Tricia Luciano on January 29th and 30th. A kick off event will be scheduled to select the two teams for the competition.



1st Place winners: Pat Rose, Ryan Patchen, Barbara McDougall and Betsy Larey (missing from picture).



2nd Place winners: Pam Ashburn, Rosetta Smith, Larry Massie and Peggy Lamneck.

As 2021 has come to an end, we would like to thank everyone for a great year. The ladies in the Palencia Golf Association finished up the year in style with a lot of wonderful year end events.

This year's Holiday Party, "Rock Your Ugly Sweater" with special holi-

day drinks, games and prizes definitely put everyone in the holiday spirit. Ellie Chappelle, Barbara McDougall and Jan Sheeder pulled out all of the stops in making this holiday party one to remember. The White Elephant Gift Exchange was a lot of laughs with some ladies going home with great gifts and others enjoying a laugh on the gift that they received.

The ladies also raised money for the Wildflower Healthcare Clinic. A non-profit provider of free medical and dental services to low income, and uninsured adults in St. Johns County. Stephanie Kinsey, owner of Palencia Dental and longtime member of the WGA, donates her services and time to this non-profit. A special thanks to our committee co-chairs who made this event one to remember. We appreciate all of the ladies generous donations to help those in need of medical and dental services too.

The Divot Invitational for the Palencia Grounds Crew was one of the best year end events, thanks in part to Peggy Lamneck and the ladies in our golf group. A fun afternoon was had by all. While the weather outside was chilly, the guys and girls were wrapped up warm with their coats and gloves, rolling balls into the hole for a fun Winter Scramble. In the end, 3 teams won some hot cash. Everyone enjoyed drinks and pizza and sharing stories of the day. Thank you Peggy for helping us show our appreciation to our grounds crew for all of their hard work throughout the year.

The Holiday Scramble with another big cash kicker was a huge success, thanks in part to our play day chair, Diane Robinson bringing a lot of holiday cheer to the event. Ladies bundled up and showed their holiday spirit participating in a fun scramble, while wearing Santa hats and other holiday attire.

We would like to congratulate the two teams who have made it to the final round of our Match Play Competition. Congratulations go out to Carol Netzer and Maria Nilsson, Barbara McDougall

Continued On Page 7

**No Need To Wait For
Mail Delivery...**



Sign-Up To Get The Latest Issue of The Palencia Press Delivered To Your In-Box

Check out www.palenciapress.com and view the digital version of the Palencia Press. You can also view past issues and sign-up to get the latest issue of your neighborhood newspaper delivered right to your inbox... even before it hits mailboxes!

Best Selection Of Tile In The State!



Cielo Stone & Tile, Inc.

Stone, Tile, Mosaics and Flooring

904-687-1981

*Why fly to New York for the
best selection? We have it
right here at home!*

**6370 U.S. Hwy 1, Bldg #9, St. Augustine, FL 32095 (2 Miles North of the
Airport, 1 Mile South of Palencia)**

**Free
Tape
Measure!**

Mention
This Ad
When You
Visit Our
Showroom

Women's Golf Association of Palencia

Continued From Page 6

At right, Group photo of Palencia Grounds Crew and Palencia Women's Golf Association ladies.



3rd Place winners: Marge Stancil, Burt Saleby, Faye Perudat and Linda Carucci.

A final round of competition to name the overall Match Play Champion will be played shortly.

We also want to congratulate the overall Coquina Classic Team Champions. The 18 hole overall champions were Maria Nilsson and her guest, Connie Aleman. The 18 hole overall Net team champions were Deidre Wray and her guest, Doris Carlin. The 9 hole overall champions were Bev Gunter and her guest Carleen Zimmerman. The 9 hole net champions were Marge Stancil and her guest, Genie McBride. It was a wonderful Member/Guest competition. Congratulations to all of the ladies who won.

Rosetta Smith scored a net 69 to become the latest lady to qualify for the Queens Court. Barbara Jacobi with a net 71 is the runner up. Congratulations on some really nice scores!

Last, we have some sad news to report. It is with a heavy heart that we had to say goodbye to a great friend and founding member of the Palencia WGA, Susan Agee. Susan was instrumental in helping get the Palencia Women's Golf group started, holding many different officer positions and running many tourna-



9 Hole Coquina players - 1st Row: Genie McBride & Marge Stancil (Net Winners), Nicole Murrell, Barbara Tanner. 2nd Row: Bev Gunther & Carleen Zimmerman (Overall Winners), DeeDee Bandy and Barbara Jenness.

ments. She will be long remembered for her kindness, beautiful smile and always opening her heart to new members. A real Southern and gracious woman, a memorial tournament will be planned for the Spring to honor Susan and all of her contributions to our ladies group.

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



Susan Agee

New Year, New Home!



**3 or 4 Bedroom, 3 Bath In The Village Neighborhood
208 S. Common Lane - Palencia**

Beautiful 3/4 Bedroom, 3 bath home with chefs delight kitchen that opens to sunny Great Room with fireplace and breakfast cafe! Screened, covered lanai overlooking beautiful, treed preserve! Spacious Master Suite, two bedrooms share Jack and Jill bath. Office with French doors for privacy! Walk-in storage attic! Walk to Market Street and amenities! **\$525,000**



Betsy Picot, Realtor
Watson Realty Corp.
(904) 891-2144

BPicot@WatsonRealtyCorp.com



209 S. Common Lane - Palencia

Rare RENTAL opportunity! Gleaming hardwood floors in main living areas of this immaculate 3 BR, 2 bath home with spacious upstairs bonus! Formal living and dining plus great room and spacious open kitchen! Approved pets allowed! **\$3250 per month.**

Coastal Tree Service

904-285-6427

Your Complete Tree Care Specialist

ISA Certified Arborist

Specializing In Dangerous Trees



- Tree Preservation
- Tree Removal
- Pruning
- Trimming
- Transplanting
- Storm Clean Up
- Stump Grinding
- Crane Service
- Bucket Truck
- Debris Hauling
- Excavations
- Land Clearing
- Arborist Consultations
- And Much More!



www.coastaltree.com **904-285-6427**

The Southern Gardener LLC



904-377-1887

*Lawn Maintenance
Landscape Design & Installation
Licensed & Insured*

TheSouthernGardener@gmail.com

"Doing the common things uncommonly well."

*Wishing Everyone A Healthy,
Happy & Super 2022* 🎉🎉



**The SHARPES
Have Joined
eXp Realty
In St. Augustine**

Realtors Beata and Captain Jim Sharpe Jr. have been selling Real Estate in the Florida Keys Full-Time since 1989. They are new to the area, but NOT new to Real Estate. They moved to Palencia from Lower Florida Keys Summer of 2021.

The secret to Beata and Capt. Jim Sharpe's success is their Exceptional Customer Service, Strong Work Ethics, Quality Marketing Plan, Availability to their Clients all the time and the Unique Ability to Position Your Property in the Market to Sell for the Most Money in a Timely Manner.

When Reputation, Experience, Reliability, Trust, Ethics, Consistency And Results matter... Hire The "SHARPE TEAM" And Become "Another Sharpe Property SOLD"!

Beata Sharpe 305-395-8711
Capt. Jim Sharpe, Jr. 305-395-8712
Email: Bsharpe13@gmail.com
www.AnotherSharpeProperty.com



101 East Town Place #130
St. Augustine FL 32092



**PES Teacher Of The Year,
Volunteer Of The Year**

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

During these everchanging times for our children, our teachers and volunteers at Palencia Elementary School (PES) are truly at the heart of providing a stable learning environment for development and growth. Our teachers are there every day to provide the emotional and academic support needed for our children so that they can continue to learn and prosper. Our volunteers are there each day to help advance our school, ensure our children and teachers receive extra support and attention and to promote community spirit. While all our teachers and volunteers are so critical to the overall success of PES, this month, it's time to highlight a few of our exceptional teachers and volunteers that truly stood out.

Each year a teacher is selected for both Teacher of the Year and Rookie Teacher of the Year. The winners are chosen by their colleagues. The selection criteria include excellence in education, innovative instruction, collaboration, leadership and a commitment to create a caring climate inside and outside of the classroom. In addition, a Volunteer of the Year and Sr. Volunteer of the Year are selected which is a process conducted county wide for the St. Johns County School District, annually.

First Grade teacher, Martha Devane, is this year's Teacher of the Year. This is such a well-deserved recognition for Ms. Devane, who has worked tirelessly each year to create a loving and stable environment for her students. She was nominated by her fellow teachers, and Assistant Principal, Theresa Cooper shared that "this is my first year at Palencia Elementary and in just a short period of time I have been touched and amazed by Ms. DeVane's commitment to her school, fellow teachers, and students." When Ms. DeVane's students were asked what they loved the most about their teacher, they shared that it was how sweet, nice and kind she was as a teacher.

In addition, Ms. Devane is extremely humble, noting when nominated that "I am very honored to be a part of this fabu-

lous crew and I think we are all Teachers of the Year." She truly understands how important teamwork and collaboration are to make a school successful. Ms. Devane continues to inspire children and school administration and PES is very proud to



PES Teacher of the Year, Martha DeVane receives her award from Principal Catharine Goodrich.

call her one of their own. Cooper went on to share that "Ms. Devane has the remarkable ability to make others feel important, heard and appreciated. She is an amazing teacher and colleague and Palencia Elementary School is continually blessed to have her as part of our pirate crew."

Rookie Teacher of the Year is also such a special recognition as it goes to the teacher that "knocked it out of the park" at the beginning of their career with the school. Fourth Grade teacher, Danielle Hoffman, was the 2021 recipient, joining the PES faculty at the start of the 2020/2021 school year. It is such an important award as it can be difficult to make a large impact when you first start a position.

However, not only did Ms. Hoffman provide an outstanding academic environment for her students, but she also showed such grace and compassion. Ms. Hoffman had to navigate not only the extreme difficulties of inspiring and leading students during the pandemic, but she also had to manage the painful loss of one of her beloved students. She did so with true

Continued On Page 9

PALENCIA
RESIDENT
Owned & Operated

MONSTER Tree Service.

WE'RE IN YOUR NEIGHBORHOOD

The Monster Advantage

- Professional Arborists
- Licensed & Insured
- No Job Too Small or Too Monstrous
- Clean. Efficient. Respectful.
- Prompt Service
- Locally Owned & Operated

904-719-8499
www.WhyMonster.com/Northeast-Florida

Call Us For A Free Estimate On Pruning Your Tree

★★★★★
Angie's List

HAPPY HOLIDAYS!

• Landscape • Irrigation • Lighting

www.YANKEE CLIPPER IRRIGATION.com

Decorative Stone

Sprinkler Repair & Install

Water Pump

Yard Clean-ups

Landscape Night Lighting

Call Now! (904)461-5479

We've Got The Equipment For Any Job! **AFFORDABLE FULL SERVICE**
34+ Yrs Serving St. Johns

Palencia Elementary Teacher Of The Year And Volunteer Of The Year

Continued From Page 8

strength, compassion and support through a very difficult time. PES Principal, Catherine Goodrich shared, "it's no wonder that the staff at PES picked her as our Rookie Teacher of the Year. On the ballot, one of her co-workers wrote, 'Danielle creates a community where all students feel safe and are able to take the risks needed for deeper learning.' Perhaps this colleague said it best; 'Danielle is such an effective teacher and communicator! I can't believe she is a rookie!'"

In addition to these amazing teachers, there are also an army of hardworking volunteers that add tremendous value at PES each and every day. These volunteers help raise money, support our teachers, enhance learning and safety, and provide a supportive community environment. The district recognized two of those volunteers this year which are Volunteer of the Year, Ghina Amun, and Sr. Volunteer of the Year, Susan Ledford.

Ms. Amun has been supporting Palencia Elementary for the last eight years as a parent and volunteer. In all those years, she has logged over 1000 hours with the school and this past year despite the challenges with covid, she has logged over 150 hours to date. Those hours do not reflect the countless hours that are also devoted to PES while she's at home. She contributes to everything from decorating class doors, sanitizing the art supplies, proctoring tests, assisting the PTO with a fundraiser, sorting paperwork, and working with children on math facts. Many that work with her have shared comments of their admiration towards her. This includes, "kindness doesn't even come close to who she is," and "she is encouraging, helpful and always joyful," as well as "she will come to your aid no matter what the request." PES is so fortunate to have the amazing support of Ms. Amun.

Senior Volunteer, Susan Ledford, has also done a tremendous job supporting the prosperity of our school. As a former media specialist with over 20 years experience, Ms. Ledford is a dependable weekly volunteer who arrives despite weather conditions, Covid 19 surges and other commitments to assist our school media center. She provides so much valuable knowledge and expertise in this field and shares that expertise with all the PES students and staff. She even ensures she stays up to date with the latest trends, including reading the Diary of a Wimpy Kid series. Each and every



Danielle Hoffman is PES Rookie Teacher of the Year.



PES Volunteer of the Year is Ghina Amun.



PES Sr. Volunteer of the Year is Susan Ledford.

student comes in contact with her bright smile and helpful hand. And Ms. Ledford doesn't stop her volunteer efforts there. She also spends time in multiple classrooms assisting in whatever tasks the teacher needs to feel supported and comfortable. She is truly a remarkable volunteer that PES is grateful to experience.

This community is so grateful to the efforts of the entire team that helps our students learn, grow and feel loved each and every day. If you would like to learn more about getting involved with the school, please visit the website www.palenciapiratespto.com.

Water Problems? Ask Polly!



Polly Swindull

I am extremely worried about contaminants in my drinking water. What can I do to protect my family?

This is a simple answer: the most effective way to remove contaminants from your drinking water is an under-the-sink, Reverse Osmosis system. The cost is between \$500 & \$600 installed. Filter replacement is expected to be needed approximately every two years and you can replace the filters yourself.

-Thanks, Polly

Your Local Insurance Agency Storm Tested and Proven Quality Service



HOME | AUTO | UMBRELLA | FLOOD

SCOTT GILLILAND - AGENT
PHONE (904) 824-9877

Located at Palencia Village Square
701 Market Street Unit 113
St. Augustine, FL 32095



www.gillilandinsurance.com

Walk-Ins Are Welcome



Palencia Resident Owned

Golf Carts of St. Augustine

We Service All Makes & Models

- Pick Up & Delivery
- Trades Welcome
- Financing Available

- Authorized Star, Tomberlin, Evolution & Bintelli Dealership
- Authorized EZGO Parts & Refurbished Custom Cart Dealer



RoyPow
Get powered. Get inspired.



More Run Time and Mileage On A Single Charge

Lithium Multiple Battery Packs - Plug & Drive

- | | | | |
|----------------------|-----------------------------|------------------------|---------------------------|
| Up To 70 Miles Range | Up To 10 Years Battery Life | Up To 3500 Life Cycles | Up To 2.5 Hrs Fast Charge |
|----------------------|-----------------------------|------------------------|---------------------------|

904.810.1006 35 Years of Experience

See Our Showroom at 5960 U.S. 1 North, St. Augustine • Located 2 Miles South of Palencia

EAST COAST WELLS & WATER TREATMENT CALL 824-6630

Newcomers Of North St. Johns Announces January 18th Luncheon At Magnolia Point Club

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) invites members and their guests to join the fun at our January luncheon on Tuesday, January 18, beginning at 11:15 a.m. at Magnolia Point Golf and Country Club, 3670 Clubhouse Drive; Green Cove Springs. The event features a delicious lunch and entertainment by multi-talented musician De Luna.

"What a fun way to start the new year – fabulous luncheon venue and unique entertainment!" said Lyn Whitlock, co-president of NNSJ.

"We're looking forward to a wonderful 2022 with many luncheons and other opportunities to get together with fellow members and make new friends," added Pat Lett, co-president.

Doors will open at 11:00 a.m. Cost for the luncheon and program is \$33 for members with guest price of \$37. Reservations must be received by January 7th.

Luncheon includes entrée choices of: Confetti Chicken covered by an Asiago Cream sauce with Spinach, Sun-Dried Tomatoes, Mushrooms and Bacon over Fettucine and served with Garlic Bread; Roasted Tuscan Spaghetti Squash served with Sun-Dried Tomatoes, Kalamata Olives, Basil and Goat Cheese in a Garlic Citrus Olive Oil Sauce; or Parmesan-Crusted Cod pan fried with Sun-Dried

Tomato Lemon Sauce accompanied by Garlic Mashed Potatoes and Julienne Vegetables. All entrées come with a House Salad and Rolls and Butter. Beverages include Iced Tea, Water and Coffee. Dessert is Chef's Choice. A Cash Bar is also available.

De Luna will be performing magical harp and flute music for Newcomer members and their guests. "Her music is beautiful; she is attentive to detail and never fails to impress her audience," said Charlene Lim, Co-Vice-President.

De Luna performs at special events, weddings, and concerts. Her music has been described as "healing and transformative" and she also performs at meditation concerts.

As always, raffles for gift baskets and a fun 50/50 drawing spice up our NNSJ luncheons. And, perhaps you will win one of the beautiful centerpieces.

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. NNSJ offers a wide variety of activities to get acquainted and have fun including smaller lunch groups, wine socials, golf, Mah Jongg, holiday parties, day trips and cultural events.



De Luna

HAPPY HOLIDAYS!

LANDSCAPE * LIGHTING * IRRIGATION

★★★★★
Angie's list
See our reviews

WWW.YANKEE CLIPPER IRRIGATION.COM

BBB A+

CALL NOW!
(904) 461-5479

AFFORDABLE FULL SERVICE
34+ Yrs Serving St. Johns

LIGHTING SPECIAL

- LANDSCAPE DESIGN
- LANDSCAPE NIGHT LIGHTING
- SPRINKLER REPAIR & INSTAL.
- WATER PUMP
- DRAINAGE SYSTEM

St. Augustine Travel Club Meetings

The Travel Club will resume on Wednesday, January 12, 2022, at 3 p.m. at the Southeast Branch Public Library with a presentation on Gardens and Parks of Europe, featuring formal and informal French, Italian, German and English Gardens accompanied by music of Beethoven, Chopin, Handel, Brahms, and others.

The club is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas around the world, with focus mostly on Europe, but also other parts of the world. Also, some of our participants have hosted a presentation based on their own travel experiences. For more information, please call Peter Dytrych at (904) 797-3736. (Masks are recommended).

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas 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 extra cost. Book now with a \$250 p.p. deposit and receive \$100 per stateroom On Board Credit. Should NCL have to cancel the cruise, full refund would be issued. Call Peter, St. Augustine Travel Club at (904) 797-3736.

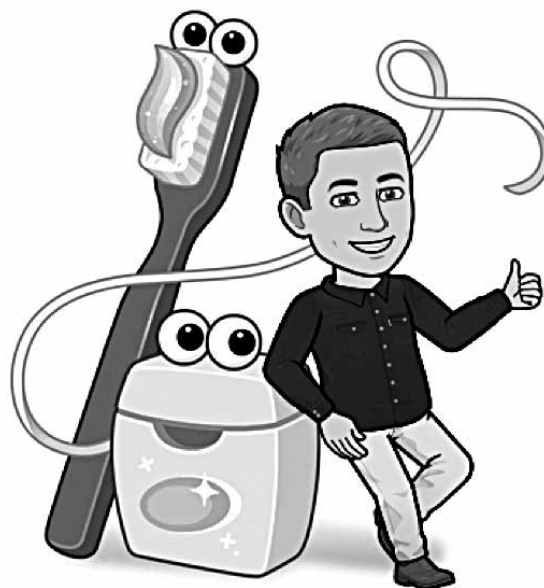


Bachelors: University of Florida

Masters: Biomedical Sciences from Florida Atlantic University

Dental School at the University of Florida College of Dentistry

Aviles DENTAL CARE™ Meet Doctor Lovelace



I love my job! The fact that I get to know people one on one and develop trust with them over time is something I cherish and take very seriously. I love living in the area with my wife Alexis and daughter Mackenzie with more on the way!

Outdoor activities are my preference with golf and fishing occasionally.

904-429-3446

**305 Paseo Vereda Dr., Palencia
www.avilesdentalcare.com**

Palencia Celebrates The Holiday Season

Continued From Page 1



In addition to Santa, carriage rides, holiday music and local vendors, the 2021 Palencia Tree Lighting event was also filled with great food. Lots of food trucks lined Market Street to offer a huge variety of great eats to event goers who were also able to get some Christmas shopping done at the vendor booths.

It's a Palencia Christmas tradition to sit on Santa's knee and tell him what's on your holiday wish list.



Asking Santa for a stocking stuffed full of joy this year.



Santa stole the show at the Palencia Tree Lighting while families were all smiles with treats available at the numerous food trucks lining Market Street. The warmth and joy of Christmas brings us closer to each other, and this family was no exception.



Jennie Morris
"Professional And Confidential"

www.904bookkeeping.com
jennie@904bookkeeping.com

904 BOOKKEEPING

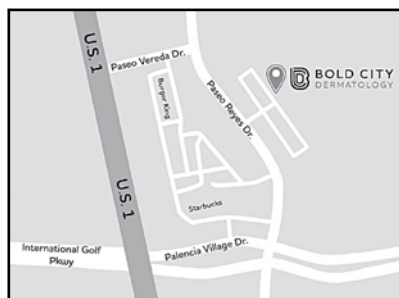


- Freelance Digital Bookkeeper
- Certified QuickBooks Pro Advisor
- QuickBooks Training Available
- Specializing in Data Cleanup for Tax Preparation

Call 904-357-0801

BOLD CITY DERMATOLOGY

We look forward to seeing you! Please come visit us in the Professional Center at Palencia Commons, in the northeast corner of International Golf Parkway and US 1.



address:
**316 Paseo Reyes Dr.
Saint Augustine, FL 32095**

phone/fax:
904.544.5800

website:
www.boldcityderm.com

Services Provided

Medical

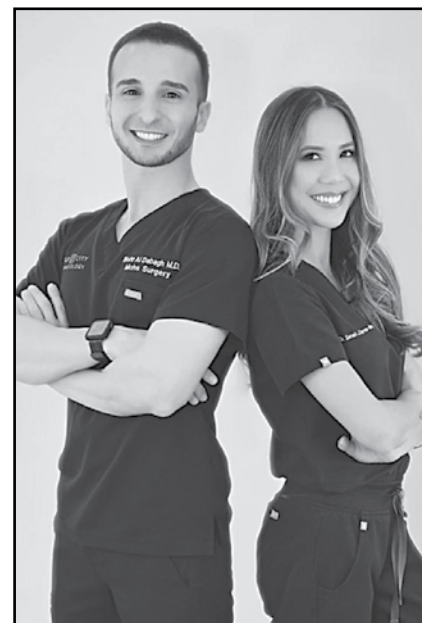
- Full Skin Check
- Complex Medical Dermatology
- Acne
- Rosacea
- Psoriasis
- Pigmentary Changes
- Eczema or Atopic Dermatitis

Surgical

- Mohs Micrographic Surgery
- Excisions (benign and malignant skin lesions)
- Electrodessication and Curettage (ED&C)
- Cryotherapy
- Topical Chemotherapy

Aesthetic

- Personalized Skin Care Regimen
- Neuromodulators (Botox)
- Hyaluronic Acid Filler (Belotero, Juvederm Voluma, Juvederm Ultra Plus)



**Dr. Bishr Al Dabagh
and Dr. Sarah Ferrer-Bruker**



Don't Need All This When You Have Permanent Makeup

Call Terri at 917.584.8863
www.nouveaupc.com

Nouveau Image Permanent Makeup

165 Southpark Blvd., St. Augustine, FL terri_permanentmakeup



Selling Palencia

AND BEYOND



COLDWELL BANKER
PREMIER PROPERTIES



0 CARCABA RD
2.5 Acre Lot
\$529,000 MLS 1137607



34 COLONY ST
3 BR 2 BA 1,583 SF
\$460,000 MLS 1142345



188 GARGONZA CT
2 BR 2.5 BA 1,420 SF
\$230,000 MLS 1140703



4810 BOAT LANDING DR
4 BR 3 BA 2,452 SF
\$585,000 MLS 1144065



1308 BARRINGTON CIR
4 BR 2 BA 2,402 SF
\$469,000 MLS 1140978



413 N LEGACY TRL
2 BR 2 BA 2,009 SF
\$385,000 MLS 1144068



625 S BREVARD ST
3 BR 2 BA 1,192 SF
\$220,000 MLS 1138565



1021 INVERNESS DR
2 BR 2.5 BA 2,385 SF
\$485,000 MLS 1140544



595 MARKET ST
3 BR 3.5 BA 3,916 SF
\$779,900 MLS 1130892



10435 MIDTOWN PKWY #338
2 BR 2 BA 1,181 SF
\$212,500 MLS 1134509



670 TREEHOUSE CIR
4 BR 4.5 BA 3,412 SF
\$1,050,000 MLS 1133876



1240 FOUR MILE RD
3 BR 2 BA 1,477 SF
\$275,000 MLS 1139159



1637 SUGAR LOAF LN
2 BR 2 BA 1,841 SF
\$399,000 MLS 1135513



28358 LAKE HAMPTON RD
3 BR 2 BA 1,272 SF
\$240,000 MLS 1117705



270 JEFFERSON AVE
3 BR 2 BA 1,524 SF
\$199,000 MLS 1136296

WE SELL COMFORTABLE CONDOS TO LUXURY HOMES

**NOVEMBER
TOP
AGENTS**

**TOP SALES &
PRODUCER**

Frank Nelson
REALTOR®
904.567.6717



**TOP
LISTINGS**

Dottie Lay
REALTOR®
904.466.0749



THINKING OF SELLING? NOW IS THE BEST TIME TO GET THE MOST OUT OF YOUR HOME! DEMAND IS HIGH AND INVENTORY IS LOW.



Luxury Home Sales & More
600 Market Street 904.601.5000
ColdwellBankerPremierProperties.com



COLDWELL BANKER PREMIER PROPERTIES

Home Sales & Property Management
163 Palencia Village Dr., Suite 110
904.222.8932

HOME OF THE PALENCIA CERTIFIED AGENTS



COLDWELL BANKER
PREMIER PROPERTIES
600 MARKET STREET
IN PALENCIA



SELLING DREAM HOMES IN EVERY PRICE POINT!

CONDOS • VILLAS • SINGLE FAMILY



COLDWELL BANKER
PREMIER PROPERTIES
MEMBER SCHMIDT FAMILY OF COMPANIES

REALTOR®

FRANK NELSON

SERVING SATISFIED CUSTOMERS SINCE 2005

904.567.6717
FrankNelsonHomeSales@gmail.com
www.FrankSellsFloridaHomes.com

400+ HOMES CLOSED & OVER \$100 MILLION IN CLOSED VOLUME



1950 N LOOP PKWY
3 BR | 3.5 BA | 1,832 SF | \$516,100



609 HANNAH PARK LANE
4 BR | 3 BA | 2,712 SF | \$482,500



127 EVENSHADE WAY
4 BR | 3.5 BA | 2,860 SF | \$527,900



1307 BARRINGTON CIRCLE
3 BR | 2 BA | 1,940 SF | \$575,000







1308 BARRINGTON CIRCLE
4 BR | 2 BA | 2,402 SF | OFFERED AT \$469,000



©2022 Coldwell Banker Real Estate LLC. A Realty Company. All Rights Reserved. Coldwell Banker Real Estate LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. All information deemed reliable but not guaranteed.

THINKING OF LISTING YOUR HOME OR CONDO?

SELL NOW WHILE THE MARKET IS HOT!

November 2021 Change From November 2020 31-ST JOHNS COUNTY-NE-(W OF INTRACOASTAL) Change From October 2021

Price \$/SqFt 52.8% 14.6%

\$243


Source: Northeast Florida Association Of Realtors®

PALENCIA



212 CARMINE LANE
3 BD | 2 BA | 2,710 SF | \$547,000

PALENCIA






670 TREEHOUSE CIR
4 BD | 4.5 BA | 3,412 SF | \$1,050,000

FRED CATALANO

Broker Associate - Realtor

904.315.3785
Catalano.Frederick@gmail.com
www.FirstCoastRealtyPro.com

COLDWELL BANKER
PREMIER PROPERTIES

163 PALENCIA VILLAGE DRIVE, SUITE 110
(Located in Starbucks Shopping Center)

Certified Palencia Agents

Listing and Selling homes in our community and beyond!

2022

It's a New Year and it's time to ask yourself...
Are you comfortable or are you HOME?
Let us help you answer that question and turn your Dream into a New Address!
Happy New Year from your neighbors
Nan & Mo!

THANK YOU FOR MAKING 2021 A BANNER YEAR!



Maureen Nightingale
REALTOR®
503.686.1426
nightingalemaureen64@gmail.com



COLDWELL BANKER
PREMIER PROPERTIES



Nancy Daniels
REALTOR®
904.599.4233
Nancy.Daniels.Sells@gmail.com

163 PALENCIA VILLAGE DRIVE, SUITE 110



**THE NTEB
BIBLE BELIEVERS
BOOKSTORE**

In 2022,
**COME STUDY
THE BIBLE
WITH US!**

**Tuesday Night
Bible Study
6:30 - 8:30PM**



**House Church
Sunday Service
11 - 12:30PM**

Ecclesiastes 8:4 (KJB)

701 Market Street • Saint Augustine
biblebeliever.com

Nease NJROTC Sweeps Three Straight Georgia Drill Championships

In the world of NJROTC drill competitions, most schools compete in 2-4 per season typically spaced a month or two apart in order to fully prepare. However, with COVID impacts affecting drill meet schedules across both Georgia and Florida, 2021 is proving an atypical year. As a result, Nease Navy JROTC's varsity drill team competed in three sanctioned drill meets in 22 days, bringing home top honors each time.



Nease's dynamic Fab 4 senior drill commanders Brodie Mongon (Armed Basic), Daniel Mahoney (Armed Exhibition), Kaitlyn Boggs (Unarmed Basic) and Isabella Rivera (Unarmed Exhibition and Color Guard) received 1st place Drill Overall at all three competitions.



Cadet Lieutenant Emmelie Neff receives one of her three 1st place Situp medals. Neff averaged 331 situps during competition at the Sprayberry, Lee County and Martin Luther King High School hosted meets.



Commander Kaitlyn Boggs leads the Nease Unarmed Basic team to 1st place at the Lee County Drill Meet in Leesburg, GA.

Similar to Union General William T. Sherman's March to the Sea campaign across Georgia, which coincidentally begin on this date in 1864, Nease's drill team captured three Georgia sanctioned drill meet championships in Marietta, Leesburg and Lithonia on October 23rd, 30th, and November 13th topping 37 schools along the way.

Of the 39 1st place trophies at the combined three competitions, Nease took home top honors in 31 categories.

"Three major drill meets in four weeks was an incredible challenge for the team," said Unarmed Basic Drill Commander Kaitlyn Boggs. "These



The Armed Exhibition drill team performs during the Sprayberry Drill Meet in Marietta, GA.



Cadet Lieutenant Commander Brodie Mongon leads the Armed Basic Drill team to victory at the Martin Luther King hosted drill meet in Lithonia, GA.

Battalion Commander Isabella Rivera (top) and Command Master Chief Kaitlyn Boggs celebrate.



Cadet Ensign Ben Prohofsky accepts the 1st place team Academics trophy at the Lee County Drill Meet. Prohofsky claimed top academic honors at two of the three competitions.

championships reflect a total team effort."

In addition to the team event trophies, 24 cadets took home individual

medals for exceptional performance in academics or athletics including noteworthy standouts Emmelie Neff – 1st place Situps (three peat); Ben Prohofsky 1st place Academics (repeat); Caden Byas and Brodie Mongon – four medals; Kaitlyn Boggs, Danielle Camacho, Nicholas Gallego, Isabella Rivera, Neff and Prohofsky – three medals.

"We've got several areas where we need to focus and improve if we hope to win the state championship again this year," said Cadet Daniel Mahoney, commander of the Armed Exhibition team. "But our team chemistry is better right now than it's ever been."

Nease next competes at the Mandarin Drill Meet on January 8, 2022.

Nease's drill team finished 3rd at the Navy National Academic, Athletic and Drill Championships in 2021.



Cleaning Out Your Closet? Know What To Keep & What To Throw Out

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

You open your closet to find something to wear, and you feel like it is full of clothes that don't fit, or just don't want to wear anymore. The solution is simple: get rid of them. Here are my best tips and closet cleaning guidelines on what to keep and what to toss:

1. Easy steps first. You can donate clothes that don't fit you, although you were hoping to fit into them one day. Replace those items with clothes that make you feel comfortable and confident now.

2. Discard anything that's stained, torn, or ripped. Yes, please, that includes your un-matching socks!

3. Hand-me-downs that you never loved. Things that we inherit from family members, that you feel obligated to keep.

4. Of course, any worn-out sneakers and uncomfortable shoes.

5. Have you worn it in the last year? If not, it goes straight to the toss/donate/sell pile. Be honest with yourself; if you haven't worn it in a year, even with tags on, you never will. Of course, there are exceptions: formal dresses, sentimental pieces like your college jacket, etc.



6. Any uncomfortable underwear that you haven't worn and bras too!

7. Please don't wait for it to come "back in style." We all have clothes from 10 years ago, hoping they'll come back. Well, I did that, and they are just taking up your closet space.

8. Make sure you can style everything that you keep. Just make sure you can pair the item with other things in your closet.

9. If you are not sure what to do with some pieces, start your "don't know pile." Make sure to try all those pieces on again before deciding. Don't be afraid to get rid of stuff that you once loved that no longer serves you.

10. Don't forget to toss any dry cleaner hangers and plastic bags!

I hope you picked up some useful tips on how to purge your closet and decide to tackle it soon! Organizing a closet is not a small task, but for sure, it's one of the most satisfying clean-up projects you can do today.

Need help? We are here for you! If you have questions, call me at (904) 351-8343.

COA Center At Flagler Health Village At Nocatee - January Events

The following programs will be held at COA Center at Flagler Health+ Village at Nocatee, 351 Town Plaza Avenue, Suite 205, Ponte Vedra, FL 32081. Registration is required and space is limited. Unless specified otherwise, please register by email to pbrunell@stjohnscoa.com or by calling 904-819-3234.

Fitness Classes

Chair Yoga: A gentle form of yoga that can be done sitting which can boost your mood, reduce stress, and improve flexibility and strength.

Stretch, Strengthen, Move and Groove: A fun approach to fitness that can be done sitting or standing and adapted to all fitness levels.

Tai Chi: Improve mood, increase energy, improve flexibility, balance, and muscle strength

Educational Classes (Open to Adults 18+)

Herbology: This fun, hands-on course will teach you the culinary and therapeutic properties of herbs, the history of herbal medicine, and give you an opportunity to create your own herbal products.

French for You: Class is for all levels, whether you are planning a vacation or just want to learn, understand, or practice French.

Learn Mah Jongg: Class is for beginners and people who have tried to play but are not comfortable with the basics.

**"I only want cremation."
Call For Price**

**Flagler Memorial Cremation Society
(904)797-4990 or (904)669-1809**

Carrera Wine Cellar

35 San Marco Ave • St. Augustine, FL
www.carrerawinecellar.com

**WINE BY THE GLASS,
WINE FLIGHTS, WIDE
ARRAY OF BOTTLES,
BEERS, & CHARCUTERIE**

Carrera
fine
cellar

**NOW BOOKING
CLASSES, EVENTS,
PRIVATE PARTIES**

Bring in this ad:

**VOTED BEST WINE LIST
AND
BEST WINE BAR**

**20% OFF
ONE OF OUR
FEATURED FLIGHTS**

expires: 2/15/2022
single use

904.217.4751

FOLLOW US ON:

Scan the QRC Code on your smart phone

Your Organizing Studio

Start The New Year Off Right!

Before

After

Let a professional organizer declutter and organize your home

We offer professional home-organizing services for your entire home that are personalized, functional and aesthetically beautiful so that you can have the peace of mind you deserve.

**Call for your Free Consultation
(904) 351-8343**

@YourOrganizingStudio
Alejandra@YourOrganizingStudio.com
www.YourOrganizingStudio.com

Alejandra Rivera
Professional Organizer - Palencia Resident

WATER SOFTENERS BY
East Coast Wells & Pumps



- Wells
- Pumps
- Softeners
- Filtration
- Chlorine & Hardness Removal
- Bacteria Removal

David & Polly - Lifetime Residents

PROTECT YOUR HOME AND FAMILY TODAY!

824-6630

www.EastCoastWells.com

Florida License #7232

Licensed Bonded Insured

*** Mention This Ad And Receive FREE Salt For One Year With New Installation**



Ask A Certified Master Gardener
A Little History Of Florida Citrus

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

Many of us think of citrus trees as natural landscape plants. After all, Florida is the orange capital and citrus images abound everywhere, from our “sunshine state” license plates to every kind of ad touting the rewards of this healthy fruit. Because this is the time of year we pick our carefully cultivated citrus varieties, it is a suitable moment to explore some of the historical developments as well as the challenges faced by the Florida citrus industry.

Spanish explorers introduced oranges to Florida in the early 1500s, initially in St. Augustine. Oranges emanated from the Mediterranean Spanish climate, similar to California’s, to Florida’s sunny subtropical climate, with one major difference - Florida humidity.

The first grove, grapefruit, was planted in Tampa and for the next three centuries, orange trees were planted haphazardly around the state. Commercial citrus production began in the late 1700s, but was not a significant economic force until 1875 when a 20-year “boom” period began. During this time, the industry expanded, and citrus fruit became one of the state’s most valuable crops. Commercial citrus acreage was concentrated in the northern part of the state, due to more accommodating soils.

While it may be hard to believe the facts you will read below, this is a very brief account of the major new developments and the seemingly insurmountable challenges faced by citrus growers after the 1920s.

• **1930:** Micronutrients of zinc, manganese and magnesium were found to improve citrus yields and soil amendments became routine. The Florida Citrus Commission was created in 1935 to provide marketing, research, and regulatory support, the goal of which was to raise demand for Florida citrus nationwide. **Fungal diseases that arose during this time period were citrus melanose, stem-end rot and scab necessitating immediate control measures.**

In 1939, the citrus became an iconic symbol of Florida, and a widely distributed travel guide, “Florida: A Guide to the Southernmost State,” was produced in Washington, D.C. and emphasized citrus fruit as the embodiment of vitality

and outdoor fun.

• **1940s:** In early 1942, the U.S. government pursued a vitamin C supplement for military personnel fighting World War II and canned orange and grapefruit juices met the need. The Feds purchased 20% of all U.S. citrus. **The virus during this time period was citrus tristeza virus (CTV) and attempts were made to determine the cause of this baffling and at times fatal condition that still exists today.**

Florida-based scientists now sought a method for producing frozen concentrated orange juice. Work took place in Winter Haven at USDA labs and the Florida Citrus Commission. In 1948, the process was perfected, patented, and when frozen concentrate reached supermarkets, it was an immediate hit, a

major shift in the industry focus that better suited Florida oranges.

• **1950s:** New hardier cultivars were developed, and, for the first

time, growers addressed environmental concerns of citrus wastewater and pesticide exposure on worker health. **A remedy for the serious plant pathogen Yellow Spot was discovered, along with biological controls to eradicate another problem - the purple scale insect.**

• **1960s:** Hurricane Donna hit Florida in 1960 destroying half of Florida’s grapefruit crops and 10 percent of orange and tangerine crops. **In 1962 the Mediterranean fruit fly became a serious problem, along with the invasion of a citrus root weevil. Horticultural oils were first developed and found to control Greasy spot fungus.**

• **1970s:** An *Alternaria* brown spot fungus outbreak led to the development of scientist recommendations that appeared to slow the disease.

• **1980s:** Six severe freezes devastated the citrus industry. **Bacterial Citrus canker, discovered in 1912, rose again in 1986 when it was found in a homeowner’s landscape in Tampa. From one single yard, it spread to a commercial grove and by 1990 was well established and would not be**

Continued On Page 17



WELLS FARGO Advisors



Plan upstream towards steady income downstream

A little planning today can make all the difference tomorrow. We can help you design a distribution strategy aimed at preserving your savings and helping to ensure your income stream flows through your retirement.



Milton Nuckols, CFP®, CIMA®
 Financial Advisor
 First Vice President - Investments
 1919 US 1 South
 St. Augustine, FL 32086
 Direct: 904-824-7543
 milton.nuckols@wellsfargo.com
 wellsfargoadvisors.com

Investment and Insurance Products:

NOT FDIC Insured	NO Bank Guarantee	MAY Lose Value
------------------	-------------------	----------------

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and non-bank affiliate of Wells Fargo & Company. © 2020 Wells Fargo Clearing Services, LLC. All rights reserved. CAR-0720-03330

Dr. Stephanie Kinsey And Palencia Dental Commemorate 10 years In Local Practice Recent Milestones Include IV Sedation For Patients

Palencia resident Stephanie Kinsey, DDS, owner and founder of Palencia Dental has 10 years in local medicine as a highly-specialized dentist in neuro-muscular, sleep apnea, temporomandibular joint and temporomandibular joint disorder (TMJ/TMD), and migraine pain dentistry treatments, oral surgery, along with implants, cosmetic dentistry and facial aesthetics.

“Throughout our decade in business here, we have experienced positive changes with tremendous population growth,” said Dr. Kinsey. “St. Johns County has skyrocketed since I began my practice with exponential development in all types of dental offices. We continue our pursuit of excellence with advanced training.”

The practice is also newly certified with the Florida Board of Dentistry to administer intravenous (IV) conscious sedation for patients who require the procedure during oral, tooth, gums, and jaw surgeries, among others. According to Dr. Kinsey, IV sedation will help calm the fears and inabilities of patients to access care by the debilitating factor of not wanting to go to the dentist. “Not everyone is a candidate for IV sedation. We work closely with the patient’s medical physician to determine which type of sedation is best for them and the treatments they have been prescribed,” she said.

Dr. Kinsey has been practicing dentistry for more than 20 years in St. Augustine and in the state of Colorado. She is an American Academy of Dental Sleep Medicine (AADSM) Qualified Dentist.



Stephanie Kinsey, DDS

Also, this year, Dr. Kinsey was named Dental Director on the Board of Directors for Wildflower Healthcare, a nonprofit in St. Augustine established in 1995. 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.

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

A Little History Of Florida Citrus

Continued From Page 16

eradicated.

- **1990s:** Sustainable fertilization practices and food safety measures were begun.

Along with Hurricane Andrew in south Florida, **citrus blight, brown citrus aphid, and Asian citrus psyllid - the cause of citrus greening – sprang forward.**

- **2000s:** Citrus canker was the most critical problem of the decade and resulted in the destruction of thousands of citrus trees. In 2005 more citrus greening was revealed and it continues to be ongoing throughout the state.

It is clear that in every decade, at every juncture, there were numerous and complex issues to be dealt with. While many problems have been solved, there remain two serious diseases, namely, citrus canker, and citrus greening, both of which are contagious. The first one produces obvious raised blister-like lesions on both sides of the leaves and eventually on the fruit. Citrus greening produces vein, leaf and shoot yellowing and an asymmetrical chlorosis referred to as “blotchy mottle.” The blotchy mottle appearance is the most diagnostic symptom of the disease and fruit also grows lopsided, another indication.

If you suspect either of these prob-

lems, it is best to seek professional advice so that you don’t contaminate other trees in the neighborhood.

Lastly, the good news is that most disease and pest issues can be resolved and/or managed by repeated applications of horticultural oils and, in some cases, insecticidal soaps. Applying horticultural oil as a preventive measure when your tree is healthy is the best defense against oncoming issues.

The best advice when you decide to purchase any kind of citrus is to ensure that you are dealing with a certified, licensed nursery. You should always feel free to ask to see their license. While our citrus trees may involve a little more work – it is well worth the investment when you see the results. I hope you enjoyed a little bit of our citrus history.

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).

TIGHTEN, TONE *and Transform...*

NEED A LIFT?

THE EYES HAVE IT!



The benefits of face/neck lift surgery go far beyond the tightening of sagging skin & fat. This procedure often helps individuals regain their lost self esteem when the face they see in the mirror no longer matches the youthful feeling within. Normally performed as an outpatient procedure with recovery time of 1-2 weeks, today’s face/neck lift procedures not only address the sagging face and neck skin, but also rids the face of unwanted fat and tightens its muscular foundation for longer lasting results.

The eyes are the central point of facial expression. When they appear aged due to laxity of the skin or puffy due to herniation of excess fat, we may project an image of worry or fatigue. Blepharoplasty or Cosmetic Eyelid Surgery is a minor outpatient surgical procedure which can remove many signs of aging around the eye area. The procedure usually causes only minor discomfort and bruising which resolve within seven to ten days. The final result is flattering eyes that appear more rested and youthful.

LUNCHTIME LIPOSUCTION



Busy patients want a liposuction procedure that allows them to get back in the mix as fast as possible. Small Cannula Liposuction is performed under minimal oral sedation, using local anesthesia and the entire procedure can be done in the time frame of a long lunch break. Fit individuals with problem areas such as hips/flanks, saddlebags and lower abdomen pooch are ideal for this procedure. As a side benefit, the harvested fat may be used in some individuals to restore facial fat for a more youthful appearance.

R. Gregory Smith, MD is the director of Ponte Vedra and Palencia Cosmetic Surgery and has been performing Cosmetic Surgical procedures in the Ponte Vedra area since 1991.

Dr. Smith received his Cosmetic Plastic Surgery training in Paris from the world renowned Plastic Surgeon Dr. Paul Tessler. Recently, Dr. Smith moved his practice to The Palencia Community to better serve the areas of Nocatee, World Golf Village and St. Augustine as well as the southward expansion of Jacksonville and Ponte Vedra.

621 Market Street, St. Augustine, FL 32095 pvcosmeticsurgery.com



SMITH
PONTE VEDRA & PALENCIA
COSMETIC SURGERY
904.285.5571



LOCALFARE

chef-inspired produce. delivered.

Eat Local. Eat Seasonal. Eat Healthy.

Sign up today at

www.localfaresouth.com

(904) 687-4270



\$5 OFF
Your First
Delivery

Use code
“Buy Local” when
placing your order

A Trusted & Superior Level of Dental Care!



We are so proud to announce that we have moved across the street into our new state-of-the-art dental practice!



FREE Cleanings!

For insured patients. Call for details.

ALEXANDER DENTAL

134 Registry Boulevard
• St. Augustine •
904-940-5757



Appointments 7am-7pm & on Saturdays!



Make A Resolution To Improve Your Golf Game

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



Hello Fellow Golfers,
Start with the fundamentals -
What are they and why do fundamentals? To make you repetitive and give you the best chance to develop power and accuracy!

Only five and here they are:

- 1) Grip (your only connection to the club)
- 2) Stance and posture
- 3) Position at the completion of backswing (loading power)
- 4) Position at impact
- 5) Your follow-through (transferring all your power)

When you combine fundamentals with timing and sequencing you have developed a fabulous golf game!

Cheers to 2022 and your golf game.

Contact me to help you with your journey to your new golf game of 2022 at Laura@laurabaughgolf.com



Howard Epstein, M.D.
FACS, Board Certified



ADVANCED UROLOGY INSTITUTE

CONDITIONS WE TREAT

- BPH
- Erectile Dysfunction
- Bladder Cancer
- Kidney Cancer
- Kidney Stones
- Overactive Bladder
- Prostate Cancer
- Urinary Incontinence
 - Vasectomy
 - Space Oar



Bill Vanasupa, D.O.
Board Certified



Katherine Gardner
NP-C



Jonathan Baron
PA-C

NOW SERVING NORTH ST. JOHNS COUNTY

TWO LOCATIONS TO SERVE YOU

(904) 824-1450

WORLD GOLF VILLAGE OFFICE
52 TUSCAN WAY, SUITE 203
THE SHOPPES AT MURABELLA

ST. AUGUSTINE OFFICE
240 SOUTHPARK CIRCLE EAST
ST. AUGUSTINE, FL 32086



License No. 9097

ILO LLC INTERIOR & EXTERIOR PAINTING AND HANDYMAN SERVICES

Free Estimates • Great Prices

904-347-8288

Licensed & Insured

Good To Be Home Cleaning Service

Residential weekly, moving in-out, or one time cleanings. Excellent references.
6 years of experience.

904-347-7990





Things That Go “Boom” In The Night

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

Ain’t my favorite night of the year, New Year’s Eve. Should be called the “Doggone Day of Detonation”! I can’t figure out what the bag people are doing, trying to set the whole neighborhood on fire with flaming, exploding rockets. Sizzler sticks, whistlers, cannon shots and boom makers so big and powerful, they shake the bed I hide under.

On the morning walk-around, that day, all my friends walk by, heads-down, tails between their legs, in terrible fear of the gala eve to come. Even the birds are nestled low and away, hopefully far enough to escape the terrible flying debris caused by the explosions in the air.

What is this all about? Even the picture box in the house shows crazy bag people hugging and screaming and wearing goofy human headwear watching a big lighted ball fall to the floor. People cavorting to even louder music using words I know not nor understand. And they all seem to be out of kilter?

Then, except for a few that probably can’t accept or realize that the ball has broken, everything stops. Guess



they all get in their four wheelers and drive home. And finally, after the last of the naysayers lose their lights, it returns to Palencia peacefulness. And we can welcome the New Year in quiet reflection that 2022 has got to be better. Even for the animals!

Dr. Sarah Frantz Joins Palencia Pet Clinic

The Palencia Pet Clinic family welcomes Dr. Sarah Franz, Veterinarian to the growing practice of pet wellness.

Dr. Franz graduated from the University of Florida College of Veterinary Medicine in 2013. Since graduation, she has worked in progressive small animal practices and specialty emergency hospitals. She has extensive experience in surgery (routine and emergency), urgent and critical care medicine, ultrasound and preventative medicine.

She also obtained her Master’s in Public Health from the University of Florida with a focus in Epidemiology. She has authored many peer-reviewed research articles in a variety of journals. Upon graduation from Veterinary School, she received the Charlie Bild Clinical Proficiency Award which was in recognition for outstanding clinical proficiency.

Dr. Franz is married to fellow associate Dr. Matthew Young. They met at the University of Florida and have practiced at the same hospital throughout much of their careers. They thoroughly enjoy collaborating together and discussing cases even when it continues after hours at home over dinner! She has been practicing in the St. Augustine/Jacksonville area for the last five



Dr. Sarah Franz, Veterinarian

years and is excited to join the Palencia Pet Clinic team.

She lives here in St. Augustine with Dr. Young, her son Everett and their two dogs Beretta and Charlie. She enjoys being active outside, boating, fishing and traveling.

The Palencia Press offers free community classified ads to all Palencia residents. Ads may not promote a business or service. Email your ad to thepaper@comcast.net.

Lou Sobh's Honda OF THE AVENUES

GIANT Service Savings for all of Palencia from Jacksonville's Award Winning Honda Dealer!



Two-Time PRESIDENT'S AWARD Winner

No. 1 Nine Years
New retail Honda sales 2008-2016 from American Honda Motor Co., Inc.

Lube, Oil & Filter Change!

\$39.95

PLUS TAX & SHOP FEES

Replace up to 5 quarts of Full Synthetic Oil and install new oil filter

Expires 2/5/22. Valid at Honda of the Avenues only.

FREE! Multi-Point Inspection

Includes Alignment Check!

No purchase necessary. Expires 2/5/22. Valid at Honda of the Avenues only.

Maintenance Package Show Your Vehicle Some Love

\$169.95*

Package Includes:
• Oil and Filter Change • Rotate and Balance Tires • Full Inspection (Brakes, Battery, Fluids) • Engine Air Filter • Four Wheel Alignment • Wiper inserts

*Plus tax, supplies & environmental fees. Up to 5 quarts oil. Some models may be higher. Expires 2/5/22. Valid at Honda of the Avenues only.

Front Or Rear Brake Special!

\$99.95

PLUS TAX & SHOP FEES

• Replace front or rear brake pads* • inspect discs, calipers, brake lines, hoses and master cylinder

*Disc resurfacing or replacement, caliper repair or replacement and master cylinder replacement extra if needed. Expires 2/5/22. Valid at Honda of the Avenues only.

SERVICE OPEN 7 DAYS A WEEK! Mon— Fri 7–7, Sat 7–5, Sun 10–5

11333 PHILIPS HWY (904)-370-1300 *Schedule Service online at hondaoftheavenues.com*

Fencing



NF Fencing Club
904-660-4716

- > Number 1 Sport for NCAA scholarships
- > The safest sport during pandemic:
 - Masks
 - Gloves
 - 6 feet distance
- > Open Air Facility

northfloridafencingclub.com
 Located at ABOVE Athletics
 14797 Philips Hwy (U.S.1)
 Suite 115
 Jacksonville, FL 32256



Group and Private Lessons are available
Ages: From 6 years old to adult

Just 10 minutes from Palencia on U.S.1 North



The Importance Of Repair In Relationships

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

www.happycoupleshealthycommunities.com

Relationships are fertile grounds for misunderstandings. The chances that either person in a relationship is attentive and emotionally available at any given time are statistically about the same as those of flipping a coin and getting heads: 0.5 or 50%. Now multiply that by two (0.5 X 0.5) and the chances are that both of you are attentive and emotionally available at any given moment are only 0.25 or 25%. In other words, there is a 75% chance for a misunderstanding in any given encounter. In fact, research by development psychologist T.B. Brazelton and the modification of his hypothesis by Ed Tronick showed that 70% of mother-child interactions are miscoordinated. If that happens in mother-child interactions, in the most intimate of relationships, chances are even greater for miscoordination between two adults who are not biologically related or dependent upon each other. What matters then is repair.

the brakes when you and your partner are in a negative cycle. The first thing instructors teach you when you learn to ski is the snowplow. You have to learn how to slow down and how to stop. Some examples of repair would be: "Oops, I made a mistake. Could we start over again?," or "Let's take a break," or "Wait, I need to calm down."

However, it is not only important that repair attempts be made, but that they be received, that they be effective. According to Dr. John Gottman, "The success or failure of a couple's repair attempts is one of the primary factors in whether their marriage is likely to flourish or flounder" (Gottman & Silver, 2015, p. 27). What determines the success of a couple's repair attempts is their marital friendship. When a couple have a strong friendship, they naturally become experts




at sending each other repair attempts and at correctly reading those sent their way. But when couples are caught in negative sentiment override (an overwhelmingly negative view of their partner and their relationship), even a repair attempt as blunt as "Hey, I'm sorry" may have a low success rate. Therefore, if you are having difficulty making effective repair, don't just practice the words, but work on your friendship.

Reference: Gottman, J.M., & Silver, N. (1999, 2015). The Seven Principles for Making Marriage Work. New York: Harmony Books.

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Bartram Park. He is currently offering both in-office and secure video appointments. If you would like to learn more about repair or for couples or family therapy or to attend a couples workshop, contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com.

at sending each other repair attempts and at correctly reading those sent their way. But when couples are caught in negative sentiment override (an overwhelmingly negative view of their partner and their relationship), even a repair attempt as blunt as "Hey, I'm sorry" may have a low success rate. Therefore, if you are having difficulty making effective repair, don't just practice the words, but work on your friendship.

Water Problems?



CALL TODAY FOR STRAIGHT ANSWERS, NO HIGH PRESSURE!


- Residential • Commercial • Industrial

"We carry a complete line of Water Treatment Systems to meet your needs and your budget!"

• REMOVE •

IRON • BACTERIA • SULPHUR • SALTS
 COLOR • LEAD • HARDNESS AND ODOR

Ask Us About Salt Delivery Or Rental Systems!



AFFORDABLE WATER

CONDITIONING • SOFTENING • PURIFICATION

License #W-32

FREE WATER TESTING
3760 Kori Rd • 904-262-0197



Michael Brown,
 MSC, LMFT

Transforming Relationships Through Quality, Research-Based Marriage and Family Therapy



12724 Gran Bay Parkway West
 Suite 410
 Bartram Park
904-289-2954

HAPPY COUPLES HEALTHY COMMUNITIES

www.happycoupleshealthycommunities.com



Master Compensator

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.” Therefore, mastering is “becoming proficient in the use of something.” I’ve said for years that we are all masters of compensation - meaning we all have great proficiency in making small, subtle changes in our movements, which enables us to master any and all tasks at hand.

Sometimes compensating or adapting movement is a good thing. All top athletes rely on this to help them defeat their opponent. By making small changes in their movements they may hit an outside pitch, a golf ball from the rough or snag a lob that drops just past the net. But all too often, compensations are non-productive and can even have negative, dysfunctional side effects. Multiple compensations are capable of producing accumulated dysfunction.

Why do we compensate and how do we do it?

We compensate because we are living and ever changing beings. We have adapting musculoskeletal and nervous systems. Through the developmental years, we learn how to move and when we can’t move properly we move improperly.

We learn compensations early. I often say, tongue and cheek, we learned many compensations in Kindergarten. “Sit here and be still,” we’re told. But we’re not made to be still. We are made to move. Yet we continue to sit well into our 40’s, 50’s, 60’s and beyond. We sit at computers, in front of TV’s, at events, in cars and the list goes on. Our pelvis contacts the chair and gravity pushes the trunk and head forward into varying degrees of a slump. Compensation occurs when we have to stand back up and can’t do so fully. Because we have sat for prolonged periods, we are now slightly more curved. To return to our previous position, instead of allowing our head to turn down, we extend the upper most part of our neck in an effort to bring the eyes up toward the horizon causing increased compression of the spine and shortening of the muscles. This is just one example.

There are all types of compensatory masters. Are you one of the following?

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 the 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 types of neck trauma. Movements tend to look robotic as the head is held still. But in order to look right/left and up the compensation manifests in low back rotation or extension.

The Sitting Master: This person sits in the office all day developing tight anterior hips, which makes straightening the hips difficult. The compensation is often made in the lumbar spine.

We are all masters and therefore guilty of simply transitioning with such adaptations year after year. To minimize compensations, first seek analysis or assistance early; second, **move** but learn to move properly and move regularly. Improper movements can 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



Phone 612-669-9497


Specializing in

- Pavers
- Edging
- Planting and mulch
- General landscaping

easy - it just takes years to see what kind of master you’ve become. And being a master of faulty compensations is a direct path to earning your doctorate of dysfunction.

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

Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He 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.




First Coast


REHABILITATION

where patient care comes first

One Therapist - One Patient
One Plan - One Goal
Since 2006




Rob Stanborough
Physical Therapist / Fellow
Manual Therapist
Dry Needling
Orthopaedics &
Chronic Pain Specialist




Jim Viti
Physical Therapist / Fellow
Manual Therapist
Certified Orthopaedic &
Spine Specialist




Bobbi Blancq
Physical Therapist
Manual Therapist
Lymphedema &
Vestibular Specialist



Bryan Olson
Physical Therapist
Manual Therapist
Dry Needling
Balance & Vestibular Specialists
Sports Rehab




Tyler Ross
Physical Therapist
Manual Therapist
Dry Needling
TMJ / Headaches
Sports Rehab




Jocelyn DiFolco
Physical Therapist
TMJ & Manual Therapist
Balance & Vestibular Specialist
Balance & Fall Prevention




Nick November
Physical Therapist
Manual Therapist
Dry Needling
Orthopaedic & Spine
Specialist




Angela Cicchino
Physical Therapist
Orthopaedic & Spine
Vestibular Specialist




Sarah Sudheimer
Physical Therapist
Vestibular Therapist
Women's Health &
Pelvic Floor Pain Specialist




Zach DeVirgilio
Physical Therapist
Manual Therapist
Orthopaedics
Sports Rehab



Beverly Bass
Occupational Therapist
Certified Hand Therapist
Certified Lymphedema
Specialist



Adrian Bland
Physical Therapist
Occupational Therapist
Balance &
Vestibular Specialist

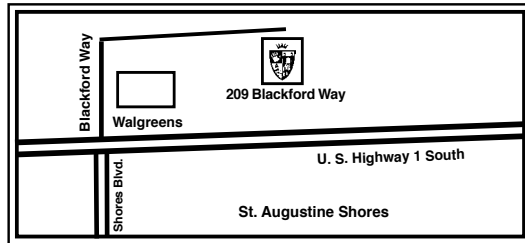



Beth Olson
Physical Therapist
Manual Therapist
Women's Health &
Pelvic Floor Pain Specialist

Our team of Specialists

209 Blackford Way
St. Augustine, FL 32086
Ph: (904) 907-1122
Fx: (904) 907-1123

1 University Boulevard
St. Augustine, FL 32086
Ph: (904) 829-3411
Fx: (904) 829-3412









New Years Resolutions For Pet Owners

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

1. Exercise Your Pets Daily

Add a healthy routine to your day that can benefit both you and your dog! This is the perfect antidote to the holiday pounds that our two and four legged friends are prone to finding, and exercising is always more fun with a friend!

2. Spend More Quality Time with Pets

Plan on making more time for your pets to cuddle, play and simply bond, perhaps by binge-watching a favorite TV show on the couch together (after taking that long walk).

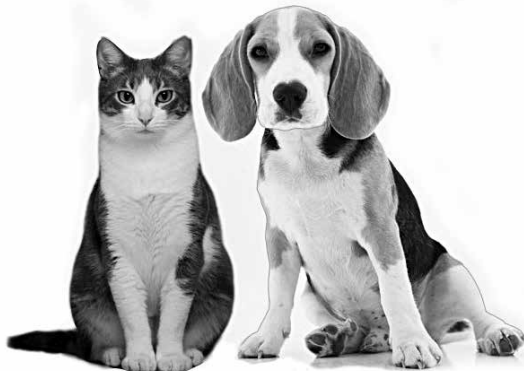
Studies show a little extra TLC goes a long way toward health and happiness.

3. Brush Your Pet's Teeth Daily

A daily brushing helps eliminate tartar, prevent dental disease and protect your pet's overall health. This will limit the need for professional dental cleanings over the course of their lives.

4. Attend Training or Obedience Classes

Your dog doesn't have to be rowdy to attend training or obedience classes. Many dogs enjoy the challenge and the bonding time gained from attending these classes with their owners. A refresher course every couple of years is also recommended by training experts.



5. Enroll Pets in Pet Insurance

Start your research now and select a plan to cover your pets before they have a major illness. What better way to budget for the coming year by saving money on veterinary expenses and ensuring that you are able to provide the best healthcare for your pet?

6. Take More Photographs With/Of Your Pets

The more photos you take, the better! Pets have a much faster aging process, so making sure to document as many special moments as possible

will make sure that you don't get busy and miss a stage. You'll treasure their photos for a lifetime.

7. Feed Healthier Diet and Treats to Pets

Although its always hard to say "no" its always better to stick to a quality pet food that is designed and tested to be nutritionally complete for your pets. It will also decrease the chances of stomach upset. Its great to offer treats to your pets to strengthen your bond with them, so healthier snack options, such as commercially prepared treats are much better than table scraps, or you can use (in moderation) carrots, apples or homemade pet treats.

Reminder About Speed Limits

As the Palencia community continues to mature, we want to remind vehicle drivers about the importance of obeying the posted speed limits throughout our beautiful community. The St. Johns County Sheriff's Office will monitor speeds and issue citations for excessive speeding. Thank you for doing your part to make Palencia a safer place to live.



Mike Weitz

What are the risks of underinflating or overinflating my tires?

The psi, or pounds per square inch, number on your tire label represents the pressure you should fill your vehicle's tires with to ensure tire safety and the life of the tire. Overinflating tires can adversely affect vehicle maneuverability, make the ride harsher, and sometimes lead to loss of control. Underinflating tires - a potentially more serious problem- can result in tire stress due to overheating, and sometimes loss of driver control and crashes. So obviously you'll want to know the correct psi for your vehicle, check your tire pressure at least once a month with a tire gauge, and adjust tire pressure accordingly.

At Feldman Auto Repair we have been keeping the roads safe for over 30 years. Visit us at 3816 N. U.S.1 There is no job too large or too small.

FELDMAN AUTO REPAIR CALL 217-0865

Smile With Confidence For Your Next Facebook Post!

Call us today to discuss your options to attain a smile you can't wait to share!



Specializing in the Facebook Friendly Smile™



Stephanie Kinsey, DDS
Palencia Resident

palenciadental
Smile With Confidence

Call 904.826.4343

159 Palencia Village Drive, Suite 109 • Next To Starbucks

info@palenciadental.com • www.palenciadental.com

PALENCIA
pet clinic

Dr. Jacob Vencil, Dr. Raina Pannee, Dr. Matthew Young and Dr. Sarah Franz are experienced veterinarians who have a passion for your pet's health, including senior pet care.

- Wellness Care
- Digital X-rays
- Pet Dentistry
- Advanced Anesthetic Monitoring
- Pre and Post Surgery Pain Control
- Laser Orthopedic Surgery
- Laser Soft Tissue Surgery
- PennHip X-rays
- Neutering
- Humane Laser Declawing
- Pain Control Therapy for Long Term Pain Management

Monday thru Thursday 8:00 a.m. to 6:00 p.m.

Friday 8:00 a.m. to 5:30 p.m.

Saturday 8:00 a.m. to Noon

159 Palencia Village Drive, Suite 101, St. Augustine

904-824-1622

Email: palenciapetvet@gmail.com





January 2nd

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

January 2nd is probably everyone's most dreaded day of the oh-so-new year. From the fourth Thursday in November through the first day of January, everyone in America parties. We stuff ourselves with turkey and dressing, homemade cookies and cakes, fresh bread and pumpkin pie. We stay up late, party constantly, spend lots of money, act nicer, and what do we get for it? January 2nd.

Overweight, exhausted, in debt and with the house a mess, we wake up the day after and find ... its January 2nd. After all those football games and all those Frito-Lays, we realize it's now time to go on a diet, get on a budget, go back to work or school and pack up all those ornaments. (Please tell me why all the Christmas decorations that looked so lovely in the middle of December suddenly look so tacky on January 2nd?).

If we are going to make it through this year's -- and every year's -- January 2nd, we need to get a new perspective on this day.

The month of January takes its name from the Roman god Janus -- a two-faced being, with each face in the opposite direction. Janus/January is a hinge time -- a vantage point from which we can still see back into the past year and yet can also face forward and look expectantly at the year that lies ahead.

January 2nd isn't just a day to sigh over "how far" we've got to go to lose that weight or pay those bills or see the spring flowers again. January 2nd is also a vantage point from which we can plot the course of the New Year. Janus does look backward to the past, but he also looks forward to the future. January 2nd must become the start of the hope month, not just the end of the party.

Part of the problem with this year's January 2nd is that we are still carrying baggage saved from last year's January 2nd. Without any definite idea about "where to," we tend to repeat each year in much the same way. With no sense of ownership about the future, about this coming year, we have been spend-thrift and irresponsible.

It's as if we borrowed up to our eyeballs for the greatest New Year's Eve party ever. During the party everyone was happy. But come January 2nd, there was no more fun, and only bills to pay.

We've overcharged in other ways as well -- ways even more frightening than the

threat of economic stagnation.

Is it January 2nd in the life of your family?

Traditionally, we think of January 2 as the day we get back into the grind after the long holiday season. But for a moment, use the backward-looking face of Janus and see if you ever really got out of the grind. Were you faxing memos to clients or coworkers while heading "over the river and through the woods?" How about a quick quiz?

What color did your daughter wear at Christmas dinner?

Which was your mother's favorite Christmas decoration?

Did your dad stay awake through midnight on New Year's Eve?

Who ate the last piece of fudge?

If we don't know the answer to any of those questions, maybe we need to take another look at our family.

Is it January 2nd in the life of your faith?

Some use January 2nd to look back on the past year and compose an annual list of disappointments and failures: Didn't get the big promotion. I didn't win the lottery. I didn't learn to control the temper. I didn't make five new friends.

The writer of Ephesians takes a more hopeful, January 2nd forward-look at God's intentions for humanity and finds a remarkable vision, one which can usher us into this New Year. We may be assured that God has "a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth" (Ephesians 1:10).

If past January 2nds have seemed spiritually draining, we need to look with a spirit of hope at the "where to" of this year's January 2nd. Again, the author of Ephesians provides a positive image by proclaiming, "We who first hoped in Christ have been destined and appointed to live for the praise of his glory" (Ephesians 1:12).

It is January 2nd. The wasteful party is over. But the coming year promises more than just dieting and dues-paying. Let us use this January 2 to begin creating a future built on hope. It is the first day of living a faith that looks back to see the evidences of God's great gift to us in Jesus Christ and forward to the day when God's plan "to gather up all things in him" will become a reality.

We have been given another New Year. Let us use it wisely, to the glory of God.



"INTERDENOMINATIONAL"
 CHRISTIAN CHURCH

www.wgv.church
 904-940-6768

Worship Center at 4229 Pacetti Rd, St. Augustine

Weekly Worship Services:
 Sunday at 9:00 a.m. & 11:00 a.m.



Senior Pastor
 Alan J. Liphart, M. Div.
 Associate Pastor
 Michael Legaspi, M.A.
 Discipleship Pastor
 Aaron Scott Long, M. Div.

Are you worried about remaining the same old worm? Let God change you into a butterfly!



Therefore if anyone is in Christ, the new creation has come: The old has gone, the new is here!
 2 Corinthians 5:17



Come Join Us!

Our Lady Of Good Counsel Catholic Church

Called to Walk The Way of Christ Jesus



A COMMUNITY OF DISCIPLES THROUGH
Witness, Word, Worship,
Welcome
www.olgc-church.org

Mass Times
Saturday
 4:00 pm
Sunday
 8:00 am, 10:00 am, 12 Noon
Tuesday & Thursday 8:15 am

Confession
Saturday 3:15 - 3:45 pm
Holy days and Holidays - See website

Our Lady of Good Counsel Catholic Church
 5950 State Road 16
 St. Augustine, FL 32092
 904-824-8688

Father Guy Noonan
 Pastor

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

“Our family serving yours since 1915”



CRAIG

FUNERAL HOME • CREMATORY • MEMORIAL PARK

(904) 824-1672

www.CraigFuneralHome.com

Three Main Misconceptions People Have About Life Insurance

By Craig Dewhurst

Why purchase life insurance? We break down why you may need it and talk about common misconceptions.

Most people know life insurance helps provide financial security to loved ones after they pass away. But life insurance has many other benefits, including helping beneficiaries cover joint debt, replacing lost income, paying college tuition for children, protecting your business and helping you leave a legacy. A lot of people put off buying life insurance because of misconceptions they have about it. Here are three of the biggest:

Misconception 1: It's too expensive

Many consumers don't even think about trying to get life insurance because they assume the cost factor for life insurance is going to be too high and therefore too expensive for them to afford. There are several life insurance risk factors that affect life insurance premiums, including the type of policy, age, gender and personal health history. However, it's actually more affordable than many people think. In general, over half the population thinks term life insurance is over three times more expensive than it actually is.

Misconception 2: It's too complicated

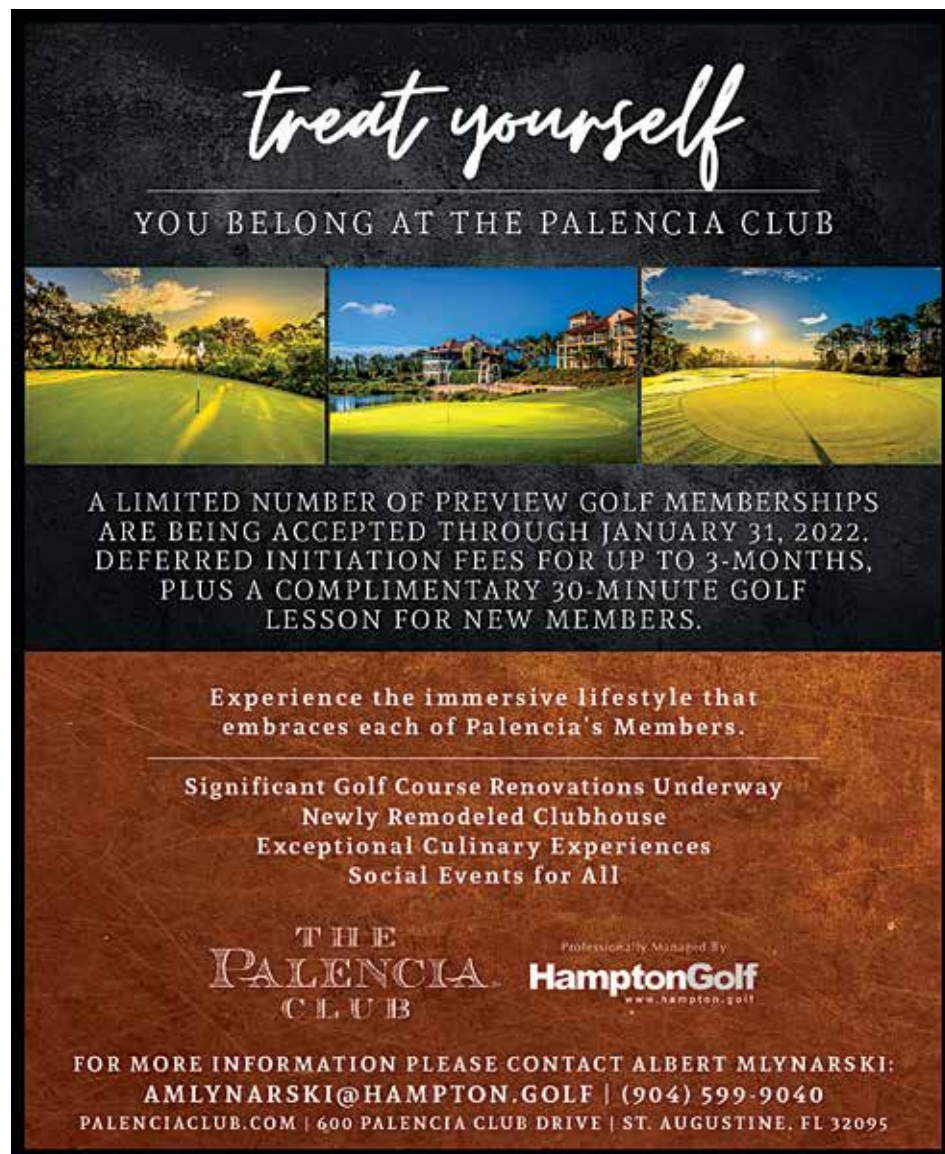
Many people shy away from trying to get life insurance because they assume the quoting and purchasing process is going to be too difficult or complex. They assume that they have to gather a bunch of medical records, go into the office, meet with an agent, take a medical exam, etc. By answering just a few simple questions you can get a life insurance quote online.

Misconception 3: It's not for me

Many people have a limited knowledge of life insurance, which often leads to a lack of understanding of why they even need life insurance in the first place. People often don't know where to begin and don't want to sound silly by asking the "wrong question."

There's a lot to understand about life insurance, and we want to make sure you have all the information you need to make informed decisions about protecting the financial future of your family.

We encourage you to learn more and discuss your unique needs with your neighbor and local State Farm agent, Craig Dewhurst.



treat yourself

YOU BELONG AT THE PALENCIA CLUB

A LIMITED NUMBER OF PREVIEW GOLF MEMBERSHIPS ARE BEING ACCEPTED THROUGH JANUARY 31, 2022. DEFERRED INITIATION FEES FOR UP TO 3-MONTHS, PLUS A COMPLIMENTARY 30-MINUTE GOLF LESSON FOR NEW MEMBERS.

Experience the immersive lifestyle that embraces each of Palencia's Members.

Significant Golf Course Renovations Underway
Newly Remodeled Clubhouse
Exceptional Culinary Experiences
Social Events for All

THE PALENCIA CLUB

Professionally Managed By
HamptonGolf
www.hampton.golf

FOR MORE INFORMATION PLEASE CONTACT ALBERT MLYNARSKI:
AMLYNARSKI@HAMPTON.GOLF | (904) 599-9040
PALENCIACLUB.COM | 600 PALENCIA CLUB DRIVE | ST. AUGUSTINE, FL 32095



Help protect your family's future.

Craig Dewhurst, 20 Year Agent & Palencia Resident

315 W. Town Place, Suite 4, St. Augustine

www.CraigDewhurst.com

904-940-9740

Craig@CraigDewhurst.com

Auto - Home - Life - Business - Mortgage

Life won't always go as planned. That's why there's life insurance. It can help you protect your family's future no matter what happens. Call me today.

Like a good neighbor, State Farm is there.®

