



News For And About Residents Of The Palencia Community

June 1s National Adopt A Cat Month



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# PALENCIA PRESS

JUNE 2022

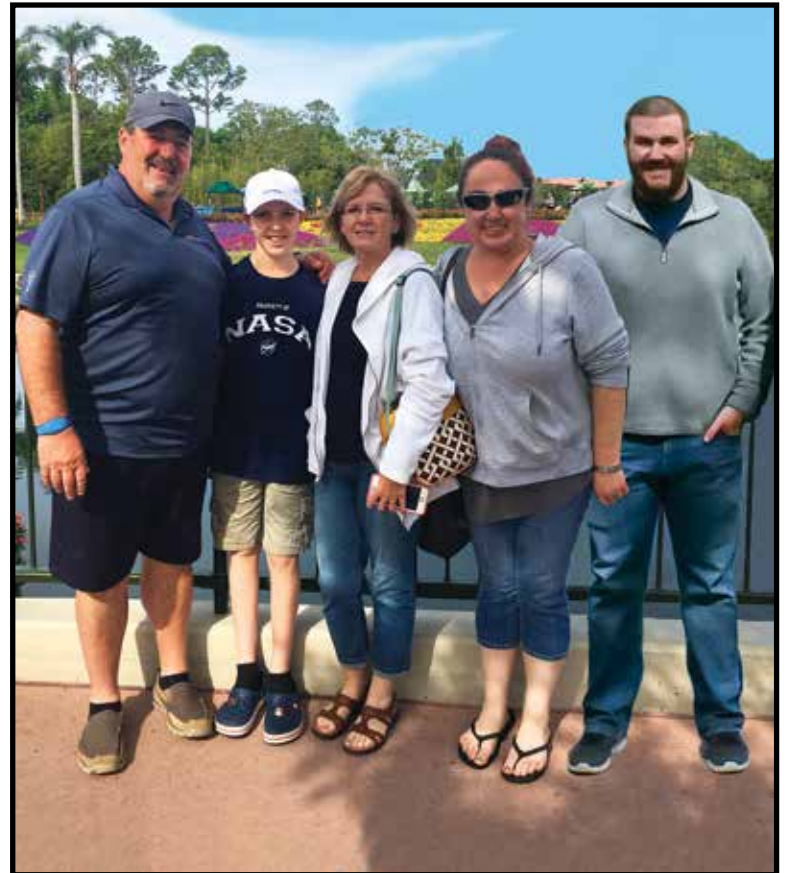
## Cub Scouts Pack 23 Coming To Palencia Elementary School



Above, at the Blue and Gold Advancement Banquet in April, Webelos celebrate completion of the Cub Scouts requirements earning the highest rank in Cub Scouting. Webelos will now move on to join a Scouts BSA Troop and continue their BSA journey. Left to right: Julian, Elijah, Myles, Isaac and Justin.

Left, Pack Leader David Daniels celebrates with the Bears Pack after a face painting ceremony celebrating completion of the Scouts requirements and their advancement into the Webelos pack. Left to right, Peyton, Carson, David Daniels, Josh and Jordon. See Page 13

## Celebrating Palencia Dads



In honor of all our dads, the *Palencia Press* would like to share these Father's Day tributes sent in by Palencia residents. Above, the Savage Family, left to right, Bob Savage with grandson Robby, wife Kim, daughter Selena and son Brandon. "My dad has always been an inspiration to me," said Selena. "He's the most hardworking, generous, and smartest man I know. I'm very proud to call him my father and my hero." See More Dads On Page 4

## Palencia Residents To Host Youth Ministry Golf Camp

Palencia residents Mitchell and Teryn Gregson have launched a nonprofit ministry that combines their love of golf and their work with young people through their church.

Mitchell, a professional golfer and golf instructor at Golf ETC Ponte Vedra has played in the PGA Tour Latinoamérica, the Korn Ferry Tour, APT and has been playing professional golf for more than a decade. Teryn is a former golf broadcaster who covered the PGA Tour for six years as well as events such as The Masters and Ryder Cup.

The couple recently started the Driving Disciples which is a youth ministry program combined with golf and will hold a golf camp for middle-schoolers ages 10-14 from June 27th through July 1st at the Jax Beach Golf Club.

"Our mission is to encourage youth to become disciples of Christ through the game of golf," said Teryn.

The camp includes golf instructions combined with daily bible study from certified golf instructors and youth ministers, Teryn explained.

For more information on the Driving Disciples Golf Camp June 27th, visit [drivingdisciples.org](http://drivingdisciples.org)

At right, Palencia residents Mitchell and Teryn Gregson.



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## Palencia Community Classified Ads

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The St. Augustine Travel Club will present on Wednesday, June 8, at 3:00 p.m. on Normandy and the Champagne Regions of France at the Southeast Branch Library, on U.S. 1 near SR 206. Visiting the beaches of D-Day, awe-inspiring Abbey of Mont-St-Michel, Bayeux for its famous tapestry, Reims, the capital of Champagne Region and the site of French kings coronation, the fortress of Sedan, the largest castle in Europe. If you require any further information, please call Peter Dytrych at (904) 797-3736.

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### Words Of Wisdom

God is our refuge and strength, A very present help in trouble. Therefore we will not fear, though the earth should change. -Psalms 46:1

## The Palencia Press

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### Office Space for Rent in Village Square

Corner office with windows. Available for rent beginning June 1 in Village Square. \$740.00/month. Mental Health professional preferred, but will consider other businesses. Contact [tomsemail701@gmail.com](mailto:tomsemail701@gmail.com) for more information.

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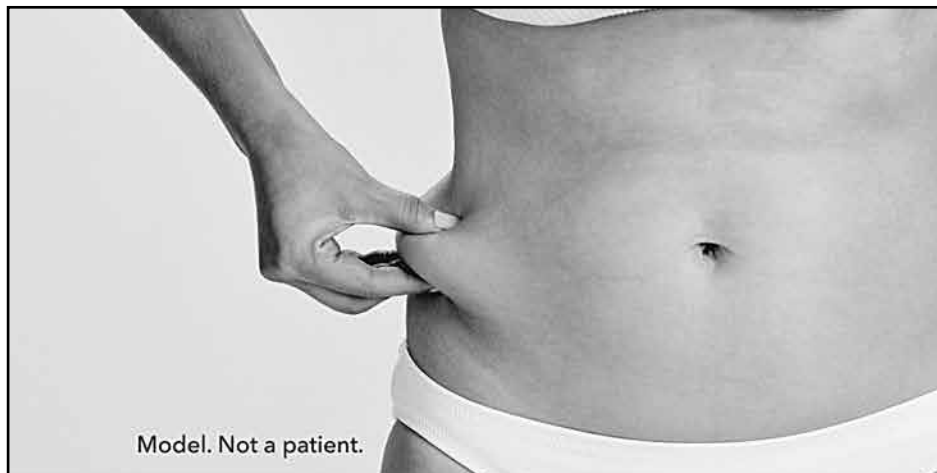
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### Thought For The Day

If aliens from space are watching us, they must assume dogs are the leaders of the planet. If you see two life forms, one of them's making a poop, the other one's carrying it for them, who would you assume is in charge? - Jerry Seinfeld



Model. Not a patient.

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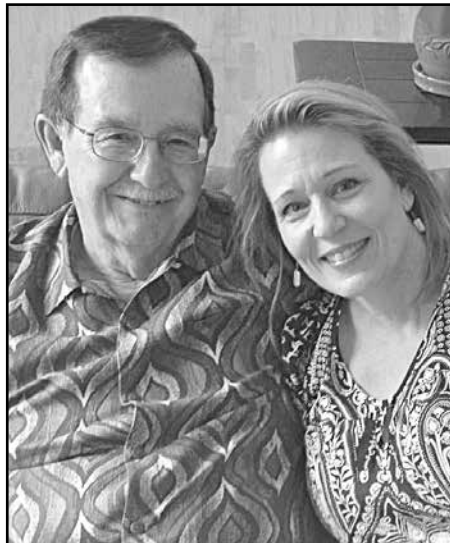


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## Celebrating Palencia Dads



Palencia resident Maureen Nightingale and her 80-year-old dad James P. Cooke. "I am very close to my dad," said Maureen. "He has taught me many things including a strong work ethic and gave me my first professional job in our family printing brokerage in Portland, Oregon."



Palencia resident Nancy Daniels with her dad, 88-year-old Joseph Bartolotta. "My dad was always about his family," said Nancy. "He is a very caring, loving father. And, now he is enjoying his great-grandchildren." Her dad's parents immigrated to America from Sicily in 1910.

## SJC Sheriff's Office, CDD Address Speeding Issue

By Howard Entman MD, Palencia Resident

I confess. I am a habitual speeder. It is rare that I will go only 25 mph when that's the speed limit - I usually travel at about 30 mph. But not 40 or 45 mph like some of our neighbors. As I travel throughout our community (yes, a little faster than the speed limit) I have noticed more and more kids on skateboards and electric scooters - with earphones plugged into their cell phones - on our roads. These are generally not where you'd normally find bikes

- near the side of the street, but rather they zig zag across the road. They seldom look back to see traffic overtaking them. Some don't even look forward to see traffic coming at them. Most of our streets are not straight-shots; they are curvy. As landscapers park their trucks on the street, it's hard to see a small kid on one of these contraptions around the bend, or coming into the street from a driveway. And as summer approaches with kids out of school, there will be more of them

Continued On Page 13

# Jill Stonier

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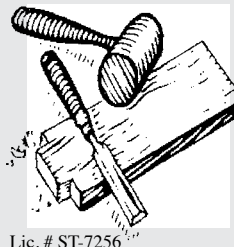
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# Spotlight On Palencia People



Palencia resident Christina Santos gives an antibiotic injection to Eliza, a yellow three year old female bearded dragon. "She was abandoned and left for dead, likely in quite a bit of pain from a broken jaw and rear foot as well as a raging systemic infection. She was obviously terribly abused," Santos said. "I don't think she will survive this infection, but it is still my duty to provide her hospice care and pain relief."



## Palencia Resident Opens Bearded Dragon Reptile Rescue

One of the latest exotic pets showing up at big box stores is the bearded dragon. This is a charming animal known as the friendliest reptile, it will recognize its owner and interact with people much like a dog or cat will. This creature has a cult following among children and especially high school and college students due to its docile nature.

Sadly, most pet owners leave these big box stores with substandard housing, lighting and basic information on proper husbandry for their new little friend, and statistics have shown that these poor creatures are showing up in rescues or turned loose to fend for themselves at the rate of up to 70% within their first year of life.

Unlike the iguana and Burmese python, both of which are plaguing southern Florida as invasive species, or the brown Cuban anole that is slowly invading and driving out the indigenous green anoles from our own backyards, beardies are not nearly as well equipped to handle life as a wild animal in Florida.

Palencia resident, Christina Santos has taken on the mission of providing a rescue dedicated exclusively to these animals, in part due to her love for them, but mostly because of a dire need for bearded dragon rescue in north Florida to handle the volume of these animals that are given up or simply thrown away.

"In the nine months since I opened my doors to new intakes, I've been inundated," said Santos. "Some have come from good owners who recognize they don't have the time to properly care for their dragons, others have been kind individuals who found one running in the wild, but unfortunately... the vast majority have been abandoned at my vet or the local exotic pet shop," Santos explains. "Some of them have come to me so terribly underconditioned," she shakes her head, "it speaks to the resiliency of the species, but also the incredible cruelty of

humans. I've had three turned over to me since Thanksgiving that were on the very brink of starvation, and one of them was a gravid (pregnant) female."

Beardies can be easy keepers, she notes. But it's important to do plenty of research ahead of time before you get swayed by their funny personalities at a pet store. Proper care calls for a single bearded dragon to be housed in a 55 gallon aquarium or vision cage, preferably larger, as some dragons are very active. "They must never be housed together, these are solitary animals," Santos cautions, "I have had a few come to me with missing tails or toes because they are housed together as babies."

Overhead lighting on one side to allow for basking at 100°F and a cool side around 70°F is ideal. They must have UVB light to properly digest food. This is often overlooked by inexperienced owners, resulting in metabolic bone disease (MBD), the most common ailment among reptiles. It's smart to have your bearded dragon checked by a reptile veterinarian, not your regular vet.

"Reptile vets have more experience with beardies," said Santos.

Their food is 30% insects and 70% dark leafy greens. Improper diet results in obesity, or more serious conditions like gout, which is extremely painful and irreversible. Insects are dusted with calcium and vitamin powder weekly to aid in bone health, and a handful of greens makes for a nice salad.

"This all sounds like a great deal of work, but it's no different than caring for your dog, cat, or other small pet," added Santos. "Just set yourself up for success! Dragons can live up to 6 years or more, so do your research and I promise you'll love how they give back to you!"

You can find more information about bearded dragon rescue and available adoptables @dragonladyrescue on Instagram or sheisthedragonlady@gmail.com

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## “That’s A Wrap On Our Spring Season”

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

We are wrapping up the WGA Spring golf season. We want to highlight the results of our last major tournament, the “Palencia Invitational” and recognize all of the winners. We also want to highlight the election results and a major golf achievement from one of our ladies.

First, we want to announce the new WGA officers for the coming year: Earline Barnes, President, Laura Mayo, Vice-President, Marge Stancil, Secretary, Sandy Brandenburg, Treasurer and

Sandy Frames, Technology Officer. A special thanks to Pam Ashburn and her nominating committee for managing the nomination and selection of the new officers. We are also very excited to announce that Louise Starman has accepted a new position to be the 9 hole Play Day chair to help us organize more fun activities for all of our 9 hole ladies.

We would like to thank DeeDee Bandy, Indy Nelson and Maria Cavanaugh for all of their hard work on the WGA board this year. We also want to recognize and thank Diane Robinson, Playday Chair, Sue Kansteiner, Tricia Luciano, Staci Luttrupp and Louise Starman for all of their help and support this year and serving as Board Members at large.



Matt Carroll, Head Palencia Club Professional, presents Pam Ashburn with a flag for her hole-in-one on Hole #5.



Left to right: The Overall Net Team Winners were: Deborah Eady, Brygitte Lusinski, Lorraine Caucci and Rosetta Smith.



Left to right: Overall Tournament Winners were: Lou Tenarvitz, Lisa Procter (missing from picture, Stephanie Kinsey and Fran Clinkscales).



The Team Winners for two best balls of foursome, Low Gross-Gross Team were, left to right: Fran Kinney, Diane Robinson, Maggie Butler and Mary Lاهی.



Left to right: The Overall Gross Team Winners: Judy Guarino, Debbie McDaniels, Deidre Wray (missing is Tian Jones).

We are very excited to celebrate with Pam Ashburn her first hole-in-one ever on hole #5 on Sunday, May 1st. What a Sunday afternoon surprise! Many golfers never achieve a hole-in-one in their entire golf career. This year we have had a talented group of ladies achieve this amazing milestone.

Our Hole-in-One Achievers for this year include: Pat Rose, Resa Wilcox, Faye Peludat, Maria Nilsson and now Pam Ashburn. Congratulations Pam in joining this very distinguished group!

Continued On Page 7

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# Palencia Women's Golf Association

Continued From Page 6



The two best balls of foursome, Low Gross-Low Net Team Winners were, left to right: Brenda McGrath, Annie White, Irene Schuyler and Kathleen Walker.

The last tournament of the year, the "Palencia Invitational" was a huge success with ladies coming from five other clubs to join the Palencia ladies for a fun day of golf. Deidre Wray, our chairperson for this event

did a fabulous job! Thank you Deidre. We had a full field of competitors with over 14 foursomes. We handed out awards for all of the flights. The overall Palencia Invitational Tournament Winners for Gross/Net were the team of Lisa Procter, Stephanie Kinsey, Lou Ternarvitz and Fran Clinkscales. We also had five other teams get recognized for their outstanding play. Congratulations to all of the teams that won.

Our 9 hole ladies went to Eagle Harbor golf club to play in their Spring fling fun competition and had a great time.



The two best balls of foursome Low Net-Net team Winners were, left to right: Sue Kansteiner, Teresa Serrano, Sandy Frames and Sandy Brandenburg.

This month, we had two more ladies qualify for the Queens court. Congratulations go out to Judy Guarino and Stephanie Kinsey for being the last two qualifiers for the Upcoming Queens Tournament and Deidre Wray as the runner up. The results of the annual Queen's tournament will be announced next month. Ladies are practicing and getting ready for this fun competition. Good luck to all of our ladies!

At our spring meeting, we had the pleasure of presenting 10-year pins to four ladies who have been active members of our WGA ladies organization. Congratulations and thank you to Earline Barnes, Maria Cavanaugh, Judy Guarino and Tricia Luciano for all of their contributions.



Relaxing after a round of golf from left to right: Louise Starmann, Jeanne Carr, and Diane Bienert.

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## Ask A Certified Master Gardener A Garden Project May Be Good For Your health

By Norie Flowers, Palencia Resident  
[norie.flowers@outlook.com](mailto:norie.flowers@outlook.com)

Now that June has arrived, Palencia gardeners are in full swing creating beautiful landscapes. It is fitting, then, to focus not only on the great benefits of this form of outside exercise, but also on some basic health guidelines that we all should observe.

The American Heart Association recommends a minimum of 150 minutes of moderate intensity exercise a week and gardening can be either moderate or intense and provides an excellent venue for increased flexibility as well as cardio workouts. Just as important, spending time in a natural environment can contribute to good mental health.

Extrapolated data from information submitted by U.S. hospital emergency departments and reported by the US Consumer Product Safety National Electronic Injury Surveillance System (NEISS) shows the following estimated number of personal injuries in garden-related activities in the U.S. in 2019:

- Lawn and garden equipment: 85,197
- Lawn mowers: 77,244
- Hand garden tools: 52,302
- Trimmers and small power tools: 23,239

This data is not intended to discourage, but rather to enlighten and encourage good practices in your garden just as you would for any type of intense physical activity.

In connection with garden injuries, the most common of all includes cuts and scrapes. Soil contains bacteria and fungi beneficial for plants but a gateway for bacteria for humans. Here are some tips that MedStar Health recommends to prevent injuries:

- **Wear gloves at all times.**
- **Wear protective clothing.** It is especially important to wear tennis shoes when mowing.
- **Remove rings.** This eliminates any risk of ring avulsion.
- **Refrain from sitting back on your**

**knees.** This habit stresses knee joints and requires your hands and wrists to bear your entire weight.

- **Use good body mechanics.** Use your legs to lift and keep the load close to your body.

- **Safely store your tools.** Store sharp tools blade down.

In addition to the above, Spine-health, a website publication written by health professionals, recommends a few strategies not already mentioned above and designed to protect your spine as you garden. They include:

- **Warm up before you start.**

- **Take frequent breaks and minimize sustained periods of repetitive motion.**

- **Use support from kneelers and stools, many of which convert or flip from kneeler to low**

**stool.**

- **Explore using long-handled tools to reduce bending.**

- **Explore raised bed gardening to also reduce bending.**

All of the above suggestions appear intuitive, but it's easy to forget to observe them when we're in the midst of major garden projects. Just like any sport, there are steps to keep you safe before and during your garden workout. Happy June gardening!

*Do you have landscape and/or gardening questions on which you would like help? I live in Palencia, so please email me at [norie.flowers@outlook.com](mailto: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), the U.S. Consumer Product Safety National Electronic Injury Surveillance System, Spine-Health, MedStar Health and the American Heart Association.*



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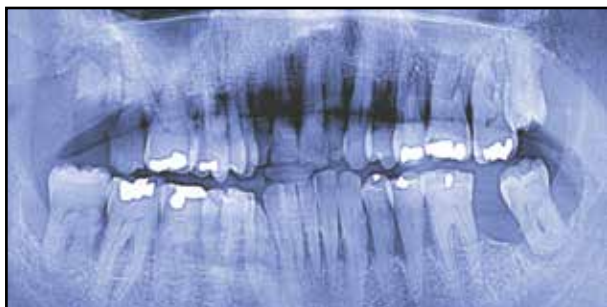
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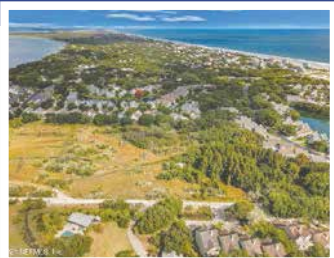
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## Cub Scouts Pack 23 Coming To Palencia Elementary School

Beginning with the 2022/2023 School Year, The North Florida Council, BSA Scouts Pack 023 is moving (back) into Palencia Elementary School.

Cub Scouting is fun for the whole family. In Cub Scouting, boys and girls in grades K through 5 start with their "best right now selves" and grow into their "very best future selves." It's fun, hands-on learning and achievement that puts kids in the middle of the action and prepares them for today - and for life" (scouting.org).

"Scouting has been such a wonderful experience, not only for my son but for our entire family," said Palencia resident and Wolf Pack parent, Amanda Edwards. "Because Scouting is so family oriented, my daughter and I also join in

on the wonderful adventures. We have done so many amazing things this past year that I know we would have never been able to experience if we weren't part of the BSA Scouts family. We have done several weekend camping trips, volunteered at local horse farms and parks, sheriff and fire department meet and greets; we even had a private overnight guided learning experience and slept underneath Space Shuttle Atlantis at the Kennedy Space Center. We are never going to forget these experiences! And if my daughter decides she wants to officially join a pack, she can too."

Register at <http://www.nfscouting.org/join>. Watch for more announcements in July with more information and back to pack registration dates.

## Nease High School Summer Camps

By Susan Rieger, Nease Athletics

The sweet days of summer are approaching. Do you have a plan in mind for how to fill the time? Nease High School has the answer... Summer Camps! Look at what's happening in June and July.

**Basketball Boys and Girls Camp** - June 6 to June 10, June 13 to June 17, June 20 to June 24, July 11 to July 15 and July 25 to July 29.

**Green and Gold Youth Camp** - June 21, 22, 23 and July 12, 13, 14 from 6 p.m. to 8 p.m.

**Football Camp** - June 13th to 29th, July 12, 13, 14 from 6 p.m. to 8 p.m. For 9th-12th grades.

**Dance Camp** - June 27, 28 and 29th.

For Grades K-5th.

**Soccer Girls Camp** - June 20 to 23, 8:30 a.m. to 11:30 a.m. For Grades K-8th.

**Cyber Camp** - July 11th to 15th, 9:00 a.m. to 2:30 p.m. For Grades 9th-12th.

**Lacrosse Camp** - July 11th to 14th, 9:00 a.m. to 11:00 a.m.

**Cheer Cub Camp** - July 20th to 22nd, 9:00 a.m. to 12:00 p.m. For Grades K-5th.

These Camps are used as fundraisers for their prospective sport. Visit the school website to find detailed information at [www-nhs.stjohns.k12.fl.us/panther-press](http://www-nhs.stjohns.k12.fl.us/panther-press).

## SJC Sheriff's Office, CDD Address Speeding Issue

Continued From Page 4

on the streets.

The longest neighborhood street in Palencia is Oak Common - from the end of Sebastian Square to South Loop road. That distance is .9 miles. Other neighborhood streets, like Vale Drive, Parkside and Spanish Marsh are slightly shorter. Here are the driving times for Oak Common based on average speed (discounting the need to slow down and stop at several stop signs).

Speed	Time
25 mph	2 min 10 sec
35 mph	1 min 35 sec
45 mph*	1 min 12 sec

\*You have to be a daredevil driver to go this fast.

So the time difference between go-

ing the 25 mph speed limit and REAL-  
LY speeding is less than a minute.

Our St. Johns County Sheriff's Office patrols our neighborhoods at random times, and makes traffic stops for violations. I haven't seen them give citations for driving at 30 mph in the 25 mph zones, but I have seen citations for those going faster. Needless to say, the inconvenience and cost (including increased insurance premiums) of getting a ticket makes that one minute saving just not worth it.

Besides, going slower might prevent an accident with a kid.

Please slow down.

*Dr. Entman is a member of the Marshall Creek CDD where he previously served as Chairman of the Board. He is also a past president of the Palencia POA.*

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## “School’s Out For Summer!”

By Tiffany Trivedi, Palencia Resident  
 Palencia Elementary PTO

“School’s Out for Summer!” It’s an exhilarating feeling for all our elementary school children but can also be an overwhelming feeling as parents. How do I ensure my child stays academically focused? How do I keep my children entertained? What activities should I get them involved in? We’ve outlined some helpful suggestions to have that perfect balance of both a relaxing and productive summer.

Palencia Elementary School Counselor, Carly Gordon, shared that “summer break can be a great opportunity to relax, learn a new hobby and have fun. Keeping some structure in your days may help students feel more comfortable. School days are full of routines and provide a sense of comfort. Make sure you try and stick to activities at the same time each day to provide stability. Continue bedtime rituals and try and follow school bedtimes; this will make going back to school easier.”

For busy or working parents, keeping that structure at home can be a challenge. Making responsibility charts, calendars or schedules can be a great way to maintain control at home while you may be away or occupied. Maintaining a behavior system to reward good behavior can work wonders. A chart with stickers for tasks accomplished can work wonders as positive reinforcement for children.

If you feel like camp is a better option for your child, St. Johns County lists amazing opportunities for youth activities on their website: <http://www.co.st-johns.fl.us/recreation/Youth/index.aspx>. These activities range from stan-

dard summer camps, art camps, sports camps, and more.

Duval County has a similar helpful website: <https://www.jax4kids.com/summer-camps/categories/st-johns>. This site shares even more unique camps such as Code Ninja (coding course), Checkmate (chess camp), Horsemanship camp, and more. Just register as



soon as possible to ensure a space is available for your little ones.

There are also many affordable or even free options to participate in around our community. Gordon also shared to “keep their brains fresh and ensure they are learning and reading. Don’t forget about the public library this summer. There are many great programs and even audio and digital books for free. Talk with your child’s teacher for some educational online resources that could be used over the summer. Have your kids cook with you and follow a recipe for some math. Encourage your kids to plant a flower garden; encourages responsibility, science, and self-worth.”

Most critically, it’s essential that parents remember summer break is for a reason. Children need to rest, have fun and recover from their hard-working year. Gordon continued to share to “keep your kids calm by using some

Continued On Page 15

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## Palencia Elementary School

Continued From Page 14

mindful activities on the Moshi app. Teach your kids to breathe through worries and learn about meditation. Spend a little time before bed listening to a bedtime story and decompress from a busy day on the app.”

Even playing fun games, competitions or outdoor activities as a family is such a refreshing experience from the busy school year. A chance to pause, all put down our electronic devices and truly spend time enjoying each other’s company. The Child Mind Institute shared that “Getting outdoors is a great way to stay physically active and is good for everyone’s mind, body and spirit, especially those kids with energy to burn.”

Mental breaks are important for parents as well. Helping your child study, driving them all over the place for every extracurricular activity, cooking dinner, working, volunteering, packing lunches, cleaning the house, taking care of elderly family members, shopping, paying bills.....the list could go on and on. During the summer months, some of those responsibilities temporarily pause and it’s important that parents utilize this time AS WELL to decompress and recharge so that we can be at our best for the 2022/2023 school year.

PES Principal, Catherine Goodrich shared a really fun idea that she put into practice when she had her kids home each summer.

“I remember when my boys were little, each summer they would keep a Summer Fun Journal. I let them pick out their own decorative notebook and they were allowed to write in colored pencils. Each Monday – Friday during the summer, I incorporated a 15-20 minute block of time in our schedule for them to draw and write about their day or something they were looking forward to over the summer. Sometimes I would give them sentence starters such as: My best friend is \_\_\_\_\_ because \_\_\_\_\_, If I had a million dollars, I would \_\_\_\_\_, My favorite hobby is \_\_\_\_\_ because \_\_\_\_\_, I am afraid of \_\_\_\_\_, The best things about my mom are \_\_\_\_\_, etc. My boys are 22 and 24 years old now and these summer fun journals are a definite treasure for me to look back on. Oh, and remember to have them include the date on each page.”

So have fun this summer...enjoy the downtime, the extra cuddles and time to laugh together. Do what works best for your family so that everyone can return to school in August with smiling faces and peaceful minds.

As always, if you are a family in need of assistance or guidance, the PES staff and PTO are here to assist. Please reach out directly to the school or through the PTO’s website: <https://palenciapiratespto.com>.

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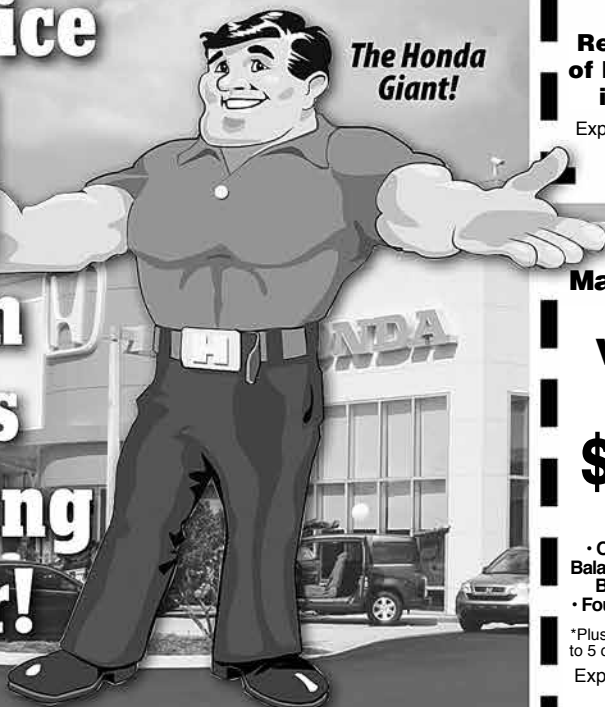
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## Don't Be Fooled

**By Rob Stanborough**  
**PT, DPT, MHSc, MTC, CMTPT, FAAOMPT**  
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I am often asked, "how much resistance should I use during exercise and how many reps/sets should I do?" My answer is simple: use as much resistance as you can move safely and correctly through the full range of motion, and do as many reps as you can to the point of fatigue without compensation. Simply put, fatigue your system so it is challenged but avoid compensation to prevent injury.

Admittedly, I am not as regular with my exercise as I should be. I grew up playing soccer in high school and college. After that, and putting on several post college pounds, I took up running. Life and injury gently nudged running out of my schedule to the point where I was not exercising at all. Several years ago, I took up swimming and thought swimming would be great. Water is relaxing and swimming is easy on the joints. With the resistance of the water is constant, I should get a good work-out, however, I had no idea the transition I would face going from land-based exercise to water.

All the things I had learned and heard about swimming are true, but swimming can be deceiving. Swimming and/or aquatic exercise is a great way to strengthen, condition and stay healthy. The force of the water opposes the force of gravity. Just as the force of gravity is constantly pushing me down, the force of water constantly pushes me up. Buoyancy uniformly lifts my body, decreasing joint compression, enabling me to exercise with less stress to my joints. But, just as the water provides uniform buoyancy – it also provides uniform, or constant, resistance AND more importantly, it does not allow the storing and use of "potential energy."

While walking, running, or lifting weights the body produces force to create a motion. When walking, the leg and foot are "weights" that the body must lift using energy. When the foot hits the ground and the "weight" is lowered, energy from the movement is absorbed and briefly stored in the tissues so it can be re-used as the foot springs forward, initiating the lift. Walking is an incredibly efficient system of mobility. Although the initiation may be difficult because a body at rest tends to stay at rest, once in motion, potential energy is returned and used as kinetic energy over and over, until the motion is stopped. Unfortunately, because of the resistance of the water, this is not so with swimming or aquatics.

Swimming and/or aquatic exercise do not allow the use of potential energy. The water steals the energy. Even when pushing off the wall with the legs, the constant resistance of the water slows one down. Continuous strokes are needed to keep one moving. It seems almost unfair to watch as the energy simply is absorbed and moved away through the ripples of the water. To keep moving, one must keep generating more, and more, and more energy.

So, although swimming and aquatics are fun, enjoyable, a great/safe work-out routine for the joints, and a safe and constant work-out for the muscles, don't be fooled. Swimming and/or aquatic exercise can make you sore and tired just as much, if not more than any other form of exercise. Now, with the beginning of summer and so many wanting to get out and move after being sedentary for so long during covid, using the water can

be a great way of getting back in to shape. Follow the same considerations you would for any other form of exercise: consult you MD and PT. Follow a regular and progressive exercise routine. Allow your body time to adapt and change with the routine and don't overdo it the first few times out.

*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*

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*owner of First Coast Rehabilitation, est 2006 (www.firstcoastrehab.com).*

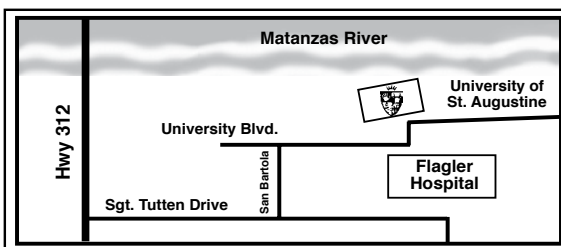


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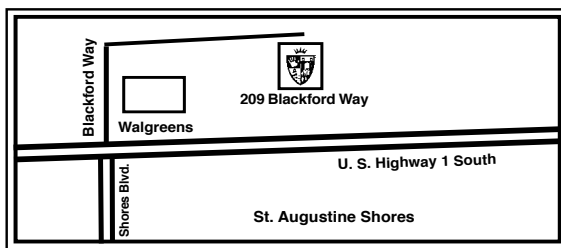
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## Width In Golf

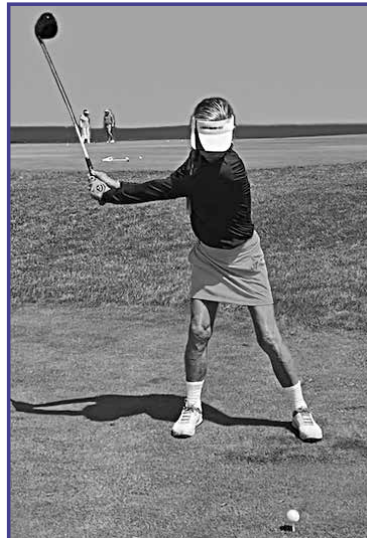
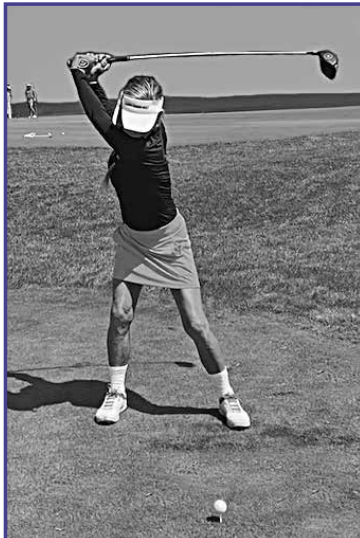
Tips from Laura Baugh  
 Certified PGA Teaching Professional  
 The Palencia Golf Club  
 laura@laurabaughgolf.com.

Hello Fellow Golfers,  
 Last month we talked about the grip. Once you feel comfortable with your grip on the club and your control is in the three fingers of your left hand, you are now ready to start your backswing and develop power and width.

Keep your backswing low and slow, developing the width of a straight left arm. Keep your left arm as straight as you feel comfortable on the way back, building power. Remember width on your takeaway equals power!

As your straight left arm comes back to the top of your golf swing your hips and shoulders turn to support your left arm, this is loading the right side! Give this move as much time as you

can, the more time you give your backswing the more power you'll be able to build.



Only once you feel your shoulders and hips turn and your weight has transferred back to the right side are you ready to make the transfer through to the lead side.

If you need help building power and width in your golf swing please contact me at [www.Laurabaughgolf.com](http://www.Laurabaughgolf.com).

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### What can you advise me about preventive car maintenance?

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## Keep Exercising Your Faith

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

Early in May, after 35 years of bone on bone knee pain and limitations, it was time to trust my left knee that was fraught with All-American use and abuse from sports injuries to a local orthopedic surgeon for a total knee replacement. Oh they had told me for years that I would know when it was time, and apparently that time had come. The long road of recovery I was familiar with. The repeated mantra of Rehab! Rehab! was a truth I could not avoid. The truth is that rehab is exercise and plenty of it.

The Apostle Paul writes, "Now faith is the substance of things hoped for." (Hebrews 11:1) "Now faith" is something specific and charged with a particular recipe for that divine moment intended by God. There is the "faith of our Father" but to have "faith that moves mountains" you need "now faith." Jesus said, "If you have faith the size of a mustard seed, you can say to this mountain, 'Move!' and it will move." (Matthew 17:20) We all have mountains in our lives, and God is willing to move those mountains...so what is the problem? Is it other people's opinions? Failure to understand God's Word?

The problem is doubt. Even though

God gave his disciples the power to heal, they too had trouble healing the sick. In Matthew 17:19, the healing of a demon-possessed boy became a problem for them; but Jesus demonstrates teaching moments about using or exercising faith.

Jesus advises them to start small. He explains that faith as small as a mustard seed can grow into something bigger and greater.

Here is the opportunity to begin where you are. In everyday things and challenges, believe in God for the small things and exercise your faith.

Our words have the power to release life-giving encouragement, especially ground in God's perfect sentiment and meaning. Use your words wisely, think before you speak, and let your words go to others with the right purpose. Finally, to exercise your faith: do what is needed. Some mountains require extra attention and more effort on our part.

Do you have a mountain in your life right now? Try exercising your faith by following what God's word is telling you, consider your own motivations, and consult with those in the faith, and you too will see mountains moved.



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-Colossians 3:15

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## State Farm Turns 100

Picture this. You have an amazing idea – a BIG idea – but those around you aren't seeing your vision. Crushed, you toss the plans in the fireplace. But someone believes in you and rescues the dream from the ash heap, literally and figuratively. Can you relate? In 1922, a small-town farmer found himself in this very situation.

### It started with the seed of an idea

The small town farmer was G.J. Mecherle, from Merna, Illinois. He believed farmers were charged too much for insurance premiums and had a plan to level the field. After his wife saved his plans from the fireplace, G.J. disrupted the insurance industry in a major way. He followed his dream and started his own company – State Farm®.

Today, State Farm is the industry leader with a century of experience, financial strength and agents all across the U.S. That one seed grew into a Fortune 50 company with more than 19,000 agents helping communities, consumers and small businesses realize their dreams.

### State Farm agents understand small business because they are small business

As small business owners in so many communities, State Farm agents know the passion needed to start your own business. And the grit and dedication needed to make it successful. They help business owners go after and protect their dreams. They provide not only insurance products and help planning for financial security, but in many cases help spark community engagement.

"Like a good neighbor, State Farm is there®" is more than a slogan; it is who we are. You'll see us supporting and attending local youth sports games, mentoring other

entrepreneurs, sponsoring community events and more.

Restoring lives, rebuilding neighborhoods, renewing hope, investing in communities, advocating for consumer safety, and supporting education where we live and work is what being a 100-year good neighbor is all about.

"From doughnut shops to beverage distributors, from hair salons to warehouses, State Farm agents are perfectly suited to help small business owners protect their dreams, their livelihoods and their families," said Chief Agency, Sales & Marketing Officer and former State Farm Agent Rand Harbert.

"Our founder would be proud of how his dream continues to unfold," Harbert continued. "Today, we remain as committed to making life better for people as we were in 1922. This includes the millions of small business owners across the United States. We'll keep finding new ways to honor that commitment and serve more customers as we begin our next 100 years."

The success we experience stems from an unwavering commitment to help customers manage the risks and challenges life brings their way. We've been present for them from the get-go.

Our business is based on a promise. We've made it a century because we take that promise seriously in everything we do.

Visit <http://goodneighborcenter.statefarm.com> for photos and stories about State Farm's 100 Years.

*For questions about home, auto, small business, life, and mortgage, contact your Palencia Neighbor, State Farm Agent Craig Dewhurst.*



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