



News For And About Residents Of The Palencia Community

Easter Sunday Is
April 17th



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PALENCIA PRESS

APRIL 2022

Palencia Charity Tennis Tournament April 8th-10th

Celebrates 10 Years With Support From Business Community

By Alexis McDaniel, Tournament Board Member

The Palencia Tennis Charity Tournament is celebrating 10 years in the community with more than \$100,000 raised for Camp Boggy Creek for seriously ill and disabled children.

Director of Tennis Tom Salmon said this year's event begins at 4:30 p.m. on Friday, April 8th and ends on Sunday, April 10th after a full weekend of play.



"This tournament is Palencia's signature tennis event of the year. It's amazing to see the entire tennis community get involved. Players who would never play in a tournament look forward to this event," he said.

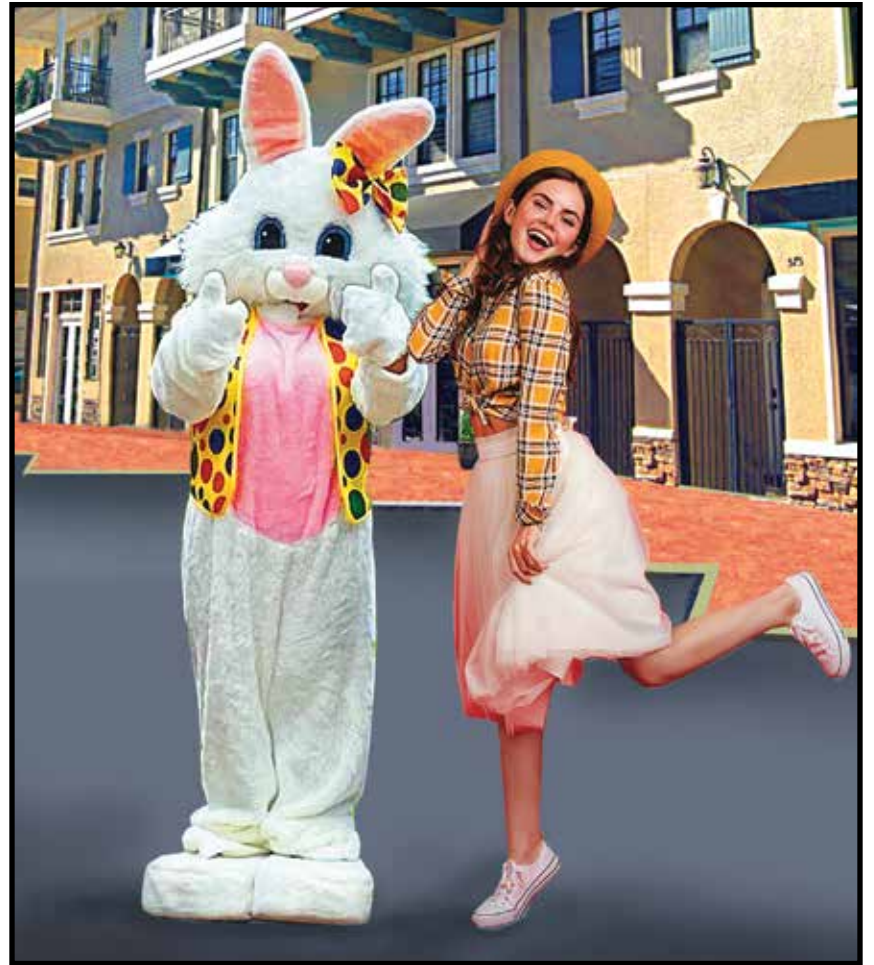
"As one of the board members said, we raise money for the kids, it shows off our tennis center, and everyone seems to have a good time," Salmon added.

Salmon said the event brings in between \$10,000 and \$15,000 a year.



Article Continued
On Page 5

Eggstravaganza, Sock Hop On Market Street Friday, April 15th



Palencia's Easter Eggstravaganza will be held on Friday, April 15th from 10 a.m. to 1 p.m. on Market Street. The Easter Bunny will be there, games, cookies and a Sock Hop! There will be food trucks, music and dancing!

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Women's Golf Association Holds Sadie Hawkins Event

Palencia Women's Golf Association members really know how to kick up their heels and have a good time. The ladies invited a man other than their husband to play in the Sadie Hawkins event "Proud To Be An American" theme where veterans current and past were honored and celebrated. Ladies bought lunch for their partners and then enjoyed dancing after the event. See Full Article On Pages 6 and 7.

At Right, Sadie Hawkins Tournament 1st place Winners, left to right: Faye Peludat, Jeffrey Dufreshe, Cathy French and Doug Chappellear.



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Palencia Community Classified Ads

St. Augustine Travel Club

The Travel Club will meet on Wednesday, April 13th, 3 p.m. at the Southeast Branch Public Library. Subject is Paris and Monaco / Monte Carlo. Experience the highlights of Paris including the famous Champs-Elysees, Eiffel Tower, river cruise on the Seine, French pastries and much more. Then it is off to Cote d'Azur and its playground of rich and famous - Monaco and Monte Carlo. For those of you who do not know about the club, it is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas around the world, with focus mostly on Europe, but also other parts of the world. The Travel Club also organizes a cruise in the Caribbean region once a year, and is published in the local papers. If you require any further information, please call Peter Dytrych at (904) 797-3736 (Masks recommended).

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Thought For The Day

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-Bob Hope

The Palencia Press

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Words Of Wisdom

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you knew that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. - James 1:2-4




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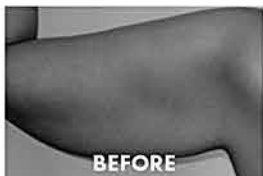
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Palencia's Architectural Review Boards

By Matthew Sara, Palencia ARB Chairperson



Matthew Sara

Palencia's Architectural Review Board was created in order to preserve the natural beauty of our community, to maintain a pleasant and desirable environment,

to establish and preserve a harmonious design and to protect and promote the value of property.

The originally developed section of Palencia (excludes Palencia North) has two (2) distinct Architectural Review Boards (ARB); one is strictly for the review of new home construction plans and the other reviews all improvement projects relating to all existing homes landscape or exterior facade.

- The **new home construction ARB** consists of a professional Architect, a professional Landscape Architect and includes a member of the POA Property Management team. This group meets twice per month to review new home plans submitted by home builders.

- The **Improvement Project ARB** consists of five (5) resident volunteers who review Palencia resident's ARB applications through an on-line system called "Smart Webs."

- **Palencia North ARB** has its own group of volunteer residents who handle all improvement project applications submitted by residents living in the Palencia North neighborhoods.

If you are considering making any exterior improvements to your home or landscape and are unsure if you need to obtain prior ARB approval, please contact the PPOA Property Management team. (see contact information in this article).

For the original section of Palencia, some projects that do not require ARB approval are:

- Re-painting your home/trim the same color as originally approved by the ARB.
- Re-roofing or replacing shingles that are the same color as originally ap-

proved by the ARB.

- Replacing dead/diseased landscape plants with similar plants as were originally approved by the ARB.

- Repairing or replacing damaged hardscape or equipment with similar material as was originally approved by the ARB.

Almost every other improvement project that you are considering for your home's exterior facade or landscape will require prior ARB approval before beginning the project. The Improvement Project ARB does not have actual meetings but instead is continuously reviewing applications as they are entered into the Smart Webs system.

How To Submit an ARB Application

Step 1: Go to Palenciapoa.com and click on Docs and Info, click Architectural Review, click ARB Application.

Step 2: Complete the application and submit to the PPOA Management team along with a check in the amount of \$25, the standard fee for all improvement project applications. A deposit fee is no longer required. It is advisable to include a copy of your lot survey with a sketch showing what changes you are planning to make.

Step 3: Wait for a response from the POA property Manager. There may be circumstances where the ARB will need additional information, which they will request from you or your contractor. Once the ARB makes their decision, you will receive notification in a timely manner. The average turnaround time from completed submission to final response was under five (5) days during the month of February.

To contact the PPOA Property Management Team, you can visit in person at 571 Market Street between the hours of 9:00 a.m. and 5:00 p.m. Monday thru Friday or contact Lorraine Megdanis or Keitha Ford by phone at (904) 208-4672 or via e-mail: Lorraine.Megdanis@fsresidential.com, Keitha.ford@fsresidential.com.

ARB Chairperson: Matthew Sara
ARB Members: Bob Stevens, Kirk Kemmish, Sara Hammond, Robert Singletary

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The *Palencia Press* is a great way to promote your business or service to the Palencia community. Our monthly newspaper is sent by U.S. Mail to all the homes in the Palencia neighborhood. For advertising information, contact us at thepaper@comcast.net or call 904-436-5887. Let us help you promote your business in an affordable and effective way. Deadline is always the 10th of the month to be included in the following month's issue.

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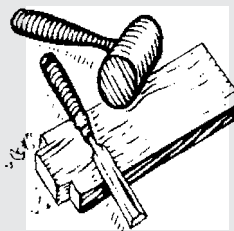
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The Palencia Tennis Charity Tournament Celebrates 10 Years With Support From Business Community April 8-10

Continued From Page 1

Camp Boggy Creek is a free camp that is part of the Serious Fun Children's Network created by actor Paul Newman. To date, Camp Boggy Creek has served more than 80,000 children with serious illness and family members.

Business sponsors are an important facet of the event, and several have been supporting it from the beginning. These include Coffee Perks, Palencia Dental, Burkhardt Sales Associates and Serenata Beach Club.

Christian and Mary Hosking own Coffee Perks and are Palencia residents.

"We absolutely love participating in Boggy Creek," Mary said. "Christian and I play mixed doubles and our children, Madeline and Tommy, volunteer and help out too. We have several friends with family members who have benefited from the great services of Boggy Creek so it definitely means a lot to us." She said.

Coffee Perks has specialized in break room services for offices in Northeast Florida for more than 30 years.

"We provide all break room equipment and supplies including a variety of coffee machines and products, water filtration systems, janitorial and paper products, pantry supplies and micro-markets."

Palencia Dental's Stephanie Kinsey is also a strong supporter of the tournament.

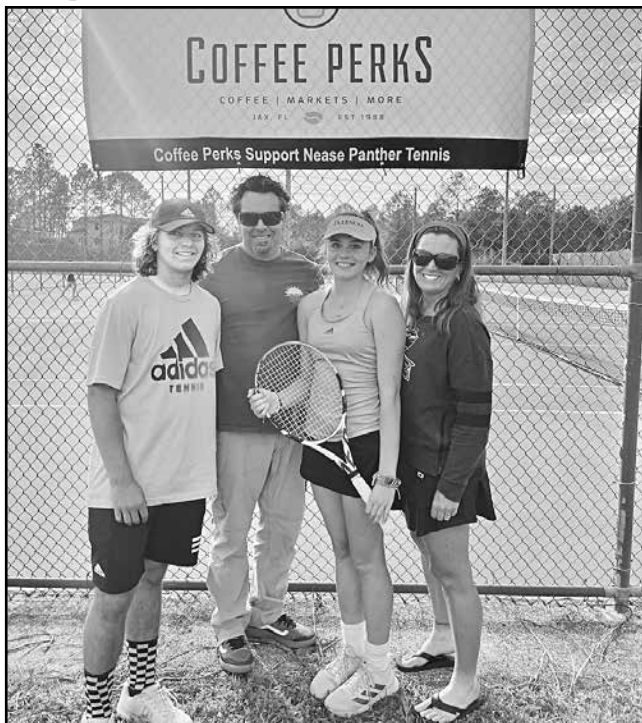
Dr. Kinsey has been a Palencia resident for more than 17 years and is an avid tennis player. Palencia Dental has been open since 2011 and has four team members. The practice focuses on complex and comprehensive dentistry with a focus on TMJ disorder, implants and smile rehabilitation.

"When it started, I was on the board and had friends who had grandkids who attended Camp Boggy Creek. It's an invaluable service for families and children," she said. "I love that the tournament is in Palencia and highlights the community. The tennis center has done a great job of growing it every year."

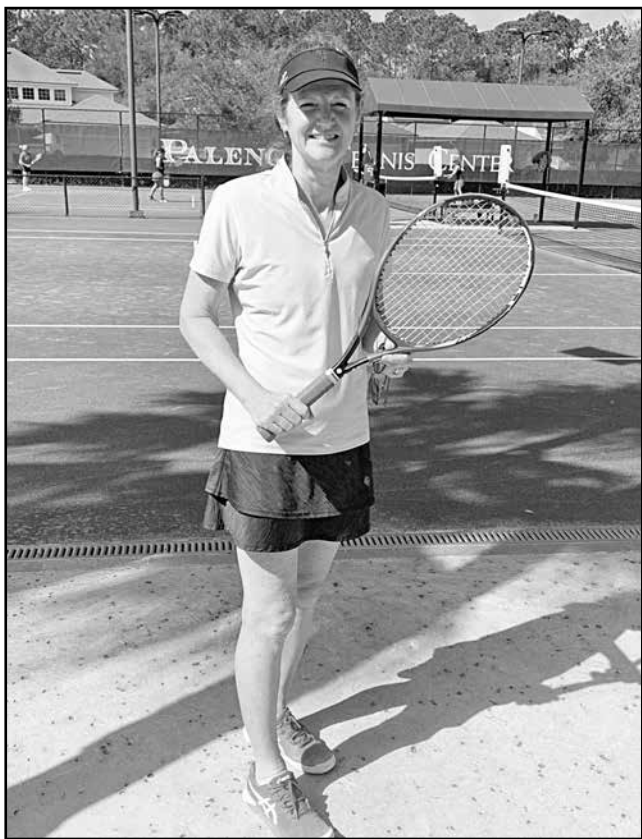
If you would like to donate, the board is always looking for private and business sponsorships, which range

from \$100 to \$3,000.

To participate as a player, the entry fee is \$70 per person. Divisions will consist of Men's Doubles, Ladies Doubles and Mixed Doubles. Registration is online only with a deadline of March 28th. Visit www.firstcoast.tenniscotes.com.



Christian and Mary Hosking, along with son Tommy and daughter Madeline own Coffee Perks and are Palencia residents.



Palencia Dental's Dr. Stephanie Kinsey has always been a strong supporter of the tournament.

com.

For more information about the tournament, contact Salmon at 904-825-4012 or by email: tom.salmon@fsresidential.com

To learn more about Camp Boggy Creek visit www.campboggycreek.org.

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Palencia Ladies Know How To Have A Good Time

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

Spring is in the air and our Palencia ladies know how to kick up their heels and have a good time. The ladies invited a man other than their husband to play in the Sadie Hawkins event "Proud To Be An American" theme where veterans current and past were honored and celebrated. Ladies bought lunch for their partners and then enjoyed dancing after the event. Diane Robinson and Ginny Saunders did a great job of showcasing the pride of being an American with their beautifully decorated room and recognition of all past and present veterans. A wonderful time was had by all. A special thanks to Diane and Ginny for a great event.



2nd place Winners, left to right: Bill Stancill, Beth Schmitt, Bev Gunther and Bruce Brandenburg.

Pam Ashburn had a great turn out for the Annual Schooner Member/Member tournament. A strong competition. All of the ladies enjoyed the format of the event and had a lot of fun. Pam worked hard to ensure that this event did not disappoint. Many thanks Pam for all of your hard work and efforts!



Closest to the Pin Winners, left to right: Sue Lomba #5, Maria Nilsson #3, Pir Nilsson #15 and Toby Luttrupp #12.

Deidre Wray chaired our "WGA Invitational" where ladies from other clubs were invited to attend. A great one-day event. Deidre did an exceptional job of planning and hosting the event. Ladies enjoyed the competition and Deidre sure made this one day event one to remember. Great job Deidre!

Our 9-hole ladies have been really doing a great job representing Palencia in several Interclub competitions. Most recently, our 9-hole teams competed at the San Jose Interclub competition where nine clubs

participated with over 70 players. Sue Kansteiner's team came in 2nd and Jeanne Carr's team came in 3rd. Congratulations to all of the Palencia ladies

Continued On Page 7



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Palencia Women's Golf Association

Continued From Page 6

on their outstanding performance.

We would like to congratulate Linda Carucci on getting her first eagle on Hole #17. We would also like to congratulate Resa Wilcox with a net 71 as the Queen Qualifier for this month, and Earline Barnes with a net 72 as the runner up.

We would like to welcome new member Cindy Holland to the Palencia WGA. If you want to learn more about the Palencia Women's Golf Association, please go to membershipWGA@gmail.com. Make sure you sign up soon for our Spring events.



Above, 9 hole Ladies: Jeanne Carr, Sue Kansteiner, DeeDee Bandy, Liz Pound, and Louise Starmann.



Above, Women's Golf Association ladies just want to have fun. Members enjoyed dancing after the event.



Above, Linda Carucci on hole #17 with her first eagle.



At left, Ann and Jim White, Deidre and David Wray. The event showcased the pride of being an American including a beautifully decorated room and recognition of all past and present veterans.

A Special Memorial Day Tribute To Veterans And Palencia Golfers Who Passed Away

By Earline Barnes and Laura May, Palencia Residents

Due to the Pandemic, we were not able to honor our veterans, or the golfers who passed away in the last two years. The Palencia Club, in collaboration with the Women's Golf Association and Men's Golf Association, are planning an integrated Memorial Day Golf Event on Monday, May 30th to honor our veterans who died in the line of duty defending our security and freedoms. We will also recognize the golfers who left us as well.



Susan Agee



Eddie Earle

with a special recognition for the four golf members who were a part of our community and passed away. The golf members to be honored include: Susan Agee, Eddie Earle, Kevin Hutto and Sue Patalano.



Kevin Hutto

The Special Memorial tribute will be held from 8:00 to 8:30 a.m. The golf scramble will start at 8:30 a.m.



Sue Patalano

At the end of the golf game, a barbecue for all attendees is scheduled, along with a toast to honor our veterans and golf members who have left us. Registration for this event is available at www.palenciaonline.com.



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Get Ready For Havana Nights!

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

The island breezes will be sweeping through the Palencia Clubhouse on April 8th, as one of Palencia Elementary School's top fundraisers of the year is happening Caribbean style! Get ready for the 7th Annual PES Silent Auction and Dinner...The Palencia Elementary School PTO is setting the scene for a night in Havana.

This function is such an important event for PES. It can be challenging to find the right events that build excitement, drive community involvement and encourage participants to donate their valuable time and dollars to support the cause. It is equally important to help participants understand where their dollars will be spent. Each year the school administration in partnership with the PTO determines how to best utilize the funds.

This year's Silent Auction is being led by Co-chairs and PES parents, Amy Gramatges, Sarah Post and Helena Smuckler.

Amy Gramatges shared that "all proceeds will be used to fund school needs, including the new Pirate Cove (an outdoor learning environment to enhance instruction), updated recreational space, and environmentally sustainable and low maintenance landscaping."

This event will be special this year as the PTO placed an extra focus on creating a mood that would signal a start to a Florida summer.

"The Caribbean culture will be alive with energy, color, and flavor," said Helena Smuckler. "We will be using leafy greenery, white dendrobium orchids, tropical fruit plus pops of gold and other design elements that reflect the area's rich heritage."

She also said that "the centerpieces

will be simple but eye-catching. Look out for gold painted pineapples and a hat board to grab your straw hat. The guests'



Last years PTO fundraiser for Palencia Elementary included a Kentucky Derby theme. Above is Helena Smuckler, Kate Lanoue, Cherie Susman and Jen Lee.

bidding paddles will be tropical bamboo hand fans which will be both fun and functional."

The Palencia Club will supply zesty Cuban and Caribbean favorites and signature beverages will be showcased as well.

But most importantly, there will be both a silent and live auction with some amazing items for participants to bid on. Many local companies and families donate items including gift baskets, jewelry, gift certificates, toys, art, experiences and more. The PTO makes large efforts to ensure that all donations are items that guests want to bid on, so also be on the lookout for some surprise live auction

Continued On Page 9



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Palencia Elementary School

Continued From Page 8



items too. There will even be two beautiful vacation home stays up for grabs thanks to the generosity of the Stefanelli and Presser families.

If you would like to buy tickets to attend the auction or would like to donate an item, please visit the PES PTO website at palenciapiratespto.com or email the president at ptopresident@gmail.com. All PES families and Palencia residents are encouraged to participate and get involved. So, everyone grab their best island wear and come out to support your elementary school!

The Kentucky Derby concept for last years dinner brought stylish ladies with sassy hats to the Palencia Club for the festive occasion.



Donna Mancini Interiors & Flooring The Big Clearance Sale Huge Success



Palencia residents turned out for the Donna Mancini Interiors & Flooring Big Clearance Sale in March.

"Mike and I always enjoy seeing our Palencia friends and neighbors," said Donna. "You helped to make this event a huge success and for that we are very grateful."

If you missed The Big Clearance Sale and would like to be the first to be informed of upcoming events, promotions and sales, go to donnamanciniinteriorsandflooring.com/joinnow.

At left, Donna Mancini greets Palencia resident Nancy Allen at the recent Big Clearance Sale held at Donna Mancini Interiors and Flooring.

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Palencia Resident Performs In First Coast Opera At Romanza Festivale

Palencia resident, Hope Maria Cruse, lyric soprano, will make her principal debut with First Coast Opera at the St. Augustine Romanza Festivale on May 7th. Cruse has been a company member of the FCO since 2016, when she performed in *Madam Butterfly*. She is the youngest member of the opera company, performing her first solo performance as a young artist in their Spring Gala (2017) featured soloist in *Barber of Seville* (2017) and soloist in *Haunting Melodies* (2019).

"I have always had a great passion for classical music," Cruse notes. "My grandfather introduced me to *The Firebird* ballet and *Peter And The Wolf*, both of which captivated me and made me fall in love with the romance of music. Hearing *Phantom of the Opera* is when I knew I wanted to study vocal music. I've always dreamed of performing *Christine*."



Hope Maria Cruse



Hope Maria Cruse in *Marriage of Figaro*.

This Romanza Festivale program, *A Life in Song: A Cabaret*, is a program of songs and stories starring FCO Artistic Director Curtis Tucker and pianist Clifford Parrish along with Ms. Cruse. It is a

showcase of familiar Broadway favorites, including songs from *Oklahoma*, *Pippin*, *Carnival*, *The Pirates of Penzance*, *Little Shop of Horrors*, and others. Notes Tucker, "We all have life stories. What better way to recall them than through song?"

Performed in the intimate setting of the St. Augustine Art Association on Saturday, May 7, at 4:30 p.m., the program is part of the annual Romanza Festivale of the Arts in St. Augustine and is free and open to the public. No reservations are required. See <https://www.romanza-festivale.com/>.

Ms. Cruse is a multiple vocal music competition winner, has performed for Jacksonville Armada, Jacksonville Sharks, Jacksonville Jaguars, the world famous Globetrotters, and is currently studying both vocal music and physics at Florida State University.

Avila Condo Group Visits Ravine Gardens

The Avila Condo Conversation Group recently took a trip to The Ravines State Park in Putnam County. The group toured Ravine Gardens and viewed the azeleas in bloom and walked the William Bartram Trails. In addition to enjoying a beautiful day, the group delighted in a delicious lunch at Corky Belles. While at the Gardens, Avila resident Susan Townsend, a "plein air" artist, painted a colorful scene of the gardens in bloom. Susan is a very talented artist and paints scenes of beautiful areas nearby.



The Avila Group photo includes, front row: Debbie Maedel and Rose Tiet. Second row: Debby Dankworth, Theresa Merritt and Susan Townsend. Third row: Tom Dankworth, Carole Crocker, Karen Sands and Rose Cooper. Fourth row: David Merritt.

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Water Problems? Ask Polly!



Polly Swindull

I am continually seeing Angie's list and home advisors advertising about how they research contractors like yourself. My questions is, are they legit?

That is a good question. I cannot speak for Home Advisor, but I can certainly speak for Angie's list. Our company was a member of Angie's list for a few years. The more money our company would spend with them, the more recognition we would get. In my opinion that is not what they portray in their advertising. That being said, the best way to check out a contractor is with your local licensing department and the Better Business Bureau. And as always, word of mouth is the highest form of advertisement. Thanks for the question.

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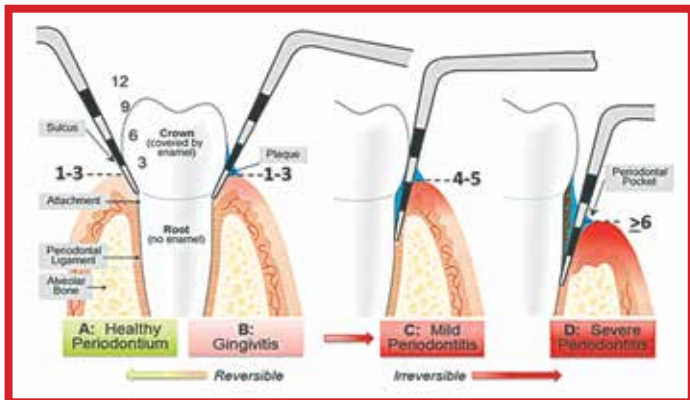


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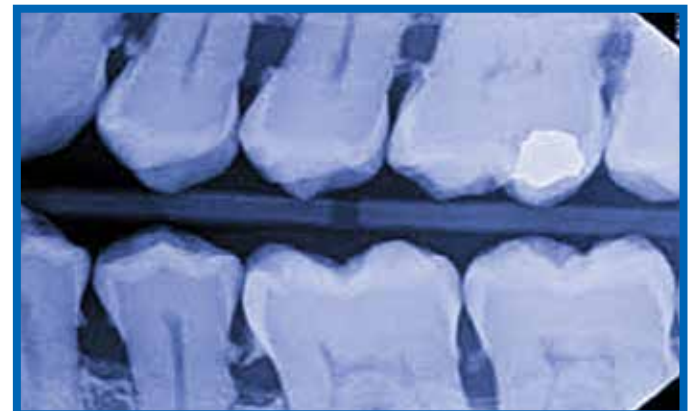
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Palencia/Nocatee Area Athletics

By Sean McClafferty

Noc-Pal Area Athletics Gold is growing in 2022! Our non-profit youth sports organization is committed to providing high-level sports programs for athletes living in Palencia, Nocatee, and surrounding areas.

We are offering 14U All-Star Football in the Winter, 12U and 10U Tackle Football in the Fall, Youth Lacrosse through the Villages LAX Club, 14U Weightlifting Club each Spring, fundamentals of Youth MMA & Self-Defense, and Youth Golf.

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and develop their readiness for high school and middle school, while placing a strong emphasis on teamwork, character, fundamentals and skill development, and the love of the game!

14U Spring Weightlifting Club, and 12U & 10U Fall Tackle Football registration is now open.

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For more information about any of our programs, contact Sean McClafferty at 904.803.2652.

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10	11 -Boys V-Ball @ Creekside	12 -Softball vs. Bartram -Baseball vs. Mandarin	13 -Track & Field @ Bartram -Softball @ Oakleaf	14 -Softball @ Atlantic Coast	15 -Baseball @ Chiles -Baseball @ Lincoln	16
17	18 -Boys V-Ball vs. St Aug -Softball vs. Tocoi	19 -Baseball @ Oakleaf	20 -Boys V-Ball vs. Tocoi -Baseball vs. Tocoi -Softball @ Palatka	21 -Baseball @ Bishop Kenny -Softball @ Fletcher	22	23
24	25 -Softball vs. Fletcher -Baseball vs. Matanzas	26	27 -Softball @ Sandalwood -Baseball vs. Yulee	28 -Softball @ Middleburg	29	30

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Palencia Club Hosts Nease Tennis Team Tournament



At left, Michael J. Kypriss, Director of Tennis at Nease High School, with Caroline Maxwell, Nease Tennis team and Palencia Resident, with John Evans, Palencia Resident.



At right, Palencia resident Dick Ray with Kylie Kochis, Nease Tennis team, played mixed doubles in the Nease fundraiser.

The Palencia Tennis Center recently hosted the 4th Annual Nease High School Tennis Team Tournament with Palencia Tennis members. The event, which helped raise \$1500 for the Nease Tennis program, included 28 Palencia Tennis members and 28 Nease Tennis players engaging in a mixed doubles round robin format. Following the match, Nease Tennis parents and club members provided a generous lunch for all. A special thanks to Director of Tennis Tom Salmon, Head Professional Scotty Leteris and Nease High Tennis coach Michael Kypriss for their consistent efforts in supporting high school tennis.

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Ask A Certified Master Gardener Palm Trees For North Florida

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

Florida's climate is generally ideal for growing a variety of palms. Much of the state, as mentioned in my last article, is covered with sandy soils and beneath by limestone, both of which are beneficial to the growth of many types of palms.

In our area, the caveat for palm growing is that they must be able to withstand at least intermittent periods of below-freezing weather. Growers unfortunately provide conflicting reports of cold hardiness with the same species, which are a result not only of each type of cold spell, advective or radiational, but microclimate differences and just the palms themselves. Radiational freezes generally allow plants to better acclimate. Unfortunately, we have had at least one advective freeze this dormant season which is death to plants of all types.

broad band of chlorotic (yellow) tissue along the margin of the older leaves. The center of the leaf remains green. As with potassium deficiency, leaves exhibiting magnesium deficiency should not be removed until they are completely dead in order to allow the remaining magnesium to be moved to the newer leaves. Again, adding a fertilizer specifically for palms with added magnesium is the next step.

On the issue of pests and diseases, as a group, palms are fairly resistant but not entirely immune. Common pests include caterpillars, aphids, scales, and spider mites which can be well controlled by conventional means like horticultural oils or, if more serious, a biologic.

The best approach when deciding to purchase any kind of palm is to look for the varieties that do well in our hardiness 9 zone. While not all may be locally available, here is a list of common name options to investigate:

- Everglades
- Dwarf sugar
- Blue hesper
- Pindo/jelly
- Woolly jelly
- Yatay, Mule
- Parlor
- Hardy bamboo
- Radicalis
- European fan
- Bermuda palmetto
- Saw palmetto
- Queen, Windmill
- Windamere
- Himalayan windmill
- Date palms (Canary Island, Senegal, Pygmy, and wild Cretan)
- Sabal palms (Puerto Rican hat, Dominican, Scrub, Rio Grande, Drawf, Cabbage Llana, Hispanolian, and Soronan)
- Talipot
- Sugar cane
- Manambe
- Dainty lady
- Kentia
- Chilean wine
- Australian fan
- Ribbon fan
- Mazari
- Needle
- Spiny fiber
- Blue needle
- Washington palm
- Fan palms (Kamaon, Wagner's and Thai mountain)



Palms are not particularly high-maintenance, but, having said that, palm care is important during the growing season and prevention is always the key to plant health. Because our sandy soil does not retain nutrients well, potassium (K) and magnesium (Mg) are particularly important for good palm health and, in addition and secondarily, iron.

There are signs to look for to determine whether there is mineral deficiency in a palm. Symptoms of potassium deficiency, for example, typically begin with translucent yellow or orange "freckles" on the oldest leaves and they can then become necrotic.

If you notice the above issue, don't be tempted to prune the problem palm frond as this will worsen the issue by preventing the palm from translocating the remaining potassium to the plant's growing point. Instead, add a fertilizer specially formulated for palms with added potassium.

Magnesium (Mg) deficiency is common, especially on date palms (Phoenix species). Typical symptoms include a

Just like all other plants in your landscape, take time once a week to inspect your palms to be sure they look healthy, and remember to add palm fertilizers on a regular basis in order to prevent any problems from occurring. Once a problem occurs, it is much more difficult to fix it. We have some beautiful palm trees in homeowner landscapes here, so many Palencia residents are taking the basic steps to take good care of their palms!

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).

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NOTICE OF CERTIFICATION OF TAX ROLL

Pursuant to Sections 193.122 and 197.323, Florida Statutes,
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Nease High School JROTC Is Best Drill Team In Northeast Florida & State Of Georgia

Nease lost its last sanctioned drill meet in Area-12 exactly two thousand, nine hundred and nineteen days ago. Since that defeat during the 2014 Area-12 Drill Championships, Nease has reeled off 29 consecutive drill championships – the last being the 2022 Area-12 Academic, Athletic and Drill Championship at Coffee County, GA on March 5.

With eight straight state championships beginning in 2015, Nease established itself as arguably Northeast Florida's most dominating high school championship program.

Competing against the very best 15 Navy high school JROTC drill teams in Area-12, an area which includes all of northeastern Florida and the entire state of Georgia, Nease swept first place in all five Drill events, all three Athletic events, Personnel Inspection and narrowly placed second only in Academics – thereby preventing a clean sweep across the board.

Nease competed in five previous drill competitions this year, winning at Spray-



Senior cadets Brodie Mongon, Anthony Tuckers, Daniel Mahoney, Kaitlyn Boggs, Isabella Rivera and Emmelie Neff receive the Area-12 Academic, Athletic and Drill Championship trophy.

Nease's individual drill commanders chose the right time to deliver their very best performances. Isabella Rivera (Color Guard and Unarmed Exhibition), Kaitlyn Boggs (Unarmed Basic), Daniel Mahoney (Armed Exhibition) and Brodie Mongon (Armed Basic) led their units to near perfect scores during the competition.

"One of the competition judges was previously assigned as a member of the Marine Corps Ceremonial Honor Guard in Washington, DC," said Master Chief Duane Spears. "He commented that our cadets' discipline and focus in drill was the best he had ever seen."

"Being on this team has taught me so much about leadership and teamwork," said Rivera. "As a freshman, I was just happy to be a part of the team. Now as a senior, I have the opportunity to command under pressure... and it's awesome." Her hard work paid dividends as she has already received appointments to both the U.S. Coast Guard Academy, Merchant Marine Academy, and a national NROTC scholarship to Virginia Tech.

Several cadets also garnered top honors for individual performance, including Ben Prohovsky – 1st in Academics, Anthony Tucker – 1st in Male Situps, and Daniella Camacho – 1st in Female Situps.

"My class has never lost a drill meet in Area-12," said senior Nate Fagen, who unfortunately is unable to attend nationals as he will be vying for a state title as captain of Nease's Weightlifting Team on the same date. "These seniors are like my brothers and sisters."



Cadet Olivia Kerrick hands off to anchor runner Todd Rampey during Nease's winning 16 x 100 Relay at the Area-12 Championships.

berry (GA), Lee County (GA), Martin Luther King (GA), Mandarin (FL) and Flanagan (Miami, FL).

"This team has improved exponentially since our first competition last October," said senior naval science instructor Captain Scott LaRochelle. "We're peaking at just the right time with the national championships only three weeks away."

The team will travel to Naval Air Station Pensacola for the Navy National Academic, Athletic and Drill Championships April 1-2 to compete against the 25 best programs in the country.



Nease's Armed Basic team under the command of Brodie Mongon performs its winning routine during the Area-12 Championships

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The Proper Golf Grip

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



Wrigley's Field Of View In My Dreams...

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

Hello Fellow Golfers,
 This is your only connection to the club. So important! So, let's get started and let's try to keep it simple.

1. Set the club down with your left hand only, placing the club under the left heel pad and curling your fingers



Image 1: Feel control of the club

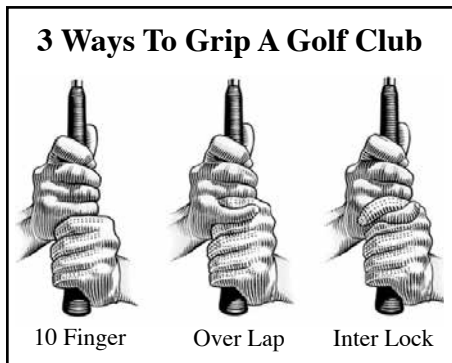
around the grip, it should feel like it's in the fingers of your left hand especially the last three fingers. At this point the V formed thumb and first finger should

point toward your right shoulder (if you are a right-handed golfer).

2. Then very naturally place your right hand on the club also letting the V formed by first finger and thumb of your right hand pointing towards your right shoulder. This is a very *neutral* grip.

The variations of the golf grip... For a right-handed golfer

The more the V is formed by the thumb and first finger of the left hand points to the right the "stronger" your



left grip is and conversely the straighter the left thumb is on the club the "weaker" your left grip is. The weaker the left-hand grip is, the more it allows you to

As I walked up to the entrance gate, a beautiful field of view almost overcame me. I hadn't seen anything like this before. The lush green grass spread out before me for more than two acres. There were no unsightly, freshly dug holes anywhere to be seen.

Directly past the entrance, there were two fresh water fountains made especially for dogs. Alongside the fountains a hose was hung to be used for dirty paws and dusty hides. The hose had a nice Craftsman nozzle that made it easy to apply gentle streams of water to us pooches. A beautiful fence bordered the

entire perimeter enclosing the acreage. Lots of room to chase down frisbees and balls. On the one side were trees providing shade for the bag people, with benches and wind sails to give them relief from the sun. The benches were on concrete bases to help prevent dust and mud from accumulating on the bag people. There was also a drinking fountain for the bag people along with two or three doggie stations made of non-rusting material that would not decompose in the Palencian sun. And the music... I heard music playing in the background. A jazzman. Ahhhhh... and then I woke up.

release the club through impact and the stronger the left hand grip is the more it demands you to hold off the hit though impact.

The pressure of the grip is very important. It is important that you do not develop tension in your shoulders and arms. So, relax your shoulders and arms and feel control of the club with fingers of your left hand. (See image 1)

Next question is: How do you connect the two hands? Here are three options:

1. 10 fingers or baseball grip
2. Interlock grip
3. Overlapping grip

The interlocking grip or the overlapping are by far the best options! The 10 finger grip lacks unity and is not as consistent. (See image 2)

Your grip might be the important thing in your golf game. It gives you power and control.

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What To Expect From Family Therapy

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

www.happycoupleshealthycommunities.com

Perhaps you have been referred for family therapy. What can or should you expect? Perhaps you are going into it with fear and trepidation that the therapist is going to “nail” you as a bad parent or partner. Perhaps you are looking forward to family therapy and believe that the therapist is going to “fix” your child or your partner. Rest assured, if the therapist is doing their job properly, neither is the goal of family therapy. So, what can you expect?

First, expect (or look for) a therapist who has training and experience in family therapy. There are a lot of generalists out there who hang up a shingle and profess to treat everything and everybody



but do not have specific training or experience in family therapy. You would not go to a general practice physician to treat cancer or diabetes. In the same way, you should not go to a generalist to treat your family. Family therapy is very different from individual therapy and requires specialized training and experience. Your family is precious: that is why it deserves an experienced, well-trained therapist who specializes in family therapy.

Second, expect your family therapist to have a systemic perspective: that is, to see and work with your family as a system, an inter-connected whole. Family therapy is about intervening effectively in relationships. It considers both individual and relational realities. The fundamental design for interventions in family therapy is based on two convictions:

1. That the consequences of one person’s decisions and actions can af-

fect the lives of all the people who are significantly related to him or her.

2. That satisfactory relating for one person is inseparable from the responsible consideration of consequences for all of the people to whom he or she is in significant relationship. (Boszormenyi-Nagy & Krasner, 1986). Therefore, the family therapist should take into consideration the welfare of all those to whom the identified patient is in significant relationship, whether they are present in the therapy or not.

Third, expect the family therapist to avoid pathologizing and to focus more on the interactions of the family members than the “identified patient.” Many

times, when families come to family therapy, they identify one member as the problem or the patient and just want the therapist to “fix” the problem or the identified patient. That is not how it should work in family therapy. Expect the family therapist to look at the relationships, the interactions and the communication patterns between the members of the family and to intervene to improve them. The therapist may do so by engaging every

member of the family and their perceptions in the process.

Fourth, expect the family therapist to take a strengths-based approach. While you are probably coming to therapy because of what you perceive to be a problem, your family is more than the problem. Your family has strengths and inner resources that need to be brought into play, and your family therapist should help you discover them.

Fifth, expect the family therapist to elicit and pay attention to your emotions. An important principle of family therapy is what we call “state-dependent learning,” the idea that people learn best about emotions when they are in emotional states. Emotions are important in relationships and, therefore, in family therapy, and they are not to be ignored or dismissed. Rather, they need to be brought out. Emotions are the privileged

Continued At Top

place for affecting change in family relationships.

Sixth, expect the family therapist to pay close attention to the stories that you tell about yourselves and to look for unique outcomes. The stories that we tell about ourselves can be limiting or empowering. The family therapist will challenge those stories that are limiting and help to draw out those stories that are empowering.

Finally, expect the family therapist to align with your desire for improved family functioning. There is a concept in family therapy called homeostasis, the idea that family systems work (often against the therapy) to return to their preferred (dysfunctional) reality or configuration. However, Dr. John Gottman has suggested that every family has

two homeostatic resting places: a dysfunctional and a functional homeostatic point. The job of the family therapist is to align with and to assist you toward your desire for improved family functioning.

Reference: Boszormenyi-Nagy, I., & Krasner, B.R. (1986). *Between Give and Take: A Clinical Guide to Contextual Therapy*. New York: Brunner/Mazel.

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

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By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
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The bags are packed, ipod is charged, and plane ticket is easily accessible. You're all set for a vacation full of fun and relaxation but why is it that after you reach your destination, you're fatigued, muscles are sore, and more than likely, you need a day to recover from traveling?

The answer can be summed up in five words: "One size DOESN'T fit all." Do you ever wonder why the seats on airplanes have gradually become smaller over the years? Of course, one must consider the current obesity epidemic in America and acknowledge that there is some truth to the fact that we can't put all the blame on the decreasing size of the seats. As a society we are getting larger but that's a topic for another article. Unless you've purchased a first or business class ticket, you will be seated in tight quarters for the duration of your flight. Your coach class ticket not only reserves seat 143E for you, but you are now deemed a "personal space invader," seated next to, or worse yet, between TWO other personal space invaders. Who gets which armrest anyway?

The truth is traveling for an extended period of time via car, train, bus, or plane, places increased stress on the soft tissues in our bodies due to maintaining prolonged static postures. Muscle fatigue, decreased blood flow to soft tissues and abnormal stresses placed on the body produces physical discomfort. The following suggestions are useful in maximizing optimal comfort even in the smallest, most uncomfortable seats and can be applied to most modes of travel.

- Alter your position frequently when seated, walk around at rest/fuel stops, or if on an airplane, stroll along the aisle.

- If you are to select your seat, you are in luck! The exit row is the "first class" for the man with champagne taste on a beer budget. Of course, you must be willing to assist others in case of an emergency.

- Utilize a lumbar cushion to place in the small of your back while seated. If you don't have one a rolled towel, blanket or sweater will work just fine. Placing one behind your neck can help minimize neck pain too.

- Moving your foot up and down as if pressing on a gas peddle and off will help with circulation and minimize swelling due to changes in cabin pressure.

- Using hands free devices for cell phones will not only aid in preventing potential dangerous situations, but they will also eliminate stresses through the neck, shoulders and upper back.

- If you don't want to check your luggage due to increasing baggage fees, distribute the weight of carry-on luggage evenly between shoulders/arms. Use backpacks with padded, adjustable straps or rolling bags with telescopic handles. And, ladies AND gentlemen, if your bag is too heavy to place in the overhead compartment yourself, don't be afraid to ask for help from the friendly individuals who will be flying with you.

- ATTENTION all Fashionistas! Wear comfortable clothing. New shoes? Pack them and break them in on another day. Your feet will be thanking you on your vacation.

These may seem like simple suggestions but they work. More and more of us are resuming travel, so if you choose to travel away from the white beach of St. Augustine this spring, summer or fall, hopefully by applying a few of these sug-



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gestions you can get the most out of your travel both physically and financially.

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

He is a co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), presented and published about DN and co-author of *Myofascial Manipulation: Theory & Application, 3rd ed* by Proed Inc.

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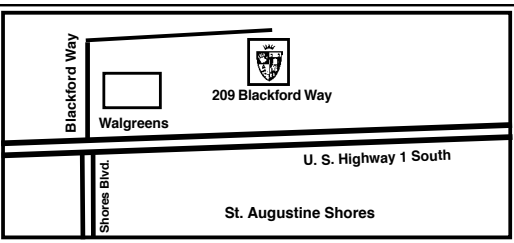



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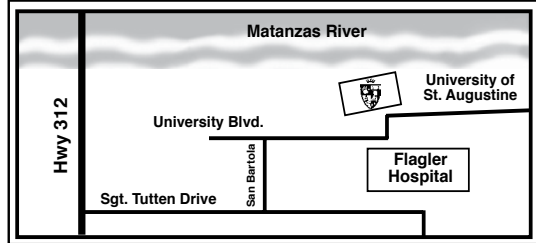
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Anxiety In Pets (Part 3)

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

Thank you for joining us for the last article in our series about anxiety in pets. So far we have covered the causes and prevention of anxiety and in this article we will talk about management of anxiety. Each pet is different and a customized treatment plan should be created with your veterinarian and/or trainer. The principles below constitute general advice and should not replace a consultation with a professional.

There are several training strategies that owners can use to treat anxiety. One method is called "counterconditioning". The purpose of counterconditioning is to change your pet's response to the stimuli responsible for anxiety, usually by replacing the anxious or aggressive behavior with a more desirable behavior, like sitting or focusing on the owner. Another common training strategy is "desensitization." The trainer slowly introduces the pet to the source of anxiety, preferably in small doses and at a decreased intensity. Repeated exposure and rewarding positive behavior can go a long way toward managing anxiety. This process is incremental and may be guided by a professional.

If basic behavioral modification tools do not result in the desired improvement, your dog may have a serious anxiety disorder. Some behavioral issues rise to a level which may dictate that your veterinarian recommends medications or natural therapies. SSRIs and antidepressants are occasionally prescribed for dogs with severe anxiety, including fluoxetine and clomipramine.

For predictable anxiety-producing events like thunderstorms, fireworks, or car rides, your veterinarian might prescribe a short-acting medication to help your dog cope with the stress. Senior dogs with cognitive dysfunction syndrome may benefit from the drug selegiline, which can help reduce some of the symptoms of CDS.

There are also natural products that may improve your pets anxiety. Some products work best in conjunction with other medications, while others can be used alone, depending on your dog's case.

Natural products often use pheromones and aromatherapy to reduce anxiety. Talk to your veterinarian about the natural products best suited for your dog. Some dogs owners have reported success in using CBD oil to treat dog anxiety. Anecdotal reports from dog owners claim that CBD oil can be effective in treating dog anxiety. It's important to note, however, that although many humans use CBD oil for anxiety treatment purposes, there is currently little scientific data on how using CBD oil affects dogs. Additionally, CBD products are not yet regulated, which means that consistency and purity are not always validated.

Your veterinarian will help you come up with a treatment plan. Since excessive anxiety is often caused by a variety of factors, the best way to treat it is usually through a combination of training, preventive strategies, and in some cases, medications.

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Mike Weitz

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death— even death on
a cross!
Philippians 2:8



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Easter Brings Hope

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

Jesus said to her, "I am the resurrection and the life. He who believes in me, though he may die, he shall live." —John 11:25

Easter is many things to many people. Easter is not all about brightly colored eggs, wearing pastels, or enjoying a big meal, although it could include these. Easter is about a very somber event that transcends the reaches of all human emotions. Easter is about the death and resurrection of Jesus Christ.

For some, Easter will be a great day, spent surrounded by family and friends. But for others, it will be a sad day, because Easter is a reminder of a loved one who has died and is now desperately missed.

Death in itself seems so cruel, so harsh, and so final. That is what the disciples were feeling when they saw their Lord, whom they had left everything to follow, hanging on a Roman cross. They were devastated. Jesus' death had crushed them. But if they would have gone back in their memories, they would have recalled an important event and statement Jesus had made.

They would have remembered Jesus standing at the tomb of his close friend Lazarus who had died. They would have remembered that Jesus did something completely unexpected: He

wept (see John 11:35). Do you remember seeing anyone weep because of an unseen emotional disruption whose only outlet was through the tears and body language of the suffering victim? That kind of image stays in your head. Jesus wept, because He knew that death was not part of God's original plan. Humanity was not meant to grow old, to suffer with disease, or to die. But because of the sin of Adam and Eve, sin entered the human race, and death followed with it. And death spread to all of us. Jesus wept, because it broke His heart.

But standing there at Lazarus' tomb, Jesus also delivered these hope-filled words: "I am the resurrection and the life. He who believes in me, though he may die, he shall live" (John 11:25). Death is not the end. Death does not have the final word over us and the resurrection of Jesus Christ proves it.

If you have put your faith in Christ, then Easter means something very special to you. Your faith enables you to claim that you will live forever in the presence of God. Easter brings hope to the person who has been devastated by even death. Jesus' resurrection is a final glorious hope. Cling to it! Let it transform your whole life with an everlasting hope.

Easter Blessings, Pastor Mike

Newcomers of North St. Johns April 19th Event

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) invites members and their guests to join the fun at our April luncheon on Tuesday, April 19, beginning at 11:15 a.m. at Al Dente's Ristorante Italiano, 90 Shops Boulevard; St. Johns, Florida. The event features games of bingo and great prizes!

As part of this special luncheon event, our NNSJ members are encouraged to bring a children's book as a donation to the St. Johns County Public Library.

Doors will open at 11:15 a.m. Cost for the luncheon and program is \$30 for members with guest price of \$35. All reservations must be received by April 8th.

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: wine socials, golf, Mah Jongg, holiday parties, day trips and cultural events.



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Helping Neighbors: Signs They May Be In Need

Here are signs that your neighbor needs help and how to lend a hand.

Most of us have a neighbor of some sort or another. That person may live miles away or just across the hallway. But many people, particularly neighbors without family or friends nearby or senior neighbors, may be at greater risk of isolation and loneliness. These burdens can have a serious impact on well-being: Social isolation increases the risk of premature death from all causes, according to the National Academies of Sciences, Engineering and Medicine.

No matter who you live next to, it pays to learn how to be a good neighbor and look out for one another. Here are signs that your neighbor needs help — and ways you can reach out.

Unopened mail and unclaimed packages

An overstuffed mailbox, newspapers that aren't promptly retrieved and packages that sit for days or more at a front door are all signs that a neighbor is either too ill or too overwhelmed to keep up with those daily tasks.

How you can help: Ideally, when you or the neighbors first move in, you would exchange information such as phone numbers and emails as well as emergency contact information. That way you have multiple ways of trying to reach them or a loved one in case of an emergency. If you don't have this information, simply check in and say "hello." Sometimes it seems like knocking on the door can be an imposition — but the simple act of seeing your neighbor, face-to-face, builds connections.

A change in your neighbor's routine

Even if they live alone, many neighbors have well-established and visible routines,

such as going for a walk at a certain time during the day. If that routine changes for more than a day or two, it may be cause for concern.

How you can help: First, take note of your neighbor's patterns — not to be nosy, but so you can notice if something is amiss and observe if your neighbor needs help. In that case, use your emergency contact information if you're unable to reach your neighbor in person.

Extremes in weather

Particularly for senior neighbors, rain, heat and cold can pose dangers if they try to leave their homes.

How you can help: Talk to your neighbors in need ahead of time and offer to retrieve groceries or run errands should conditions in your area worsen.

Yard upkeep or home-care issues

Take note of small changes in the outward appearance of their home or yard. For example, is the typically meticulously manicured lawn in disarray? Or, have you noticed damaged gutters, broken shutters or windows or other home-care issues? This may be a sign that your neighbor needs help.

How you can help: If you're comfortable, try to gently approach the issue with your neighbor and ask if they need assistance with tasks around the house outside. You may not be able to fix the gutters, but you may be able to help with other things, like mowing the lawn or putting out the trash bins. If you're not familiar or comfortable with your neighbors, consider contacting community resources who may be able to help.

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