



News For And About Residents Of The Palencia Community

Memorial Day Is
Monday, May 30th

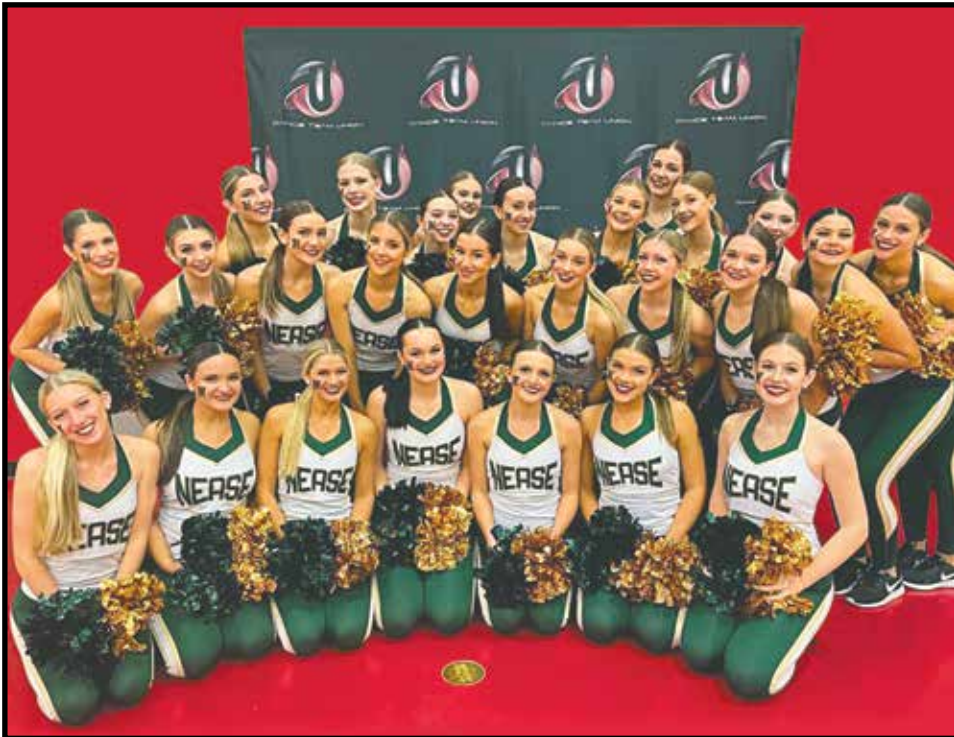


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PALENCIA PRESS

MAY 2022

Palencia Students Compete In Cheer And Dance At Nease High



Nease Pantherettes compete in Varsity Jazz and Varsity Gameday at NDA Nationals in Orlando.

By Laurel Madson, Palencia Resident

At every Nease High School home football game you see the Nease Cheerleaders and Pantherettes down on the track performing. But did you know both teams start over the summer practicing for their competition season?

Nease Pantherettes competed in Varsity Jazz and Varsity Gameday in the following competitions: NDA Citrus Regional, Dance Team Union Regional and NDA Nationals in Orlando.

See Complete Story On Page 10

Honoring Palencia Moms This Mother's Day



On Mother's Day, Sunday, May 8th, thank Mom for every hug, word of encouragement and act of love she has given us. See Page 4 and read about Palencia resident Elizabeth Beaton's Mom, Cecylia Ziobro Thibault who survived a Nazi slave labor camp.

Palencia Women's Golf Holds North Vs. South Competition

Every year for the past 11 years, the men and women golfers of the Palencia golf groups have their annual North versus South Challenge. This annual event was started by Jim White and Dec Schaefer who organized the teams based on where the golfers lived within Palencia. Teams are organized by handicap, so women and men don't play with their spouses but rather someone with a similar handicap. Three points are awarded per team based on number of holes won on the front nine, and back nine, and one additional point awarded based on which team won the match. The totals by team are added up, and then one team is awarded the North-South Challenge cup. The competition is always very close. See Page 6 For Full Article

At right, Jim White, Captain, Southern Storm hands over the winning trophy to Rich Luciano, Captain, Northern Lights.



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St. Augustine Travel Club Meeting

Explore the little towns along the soaring cliffs of Italy's Amalfi Coast high above the Mediterranean Sea followed by visiting the famous sights of Florence, the capital of Tuscany region, and its Renaissance arts and architecture. Wednesday, May 11, 3:00 p.m., Southeast Branch Library, U.S. 1 South (Masks suggested). 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. Also, some of our participants have hosted a presentation based on their own travel experiences. 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.

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Thought For The Day

The first time I sang in the church choir; two hundred people changed their religion." - Fred Allen

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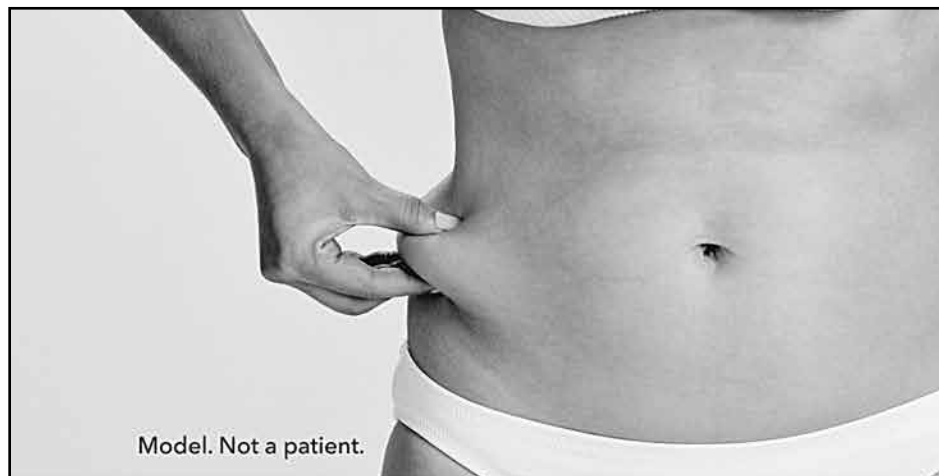
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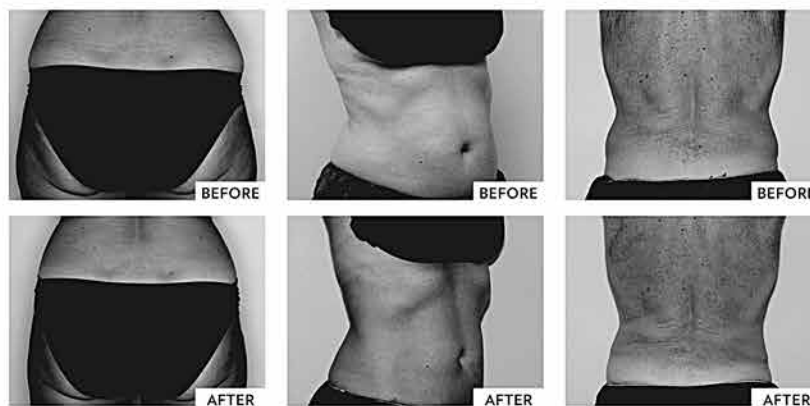
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Words Of Wisdom

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- 1 John 4:10



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Palencia Resident Honors Mom Who Survived WWII Nazi Slave Labor Camp

It appears the world has come full circle since World War II. Here we are again. Today, one need only turn to CNN or FOX to see courage in action. When we have had our fill, we change the channel or turn off the television and go about our day. However, do we really ponder the plight of mother and child in the scenes we have just witnessed—split-second decisions, foresight, timing, survival on sheer ingenuity, seeking elusive safety, desperate to protect those you hold so dear?

These are all too real memories for Palencia resident Cecylia Ziobro Thibault, an American Girl who survived the Nazi Slave Labor Camps of WWII. Her story was re-captured by CNN in the early 2000s, as her book, "Trapped in a Nightmare" was displayed in the National Holocaust Museum in Washington, DC. Today's news is a grim reminder of the atrocities she faced as a child. Yet, they are not visions she can 'turn off.'

The experiences that establish and grow the kind of pioneering, valiant spirit that drives a family to seek other shores remain in Cecylia. Her daughter, Palencia resident Elizabeth Beaton, describes her 87-year-old mother as resilient and adaptive, ingenious and inventive, fiercely loyal, and a true survivor. The same characteristics that led



Palencia resident Elizabeth Beaton with her 87-year-old mother, Cecylia Ziobro Thibault.

her to America keep her young and vibrant, despite the many real struggles of aging, including losing some you hold so dear.

This Mother's Day, we celebrate our courageous moms—with various backgrounds and experiences—who brave life's daily battles with dignity and honor! Happy Mother's Day!

If you would like to read Cecylia's captivating story this Mother's Day, order "Trapped in a Nightmare" by visiting this link: <https://www.iuniverse.com/en/bookstore/bookdetails/471624-Trapped-in-a-Nightmare>.

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Help Us Celebrate Dads

In honor of Father's Day next month, we invite Palencia kids to tell us one thing that makes their dad so special. We know there are a lot of awesome things about our dads, but just tell us one or two things (so we have room to print everyone's). Tell us something like...what is one of the best things about your dad?...what is your favorite thing to do with your dad? Please be sure and include your full name and your father's name. You can also email a photo of the two of you and we will print it along with your information - space permitting. Send your information to thepaper@comcast.net no later than May 10th or else we won't be able to include it in the June issue!



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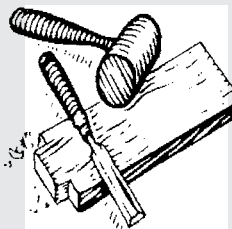
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Palencia People

Highlighting A Hero



Palencia residents, Attorney John Leathers with his spouse Kay Barry, a registered nurse. Professor Leathers helped a group of Haitian refugees receive appropriate representation to seek asylum in the U.S.



John Leathers: Helping Those Who Could Not Speak For Themselves

By Norie Flowers, Palencia Resident

In 1981 when Professor John Leathers was teaching law at the University of Kentucky in Lexington, 250 Haitian refugees from Miami were sent to the Lexington Federal Correctional Institution. They had entered the U.S. without legal documentation and were subject to exclusion hearings that might result in their return to Haiti.

There were no immigration-trained lawyers in Lexington at that time, nor were there non-government paid interpreters available. Professor Leathers was approached by management of the four largest law firms in Lexington. They asked for his help in representing the Haitian refugees, whom they felt were being treated unfairly due to lack of independent interpreters and immigration-skilled lawyers. Prison officials refused a request by Leathers and his French-speaking interpreter priest to meet with the incarcerated refugees.

Professor Leathers filed a federal class action lawsuit in an attempt to have the hearings delayed so that appropriate representation and interpretation

could be provided the refugees in the exclusion hearings. U.S. District Court Judge Scott Reed induced Immigration & Naturalization to delay for training of local lawyers in immigration law and to secure independent interpreting services. Local pro bono lawyers began training in immigration law and exclusion hearings began to proceed.

Professor Leathers' immigration case finally ended for the 250 Haitian refugees when a U.S. District Judge in Miami ordered the original expulsion process be halted, the refugees to be freed and allowed to proceed with asylum requests.

As a lawyer, John Leathers and the Lexington legal establishment believed that in order for the U.S. legal system asylum process to work for any refugee, it had to work for every refugee, even those most shunned by society. Professor Leathers felt that if our Constitution did not protect the perceived "worst of us," it would not protect the best.

Professor John Leathers is our Palencia hero of the month.

Looking For A Palencia "Hero"

With community interest, we would like to feature a Palencia hero each month. Our hero would be any Palencia resident who has done something noteworthy in any capacity for the U.S. Government, (military or other), or nongovernmental organizations (NGOs), or in volunteer groups in the U.S. or elsewhere.

We have many heroes in Palencia that we would like to recognize

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Spring Is Here: Ladies Golf Activities Are In Full Swing

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

The month of May is a very busy month. All of the ladies who qualified for the Queen's Court during the year will now compete to become the Queen on May 12, 2022. It's a fun event and we hope many of the ladies will come out and cheer on the golfers as they compete to win the crown.

We are very excited about launching our spring/summer "Nine and Wine" Tuesday weekly series. Kim Jakobs will be offering golf clinics an hour before each weekly Nine and Wine session to help ladies work on their golf game. Our Nine and Wine series starts at 5:30 p.m. and goes to around 7 p.m., then ladies will come in for a glass of wine and something to eat. This series is all about having fun and meeting new ladies.



Kim Jakobs, Assistant Pro and Diane Robinson explaining how Kicker Cash works.

Our official closing date will be on Thursday, May 19th where we will begin the day with a fun scramble, followed by a WGA paid lunch and voting of the new officers for the coming year. Ladies, make sure to register for this event. Cathy French and Judy Guarino are co-chairing this closing event that we know will be a great event.



The Palencia 9 Holer winning team of, left to right, Pat Kazakis, Debra Bienert, Liz Pound, Indy Nelson and Jeanne Carr.



Rosetta Smith dressed the part and brought luck to her team by winning her team the Kicker Cash.

Spring in Paris.

Once a month, Diane Robinson, our play day chair, encourages all ladies, regardless of golf experience to come out and meet new ladies in our Monthly Scramble event with a big Cash Kicker. Each month we roll the dice to have a cash multiplier of \$10.00 per the number on the dice. This month's cash kicker was \$110.00 to the winning team. It's a lot of fun and ladies seem to enjoy dressing up, meeting new players and sharing laughs on the course. Congratulations to the winners: Peggy Larson, Staci Luttrupp, Rosetta Smith and Earline Barnes who shared their total winnings of \$180.00. Well done ladies!

Congratulations to Sandy Bran-
Continued On Page 7



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Palencia Women's Golf Association

Continued From Page 6



Ladies playing in the Scramble Cash Kicker, left to right, Diane Robinson, Earline Barnes, Resa Wilcox, Laura Mayo, Rosetta Smith, Ginny Saunders, Tricia Luciano, Lisa Proctor, Chris McCoy, Peggy Larson, Faye Peludat and Staci Luttrupp.

denburg for joining the Queens court, as the April Queen Qualifier with a net 71. Sandy will be playing with the rest of the queens court qualifier's in May to select a new Queen.

We would like to welcome two new members Nancy Watson and Emily Dunn to our ladies group. This brings our group now to over 80+ strong. Welcome ladies!

Every year for the past 11 years, the men and women golfers of the Palencia golf groups have their annual North versus South Challenge. This annual event was started by Jim White and Dec Schaefer and the teams were organized based on where the golfers lived within Palencia. Teams are organized by handicap, so women and men don't play with their spouses but rather someone with a similar handicap. Three points are awarded per team based on

number of holes won on the front nine, and back nine, and one additional point awarded based on which team won the match. The totals by team are added up, and then one team is awarded the North South Challenge cup. The competition is always very close.

The annual North versus South competition was fierce but in the end the Northern Lights won over the Southern Storm for the second year in a row. The trophy cup tends to go back and forth quite frequently and all who played had a great time. The day ended with a group lunch and award of the trophy.

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. You don't want to miss the great events that are scheduled.

Palencia Residents! Send Us Your Newsworthy Notes

Are there any anniversaries marriages, engagements, military members, school or athletic awards in your family? Drop us a note about your family's good news along with a photo, if available. You may email the information to the following address: thepaper@comcast.net. Information received by the 10th of the month will be included in the following month's issue.

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Fifth Grade Farewell

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

As yet another school year comes to an end, it's exciting to see so many of the end of year traditions returning to PES. When the pandemic first began in March of 2020, many of the amazing events held each year to celebrate the completion of elementary school had to be drastically altered or canceled all together. But this year, all the fifth grade students can look forward to rising levels of normalcy and amazing activities as they spend their last month as a Palencia Pirate.

Six years of incredible physical, emotional and academic growth deserves a major celebration and PES has ensured there is plenty in store for each and every fifth grader to make special memories before heading to middle school.

Fifth grade teacher, Debby Gardner, shared that "the fifth graders will participate in several exciting opportunities, prior to heading off to middle school. This month we will take a field study to Kennedy Space Center since, due to Covid protocols, they were not able to attend last year (as 4th graders). Additionally, our students will enjoy our annual Kick Ball Tournament which they participate in over the course of three days with the last day being the coveted Championship game." This event always brings out the fierce competition and celebratory side of these children.

There are also groups within this grade that get special recognition for their hard work and commitment. For example, the students that have participated in either News Crew or Safety Patrol will have a celebration together in the media center as a reward for being responsible for these important leadership opportunities.

Graduation is the culmination of all these students' hard work over their time at PES.

Gardner went on to share that "this year we will have fifth grade graduation



Fifth Grader, Callia Flostrand

over the course of three days with each partnership participating on the same morning in the cafeteria. One of the student's favorite year end activities is their themed dance! This year our PE coaches have graciously allowed us to use the pavilion, so the students can spread out, enjoy the music, eat lunch and most of all dance, dance, dance."

Fifth grader, Callia Flostrand, shared that "I am looking forward to my graduation to celebrate all of my years at Palencia Elementary and bonus summer break starts then too."

One of the most treasured and special traditions is the Fifth Grade Clap Out. Gardner shared that "on our last day, the students will wear their classroom shirts and are allowed to have their fifth grade classmates sign them. As they close out their last day, fifth graders walk through the school as all grade lev-

Continued On Page 9

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Palencia Elementary School

Continued From Page 8

els come out into the hallway, say good-bye, clap and cheer for them as they



Fifth Grader, Mason Pester

walk by.” This will be their last steps in PES as elementary school students and the most perfect send off into their next phase of life.

Each fifth grader will treasure different memories of their time at PES. The teachers, their friends, resource activities, field trips, community events... the list goes on and on.

Fifth grader, Mason Pester, shared that “I am going to miss biking to school every day. I will also miss having recess and making new friends on the playground.” The school has felt like a second home to so many of these children and a place they can cherish in their hearts forever.

If you see one of the fifth grade Pirates over the next month, give them a fist bump, a smile and a pat on the back because they have worked hard to get here. These are the days to reflect on and be proud of our kids’ accomplishments and to look with enthusiasm to their next steps. A time to laugh, to cry and to celebrate for a job well done.

A Special Tribute On Memorial Day

By Earline Barnes and Laura Mayo

We would like to invite family, friends and neighbors to come to the Palencia Club in collaboration with the Women and Men’s Golf Organization to participate in 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.

The veterans will be honored at 8 a.m. with a memorial service at the American Flag with a wreath, lighting of a candle and a moment of silence. Followed by a special tribute for five of our golf members who were a part of our community and passed away. The members to be honored include: Susan Agee, Eddie Earle, Kevin Hutto, Jim Madigan and Sue Patalano. Each member will have someone talk about their friend and light a candle in remembrance.

The Special Memorial tribute will start at 8:00 – 8:45 a.m. The golf scramble will start at 8:45 a.m. At the



end of the golf, a barbecue 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. All family, friends and neighbors are invited to attend.

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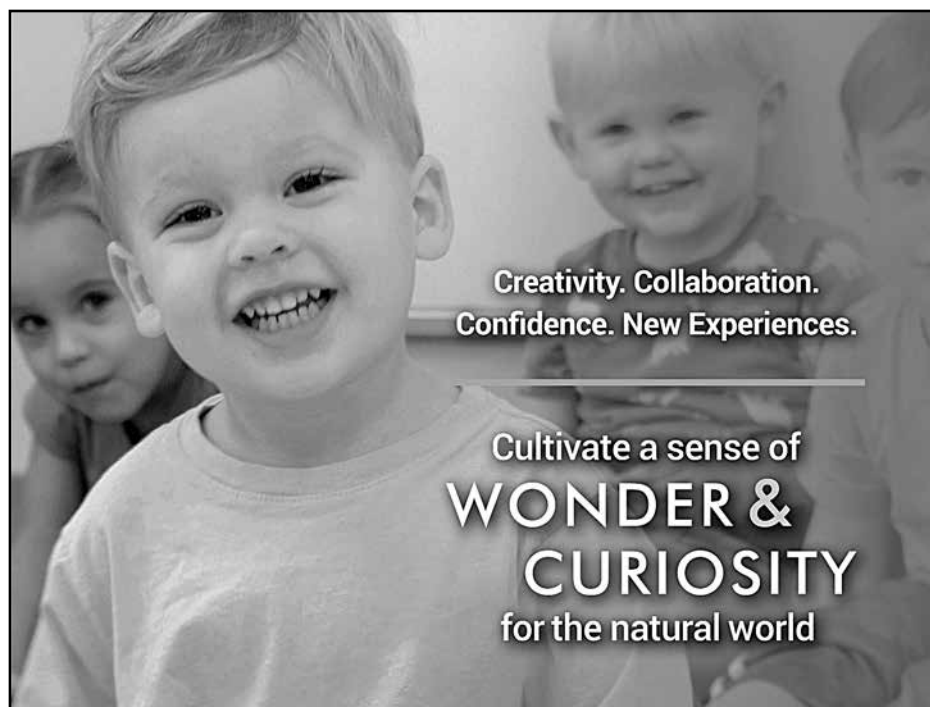
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Competitive Cheer And Dance At Nease High School

By Laurel Madson, Palencia Resident



The Nease High School Cheerleaders start in the summer practicing for competitive season. The team continues to improve their routines throughout the year.

At every Nease High School home football game you see the Nease Cheerleaders and Pantherettes down on the track performing. But did you know both teams start over the summer practicing for their competition season?

This year, Nease Cheer competed in the following competitions: Infinity Winter Classic: 2nd, UCA Regionals: 5th, Stingray Showdown: 1st, FHSAA Regionals 5th, FHSAA states: 4th and UCA Nationals: 17th.

“This competition season was very special with having seven seniors on mat with us,” said Nease Cheerleading Head Coach Bailey Reed. “We were able to continue improving our routine throughout the year because of all their hard work. We also had new coaches and the girls were very receptive to the change and made this year incredible. I couldn’t have asked for a better year!”

Nease Pantherettes competed in Varsity Jazz and Varsity Gameday in

the following competitions: NDA Citrus Regional, Dance Team Union Regional and NDA Nationals in Orlando.

Pantherette Head Coach Amy Case said “This was a great competition season as we saw improvement for our scores in both categories not only at each competition as the year progressed, but also compared to last year. The past two years had seasons disrupted due to COVID, so this was a great first year back with a full competition schedule. It was also our first time competing with the Dance Team Union organization so I am really proud of the 6th place finish there.”

Both Nease Cheerleading and Pantherettes will have youth camps over the summer to fundraise for their competition seasons. Cheer Cub Camp is July 20th -22nd. Go to Nease Cheerleading Cub Camp on Facebook for more information. Pantherette Mini Camp is June 27th– 29th. Go to NeaseDance.com for more information.



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Spring is the time to restore your vitality and ability to do the things you love! It all begins with taking care of yourself. Especially after a tough couple of years with many interruptions to plans for fitness and recreation.

“Now is the time to invest in a body that will allow you to live your life to the fullest,” explained Josh Kirk, owner of INLINE Pilates+Fitness. “The flexibility, posture and unmatched core strength of a Pilates trained person is a wonder to behold! They are unmistakable. They stand taller, look naturally toned, emit confidence and youthfulness and swing a golf club way better!”

Increase your rotational flexibility for your swing! Heal the little aches and pains that hold you back by stretching and correcting your imbalances. If you are interested in Private Pilates, Golf Training plus workshops, personal training or Post-Rehab exercise, text Josh at (321)754-6172.

“With Pilates you will de-age your spine, target bothersome areas, increase your muscle tone, bone density, flexibility and elevate sustainable strength for life - because it starts with your core postural alignment.”

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equally, just ask Josh (head trainer) and the many male clients of the studio over the years.

“Join us in May for 1st Time Student & Returning Client (90 days) FREE CLASS month! Book your class at inlinepilatesfitness.com/schedule before the end of the month,” added Josh.

Private Pilates, Personal Training, and Hybrid Fitness sessions are available. These sessions also include *manual stretching*. For more class information visit the website or email info@inlinepilatesfitness.com.

New Golf Clinics & Lessons For Kids And Ladies With Kim Jakobs

By Earline Barnes and Laura Mayo

In an effort to expand the game of golf in Palencia, the Palencia club is offering golf teaching options for ladies and children with Kim Jakobs and Santiago Cavanaugh. Kim and Santiago are conducting lessons, Junior Clinics and Summer Camps this year for all children in Palencia. Kim has just launched some new clinics focused on ladies who want to learn to play golf, haven't played golf in a while, or just want to enhance their current game. Kim is currently a Professional Golf Assistant and Golf Shop Manager at the Palencia club.

Kim is originally from Luxembourg and came to Saint Augustine in 2016 where she attended Flagler College on a scholarship and earned her degree in Sports Management.




Left to right, Jennifer Schwinger, Mary Kay Lyddane, Maleah Miller, Babette Weaver practicing their chip shots during the clinic with Kim Jakobs.

Kim Jakobs, Palencia Assistant Pro

She was a member of the Luxembourg National Team where she competed in tournaments across Europe in the Netherlands, Germany, Belgium, England, and Italy. Kim has won many competitions, most notably was a key member of the college PBC championship team that won four championships and was selected multiple times for the PBC First and Second team, and a player of the week many times as well.

We are very lucky and excited about Kim's expanding role in delivering lessons, clinics and helping kids and the Women's Golf Association goal of getting more ladies to play and enjoy golf. If you would like to sign up for a clinic or lesson with Kim, please call the ProShop at 1-904-599-9040, ext. 2. All proceeds from Kim's lessons will be going towards funding her H1B Visa Renewal.

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Palencia Gaming Club Donates To Needy Families In Community

The Palencia Gaming Club is a voluntary, resident-only club that meets on Tuesdays for card and board games from 11 a.m. to 2 p.m. in the Amenity Center.

Despite suspending meetings through the winter months due to Covid, the Club continued its mission of quarterly charitable donations. They collected more than \$600 in gift cards, toys and clothing for the Palencia Elementary School's Giving Tree in December.

Last quarter, Ce Worley brought 'Nora's' plight to the forefront. Nora's Jacksonville mobile home was destroyed in a fire last January. Ce collected \$570 from the Palencia Gaming Club but didn't stop



there. She approached the Buy Nothing Palencia Facebook group and collected 22 bags of clothing, shoes, and accessories for the entire family and food items and another \$100 gift card. Another friend in the Buy Nothing group made arrangements with a children's consignment shop and allotted a \$200 store credit. Ce filled half the back of an SUV with merchandise. Nora was overwhelmed by the generosity and kindness of the people of Palencia! The Palencia Gaming Club takes aim at the Alpha Omega House and local Food Pantries this quarter. For more information about the club email Liz Beaton at Beatons424@gmail.com.



Ask A Certified Master Gardener Tea – A Different Garden Option

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

Second only to water, tea is among the most widely consumed drinks on earth. It is valued as the centerpiece of ceremonies, a token of hospitality, a breakfast ritual and, of course, a good source of caffeine.

There are two main types of tea plants: China, and Assam. China teas are grown primarily in Asia; and Assam teas are grown in most other climate suitable regions of the world.

Tea is a camellia species (*C. sinensis*), and like many ornamental camellias, it grows well in sandy soils with high

yaupon tea give a caffeine boost, but this flavorful tea can also provide antioxidants. Researchers at UF focused on the Yaupon variety 'Nana' and found that the leaves had the same antioxidation potential as blueberries and as much caffeine as green tea.

In the noncaffeine category, Florida is home to a number of plants that are easy to grow and make excellent herbal teas.

One of the most popular is Roselle (*Hibiscus sabdariffa*). Due to its recognizable scientific name, roselle is

sometimes mistaken for ornamental hibiscus, and even marketed under that title. The flower calyxes have a tart, bright flavor that earned another name, "Florida cranberry." These can be used dried or fresh to give a "zing" to hot and cold teas. You can find roselle fresh at farmer's markets during the autumn season.

Ginger (*Zingiber officinale*) is another common herbal tea ingredient that grows well in Florida. Paired with citrus, cinnamon, or honey, ginger "roots" make an excellent spicy drink. Harvest the rhizomes in the fall or once

the tops have died back.

Mint (*Mentha* spp.) is probably the most well-known non-caffeine tea herb, and one of the easiest to grow. It attracts pollinators and does well in Florida's hot and humid weather. The peppermint and spearmint leaves provide the two most popular mint flavors, but apple mint, English mint, orange mint, and even chocolate mint are also available. Whatever the flavor, mint is a versatile herb and used fresh or dried makes a flavorful beverage.

One of the most ancient herbal tea flavors is Turmeric (*Curcuma longa*). It is touted for digestive and anti-inflammatory properties. Like ginger, turmeric, a perennial, is harvested in late fall or early winter when the plant goes dormant. The flowers are also tall and beautiful and a great addition to any landscape.

If you want to explore a new garden adventure, look for an Assam tea plant at your favorite nursery and try your hand at growing this great beverage!

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).



Caffeine and phenolics are compounds in tea that are associated with tea quality. In the noncaffeine category, Florida is home to a number of plants that are easy to grow and make excellent herbal teas.

organic matter and tolerates both humid summer heat and mild winter freezes. Researchers at the University of Florida (UF) are exploring the potential for tea production as a specialty crop. They are bringing together experts in horticulture, agronomy, soil science, breeding and plant pathology to develop suitable cultivars and growing recommendations for our region. The goal is to then identify those varieties and growing conditions that best maximize the compounds in tea leaves to produce high quality tea.

For just a little bit of science, caffeine and phenolics are compounds in tea that are associated with tea quality. The phenolic content in tea refers to the natural plant compounds which affect the flavor and mouthfeel of tea. These compounds in green tea are also excellent antioxidants and hence health promoting.

Tea is an evergreen, shrub, or small tree. The China type is dwarf, with small, dark green, narrow, serrated leaves. The Assam type, which is better suited to our area, is a larger plant, with green, less serrated leaves. Tea can be grown in full sun or light shade and in soil pH of slightly acid to neutral. Tea plants produce insect pollinated flowers, and cross pollination among two tea plants results in even more vigorous plants. A single bush can produce as much as a half a pound of tea.

In the caffeine tea category, another option in our area is the native Yaupon Holly (*Ilex vomitoria*). Not only can

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Nease NJROTC Captures 3rd Place At National Championships

Competing against the top 27 NJROTC drill teams across the country, Nease placed 3rd at the 2022 Navy National Academic, Athletic and Drill Championships in Pensacola on April 1st and 2nd.

The Navy Nationals comprise a series of 10 events – personnel inspection, five drill, three athletic and one academic – where the cumulative scores are added to determine the overall national champion. Nease represented NJROTC Area-12, which covers the 60 NJROTC programs across Northern Florida and the state of Georgia, having won the Area-12 Drill Championship last month in Coffee County, Georgia.

Nease won 1st place in two events – the 16 x100 Relay and Unarmed Basic Drill. The team garnered eight additional trophies, including 2nd place in Personnel Inspection, 3rd place in Overall Athletics and Pushups; 4th place in Overall Drill, Unarmed Exhibition Drill and Sit-ups; and 5th place in Armed Basic Drill and Academics. Five cadets earned individual medals – Emmelie Neff finished 2nd in Situps, Keegan Mapa – 5th in Situps, Emily Chang and Nicholas Gallego 10th in female and male Pushups, and Ben Prohofsky – 10th in Academics.

“These young men and women persevered since August practicing at 7:30 a.m.,” said senior naval science instructor Captain Scott LaRoche. “Finishing third in the nation validated their commitment to excellence.”

Nease has qualified and competed at the Navy Nationals every year since 2015 with this year being the team’s best finish. Pace High School in Pensacola and Troy High School in Ful-



Nease seniors Isabella Rivera, Kaitlyn Boggs, Brodie Mongon, Daniel Mahoney and Emmelie Neff receive the 3rd place overall trophy from rear Admiral Peter A. Garvin at the Navy National Academic, Athletic and Drill Championships in Pensacola.



Battalion Commander Kaitlyn Boggs receives the 1st Place Overall Unarmed Basic trophy at the Navy National Academic, Athletic and Drill Championships.




Nease NJROTC cadet Emmelie Neff performs one of her 315 total Situps to place 2nd individually at the 2022 Navy National Academic, Athletic and Drill Championships in Pensacola on April 1st.

lerton, CA placed top two.

“I couldn’t be more proud of all of my teammates,” said Battalion Commander Kaitlyn Boggs, commander of the freshly minted #1 Unarmed Basic Drill team in the nation. “Coming out on top in this event knowing the talent from other programs in California, Virginia, Texas and Florida makes this trophy even more special.”

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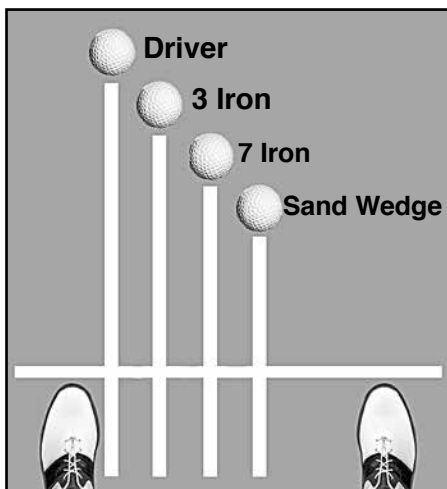


Dog With "A" Type Personality

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

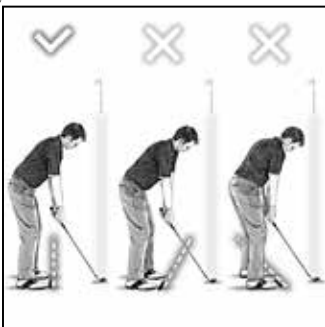
Hello Fellow Golfers,
 Your set up and pre-shot routine is pivotal in being repetitive and consistent, also in allowing the club to bottom out at the right moment. Start your pre-shot routine by getting a visualized line towards your target from behind the ball, then step up to the ball with your feet together, first step away with your left foot then step away with your right mak-

Ball Position



ing sure that your ball position is correct for the club you're using. Your wedges and nine iron are normally played in the center of your stance as the clubs get longer, they move more forward

Alignment



towards your lead foot ending with the driver played just off the inside of your left foot (if you are right-handed golfer). Keep your pre-shot routine simple but do it every time so that you're in the same position to execute your shot.

So far as your alignment, if you lay down an alignment stick or a golf club along your feet, your feet should be aimed towards your target with a wedge. We like them slightly to the left to give your arms a little bit more room to move through the ball. With your driver, we normally like our feet aimed at our tar-

get or slightly to the right allowing ourselves to use all of our big muscles generating power. Exceptions to this is if you'd like to play a draw or a fade then the alignment changes.

Listening to the bag-man as we conduct business, I often hear him discussing the alphabet people. This person is an A-Type person and this person is a B-Type. An A-Type person is like my friend, Dooley. He never stops wagging and sometimes he runs to Neverland. When we take our morning circle walk, he leaps up and down and woofs at all the passing four leggers! He waters all the trees, hydrants, legs, palmettos and any other standing objects in our path. When we get to the water fountain, he bounds up the stairs into the high water, leaps down the steps and runs circles around the bottom well! What a guy this A dog! His "A" must stand for Absolutely at the Apex, which is where my friend, Dooley, is. I, on the other hand, prefer the B-Type personality. Being on the "B" list simply makes me



Beloved and Beautiful, Being laid Back and Bewitching keeps me in Dooley's eye. That's not a bad place to be...

This is very important, but you can do it! Developing a pre-shot routine will help you with your alignment and ball position. If you have any questions please contact me at www.Laurabaughgolf.com

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Turn Toward Each Other Instead Of Away

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

www.happycoupleshealthycommunities.com

In marriage, we all make what we call “bids” for our partner’s attention, affection, humor or support. They can be as minor as asking for a back rub or as significant as asking for support in carrying the burden when an aging parent is ill. When our partner makes a bid for our attention, affection, humor or support, we have a choice: we can either turn toward them or turn away. Turning towards is the foundation for trust, emotional connection, passion and a satisfying sex life.

Dr. John Gottman’s research confirms the central role that bids play in a relationship. In a six-year follow-up of newlyweds, he found that couples who remained married had turned toward their partner’s bids an average of 86 percent of the time in their Love Lab conversations, while those who ended up divorced had averaged only 33 percent. Furthermore, most of the arguments between couples in both groups were not about specific topics like money or sex, but resulted from failed bids for communication.

There is a reason that seemingly small interactions are fundamental to a relationship’s future: each time couples turn toward each other, they are funding what we call their “emotional bank account.” They are putting good will in their relationship and building up savings that can serve as a cushion when times get rough, when they’re faced with a major life stress or conflict. Because they have stored up an abundance of goodwill, such couples are less likely to teeter over into distrust and chronic negativity during hard times.

The first step in turning toward each other more is simply to be aware of how

crucial these micro-interactions are, not only to your marriage’s trust level, but to its ongoing sense of romance. Remind yourself that being helpful to each other on a daily basis will do far more for the strength and passion of your marriage than a romantic dinner or a two-week Bahamas getaway. A romantic outing only turns up the heat if a couple has kept the pilot light burning by staying in touch in the little ways. I am sure that it has never happened to you in your relationship, but you have probably seen other couples at a romantic dinner who are not talking or connecting with each other because they don’t know how to because they haven’t been doing it in the little ways.



One virtue of turning toward each other is that it is easy to accomplish. It only takes a small gesture to lead to another and then another. “Turning toward” operates under a law of positive feedback: turning towards leads to more turning towards. Like a snowball rolling down a hill (obviously, not in Florida!), it can start small yet generate enormous results.

You don’t have to turn toward your partner in a very dramatic way to see the benefit. Just get started and things will improve by themselves.

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 be interested in couples or family therapy, contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com.

A Tell-All Memoir Of How One Drop Of Blood Changed Her Life



Teresa Davis-Mills,

“One drop of blood changed my life,” says Teresa Davis-Mills, Colorectal Cancer Survivor, Colon Health Advocate, and Florida Author of “I’m Not Sh*tting You,” detailing her fight with humor and heart. She saw the first drop of blood but refused to think of it as a symptom, self-diagnosing that it would disappear in time. Time became weeks, then months. She didn’t appreciate the value of a doctor-recommended Colonoscopy as a preventive screening – she does now. When Teresa finally made an appointment for the test, she was diagnosed with Stage 2B Colon Cancer. Today, her mission is to share her story to encourage others not to make the same mistake she did by postponing her first recommended Colonoscopy. Her story will save lives.

Teresa wants people to say the word COLONOSCOPY and appreciate it can be a life-saving procedure. The book is a must-read for people who postpone or avoid the screening. The book is available on Kindle (\$5.99) or paperback (\$17.95) on Amazon https://www.amazon.com/dp/B09NLFC95N/ref=dp-kindle-redirect?_encoding=UTF8&btcr=1

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Dry Needling Q&A

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

I have written on Dry Needling (DN) before but continue to receive questions regarding this intervention. The purpose of this column is to answer as many of those questions in the space allowed (500 words or less) but more info can be found on our website or can be answered with a phone call at 904-829-3411 by any of our DN clinicians (see ad).

Is DN new?

No, DN is not new. It has been growing in popularity since the 1960's when Janet Travell, MD coined the term Myofascial Pain Syndrome and used it to treat myofascial trigger points. It has been utilized for years by European physical therapists, which was my first exposure and was first approved in 1984 for use by US/Maryland physical therapists.

First Coast Rehabilitation (FCR) therapists have been teaching DN nationally and internationally since 2010, were approved in 2017 by the state PT Board to use in 2017, testified before the FL PT Board on behalf of all FL PT's, which was approved in 2020, and have since trained many others in St. Augustine, Florida and across the nation (see myopainseminars.com).

Why utilize DN?

The benefit of DN is multifactorial and rooted in pain science research. At its root, a trigger point, or hyper-irritable nodule within a taut band of muscle, develops when the muscle is overloaded. This can happen in several ways, but poor posture or unaccustomed activities are two primaries. When this happens, the basic contractile elements of the muscle lock up, causing compression of the vascularity, thereby depriving the tissues of oxygen, resulting in tissue damage and the release of noxious (pain stimulating) chemicals = pain.

When treating the trigger point with DN, a twitch response is elicited, which is protective response to the stimuli via a spinal reflex loop. The "twitch" is an indication the trigger point has been treated and the noxious stimuli have been flushed out. It may leave some muscle soreness but can result in an immediate analgesic effect, increase motion, strength and function. And because no medication is involved, there are not medicinal side-effects.

What kind of problems can be treated with DN?

Almost anyone can benefit from DN. It can help with nearly all types of headaches, Ehlers-Danlos syndrome, shoulder, neck, back, hip, leg, foot and hand pain, where trigger points are involved. TMJ, jaw pain, and ringing of the ears caused by trigger points can also be treated. It can be used for orthopaedic and neurological problems where pain, muscle inhibition and loss of range of motion are a result of trigger points. It can also be used to treat scar tissue, pelvic pain and more.

Is it safe?

Yes. All needles are sterile. In a 2013 multi-site study in Ireland, which included 39 PT's in nearly 8,000 treatments, proved with proper training and practice,

DN is safe. (Therapists at FCR have been trained in the same techniques used in this study.) The major side effects were soreness, fatigue, an occasional bruising.

There are many more questions but limited space. **What to do after treatment? How many sessions will it require? Once the trigger points are treated, are they gone forever?**

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more answers or call if you don't find an answer to your question or to see if DN could work for you.

Rob Stanborough was one of the first PT's to be permitted to use DN in FL 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, est 2006 (www.firstcoastrehab.com), has presented and published regarding DN and co-authored *Myofascial Manipulation: Theory & Application*, 3rd ed by Proed Inc.




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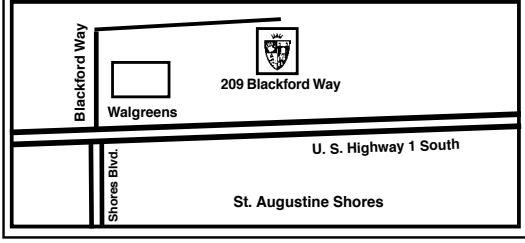
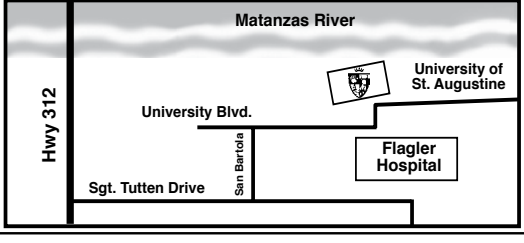
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Food Allergy In Dogs And Cats

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

For animals, itchy skin is often more than just a minor annoyance. Very quickly a mild itch can turn into areas of hair loss, rashes and skin infection. These are signs of a process known as dermatitis. Dermatitis can be caused by allergic (food or environmental), parasitic (fleas and mites), and traumatic causes.

Food allergy is one of the most itchy conditions of cats and dogs. Within many foods are a variety of flavorings, colorings, and food proteins that are processed within the body. Often the proteins are combined into or changed into substances that are recognized by the immune system as a foreign invader, which the immune system then feels a duty to attack and removed from the system. The resulting inflammation that is caused by this attack may affect the gastrointestinal tract or other organ systems, but in dogs and cats most often it is the skin that suffers the most from this attack. Typically a cat will itch its face or neck with resulting hair loss and scabs. More common in dogs is foot chewing, itchy anal area and recurrent skin and ear infections.

Many pet owners make the false assumption that itching due to food allergy requires a recent change of the food. In actuality, the opposite is true. Food allergies require time to develop and most animals have been eating the offending food for several months or even years with no trouble prior to the onset of the allergy.

How do you know if your pet has a food allergy? Unfortunately there is no simple test for a food allergy and the appearance is difficult to distinguish from an airborne allergy, which is frequently found in the same patient. Some hints that a food allergy may be to blame are: nonseasonal itching, onset of itching be-

fore six months of age or after six years of age, lack of response to treatment for environmental allergies and parasites, concurrent gastrointestinal signs, recurrent ear infection and/or an itchy anal area.

What about the dietary allergy tests that you may have seen online and in dog magazines? The short answer is to not waste money on these tests. Blood tests for allergy can detect antibodies against certain food proteins, but this does not mean that the pet has an allergy. It may mean nothing more than that the pet has eaten that type of protein before. In addition, the pet's body alters food proteins during digestion and it may actually be the altered protein that generates the allergy. There is no predicting how protein can be altered, and therefore no test can be created for altered proteins. Many studies have shown that laboratory tests are simply not valid for determining if a pet has a food allergy. Note: laboratory tests HAVE been shown to be effective in determining environmental/airborne allergies.

So what is the best way to confirm a pet has a food allergy? We perform what is called a "food trial." During this test, a hypoallergenic diet is fed for a defined period of time. If the pet recovers, the original diet is fed for up to two weeks to see if the itching returns. If we see recovery with the test diet, but the itch returns with the original diet, a food allergy is diagnosed. Then the pet is returned either to the test diet or another appropriate commercially available or home-cooked food permanently.

If you notice any signs of dermatitis, speak with your veterinarian as soon as possible to ensure that your pet is properly diagnosed and is as comfortable as possible.

Marshall Creek CDD Fishing Reminder

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



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The Colors Of Mother's Day

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

The carnation as an official Mother's Day flower gained widespread fame when Anna Jarvis, commonly known as the "founder" of the modern Mother's Day, distributed hundreds of white carnations when she first officially celebrated this day in the United States in 1908. Carnations were her flower of choice because they were her mother's favorite blooms.

Historically as well, men and women have used a white or pink carnation to honor their mother. A white carnation denotes love that cannot be shared and is used to symbolize remembrance for a mother who has passed away. A pink carnation, on the other hand, symbolizes a mother's undying love, gratitude and tenderness - emotions that make the bond between a mother and her children so priceless! Red carnations are a symbol of deep love and life when you want to honor your partner, spouse, or the special lady in your life on Mother's Day.

Last year, for the May edition of the *Palencia Press*, I reflected on my mom and shared how blessed I was to have her for 94 years (which I am). This past October my mom passed from this life into eternal life with her loving Savior. I do not discount the hole in my life she has left, but I am comforted daily by the faith she exemplified for me in Jesus.

As I began to write this article, it occurred to me that I would be "changing colors this year." For 58 years I have worn a pink carnation. This year I will honor my mom with a white carnation in remembrance, while not forgetting her undying love, gratitude and tenderness. I will honor her in death, while celebrating a life well lived.

While the tradition of wearing carnations seems to have diminished in recent years, I remember as a child being amazed at all of the carnations in church on Mother's Day.

It is such a simple gesture, but can reveal such honor and love for the one who nurtured us, and breathed encouragement, love and grace into our lives.

In the book of Proverbs we read: *Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household and does not eat the bread of idleness. Her children rise up and call her blessed; her husband also, and he praises her: "Many women have done excellently, but you surpass them all."* -Proverbs 31:25-30.

I pray God's richest blessings for each of you as we remember and celebrate our mothers.



Catholic Charities St. Augustine To Host 2nd Annual Golf Tournament Fundraiser

A fundraiser to benefit the many community assistance programs including Homelessness Prevention, Emergency Aid, & Food Assistance.



Catholic Charities St. Augustine is gearing up to host their 2nd Annual Golf Tournament fundraiser on Monday, June 6th at

Marsh Creek Country Club in St. Augustine Beach. All proceeds from the fundraiser will directly benefit the most vulnerable throughout St. Johns, Putnam, and Flagler counties.

Tickets and Sponsorships are on sale now at: one.bidpal.net/ccbgolf2022

Since 1975, Catholic Charities St. Augustine has worked to transform lives by serving the community's most vulnerable across the St. Johns, Putnam, and Fla-

gler County communities.

"At Catholic Charities, the fundamental belief is that we have a responsibility to care for those in need by meeting basic human needs, restoring dignity and assisting toward self-sufficiency," said Elisa Bennett with Catholic Charities.

"By providing emergency financial assistance, food assistance for rural families and students, homelessness prevention, and pregnancy and adoption support, we are putting our beliefs into action to transform lives," she added.

Over the years, Catholic Charities St. Augustine has grown into a multi-faceted agency that served more than 10,000 people in surrounding communities in 2020. Services are offered to all people regardless of religious affiliation, gender, race or ethnic origin.

Questions? Contact Elisa at ebennett@ccbstaug.org.

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Boost Your Home Pool Safety

Use these pool safety reminders, from guidelines for the height of a pool safety fence to pool safety equipment to keep on hand, to make sure your swimming pool is ready for the season.

Dreaming of a more leisurely, escape-worthy backyard? For many, that dream includes a swimming pool — either above-ground or in-ground — or a hot tub. Plenty of American homeowners already live that dream every day.

Swimming pools come with risks. Seventy-four percent of drowning deaths of children younger than 15 occur at a home, and it's estimated that a child dies every five days in a portable pool in the United States. That's why any pool — portable, above-ground, in-ground — should be installed and used in tandem with physical safety elements such as a pool safety fence and educational safety elements, including lessons for everyone and CPR training.

Teach children to swim

Certified swimming lessons help reduce childhood drowning incidents. It is recommended that children start swimming lessons by age four. Keep every child under adult supervision. Make sure adults have adult/pediatric CPR training.

Swimming pool safety

Having a pool brings many responsibilities, such as making sure the proper regulations are met in your area, proper maintenance is performed and providing essential safety features.

Poolside safety essentials

Life-saving ring and Shepherd's hook, self-closing/latching gate (open outward, out of the reach of children), alarms on doors leading to the pool, and 60"-tall, four-sided fence/enclosure (one side should not be the house), and Pool-use alerts.

These tools may help you eliminate potential pool hazards:

A rigid pool cover (keep the control out of kids' reach); a motion-sensor underwater alarm and rounded, crack-free drain covers (all screws installed).

Year-round pool safety reminders

The importance of safety continues year round and even when your pool is not in service. Check that your pool meets city and state regulations and ensure no one can climb over, under or through the fence. Remove steps and ladders when not in use. Do not include diving boards and slides in your pool design. Lock pool chemicals in a well-ventilated cabinet. Never swim when lightning is nearby.

One step that you can take if you have a more permanent structure is to schedule annual maintenance on your swimming pool. Have a professional inspect the pool and drain covers. Then make sure family and friends that use the pool understand where the pool safety equipment is located and what safety requirements you have for swimming, such as providing adult supervision at all times for children. Many pool accidents occur when adults momentarily step away from the pool area leaving a child unattended.

Extra tips for your portable pool

Inflatable or soft-sided pools pose the same dangers as larger versions. Take extra care to help protect your family. Empty after every use and store out of reach or in a locked, secure cabinet. Supervise use at all times.

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