



Palencia Residents Celebrate Summer Kickoff At Pool Party

At right, Misty Dosio with son Clinton.

Bottom, Lindsey Murphy with sons Cameron, James and Graham.

Right inset, David, Charlie and Bernie Evans.



Palencia's recent end of school/start of summer pool party brought out big crowds to the amenities center. Palencia families enjoyed the pool bash which included a live D.J., several food trucks, games and of course splashing around in the pools and water slides. The hot June afternoon was the perfect setting to help Palencia residents kick off summer.

Palencia Welcomes New Property Manager



Belinda Spencer, CAM

The Palencia community recently welcomed Belinda Spencer with FirstService Residential as Palencia's Property Manager. Spencer has held her Florida CAM license since 2008 and brings with her experience in managing single-family HOAs as well as condo associations. She has managed communities under developer control and worked to guide associations through turnover.

"I am delighted about this opportunity and look forward to a great working relationship with the board and residents," Spencer said.

Spencer is a Jacksonville native and graduate of Terry Parker High School. She has two daughters and a husband of 21 years. In her spare time, she loves to go "shark teeth hunting" on our beautiful area beaches.

See Page 4 To Meet The New POA Board

Palencia: Let's Get Prepared For Hurricane Season



See Page 10 of this issue for Storm Classifications, Disaster Supply Checklist, wind impact, storm surge, flooding and more.

Where To See The Fireworks

Jacksonville - Jacksonville's 4th of July fireworks celebration will return this year at five locations throughout the city. Fireworks will be launched Monday, July 4th at 9:45 p.m. from Downtown Jacksonville, FSCJ North Campus, The Avenues Mall, Trinity Baptist Church and Ed Austin Regional Park. The Downtown Jacksonville location at Riverfront Plaza will include a family fun zone with bounce houses and activities, food trucks and a concert by Miller Electric Company from 5 p.m. to 6:30 p.m. and Bryan Malpass from 6:45 p.m. to 9:45 p.m. Visit www.visitjacksonville.com/events/holidays/fourth-of-july/

St. Augustine - St. Augustine's July 4th celebration downtown includes a live music concert in the Plaza de la Constitucion and a spectacular fireworks display over the historic bayfront on the Matanzas River. Enjoy the concert from 6:00 p.m. to 8:00 p.m. Fireworks begin at 9:30 p.m. Visit www.visitstaugustine.com/event/fourth-july-fireworks-and-concert



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St. Augustine Travel Club

The St. Augustine Travel Club that meets at the Southeast Branch Public Library will be on summer break for the months of July and August. We resume in September. Until then, we wish everyone a safe and enjoyable summer whatever your plans may be. Happy and safe travels if you are exploring! And, thank you for being part of our Travel Club. See you in September. Peter and Linda Dytrych 904-797-3736

RSVP of St. Johns County recruits, places, and recognizes Volunteers 55 and older. Phone 904-819-3945 or visit their website at www.stjohns.k12.fl.us/depts/cr/rsvp/.

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Words Of Wisdom

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The Palencia Press

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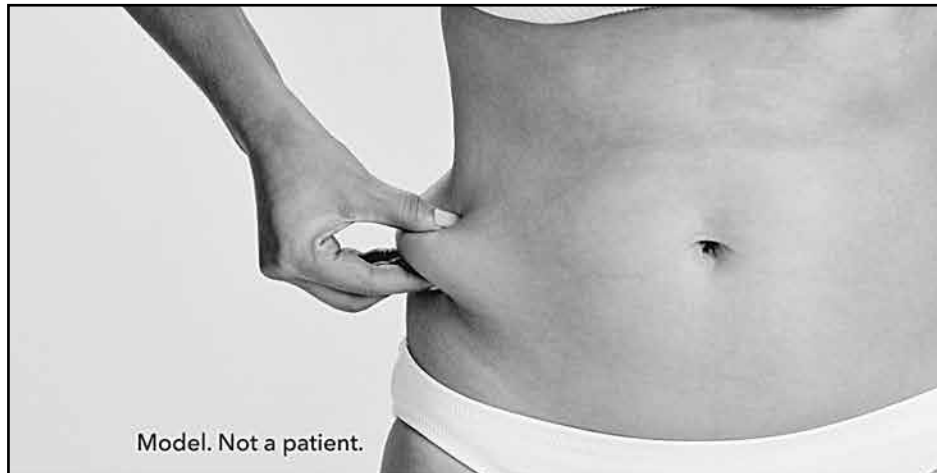
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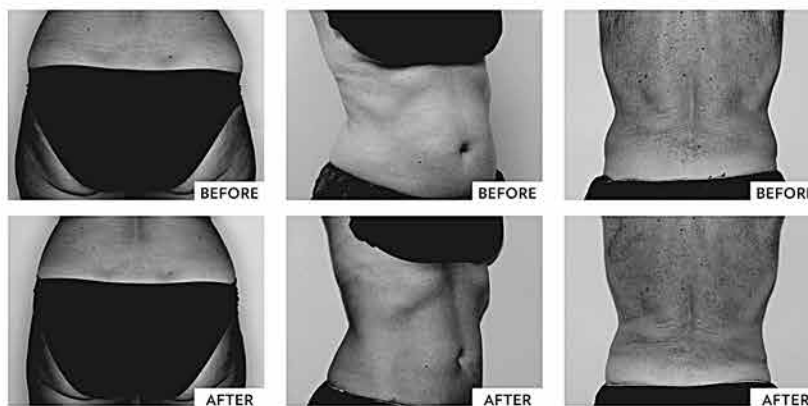
Thought For The Day

I had a friend who was a clown. When he died, all his friends went to the funeral in one car. -Steven Wright



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Ask Carol B

I'm turning 65. What do I need to do to get Medicare?

Carol Bogart, Palencia Resident
904-648-6488
Carol@AskCarolB.com

If you are turning 65, the first thing you need to do is to apply for Original Medicare Part B (via Social Security). You only need to sign up for Part A if you have to pay a premium for it. Most people get Part A automatically the first day of your birth month.

For Part B, you actually have a 7-month period to enroll in Medicare: three months before your birthday, the month of your birthday, and three months after. If you are already receiving Social Security benefits, your new MBI (Medicare card) will be sent to you automatically.

You have a couple of options when signing up for Part B:

1. Online enrollment via <https://www.ssa.gov/retireonline>
2. Applying over the phone by calling 1-800-772-1213. You'll likely be given an appointment to sign up.

3. Visiting your local Social Security office. It is best to get an appointment to avoid the lines. For St. Johns County, the office is located at 2428 Old Moultrie Rd., St. Augustine, FL 32086. Phone is 877-405-5867. Make sure to look at their hours as they vary.

4. Completing a paper form (CMS-40B - Application for Enrollment in Medicare Part B) and then scan and fax it directly either to the main Social Security office at 833-914-2016 or fax locally for faster results. For St. Johns County, the fax number is 833-921-1883. I will email you the form when you email me at Carol@AskCarolB.com. Or, if you don't have a fax, you can mail the form to your local Social Security office.

Since the easiest way to enroll in Part B is online, simply answer the

questions in order. Always click "next" at the bottom of each page. When you're done there's a virtual signature.

Some things to note when applying for Part B:

- Sign up for Medicare Part B ONLY if you do not want your social security benefit to start when your Medicare starts.

- If you're getting benefits from your spouse (former or deceased), then the social security number for Medicare is their number, not yours.

- If this is the case, then in the remarks section: Write former spouse's name with their social security number, then your name and social below it for clarity, and list if you're married, divorced.

- Save your online "re-entry" number for changes if you need to exit and return later to finish. Write the month you want to start Part B. Complete by checking the signature box and typing in your name.

Wait time for your MBI (Medicare card) and welcome package is approximately 2 to 3 weeks, but it can arrive up to 30 days after your application submission as there are 10,000 – 13,000 people turning 65 every day.

That's it! Let me know if you need me to clarify. I'd be more than happy to walk you through this process.

Carol Bogart is a licensed insurance agent with advanced knowledge of Medicare features and intricacies. She is AHIP Certified in compliance with CMS, Centers for Medicare and Medicaid Services and holds Florida Life and Health License #W756153. Visit www.AskCarolB.com.

New Palencia Property Owners Association Board Members Take Office

Listed below are the 2022 Officers of the Palencia POA Board of Directors:

Larry McGinnis, President
Katherine Hutchinson, Vice President
Lisa Reinstine, Secretary
Mark Voudrie, Treasurer
Marc Sierra, Director

"Collectively I believe our Board members have the skills to identify areas of opportunity for improvement within member services and Architectural Review Board processes," said Larry McGinnis, President. "They also have the leadership skills to plan, design, and implement solutions for continued improvement. I believe they



will also do well collaborating on any opportunities of shared interest with our CDD Board of Supervisors."

Spotlight On Palencia People



Palencia residents Valli and Wayne Gibson are both retired from the armed forces. Valli is a former U.S. Army Staff Sergeant. Wayne served in the U.S. Marine Corps.

Inset: Valli Gibson's most challenging assignment was service in Panama during Manuel Noriega's government.

Army Veteran Served During Conflict In Panama

By Norie Flowers, Palencia Resident

Palencia resident and retired U.S. Army Staff Sergeant Valli J. Gibson spent 20 years in military service, stationed at bases in the U.S. and overseas, including Virginia, Alaska, Georgia, Missouri, Germany, Bahrain, Honduras, and Panama. Valli grew up in the military and after enrolling at Florida State University, decided to follow in the footsteps of her father, who served in the elite 82nd Airborne Division, the U.S. Army's most strategically mobile division. Sgt. Gibson's husband, Wayne served in the U.S. Marine Corps and their son recently retired from the U.S. Air Force.

Sgt. Gibson served in Nuclear, Biological, and Chemical defense. While she had extensive military experience, her most challenging assignment was service in Panama in 1989 during President George H.W. Bush's "Operation Just Cause."

At the time, 9,000 U.S. troops joined the 12,000 U.S. military personnel already in Panama. The troops responded to a series of events that included the murder of an American Marine, the disintegration of the Panama Canal Treaty agreements, harassment of military personnel and American citizens and dictator Manuel Noriega's annulment of democratic presidential elections followed by his attempt to

create a puppet government.

Sgt. Gibson served in the 467th Military Police Company that was tasked with the protection of Panamanian civilians during the U.S. incursion. Her unit also made several trips to mountainous areas to meet with indigenous populations to help them understand the protection U.S. troops were there to provide. On several occasions, Panamanian children brought cookies to the troops and on another occasion, a young child showed her appreciation with the gift of a native iguana.

While the swift and successful military action demonstrated that the U.S. was capable of utilizing military force when necessary, 23 American soldiers were killed and over 300 were wounded, including Sgt. Gibson, for whom the experience has had lasting effects.

During her military service, Sgt. Gibson received nine commendations for outstanding performance.

Asked what Sgt. Gibson felt she gained from her many years of military service, she explained that, in addition to serving her own country, what she took away first and foremost was an immeasurable appreciation for the life "I am able to lead in my own country in comparison to the many people I met who were not fortunate enough to experience freedom and privilege."

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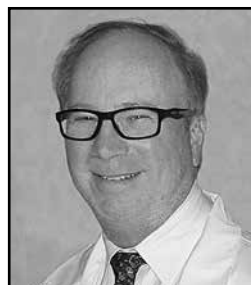
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Bye Bye Birdie's And Hello Fun Days At The Beach

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

On May 19th, the WGA wrapped up the 2021-22 season with a lot of year end activities. The dynamic duo of Cathy French and Judy Guarino led the way in making our closing day a lot of fun with a Scramble, followed by a wonderful lunch. The theme was Birdies and Beaches. The room was decorated beautifully with bright colors to welcome summertime and fun days at the beach.

A special thanks to DeeDee Bandy, Treasurer and Earline Barnes, President for a great year.



season, all ladies compete to win the coveted crown. Reigning Queen, Maria Cavanaugh presided over this year's competition, which consisted of ten competitors. One by one, players were eliminated and then there were only two left, competing for the Royal cape and crown. A real nail biter, Stephanie Kinsey and Resa Wilcox battled it out for three shoot outs, before Resa was finally



Left to right, Cathy French, Closing Day Chair with Kim Jacobs, Palencia Pro Shop.

The 1st Place Team, left to right, Robin Crosfield, Maria Cavanaugh, Barb McDougall and Faye Peludat.



The 2nd Place Team: Karen Hofstead, Maria Nilsson and Chris McCoy. Nancy Allen (not shown).



Resa Wilcox, "Queen Of Clubs," with Maria Cavanaugh and Stephanie Kinsey.

crowned as the new Queen and Stephanie Kinsey was runner up. Congratulations to both ladies and we look forward to Resa's reign as our new "Queen of Clubs" for the coming year.

Closing day also includes the final membership meeting of the WGA, where golfing accomplishments were recognized. The first awards were for Ringers and Birdies. Members are put into flights, based on their USGA index. There is a Low Gross and Low Net winner of each flight for games played on WGA play days. Winners with the most birdies in a season are recognized. Ladies also with eagles and hole-in-ones are also recognized. Last, the most improved players were announced. One player in the 18 hole group – Barbara McDougall; and one player in the 9 hole group – Jeanne Carr. Congratulations to all of the deserving winners.



The 3rd Place Team, left to right, Carol Netzer, Linda Upson, Tricia Luciano and Ginny Saunders.

One other big event occurred before closing day, Our "Queen of Clubs" annual tournament. Each month during the year, one player qualifies to compete in the tournament by achieving Low Net Score for the month. At the end of the

We would like to welcome Jennifer O'Connor to the WGA organization.

Our 9 hole ladies finished out the year playing in the last Interclub

Continued On Page 7

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Palencia Women's Golf Association

Continued From Page 6

Queen of Club Court Qualifiers, left to right: Resa Wilcox, Faye Peludat, Sandy Brandenburg, Rosetta Smith, Stephanie Kinsey, Maria Cavanaugh, Maggie Butler, Barbara McDougall, Staci Luttrupp and Chris McCoy.



Earline Barnes presented a special appreciation to long time member, Darlene Adams.



Left to right, Liz Pound, Pat Kazakis, Debra Bienert, Indy Nelson, and Jeanne Carr.

"Around the World Golf Theme" at World Golf. Our 9-holers had a lot of fun and look forward to next season.

Last, we would like to thank all of the Palencia Members who came out to support Kim Jacobs in her efforts to renew her H1 Visa and work towards obtaining her green card. The generosity of all of the Palencia Club Members was greatly appreciated. Kim will continue to run clinics before the "9 and Wine" event's as well as offer private lessons throughout the summer. Don't forget that our Tuesday night summer "9 and Wine" series has started. So ladies, sign up to have some summer fun and meet new friends.



DeeDee Bandy, WGA Treasurer and Earline Barnes, President.

Palencia Garden Group Forming

Would you like to learn more about gardening in Florida from a group of certified Master Gardeners? Well, here is your opportunity.

A garden group is forming just for Palencia homeowners. Over the past five years, dozens of residents have sent in landscape questions to the *Palencia Press* through Master Gardener Norrie Flowers' articles. Many were simple to answer but others required on-site visits and some research.

The garden group, made up of four lead certified Master Gardeners (MG), will meet in person to better address and get answers to the numerous issues and problems that arise from gardening in the subtropics. They will bring their laptops to research more difficult issues and provide their expert advice.

The meeting arrangement will be informal with pot luck lunches held on Saturdays to afford participation from those



who work full-time. The pot luck lunches will be on a rotational basis from home to home for those who would like, to enable our MGs to walk around landscapes, get a better in-person look at problems and other issues, and provide advice. This is particularly important for anyone who has any type of citrus which requires close inspection for problems.

This group will be unlike the traditional garden club as it will provide comprehensive and in-depth information and on-the-spot garden examinations.

If you would like to participate in this group, or even just try it out, respond via email to norie.flowers@outlook.com The group will then reach out to you on a time-frame and location for the first Saturday get together.

For all those who have contacted Norrie Flowers over the years, please consider joining this group. It will be educational and a lot of fun.

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Stage Lights Are Back At Palencia Elementary

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

The lights are not just back on Broadway but were shining bright at Palencia Elementary School last month as well. It has been a very long time since a full production has hit the stage at PES, but the second grade class was fortunate enough to be the first. Their stage play, BUGZ, was a smashing success and a much needed return to normalcy since the onset of the pandemic.

performance.”

The children worked and prepared diligently as well in order to ensure the play’s success. There were lines to learn, songs to perfect, stage placement to organize and dances to memorize.

Second grade student, Hunter Hammond, shared that “I had a lot of fun doing our play. My favorite part was the singing and the clapping along. We

The musical play “BUGZ” brought smiles to both children and parents at the recent production. The stage performance was definitely a highlight of the year for all involved.



The stage was alive with all the amazing young students working hard to put on a show for all their parents and friends. But it wasn’t just a special time for the students, it was a welcomed return to the arts for all the PES teachers too. Second Grade teacher, John Ackerman, shared that “the kids really enjoyed working on the BUGZ musical. The Music teacher, Neeraja Chandrasekharan, did a great job with motivating and inspiring the children, and it showed in their performance. The musical numbers were fun for the kids and families and inspiring for all, and the musical was definitely a highlight of the year for all involved. I am so glad that we were able to participate in such a fun

worked for a long time before we got to perform. It was fun to act in front of the whole school and parents.”

The arts are such an important aspect to elementary school well roundedness, so it’s such a special turning point for the school. A literature review from Frontiers in Psychology outlined several studies linking aesthetic experiences with broad improvements in students’ emotional states that promote physical and psychological well-being. Giving learners the time, space and materials for creative expression can lower stress, improve memory, and make them feel more socially connected.

Having theater back at our school

Continued On Page 9

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Polly Swindull

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Palencia Elementary School

Continued From Page 8

also benefits the entire community. Frontiers in Psychology went on to share that “appreciation for art also makes a significant difference in people’s lives on a macro level. Entire societies may stand to gain from an investment in the arts. Drawing on data from the General Social Survey, researchers from the University of Illi-



“I had a lot of fun doing our play,” said 2nd grade student Hunter Hammond. “My favorite part was the singing and the clapping along. We worked for a long time before we got to perform. It was fun to act in front of the whole school and parents.”

nois at Chicago’s Department of Public Administration linked participation as either an audience member or creator to higher levels of civic engagement and social tolerance. This work suggests that learning how to draw, paint, sing, or just appreciate the works made by others can help us become not just happier and healthier, but also better people.”

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>. The PTO looks forward to meeting all the new faces in a few months.



Summer Fitness For Palencia Kids

Attention Palencia kids: There’s a fitness class waiting for you at the Sweetwater Fitness Center. Stay active and occupied during the summer

months to make sure you get the most out of your summer before heading back to school.

The class is led by Jermaine Solomon, a highly trained fitness instructor who knows how to coach the best from each child while inspiring a love of movement and having a whole heap of fun.

Free to Palencia residents, the class introduces fundamental movement skills through stretching exercises, callisthenics, squats and pushups and exercise games such as relay races and dodgeball designed especially for elementary aged children. Kids age six to 13 are welcome to join in the fun on Saturdays from 11 a.m. to 12 noon; and Wednesdays from 3:05 p.m. to 4:05 p.m. Located in the exercise room at the Sweetwater Fitness Center.





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Palencia: Let's Get Prepared For A Hurricane

The threat of hurricanes is very real for Florida during the six-month long Atlantic hurricane season, which runs from June 1st until November 30th. According to The Florida Climate Center at Florida State University, the peak of hurricane season occurs between mid-August and late October, when the waters in the equatorial Atlantic and Gulf of Mexico have warmed enough to help support the development of tropical waves.

A common misconception in Florida is that there are parts of the state that do not get hurricanes. Since 1850, all of Florida's coastline has been impacted by at least one hurricane. With its long coastline and location, Florida frequently finds itself in the path of these intense storms. The south-east coastline is extremely susceptible to a land-falling hurricane, followed by the panhandle. Areas around Tampa, Jacksonville and the Big Bend do not have as high of a risk of a direct strike from a hurricane but are still susceptible to a landfall each year. Even if the hurricane makes landfall elsewhere in the state, the impacts can be felt hundreds of miles away.

Storm Classifications

Tropical Depression - A tropical cyclone in which the maximum 1-minute sustained surface wind is 33 knots (38 mph) or less.

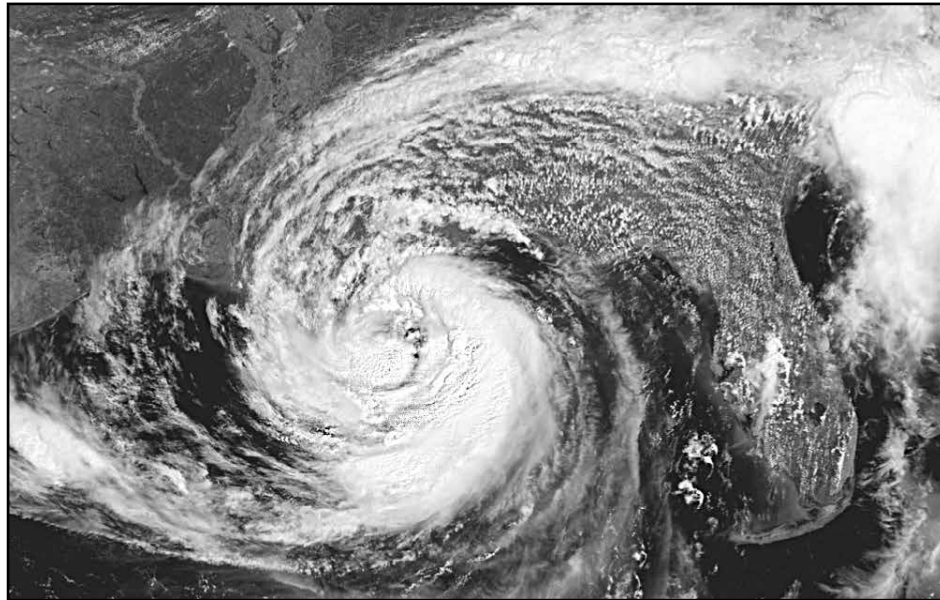
Tropical Storm - A tropical cyclone in which the maximum 1-minute sustained surface wind ranges from 34 to 63 knots (39 to 73 mph) inclusive.

Hurricane - A tropical cyclone in the Atlantic, Caribbean Sea, Gulf of Mexico, or eastern Pacific in which the maximum 1-minute sustained surface wind is 64 knots (74 mph) or greater.

Major Hurricane - A hurricane which reaches Category 3 (sustained winds greater than 110 mph) on the Saffir/Simpson Hurricane Scale.

Impacts Of A Hurricane

Winds are the most well-known impact from tropical storms and hurricanes. The highest winds occur just outside of the eye (or center) in a region known as the eye-wall. Hurricane force winds can easily damage or destroy mobile homes and other non-permanent structures, often moving them well away from their foundations. Roofs, trees and power lines are also frequently damaged by hurricane force winds. Because of Florida's flat terrain, strong winds do not rapidly weaken after the storm makes landfall. Hurricane Charley in 2004 moved through the state at 25 mph (nearly twice the typical speed of a landfalling hurricane) and brought hurricane-force winds to Orlando, which was nearly 100 miles away from the point of landfall. The strongest hurricanes can



Hurricane Isaac targets the State of Florida on August 28, 2012. (Photo courtesy National Oceanic and Atmospheric Administration)

have winds in excess of 155 mph.

Storm surge is the term used to describe the wall of water that is pushed toward the shoreline as a hurricane moves onshore. Storm surge combines with the local tide and the battering wind-driven waves to push a large volume of water onto the shore, often resulting in significant damage. In the strongest hurricanes, this storm surge can be as high as 25 feet above normal water levels. The combination of the rising water and pounding waves is often deadly. Approximately



Residential roof gable failure

90% of all deaths in hurricanes worldwide are caused by drowning in either the storm surges or flooding caused by intense rainfall. Those living in coastal and near-coastal communities should know if or in which evacuation zone they reside, as well as the elevation of their property.

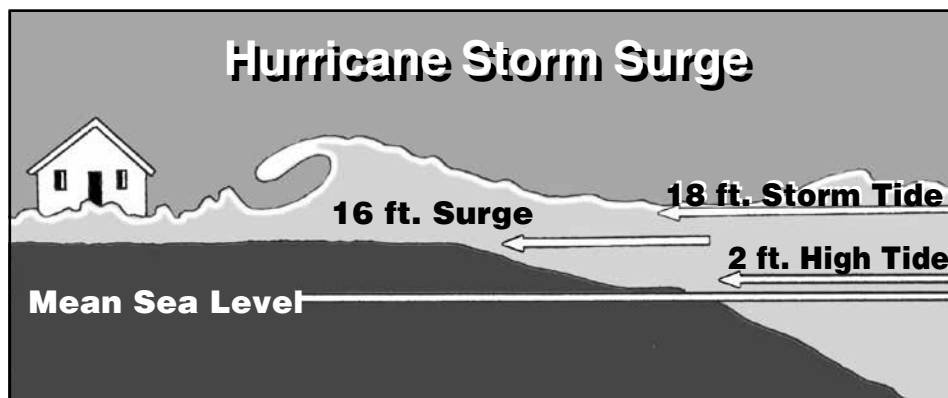
Flooding from tropical cyclones is not correlated with the intensity of the system but instead with the relative speed of the storm. Slow-moving tropical storms and hurricanes often produce large amounts of rain, which can lead to significant flooding at inland locations. Flooding impacts can occur hundreds of miles away from the center of a storm or from the remnants of a

looking at the storm like it was a clock, this would be the area from about noon to three o'clock in the direction the storm is moving. While not normally as intense as tornadoes produced by non-tropical severe thunderstorms, these tornadoes often move very fast, at speeds over 50 mph. Another common area of tornadoes in a hurricane is in the far outer rain bands, which can be hundreds of miles away from the center of the storm.

It only takes one storm that affects you to make it a bad hurricane season. If you live along the coast or in nearby areas affected by inland flooding, it's essential to have a personal hurricane plan. This can mean the difference between your being a hurricane victim and a hurricane survivor.

Remember, for a hurricane, we evacuate in the U.S. due to the impacts of water, not wind. So if you do not live in an evacuation zone and your home is structurally sound, you should shelter-in-place. Have the supplies you need to get through

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<p>General</p> <ul style="list-style-type: none"> <input type="checkbox"/> Two week minimum supply of medication, regularly used medical supplies, and a list of allergies <input type="checkbox"/> A list of the style, serial number, and manufacturer information of required medical devices <input type="checkbox"/> Batteries <input type="checkbox"/> Flashlights <i>Do not use candles</i> <input type="checkbox"/> NOAA Weather Radio <i>Battery operated or hand cranked</i> <input type="checkbox"/> Cash <i>Banks and ATMs may not be available after a storm</i> <input type="checkbox"/> Cell phone chargers <input type="checkbox"/> Books, games, puzzles or other activities for children 	<p>First Aid</p> <ul style="list-style-type: none"> <input type="checkbox"/> First Aid Manual <input type="checkbox"/> Sterile adhesive bandages of different sizes <input type="checkbox"/> Sterile gauze pads <input type="checkbox"/> Hypoallergenic adhesive tape <input type="checkbox"/> Triangular bandages <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Sewing needle <input type="checkbox"/> Moistened towelettes <input type="checkbox"/> Antiseptic <input type="checkbox"/> Disinfectant wipes <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Thermometer <input type="checkbox"/> Tube of petroleum jelly <input type="checkbox"/> Safety pins <input type="checkbox"/> Soap <input type="checkbox"/> Latex gloves <input type="checkbox"/> Sunscreen <input type="checkbox"/> Aspirin or other pain reliever <input type="checkbox"/> Anti-diarrheal medicine <input type="checkbox"/> Antacid <input type="checkbox"/> Laxative <input type="checkbox"/> Cotton balls <input type="checkbox"/> Q-tips 	<p>Important Documents</p> <ul style="list-style-type: none"> <input type="checkbox"/> Insurance cards <input type="checkbox"/> Medical records <input type="checkbox"/> Banking information <input type="checkbox"/> Credit card numbers <input type="checkbox"/> Copies of social security cards <input type="checkbox"/> Copies of birth and/or marriage certificates <input type="checkbox"/> Other personal documents <input type="checkbox"/> Set of car, house, and office keys <input type="checkbox"/> Service animal I.D., veterinary records, and proof of ownership <input type="checkbox"/> Information about where you receive medication, the name of the drug, and dosage <input type="checkbox"/> Copy of Will <p><small>*Items should be kept in a water proof container</small></p>
<p>Phone Numbers</p> <ul style="list-style-type: none"> <input type="checkbox"/> Maintain a list of important phone numbers including: <i>County emergency management office, evacuation sites, doctors, banks, schools, veterinarian, a number for out of town contacts, friends and family</i> 	<p>Food and Water</p> <ul style="list-style-type: none"> <input type="checkbox"/> Food <i>Nonperishable packaged or canned food and beverages, snack foods, juices, baby food, and any special dietary items to last at least 7 days</i> <input type="checkbox"/> Water <i>1 gallon per person per day</i> <input type="checkbox"/> Non-electric can opener <input type="checkbox"/> Paper plates <input type="checkbox"/> Napkins <input type="checkbox"/> Plastic cups <input type="checkbox"/> Utensils 	<p>Vehicle</p> <ul style="list-style-type: none"> <input type="checkbox"/> Keep your motor vehicle tanks filled with gasoline
<p>Clothing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rain gear such as jackets, hats, umbrellas and rain boots <input type="checkbox"/> Sturdy shoes or boots and work gloves 	<p>Pet Care Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pet food and water to last at least 7 days <input type="checkbox"/> Proper identification <input type="checkbox"/> Medical records/microchip information <input type="checkbox"/> A carrier or cage <input type="checkbox"/> Muzzle and leash <input type="checkbox"/> Water and food bowls <input type="checkbox"/> Medications <input type="checkbox"/> Supplies for your service animal 	<p>Find more disaster preparedness tips at FloridaDisaster.org</p>
<p>Special Needs Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Specialty items for infants, small children, the elderly, and family members with disabilities 		



former tropical system.

Flooding from torrential rains can produce a lot of damage. Hurricane Easy in September 1950 dumped an estimated 38.70" of rain on Yankeetown, FL, in a 24-hour period. The official 24-hour state record rainfall amount (23.38") came from the outer bands of Hurricane Jeanne in 1980.

Tornadoes associated with tropical systems typically form in the right front quadrant of the storm, relative to the direction of forward motion. If you were

the storm and for the potentially lengthy and unpleasant aftermath, with enough non-perishable food, water and medicine to last each person in your family a minimum of one week.

But if you do live in an evacuation zone, things may be different in 2022. The shelter location may be different, so find out now what's available to you. If you need to evacuate, have a "go kit" with personal items you cannot do without during an emergency.

Source: FSU Florida Climate Center.

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The Art Of Intimate Conversation

By Michael Brown, MSC, LMFT
904-289-2954
www.happycoupleshealthycommunities.com

In today's society, people tend to talk past each other. They don't listen well and rarely ask one another questions, or follow a straight line of thought. The famous Swiss child psychologist Jean Piaget called this phenomenon "collective monologue." He was describing conversations among preschoolers, but his term characterizes many grown-up conversations as well. Unfortunately, talking past each other with frequency is also common in long-term relationships—and between couples it is damaging. Such cross-talk prevents partners from achieving the kind of closeness that solidifies a bond.

For this reason, in his book *What Makes Love Last?: How to Build Trust and Avoid Betrayal* (2014), Dr. John Gottman proposes what he calls "the art of intimate conversation." According to Gottman, "Intimate conversation doesn't require that you discuss conflicts or touchy subjects. It is just about talking." While conflict in a relationship does need to be addressed, attuned communication in everyday life is necessary to maintain any relationship and can prevent disagreements from even starting. You can apply these conversational skills on your own without your partner knowing it, but the more you work together on the process, the better. Break down the process in four steps.

1. Put Your Feelings into Words

Many people, particularly men, have difficulty identifying and verbalizing their emotions. Because they aren't sure what's going on inside, they are unable to share their feelings with their partner. Distinguished psychologist and philosopher Dr. Eugene Gendline suggested an approach that he called focusing. When you're hunting for the right word to describe a feeling, he suggests you "try on" each word while monitoring your physical responses to it. When your body relaxes, you've probably hit on the correct description of your emotions. Another option is to have a vocabulary list of emotions. Dr. Gottman provides an abbreviated version of a list in *What Makes Marriage Last?*, but such lists can be found free on the Internet. Scan the words and circle the ones that most describe your current state. Finally, let your partner know that identifying your feelings is a challenge and consider enlisting him or her to assist you in figuring them out.

2. Ask Open-Ended Questions

Avoid questions that your partner can punt with single words such as yes or no, which kill conversations before they start. Rather, pose questions in ways that require a deeper response. Replace, "Did you have a good day at work?" with "So, what was it

like at work today?" Instead of "Did you like the movie?" try "What did you think of the movie?" or "What was the best part?" This technique doesn't apply just to everyday exchanges but also to conversations about significant issues. "Are you upset?" can close off further discussion, but "You seem upset—what's going on?" will encourage it.

3. Follow Up with Statements That Deepen Conversation

After your partner answers a question, respond by saying back what you just heard, in your own words. It's okay if your description isn't 100 percent accurate, but don't make assumptions or put words into the other's mouth. When you reflect back your partner's thoughts and feelings in an understanding manner, you encourage him or her to open up more.

4. Express Compassion and Empathy

When your partner is upset, be on his or her team whether the issue is trivial or significant. If you think your mate is overreacting or should have a "different" emotional response, stifle the urge to offer your opinion or suggestions. After years of studying both the "Masters" and "Disasters" of Relationship, Dr. John Gottman can say conclusively that being the voice of reason is not always the best approach. Let others play that role. Yours is to let the person you love know that you're standing with him or her. You get and accept his or her emotions as valid—because all feelings are.

Although you've probably been tempted, don't offer opinions or problem solve until you've gone through all four of these steps. Ready advice sounds glib and insulting to many people. Noted psychologist Haim Ginott taught us, "Understanding must precede advice." In fact, we would go further and warn you not to give advice at all unless asked. Just being there and listening is an enormous contribution.

So that is all there is to the art of intimate conversation. Open up about your own feelings, converse in a style that encourages confidences, and be an ally more than a problem solver. Follow this method in your daily interactions and you'll be amazed by how much you discover about each other. Along with enriching your relationship, learning this approach will improve your skills a turning towards each other and prevent a lot of disagreements from ever starting.

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Bartram Park. Contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com.

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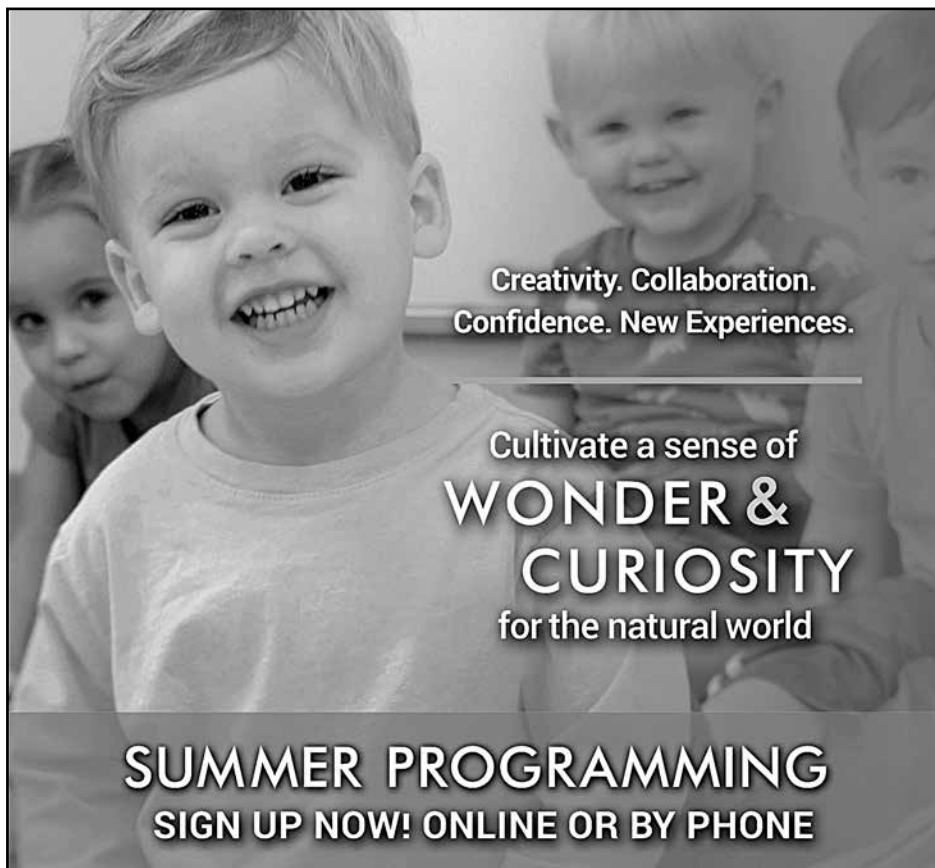
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Ask A Certified Master Gardener Understanding Florida-Friendly Landscaping In Our HOAs

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

Our HOA recommendations include observing the concepts and principles of Florida-Friendly Landscaping (FFL) when planning improvements in our home landscapes. This can be somewhat esoteric, so let me take time to explain the nine principles that are part of this overall landscape plan designed to conserve water and protect Florida's environment. These principles have been mentioned in earlier articles, but for new Palencia residents, an explanation of each concept is listed below.



Water conservation directly affects the condition and health of the Floridan aquifer, the main source of our municipal water supply in north and central Florida. Each day, Floridians draw more than 2.5 billion gallons of water from this aquifer, significant volumes of up to 60% of which are used for lawn irrigation.

For some historical perspective, the Florida-friendly approach to landscaping began in the 1990s and was an effort to reduce non-point source pollution from entering storm drains and then leaking into Florida's waterways. In our yards, this type of pollution comes from multiple sources: fertilizers, pesticides, herbicides, insecticides, and mowing practices. In 2008, the initiative became known as The Florida-Friendly Landscaping™ Program and it provides a set of best practices for Florida neighborhoods.

These principles are now included in the Florida Statutes which state: "Florida-friendly landscaping means quality landscapes that conserve water, protect the environment, are adaptable to local conditions, and are drought tolerant." (Section 373.185)

In order to be Florida-friendly, there are nine essential landscape principles that, if followed, will ensure success, and protect the environment. They include: Right Plant, Right Place; Water Efficiently; Fertilize Appropriately; Manage Yard Pests Responsibly; Mulch; Recycle Yard Waste; Provide for Wildlife; Reduce Storm Water Runoff; and Protect the Waterfront.

Here are some brief explanations on how each principle functions in a landscape:

Right Plant, Right Place: Achieving a healthy, low-maintenance home landscape starts with putting the right plant in the right place. Select plants that match a site's soil, light, water, and cli-

matic conditions.

Water Efficiently: An efficient irrigation system conserves water and helps to ensure that fertilizer and other pollution doesn't flow into water bodies. For those in Lennar built homes, the Hunter PRO-C400 system can be used which includes a sophisticated rain sensor that works and an app for your cell phone or tablet that is an upgrade from the contractor grade systems. It is a great device, easy to install, detects weather from four weather stations and controls irrigation in whatever manner you chose and turns off irrigation when rain is expected.

Fertilize Appropriately: Prevent fertilizer runoff and leaching which can pollute Florida's waters. Always follow the fertilizer label directions and ensure your landscape professional is licensed for fertilizer application.

Mulch: Use mulch to help retain soil moisture, protect plants, and inhibit weed growth.

Attract Wildlife: Reduce insecticide as much as possible and select plants with seeds, fruit, foliage, flowers, or berries. Provide water sources for birds with rain gardens or bird baths.

Manage Yard Pests Responsibly: To prevent disease and insect outbreaks, and whenever possible, select pest-resistant plants. Use the least toxic products such as horticultural oils and insecticidal soaps.

Recycle Yard Waste: Decomposing organic matter releases nutrients back to the soil in a form that plants can easily use. Grass clippings after mowing should be blown back onto your lawn where they provide additional nutrients.

Reduce Stormwater Runoff: Fertilizers, pesticides, debris, and eroded soil carried in stormwater drains can wreak havoc on our water quality. Florida-Friendly Landscaping™ seeks to retain and use as much of the rainfall and irrigation water that lands on our home landscapes as possible.

Protect the Waterfront: One of the most important steps you can take to protect any water body is maintaining a 10-foot buffer zone. Don't mow, fertilize, or use pesticides in this zone. Protect native aquatic plants and remove invasive exotic species.

Finally, when you begin to plan your landscape and plant designs, whenever that time frame may be, think about the above FFL principles to ensure an environmentally friendly landscape.

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).

Nease NJROTC Hosts National Military Signing Day



Nease NJROTC cadets Sam Dec, Emmelie Neff, Ben Rider, James Shely, Brodie Mongon, Kaitlyn Boggs, Isabella Rivera, Daniel Mahoney and Christopher Debus along with Senior Naval Science Instructor Captain Scott LaRoche, celebrate National Military Signing Day at Nease HS.



At left, The Merchant Marine Academy - Coast Guard Academy rivalry began immediately at Nease's National Military Signing Day as Daniel Mahoney and Christopher Debus showed their Academy allegiance toward rivals Kaitlyn Boggs and Isabella Rivera.

Nease NJROTC hosted its National Military Signing Day for its graduating seniors receiving appointments to the United States Service Academies or full ROTC scholarships at public universities.

A record nine cadets signed letters of intent during a formal ceremony held on campus and attended by family, teachers and classmates.

Kaitlyn Boggs received an appointment to the United States Coast Guard Academy in New London, CT.

Christopher Debus received an appointment to the United States Merchant Marine Academy in Kings Point, NY.

Samuel Dec received an appointment to the United States Military Academy Prep School in West Point, NY.

Daniel Mahoney received an appointment to the United States Merchant Marine Academy in Kings Point, NY.

Brodie Mongon received an Army ROTC scholarship to the University of South Florida in Tampa, FL.

Emmelie Neff received an appointment to the United States Coast Guard Academy Scholars Program in Boston, MA.

Benjamin Rider received a Navy NPP ROTC scholarship to the University of Maine in Orono, ME.

Isabella Rivera received an appointment to the United States Coast Guard Academy in New London, CT.

James Shely received a Navy NPP ROTC scholarship to Regent University in Virginia.

"These young men and women represent the absolute finest ideals in America's youth," said Captain Scott LaRoche, Nease's senior naval science instructor. "I could not be more proud of them and their achievements. Through four years of hard work and education, they earned it."


Nease NJROTC has been recognized as the Most Outstanding NJROTC Unit in Area-12 (60 schools in Northern Florida & the State of Georgia) for five consecutive years.

Kids Chess Club

Calling all kid chess players! Join us this summer for Chess Club on Wednesdays at 4:00 p.m. All levels welcome. This club is very informal, for Palencia kids that have knowledge of the game. It will not be instructor led. There may be a few weeks that we have a Palencia resident available to come and help instruct the kids but we do not have those dates committed at this time. Each child needs to bring their own chess board. For more information contact: ashli.bryan87@gmail.com.



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A Special Memorial Tribute

By Laura Mayo and Earline Barnes, Palencia Residents

The Palencia Golf Women and Men groups co-hosted with the Palencia Club a Special Memorial Golf tournament to honor our members who have passed away – Susan Agee, Eddie Earle, Kevin Hutto, Jim Madigan and Sue Patalano. The weather was perfect and over 130 golfers participated in this really nice event. It was a fierce competition with some great prizes for the winning teams. Everyone enjoyed a really nice barbecue after the event.

We would like to thank the six speakers who spoke about their close friend who passed and shared some wonderful stories about them. The tournament pamphlet included the charities to donate on behalf of their friend. Thank you to everyone who shared stories and details about each member:

- Susan Agee – Linda Upson and Karen Hofstead
- Eddy Earle – Jim Earle
- Kevin Hutto – Rob Kosberg
- Jim Madigan – Howard Hoffman
- Sue Patalano - Joe Patalano



The Hutto family and friends celebrated honoring Kevin Hutto.



Joe Patalano talking about his mom, Sue Patalano.



Karen Hofstead and Linda Upson delivered a beautiful tribute to Susan Agee who was a past President of the WGA and a long time member who had a charismatic smile and a way of welcoming everyone to Palencia and women’s golf.

There were three flights where a team was selected for an award. The Gross Red team winners were Joe Patalano, Keith Fleetwood, Reese Symonds, and Rodney Symonds.

The Net Blue Flight Winners were: Ed Kuhl, Bob McGaw, Ted Barbados and



Linda Hoffman and Anita Madigan celebrating her husband, Jim Madigan who was a Marine and a golf member for many years.

Continued On Page 19

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A Special Memorial Tribute

Continued From Page 18



The family of Eddy Earle enjoyed the tribute and celebration of their dad.

Hadden Allen.

We had two special contests. We had 4 winners on closest to the pin. Linda Hoffman on hole #3. Marc Sierra on hole #5. Pam Ashburn on hole #12 and Linda Carucci on Hole #15. We had two winners with the longest putts: John Holtz on Hole #9 and Deborah DuFresne on Hole #18.

A fun day was had by all. Congratulations to all of the winners. We look forward to next year's tournament.



The Net Flight Red Winners, left to right, Kevin Saundry, Todd Weis, David Norton and John Amatrada.



Marc Sierra on Hole #5



Pam Ashburn on Hole #12



The Net White Flight Winners were: Michael Bandy, Dan Rehbery, Joe Crawford and Kerrie Kennedy.



John Holtz, Longest Putt on Hole #9



The White Gross Flight winners were Rob Lamneck, Peggy Lamneck, Deidre Wray, David Wray.



The Blue team Gross team winners were Linda Hoffman, Howard Hoffman, Linda Carucci and Walter Carucci.



Linda Hoffman Hole #3



Deborah DuFresne, Longest Putt on Hole #18

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Any Age - Any Time

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

Years ago, I wrote a column on accumulating dysfunction. In it I stated my belief that pain is not a consequence or factor of aging but of a life-time of compensation. We are made to move and move efficiently. Many factors can alter our ‘mechanics’ but we are constantly compensating. We make little changes in the way we do things, which in turn can create imbalances in the musculoskeletal system and place undue stress on our tissues. This can be ignored for a while but at some point, we will eventually have to stop and take notice.

I recently came across a TED-talk video of a 93-year-old gentleman who spoke about parallel concepts of needing to move throughout our lives. His name is Charles Eugster. His video is at: <https://www.youtube.com/watch?v=rGgoCmIhofM>. Although he focuses on body building, his underlying message is our body’s need to move, which is timely given the amount of immobility that has occurred due to COVID. The day before writing this column I heard a patient say, “I’ve been home for two years.” I would encourage all to start slow and start moving.

In his presentation he states the following facts:

- Worldwide obesity has doubled since 1980
- 12% of the world’s population is obese & 26% in USA
- 50% of the US population is estimated to be obese by 2030
- 10% of the world’s population has diabetes

He blames most of these statistics on two things: (1) our Paleolithic bodies and (2) retirement. He could add Covid. He convincingly reports that our Paleolithic bodies have changed little over time. Where we were once forced to be very active searching or hunting for food, this is no longer true as most of us have food easily accessible. He further states the obvious, that we consume too much. Once upon a time we may have needed to consume as much as possible when food was available to sustain us during long periods between meals. In most cases, this is no longer the case. He also says, where we once avoided unnecessary activity in order to conserve energy for the same reasons – long periods between meals – even though our bodies may urge us to conserve, inactivity has become hazardous. In fact, he states inactivity has become a major cause of death, quoting 92% of those over 65 have a chronic disease and that 50% of 80-year-olds have lost 50% of their muscle mass since the age of 50, replaced by fat.

Being 93 and retired, he put forth the challenge that instead of becoming less active, retirement can be a new beginning to develop dormant talents and start a new life. In this column, I am suggesting the same, not just for retirement but for making a post-Covid new start. He suggests “3 factors to successful aging” are (1) Work, (2) diet and (3) exercise. He not only states that the body can be rebuilt at any age, but he also shows how he is an example. Muscle mass can be restored at any age or any time. Neither disease nor pain should be viewed as a consequence of aging. Instead, they should be viewed, in many cases, as a consequence of inactivity. The treatment for many diseases

is in fact exercise.

We at First Coast Rehabilitation understand these facts and the challenges that go with them. We’ve spent several years helping individuals in this community of all ages, one at a time. Watch Mr. Eugster’s video and if you’re not sure where to go from there, our therapists can help you develop a plan specifically designed 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

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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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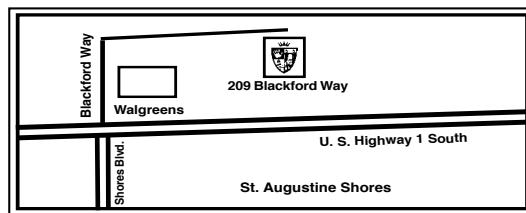
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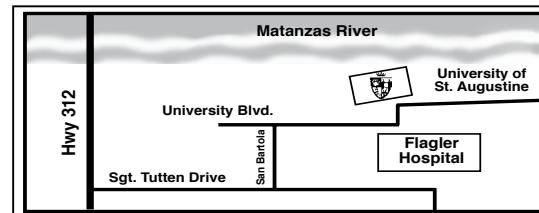
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Pet Insurance For Accident, Illness And More

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

Insurance is the only form of gambling in which the bettor hopes to lose. As pet insurance has become more popular over the past 10 years, there's been an explosion of coverage options in the marketplace. This article is intended as a brief overview.

Having the right policy in place removes financial considerations of treating medical conditions for your pets when they arise. If you obtain coverage for your pet at a young age, it is possible to have every illness throughout their life covered by the insurance company. If you wait until your pet has an illness diagnosed or the policy lapses, conditions may not be covered under "pre-existing conditions" clauses. For this reason, insurance policies provide the greatest return on investment if they are obtained when your pet is young and healthy.

One of the most positive aspects of pet insurance is that insurance companies cannot restrict which veterinarian you choose, and they don't control what procedures you are allowed to have performed. This means you don't have to switch veterinarians or look for a clinic that "accepts" the insurance policy that you choose. It also means that veterinarians are not forced to alter their medical recommendations to comply with reimbursement schedules. All state-licensed veterinarians are covered. The majority of veterinarians will assist you in submitting your claims at no charge.

Pet insurance typically operates on a direct reimbursement basis. This means when your pet gets treated, you

will pay the invoice to the clinic who provided the care at the time the care is provided. Within 3 to 30 days (depending on carrier) of submitting your claim, you will receive a reimbursement check from the carrier. Therefore, it is important to choose a company with a history of efficient claims processing with minimal headaches. Petinsurancereview.com is a great resource for comparing plans.

There is a broader spectrum of coverage offered now than ever before, with the cost of policies ranging from \$200 to over \$750 per year. As with most things in life, you will get what you pay for. The most inclusive (and expensive) policies will cover any ailment that your pet may experience no matter if it is serious, benign, acute, or chronic. There are also "catastrophic" policies that only cover the "big-ticket" problems. Keep in mind that insurance companies are in business to make a profit. If a policy seems to offer great coverage for a lower price than any other company, make sure to read the fine print to make sure the coverage is what you expect.

Some companies will have limits on reimbursement amounts for certain conditions or exclude the conditions they believe to be congenital or genetic in nature. Most of the "discount" insurance companies end up going out of business in a few years, so select a company with reasonable rates, a good track record, and longevity in the marketplace for the best results. If your pet never becomes ill, you should be happy to be a lucky loser of the insurance gamble.



Florida In The Summer... Stay In The Shade!

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

SUMMERTIME, SUMMERTIME, SUM, SUM, SUMMERTIME! Hard to believe. No more yellow four wheelers with the kiddo's passing by on the walk-around! School's out!! Hurricane's in! (Hope not). Birds chugging north to their mountain homes, Palencian's too. Afternoon thunder-boomers. Hot, hot and hotter. Florida in the summer. I get to go to the Spa for a short cut to help me stay a little cooler on the morning trek. Hard to see anyone in their cars with the windows up and the coolers blowing! All the windows are down. Busiest places in Palencia are the water holes! It's a long walk but it's worth it when we finally get to our cooling fountain. But that's summer in Palencia! Be awhile until we feel those cool breezes. Gotta drink lots of water and stay in the shade. Happy summer!



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The Republic For Which It Stands...

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

In 1791 the first amendment to the new federal constitution opened with sixteen now-famous words: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof." Congress spoke about religion generally, not just of churches. The first amendment recognized the wide range of religious belief and practice that typified America before and after the Revolution, and by prohibiting "an establishment of religion," it created a new model of relations between government and religion and gave individuals and voluntary groups, not government, responsibility for religious practice and belief among America's peoples. (National Park Service www.nps.gov)

The Church of England, the second largest denomination in the colonies (behind New England's Congregationalist), suffered most disastrously during the Revolutionary war because the King headed the Church. More Loyalists belonged to the Church of England than were affiliated with any other social or religious group, and many Anglican ministers left the colonies. As a result of Revolutionary upheavals, most Anglican congregations lost members, while others disbanded.

Religious issues figured only occasionally in the protests leading to Revolution. Opposition to naming a bishop for the Church of England mixed with protest over the Stamp Act in 1763 and 1764, when New England Congregationalist and Baptists claimed that a Church of England bishop would threaten their religious liberty. But the claim was exaggerated, and the bishop never was appointed, although the issue lingered on up to 1776. John Wesley, Church of England Clergyman and father of Methodism, at the request of the Methodists in America, sent Thomas Coke to America to be a Methodist Church Superintendent. The Methodist preachers, one of them being Francis Asbury, had not been allowed by Wesley to serve Communion to their congregations. Wesley was initially against the forming of a new church and felt the Methodist societies were to help make the Church of England stronger. Coke came to America to ordain pastors including Francis Asbury and to consecrate him as a Superintendent. Asbury, knowing about the growing tide of the republic (and most likely remembering the opposition to naming a bishop for the Church of Eng-

land) said he would only accept consecration if it was the will of the people. In 1784 at a Christmas conference, Francis Asbury was elected and consecrated as a Superintendent (He and Coke would soon change that title to Bishop) in the New Methodist Church, a new church for the new world. This act later gave Francis Asbury the title "Father of American Methodism."

All of this may be of some interest in July as we celebrate Independence Day, which celebrates our flag and the republic for which it stands. It's not a religious holiday, to be sure, but we church people, along with our fellow citizens, benefit from our nation's independence. So we have good reason to think about the things Independence Day represents and how they interact with our faith.

For Christianity and democracy to work, they both need responsible citizens. Consider what happens to a republic when its citizens won't run for public office, won't vote, won't work for the common good, duck paying taxes and mistreat others. Now consider what happens when

Christians won't volunteer at the church, won't give to the church, won't practice their faith, and won't love their neighbors.

Both our country and our faith need sincere practitioners. Nationally, we need a citizenry committed to making the ideals of liberty the practices of life in America. In order for the church to be faithful to its mission, followers of Jesus must be committed to making the ideals of the kingdom of God the practices of daily life.

This is not an either-or situation. Christians everywhere are citizens of two countries, one on earth and one in eternity. The sovereign realm of God has not yet fully come, but it's already in effect. Our two citizenships can neither be fully united nor fully separated. We cannot withdraw from the world and pretend we are somehow dwelling only in the commonwealth of God now; nor can we simply embrace the world and assume earthly governments fulfill God's will. Those are extremes, and they are unbiblical.

Let us thank God for the republic in which we live and the flag for which it stands and the freedom it makes possible. And let us strive to be good citizens of this country, knowing that as we work for the common good of all, we are being good citizens of God's kingdom as well.

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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We celebrate our freedoms as citizens of this country on July 4th.
We celebrate our freedom as citizens of the kingdom of heaven every day.



You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

-Galatians 5:13



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Fireworks Safety For Fourth Of July

As Independence Day rolls around each year, it's time again for us all to brush up on fireworks safety. We don't want to ruin anyone's fun — we just want you to be as safe as possible. Every year, fireworks start an average of 19,500 fires, and thousands of people end up in hospital emergency rooms for fireworks related injuries.

So while the easiest way to avoid injury is to leave the pyrotechnics to the professionals, we know the Fourth of July wouldn't be the same for some people without hosting their own party and display. Follow these fireworks safety tips to help you and your family enjoy the holiday injury-free.

Fireworks safety tips for all occasions

- Children should be supervised at all times around fireworks, sparklers or firecrackers. They get extremely hot and can cause serious burns. If your kiddos play with them anyway, make sure they use them outside and away from their face, clothing and hair — under VERY close supervision.

- Only buy legal fireworks, and store them in a cool, dry place. If fireworks are packaged in brown paper, they're probably made for professional displays (and more dangerous). Never use M-80s, cherry bombs or quarter sticks. They are all illegal and EXTREMELY dangerous.

- Do not make your own fireworks.
- Never handle fireworks if you're impaired by alcohol or drugs.

- Only use fireworks where it's safe to use them — outdoors and a safe distance from homes, structures and anything else that could catch on fire.

- Make sure your audience is a very safe distance from where the fireworks are being lit.

- Keep pets indoors. The loud sounds of fireworks can scare any dog or cat away. More animals go missing during the July 4th holiday than any other time of year.

How to light fireworks safely

- Wear protective eyewear,
- Keep a hose or bucket of water nearby in case of fire,

- Never throw or point them at someone or else,

- Only light one firework at a time,
- Don't hover over them while lighting,


- Never light devices in a container,
- Never relight a dud,

- After lighting, move quickly away to a safe distance, and

- Soak all fireworks in a bucket of water after use before discarding.

When it comes to fireworks, you can never be too careful, so practice being over cautious at all times. And if someone is injured, seek medical attention immediately.

Questions about your home or renters coverage for fireworks related damage or injuries? Just ask your Palencia Neighbor and local State Farm Agent, Craig Dewhurst.



YOUR CHANCE TO BELONG BEFORE INITIATION FEES INCREASE

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Go with a good neighbor.

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