



News For And About Residents Of The Palencia Community

Welcome to The Dog Days of Summer...Keep Cool!



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# PRESS

AUGUST 2022

## Palencia Pet Clinic Expands Into New 7,000 Sq. Ft. Facility



Cutting the ribbon, left to right, Dr. Matthew Young, Dr. Raina Pannee, Dr. Jacob Vencil, Ashley Smith, Lindsay Henricks, Laura Norton, Kendall Garcia, Rebecca Isaacs, Dr. Danielle Morosco, Jen Van Hook, Nicholas Brass, and Dr. Sarah Franz.



To expand their practice and bring their solutions-oriented care to pets and pet owners in the St. Augustine area, the veterinarians and staff at Palencia Pet Clinic have built a brand new 7,000 sq. ft. facility at 7430 U.S. Highway 1. The new building is just south of Donovans, Goodwill and Dunkin Donuts at the entrance to Palencia.

See Article On Page 4

## Palencia Garden Club To Hold First Meeting In September



Master Gardeners Kathleen Ujvari, Debbie Tribett, Norie Flowers and Melissa Miller. Not shown, Sharon Grover.

With a goal of fostering garden education as well as affording the opportunity to meet other Palencia gardeners, a group of Certified Master Gardeners has formed a Garden Group for homeowners. The group, solely dedicated to the issues and challenges of gardening in Florida's subtropical climate, will meet on monthly Saturdays to allow participation for full-time working residents. Held at homes of participants, members will walk around each landscape and get an in-person look at problems and other issues in order to provide specifically tailored advice.

## Update On Marshall Creek CDD Activities

By Howard Hoffman, MCCDD Chairman



Howard Hoffman

The next regular Marshall Creek CDD meeting is scheduled for August 17, at 4:00 p.m. in the amenities building at the family pool/tennis complex which will include the approval of a budget for Fiscal Year 2023, starting October 1st. The following is a brief history of MCCDD activities and objectives. The Marshall Creek Community Development District (MCCDD) has three overall responsibilities. To pay off the bonds that were used to fund the initial infrastructure in Palencia, to provide residents access to amenities and to keep the roads, sewers, ponds, parks, and other public areas in good repair.

Specifically, the five resident member Board of Supervisors has four operating objectives.

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### Grief Hurts!

Our Grief Share Group will begin meeting on August 18th from 5 p.m. to 7 p.m. at the Village Church, 4228 Pacetti Road, St. Augustine 32092. Anyone in our community suffering through a loss of a loved one is welcome to join. It is our hope to help you find ways to cope during this difficult time. Register on line at GriefShare.org. Questions? Call 904-940-6768.

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### Words Of Wisdom

"A new commandment I give you: Love one another. As I have loved you, so you also must love one another. By this everyone will know that you are My disciples, if you love one another."  
- John 13: 34-36

## The Palencia Press

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## Ask Carol B What Do I Need To Consider Before Making Any Decision About Medicare Coverage?

Carol Bogart, Palencia Resident  
904-648-6488  
[Carol@AskCarolB.com](mailto:Carol@AskCarolB.com)

When you understand your health care needs, you'll be ready to review your options and you'll have a better idea of what you're looking for in a Medicare plan.

Here are some questions you may want to think about prior to reaching out to a Medicare specialist.

### Medical:

- Has your health changed recently?
- How do you think your health will be in the future?
- How often do you visit your doctor?
- Do you have a chronic condition?
- Do you have any scheduled medical procedures in the next year?
- How much have you paid out-of-pocket for health care this year?
- What is the level of customer service you want to receive? Are you willing to pay a higher premium for a higher-rated carrier?

• Which type of plan are you most comfortable? One with a premium and a small annual deductible or would you prefer a plan with a zero to low dollar premium that has co-pays, coinsurance, deductibles, and a maximum out-of-pocket amount?

• With the latter, would you want a hospital indemnity plan to help cover the out-of-pocket costs?

### Dental:

- Do you want dental, vision, and/or hearing coverage?

- What type of dental coverage do you need – preventative, basic or major services?

### Prescriptions:

- Are you taking any prescription medicine regularly?
- Are your meds brand or generic?
- Do you have a specific pharmacy that you use? Are you willing to switch pharmacies to get a preferred rate on your meds?

### Network:

- Do you have a specific doctor or hospital you want to use?
- Do you want to be able to choose any doctor or hospital in the USA?
- Do you want freedom and flexibility in your plan? Are you willing to stay within your network?
- Do you plan to travel within the USA or abroad?

Understanding your health care needs, medical history, and the plans you have for the future takes time. I'm more than happy to review these items with you. My services are always of no cost to you. Feel free to reach out if you have questions.

*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](http://www.AskCarolB.com).*

## Palencia Pet Clinic Expands Into New Facility - Open House Is August 27th

Continued From Page 1

Dr. Jacob Vencil and the staff at Palencia Pet Clinic have provided St. Augustine compassionate veterinary care and pet services year after year, making Palencia Pet the animal clinic of choice for pet owners in and around the Palencia community.

"Our goal is to apply the latest in veterinary medical advancements to properly diagnose, treat and care for our patients," said Dr. Vencil. "We will treat all pet owners with dignity regardless of financial means. Our doctors consider all of our patients' issues to create an individualized care plan, rather than a "cookie-cutter" approach. We strive to exceed our clients' expectations so that they are comfortable referring friends and family to Palencia Pet Clinic for the care of their pets. Ultimately, we are dedicated to giving back to the community that has entrusted us with the health of their pets," he added.

The entire design of the expanded Pet Clinic is focused around the pet owners and pets' comfort. The four veterinarians on staff sought to reduce stress and improve patient flow so that the visit is as enjoyable as possible.

The new, energy efficient building offers separate areas for cats and dogs in the



**Dr. Danielle Morosco, Veterinarian, has joined the practice at Palencia Pet Clinic.**

waiting area and a cat-exclusive examination/consultation room to minimize stress. There is also a cat adoption center.

Six examination rooms compliment a new Imaging Center with advanced radiology and ultrasound along with a new Surgery Center with laser surgery and an Intensive Care Unit.

Including a Grooming Center for pets, the new clinic has a hospitality area with refreshments (coffee, soft

Continued On Page 5

# Spotlight On Palencia People



Michael Kypriss and Don Prokes, Chairman of the Board of Directors for NHSACA.

Inset below: Michael and Sherri Kypriss at the National High School Coaches ceremony.



## Palencia Resident Michael Kypriss Inducted Into National High School Coaches Hall of Fame

Palencia resident Michael Kypriss is in the company of all-time greats nationwide among high school coaches. Kypriss was recently inducted into the National High School Coaches Association Hall of Fame at a ceremony in Des Moines, Iowa.

The Hall of Fame honor is the second such acclamation in recent years for Kypriss, who led his boys' and girls' tennis teams to a total of 17 state championships during his combined tenure at Dr. Krop High School in North Miami and Miami Killian Senior High.

Kypriss has coached in Florida for more than four decades. He is currently

the head tennis coach at Nease High School, a job he has held since 2016.

Among his distinctions, Kypriss was inducted into the Florida Athletic Coaches Association Hall of Fame class in 2020. He was named the National High School Federation Coach of the Year in 2006, the United States Professional Tennis Registry Coach of the Year in 2009 and the National High School Athletic Coaches Association Coach of the Year for tennis in 2018.

"It was an honor to be elected into the Coaches National Hall of Fame," said Kypriss. "There's a lot of great people who played a part in this, including family and friends."

## Palencia Pet Clinic Opens New Facility

Continued From Page 4

drinks, waters).

Another consideration, the clinic provides overnight accommodations for pets that "pet parents" prefer to receive veterinary team observation or medications (medical boarding).

There is also a retail area with pet food, dog treats and accessories (leashes, collars and supplies).

### Dr. Danielle Morosco Joins Clinic

Recently joining the doctors at Palencia Pet Clinic is Danielle Morosco, Veterinarian. Dr. Morosco graduated from the University of Florida in 2011 with a

**Palencia Pet Clinic Open House will be held on August 27th from 10 a.m to 2 p.m.**

Bachelors degree in Psychology and a minor in Zoology. She went on to graduate from Ross University Veterinary School with a Doctorate in Veterinary Medicine.

Dr. Morosco worked at Flagler Animal Hospital from 2017 to 2020 as an ER veterinarian, managing complex medical and surgical cases. From 2020

to 2022, she served the hospitals around the Pittsburgh, PA region as a relief veterinarian prior to returning to Florida to join the Palencia Pet Clinic. Dr. Morosco's areas of interest include emergency medicine, surgery and ultrasound.

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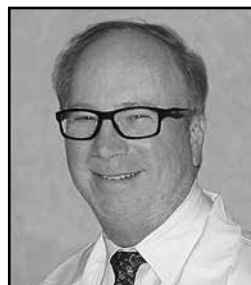
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## Our Palencia Ladies Are Hot, Hot, Hot!

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

We are so excited! We want to share some great news on our Summer league team and celebrate two ladies getting their first Hole-in-One's!

The Palencia ladies are tearing up the competition in the NE Florida Summer Match Play competition amongst 30 area clubs. Palencia had another major win, making this four straight wins. "The team just beat Ponte Vedra Inn and Club on one of the hottest days of the summer, a pretty impressive win," said captain Barb Jacobi. The team posted 29.5 team points to their 24.5 points. Congratulations ladies on a job well done. Four club competitions left before finals start. Palencia has won their area and gone to the finals for 6 straight years. Maybe this will be the year to win the overall Championship. We are cheering you on to the playoffs. Go Palencia team go!

We have two more ladies who are joining the elite group of having their first Hole-in-Ones. The Palencia Ladies are making this milestone achievement look so easy and when we all know it's not!

First, congratulations goes out to Sue Lomba for getting her first Hole-in-One on her birthday on Hole #3 at the Palencia Club. Now, that's a birthday present. Big congratulations to Sue! So exciting!

Staci Luttrupp secured her first Hole-in-One during a team competition in Hilton Head, SC. The team celebrated Staci's win with a presentation of a flag from the Long Cove golf course. Congratulations Staci on getting your first Hole-in-One on a course that you had never played. What a first time course memory!



Sue Lomba got her his first Hole-in-One on her birthday on Hole #3 at the Palencia Club.



Staci was presented with a LongView Country Club flag. Left to right: Tricia Luciano, Cathy French, Staci Luttrupp and Judy Guarino.



Right, Staci Luttrupp delights at her Hole-in-One in Hilton Head.

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## Athletic Tryouts At Nease: Students Put Their Best Foot Forward

By Susan Rieger

It is well known that tryouts can be tough on student athletes but said difficulties can also serve as useful life lessons regarding preparation for circumstances such as college applications, auditions, or job interviews.



instead of focusing on what is out of their hands, focus on what they can control—their effort and attitude. Remind your athletes to “stay in their lanes” and focus on themselves, not the other students.

“I am” and “I will” statements can help kids manage the ups and down of not performing perfectly. “I am” or “I will” statements encourage positivity and focus rather than casting a shadow of doubt or self-deprecation. Using these statements to help shape your athlete’s self image in

the face of disappointment will help them to move on and celebrate more triumphantly in the face of success.

According to Jim Thompson, Founder and CEO of Positive Coaching Alliance, “Disappointment is a great opportunity to reinforce positive character traits like determination and resilience.” If our athletes can learn to reshape their disappointments into determination, Thompson says other positive attributes are likely to follow.

### Some guidelines for the big day are:

Focus on Effort. As our athletes prepare for the tryout season, reminding them that they cannot control the outcome is important. Instill in them that

the face of disappointment will help them to move on and celebrate more triumphantly in the face of success.

Have fun! Making friends, learning new skills, and creating memories are all inclusive to the tryout process. Tryouts are meant to be engaging events for kids in which they display their skills and connect with their fellow athletes regardless of the outcome. Tryouts are not engineered to be stressful experiences. Remind your athlete to breathe, make new friends and put their best foot forward.

## St. Johns County Master School Calendar 2022-2023



Friday, July 29, 2022 - Optional Teacher Planning Day  
 Monday - Tuesday, August 1 & 2, 2022 - Teacher Inservice Days  
 Wednesday - Tuesday, August 3, 4, 5, 8, 9, 2022 - Teacher Pre-Planning  
 Wednesday, August 10, 2022 - Students Report to Class  
 Monday, September 5, 2022 - Labor Day - Student/Teacher Holiday  
 Friday, October 14, 2022 - First Quarter Ends  
 Monday, October 17, 2022 - Teacher Planning Day - Student Holiday  
 Friday, November 11, 2022 - Veterans Day - Student/Teacher Holiday  
 Wednesday - Friday, November 23 - 25, 2022 - Thanksgiving Break - Holidays  
 Wednesday, December 21, 2022 - Second Quarter / First Semester Ends  
 Thursday - Tuesday, Dec. 22, 2022 - Jan. 3, 2023 - Winter Break - Student/Teacher Holiday  
 Wednesday, January 4, 2023 - Teacher Planning Day - Student Holiday  
 Thursday, January 5, 2023 - Classes Resume for Students / Second Semester Begins  
 Monday, January 16, 2023 - Martin Luther King Day - Student/Teacher Holiday  
 Monday, February 6, 2023 - Inservice Day - Student Holiday  
 Monday, February 20, 2023 - Presidents' Day - Student/Teacher Holiday  
 Thursday, March 9, 2023 - Third Quarter Ends  
 Friday, March 10, 2023 - Teacher Planning Day - Student Holiday  
 Monday - Friday, March 13 - 17, 2023 - Spring Break - Student/Teacher Holiday  
 Monday, March 20, 2023 - Classes Resume for Students  
 Friday & Monday, April 7 & 10, 2023 - Holiday - Student/Teacher Holiday  
 May 1 - 24, 2023 - F.A.S.T. Progress Monitoring #3 (Reading, Math & Science)  
 May 1 - 24, 2023 - EOCs, AP, IB, District Exams  
 Thursday, May 25, 2023 - Last Day for Students / Fourth Quarter Ends  
 Friday, May 26, 2023 - Last Day for Teachers - Teacher Planning Day

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## Back To School At PES!

By Tiffany Trivedi, Palencia Resident  
Palencia Elementary PTO

Unbelievably, it's almost time for the first day of classes at Palencia Elementary School. The teachers and administration are busily preparing for your child to return to the classroom for another great year. Getting acclimated to the routines of the school year as well as re-familiarizing yourself with school policies and procedures can be very overwhelming, so to assist, the PTO wanted to provide some helpful reminders to make the transition back to school as easy as possible.

To help your child get back in the swing of the school year as peacefully as possible, *Aha! Parenting*, suggests the following tips.

1. Facilitate your child's bonding with the teacher. Kids need to feel connected to an adult they think will keep them safe.

2. Facilitate bonding with the other kids. Kids need to feel bonded with at least one other child. Ask the teacher if she's noticed who your child is hanging with.

3. Give your child a way to hold onto you during the day. For many kids, the biggest challenge is saying goodbye to you. Develop a parting ritual, such as a hug and a saying: "I love you, you love me, have a great day and I'll pick you up at 3."

4. Help him express his worries and realize that he can handle them. Most school anxiety is caused by worries that adults might find irrational, such as the fear that you'll die or disappear while they're at school.

5. Calm her fears. Children are

"programmed" to look to parents for reassurance about what's dangerous and what's not. So while you're empathizing with your child's concerns, be sure that you're also expressing confidence that your child will be safe and happy at school.

6. Help your child laugh out his anxieties so he doesn't have to cry.

7. Stay connected. Start your child's day with a five minute snuggle in bed or on the couch, just bringing 100% of your attention to loving her.

8. Be alert for signs about why



your child is worried. Most of the time, kids do fine after a few weeks. But occasionally, their unhappiness indicates a more serious issue: he's being bullied, or can't see

the blackboard, or doesn't understand anything and is afraid to speak up.

9. Ease the transition. If your child gets teary when you say goodbye, use your goodbye routine and reassure her that she'll be fine and you'll be waiting at the end of the day.

10. Make sure you're a few minutes early to pick your child up. This is crucial. Coming out of the school and not seeing you immediately will exacerbate any anxieties.

11. Downplay the time younger kids spend with you at home. If a younger sibling is at home with you, be sure your older child knows how boring it is at home and how much the younger sib wishes she could go to big kids' school.

12. Create a calm household routine

**Continued On Page 9**

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Are there any anniversaries marriages, engagements, military members, school or athletic awards in your family? Send us an email to thepaper@comcast.net.



## Back To School At PES!

Continued From Page 8



**Kids need to feel bonded with at least one other child.**

with early bedtimes and peaceful mornings.

**For more detailed tips please visit [www.ahaparenting.com](http://www.ahaparenting.com).**

Another great reminder is that strong school attendance is an essential aspect of a successful school year. All of our teachers plan their activities and curriculum well in advance and the lessons taught in the classroom are an essential aspect of that curriculum. When a child misses multiple days of school, those activities cannot be replicated through a worksheet or make up assignments. The students truly flourish the most when they are able to learn in the classroom in the manner the teachers

have designed.

Of course, illnesses happen and the school always supports students staying home if they are contagious. All of the teachers will do everything they can to assist the student in thoroughly understanding the curriculum they miss. The hope is for parents to assist their child in being as present as possible to maximize their opportunity to comprehend the materials. Sometimes children don't always voice their fears or anxiety about falling behind in class so a healthy dialogue with your child prior to deciding to pull them out of school is also encouraged.

If you are new to the school district or need a refresher on any school policy, please visit the district website at:

**St. Johns County School District**

In addition, if you are interested in becoming part of the Parent Teacher Organization (PTO), please visit the below link for more information.

**<https://palenciapiratespto.com>**

There are always opportunities to meet fellow parents, volunteer at PTO sponsored events, become a corporate sponsor or just learn more about all the amazing opportunities there are to meet new people in the community.

PES is excited to see all the smiling faces on the first day of school. So enjoy the last few days of summer break and we'll see you soon!

## The Tooth Cottage Opening In Palencia Growing Healthy Smiles For Kids



**Dr. Marisol Bolivar, DMD, Pediatric Dentist**

Dr. Marisol Bolivar, owner of The Tooth Cottage, 250 Paseo Reyes Drive, is excited to join the Palencia community. She has been practicing dentistry since 2012, is an Army veteran and specializes in pediatrics. Her hope is to foster a safe and comfortable environment for children and focus on individualized health and prevention. She is committed to using the safest methods and materials available as well as eco-friendly choices.

Dr. Marisol Bolivar received a Bachelor's in Health Science from the University of Florida and a Doctorate in Dental Medicine (D.M.D.) from Nova Southeastern University. After graduating, Dr. Bolivar served as a captain in the Army and completed a residency in general dentistry

at Fort Benning, Georgia. In 2017, Dr. Bolivar returned to Nova Southeastern University to complete her specialty training in pediatric dentistry. She was awarded a Masters of Science for her research on the use of gummy sedatives for pediatric patients. She loves working with kids and has three children of her own. Dr. Bolivar is passionate about educating families, keeping kids healthy and making environmentally conscious choices.

In her spare time, Dr. Bolivar enjoys crafting, ice cream, beach days and salsa dancing with her husband.

"As a family, we have poured our hearts into The Tooth Cottage. I hope to have a close community feeling as we are constantly thinking of ways to make the clinic more like home. My hope is to build lasting relationships with families and give them the skills to have a lifetime of good oral health habits."

To schedule an appointment with Dr. Bolivar, call (904) 429-3387 or visit [www.thetoothcottage.com](http://www.thetoothcottage.com).

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## Update On Marshall Creek CDD Activities

Continued From Page 1

(1) Maintain the infrastructure so the development does not look "tired" and outdated as some established communities tend to get. We have repaved several streets (most recently the entrance), trimmed all the street trees, resurfaced pools, done multiple repairs to the boardwalk after a fire and hurricanes, redrilled dry wells, renovated the amenities center, demolished two unfinished Avila buildings, built the maintenance building which allows us to have our own employees for community services, improved the tennis lighting and upgraded landscaping along with ongoing routine upkeep. The need for infrastructure repairs will likely increase in the future as our infrastructure ages



cal facilities in the MCCDD area but we will continue to consider more fitness programs and Market Street events.

(3) Keep fees as low as practicable. There were significant increases in fees in 2009-11 due to defaults in the housing crash but since then fee increases have averaged less than 2% / year. We have had no increases in resident fees for the past three years despite inflation and wage increases.

(4) Be as transparent as possible in board actions and be proactive in communicating with the community. Board chairs of both Sweetwater CDD (Palencia North) and MCCDD have emailed meeting notes immediately after meetings to everyone who has requested them, the SWCDD and MCCDD have jointly conducted periodic satisfaction surveys of residents, and several supervisors have been frequent contributors on the Palencia Neighborhood Property Owners facebook page. MCCDD has created the PalenciaOnline.com website for community information and sends out regular e-blasts to any resident who has provided us with an email address.

Supervisors are generally elected by residents in November of even numbered years. The MCCDD board won't actually have an election this year because there is only one candidate for each seat but I am sure all board supervisors will appreciate your support in the future. New 4-year terms will start for Kathy Moss (her 2nd), Howard Entmen (his 3rd), and Howard Hoffman (his 4th). The seats currently held by Monique Perna and Rich Luciano will be up for reelection in 2024.

Any questions about the CDD should be directed to our FirstService Residential property manager, Katie Hollis, at [Katie.Hollis@fsresidential.com](mailto:Katie.Hollis@fsresidential.com).

*Howard Hoffman has been a Palencia resident since 2007 and a MCCDD board member since 2010, currently serving as chairperson.*



but we have established a substantial reserve fund to meet any needs. We recently updated a Reserve Study of all capital assets to estimate future maintenance needs.

(2) Selectively add new amenities. Since residents assumed control of the MCCDD board (along with the efforts of the Palencia Property Owners Association, Sweetwater CDD and the developers), we now operate the three gates 24/7, opened the Fitness Center, built the tennis center building, built two pickleball courts, upgraded the kid's



pool to a splash pad, provided food service at the family pool, built a pocket park on Vail and North Loop and added many classes and events. Unfortunately, we are almost out of land for new physi-

## Committee Members Needed



Attention Palencia Residents! The Property Owners Association Board Members are looking for a few good men and women volunteers:

- New Build Architectural Review Board member
- Covenants Enforcement Committee member
- Finance Committee member

Members can apply by completing the Committee Application form found on the Palencia website or by requesting a form from Belinda Spencer via email, [belinda.spencer@fsresidential.com](mailto:belinda.spencer@fsresidential.com).

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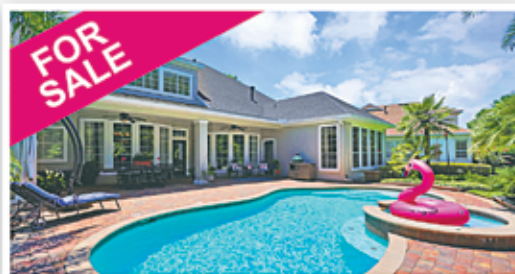
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In honor of all the children battling against this disease Aviles Dental Care is collecting donations for Wolfson Children's Hospital. Donations such as toys, stuffed animals, hair coverings, coloring books or anything that you feel will benefit young children will be accepted.

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Thank you for all the love and support you have shown and please keep Vincent in your prayers.



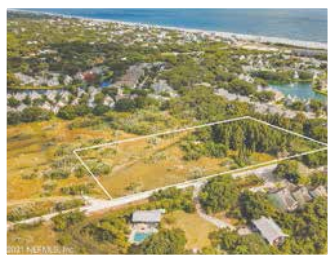


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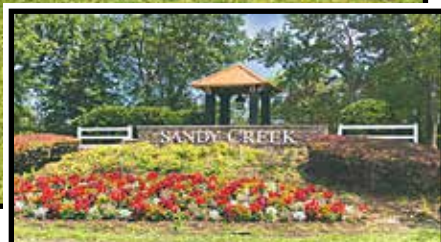
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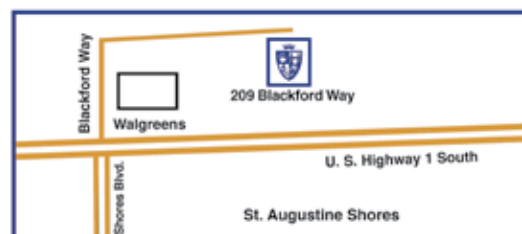


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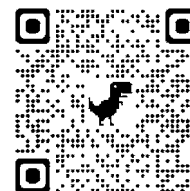
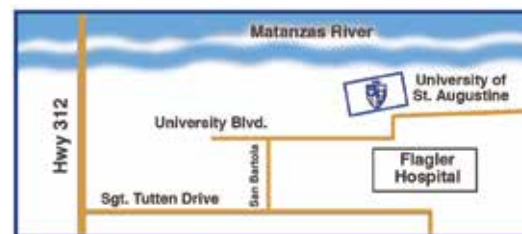


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Stenosis is defined as “a narrowing or constriction of the diameter of a bodily passage or orifice.” Spinal Stenosis is defined as “narrowing of the lumbar spinal column that produces pressure on the nerve roots resulting in sciatica and a condition resembling intermittent claudication and that usually occurs in middle or old age.” (<http://www.merriam-webster.com>)



Such ‘narrowing’ can occur anywhere in the spine but is most often found in the cervical or lumbar spines, and its causes are varied. One reason stenosis can form as discs start to degenerate (DDD) and the spaces between the vertebrae narrow. Another reason can be as articulating joints in the spine, called facet joints, deteriorate, the spaces between the vertebrae narrow. When the spaces narrow, the bones try to protect themselves and the spinal cord by forming what are called osteophytes (little bony stalactites or stalagmites). These too encroach on the space and cause narrowing. In all of these situations, the vertebrae be-



come closer to each other and the spaces on the side, called lateral foramen, can cause pressure to the nerve. They can also cause pressure to the spinal cord as the space in the middle of the

spine narrows.

All of us have changes to the structures of our bodies but wear and tear does not necessarily result in pain if we can stop and/or reverse the process early enough. Contributing factors from trauma, falls, motor vehicle accidents, history of high impact sports or carrying excess weight can hasten and complicate the process. These often result in lack of spinal stability, weak abdominals, poor posture, muscle imbalances and more.

When stenosis is suspected, a physical therapist will ask questions about function and pain, such as: “Do you have pain with prolonged standing or walking that is relieved with sitting or bending?” I recently examined a woman who did not complain of pain in the neck but instead in the shoulder and arm. Her pain worsened with looking to the side and looking up. Both these movements can cause compression. She also had difficulty finding a comfortable position sleeping and had to get her pillow “just right.”

Treatment for stenosis begins with identifying the level of compression, decompressing that area, and treating the surrounding muscles. She was surprised how quickly this worked. After seven weeks of pain she experienced a significant reduction during treatment and after. Her treatment consisted of heat, soft tissue manipulation, traction and stretching. The heat allowed her to relax. The soft tissue work increased blood flow to the tight/sore muscles. The traction opened up the vertebral spaces, taking the pressure off the nerves. And the stretches allowed her to maintain the results post treatment.

Although she was treated for cervical stenosis, lumbar stenosis is treated much the same way: heat, soft tissue manipulation, traction and stretches. Exercises are prescribed to provide the stabilization needed but lacking. Simple modifications in daily activities may also need to be examined and modified, including shoe wear for the lumbar spine and pillows for the cervical.

Stenosis can be mild or serious, but can often be treated conservatively with good results. It all starts with an examination.

*Rob Stanborough was one of the first PT's to be permitted to use DN in FL since 2017. He has trained others in DN since 2010 both nationally and internationally as a Senior Instructor for Myopain Seminars ([www.myopainseminars.com](http://www.myopainseminars.com)). He is a co-owner of First Coast Rehabilitation, est 2006 ([www.firstcoastrehab.com](http://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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## Edward Jones Opens Financial Services Office In Palencia



**Renae Aiple, CRPC®, Edward Jones Financial Advisor, cuts the ribbon to open the new financial services office at 389 Paseo Reyes Dr., Suite 207 in Palencia.**

Edward Jones, a financial services firm, announces the opening of their new office in Palencia. Edward Jones Investments is a financial services firm headquartered in St. Louis, Missouri. It serves investment clients in the U.S. and Canada through its branch network of more than 15,000 locations and 19,000 financial advisors. The company currently has relationships with nearly 8 million clients and \$1.7 trillion in assets under management worldwide. The firm focuses solely on individual investors and small-business owners.

“There are so many reasons for why I chose Edward Jones,” said Renae Aiple, CRPC®, Financial Advisor at the Edward Jones office in Palencia. “They all center around being able to help you develop an investment strategy that is unique to you. As an Edward Jones financial advisor, what matters most to me is understanding what matters to you.”

Aiple added, “My goal is to find out what is important to you and use an established process to set financial goals that we will work toward together. The best part is that we partner with you throughout your entire life to help ensure you stay on track and make adjust-



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

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Can couples heal from affairs? Yes, the good news is some can and do. However, it takes work and recommitment. Gottman Method Couples Therapy, based on the work of Dr. John and Julie Gottman, has developed a protocol for treating couples who have experienced betrayal. The pathway for healing using Gottman Method Couples Therapy could be described as the 3 A's: Atonement, Attunement, and Attachment.

The first phase, Atonement, is not about forgiveness, rather, it is about the Betrayer partner (BP) acknowledging that they have hurt and betrayed their partner and being willing to listen to their partner's hurt and answer their questions about their affair; it is about accountability and transparency. This phase may be quite prolonged and may involve the Hurt partner (HP) asking many questions about the affair (with the exclusion of questions regarding details about the types of sex during the affair, so as not to trigger traumatizing images in the mind of the HP). The Betrayer partner must be willing to answer the Hurt partner's questions and to be more accountable and transparent in the present. Healing requires the Betrayer partner to hear the Hurt partner's pain and understand what they are going through. Atonement is more than saying "I'm sorry": it is a long, slow process of showing remorse and willingness to make amends. It is only through that long, slow process that any healing can occur. Atonement can be a painful process, "but the couples can emerge with new understanding, acceptance, budding forgiveness, and hope" (Gottman & Gottman, 2016).

In this phase, the couple does not talk about why the affair occurred. Marital dissatisfaction or loneliness and isolation prior to the affair are not discussed at this point. It is premature, and to do so at this point might lead to exonerating the Betrayer partner and to blaming the Hurt partner for the affair. Regardless of the marital circumstances, the Betrayer partner made a choice to violate trust and commitment and to have an affair and must take responsibility for his or her actions.

The second phase, Attunement, is about learning how to "tune in" to your partner's bids for connection, their needs, and their feelings. In this phase, couples learn how to process their past failed bids for connection and regrettable incidents so they can understand how communication went wrong. Couples that have affairs tend to engage in conflict avoidance. To reverse this tendency, the therapist

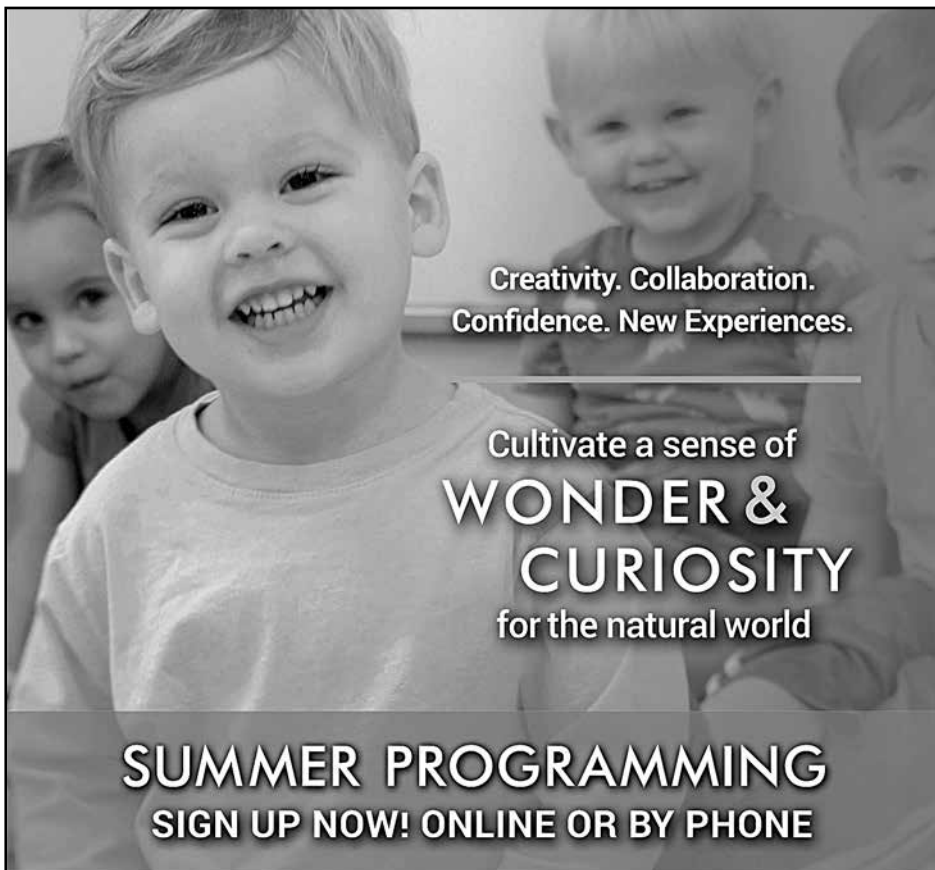
teaches them new conflict management skills. The therapist uses a number of exercises to reverse conflict avoidance; to help the couple address what they feel and need from one another regarding their issue, and to listen to and validate those feelings and needs; and to help couples deepen their conversation, deal with gridlocked problems, and arrive at a compromise.

The therapist treating affairs in couples also helps the partners to become better listeners and to create and ritualize everyday emotional connection. The therapist introduces the couple to tools that teach them to become better listeners, to express their needs, and to create a calm ritual of connection. The therapist also works with the couple on expressing fondness and admiration for each other and appreciation and gratitude for each other's contributions to the relationship. In addition, the couple learns how to have a daily ritual of a supportive stress-reducing conversation for stress that originates outside the marriage. Finally, the therapist suggests that the couple have a weekly State of the Union Meeting in which they talk about their feelings and needs in a calm way so that they create emotional connection without conflict.

The third phase, Attachment, is about establishing Trust, Commitment, and Loyalty. Trust is based on transparency, truth, constructive conflict, processing past emotional injuries, and attunement, which we started to create in Phases 1 and 2. In Phase 3, we continue to work and build toward re-commitment and loyalty through work on cherishing. Couples also talk purposefully about what values give their lives meaning, what dreams they have for their future individually and together, and their goals for fulfilling those dreams. The therapist also helps the couple to rekindle their passion and their sex life. This phase "deepens intimate trust, investment in the relationship, and commitment by applying the skills of intimate conversation and self-disclosure to the topic of physical intimacy" (Gottman & Gottman, 2016). Work is done to renew and/or strengthen the sexual relationship, thereby fostering closer connection in the relationship and to ensure lasting commitment.

Finally, in the Attachment phase, the therapist helps the couple to understand that subsequent betrayal and untrustworthy behavior will have severe costs or negative consequences in the relationship. This is not punishment, which can imply revenge, but rather a reasonable response to the anguish that betrayal creates. This

**Continued On Page 17**



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## Ask A Certified Master Gardener Summer Protection For You And Your Landscape

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

This article focuses on protection for you and your and landscape during these hot summers. We can expect these types of heat events from now as a result of climate change. So, we need to be mindful of our landscape practices. Here are some tips to take care of you and your family during this hot and often unpredictable season.



**Lightning Strikes:** Our state is considered the lightning capital of the nation and we are clearly experiencing this phenomenon this summer. Lightning, which can strike as far as 10 miles away, is about the distance you can hear thunder. If you do hear thunder, then you are within striking distance of lightning and should move from your garden and play areas to your home.



**Mosquitos, mosquitos, mosquitos!** Our warm, wet Florida summers are well known for the increase in mosquitos, and they have been more prevalent this year. Mosquitos are not only a biting nuisance but can carry disease. Controlling mosquitos is a constant battle and there are a number of steps you can take to keep your landscape from becoming a breeding paradise.

It may appear obvious, but sometimes it is easy to forget to simply eliminate standing water around your home.

If you have a backyard swimming pool, be sure to clean it thoroughly on a regular basis and cover it during an inactive period.

If you have a bird bath, be sure to change the water every two or three days in the summer months. You can also maintain your bird bath by using mosquito dunks. These doughnut like



pellets contain the bacterium *Bacillus thuringiensis israelensis* (Bti) and are available at most garden centers and hardware stores. They are very effective in controlling mosquito larvae and are not harmful to pets or humans when used according to label instructions.

**Snakes and Other Creatures.** Snakes play an important ecological role in Florida and come out in the hot summer months. However, they can be both a nuisance and a hazard. When gardening in your landscape, the best protection during this time of year is to wear sturdy shoes (no flip flops), especially when mowing. A Florida-friendly yard with native plants provides a safe haven for our misunderstood friends, but they will avoid interactions with people and only strike out when cornered. So, look before you walk in your summer landscape.

**Mulch:** Good mulching will keep down weeds that are prolific in the summer and will also conserve soil moisture.

Available water supply is of critical concern in Florida and in St. Johns County as the demand increases. Mandatory restrictions specify that irrigation may NOT occur between the hours of 10:00 a.m. and 4:00 p.m. and, when irrigating, for no more than one hour per zone. Hand-held plant watering on an "as needed" basis is an exception. Please help conserve this diminishing resource by following our County restrictions. Watering early in the morning also contributes to a healthy turf. Watering in the hot afternoon not only disregards our county restrictions but can also scorch your turf.

We will continue to experience severe weather events in our region as a result of climate change. It is particularly hazardous to Florida. It is therefore important to take the necessary precautions to protect us and our Florida landscapes. We can do this!

*Do you have garden questions in which you would like help? I live in Palencia, so please email me at norie.flowers@outlook.com. Facts contained in this article are derived from the University of Florida Institute for Food and Agricultural Sciences (IFAS) and St. Johns County Government.*

## Healing From Affairs

Continued From Page 16

high cost stands as an incentive to finalize the healing from the betrayal and to change the patterns that led to it in the first place. The therapist helps the couple to specifically define what the consequences of further betrayal will be, and to both agree on them.

Once the Attachment phase is complete, the therapy can begin to move towards termination. During the termination phase, the therapist helps the couple to prepare for possible relapses (i.e., future regrettable incidents or failed bids) and what to do if and when they occur.

The marriage that results from this process will probably not be the same as the marriage before the affair. Yes, couples can recover from affairs, but the marriage

that results is most often a new marriage. While the scar of the betrayal may never completely disappear, there is an opportunity for renewed hope, trust, commitment, and intimacy.

Reference: Gottman, J., & Gottman, J. (2016). *Treating Affairs and Trauma: A Gottman Approach for Therapists on the Treatment of Affairs and Posttraumatic Stress*. Seattle, The Gottman Institute.

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



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### Your Car's Cooling System



Mike Weitz

The Summer months in Florida can wreak havoc on your vehicle. Specifically, hot weather, hot pavement and long road trips. The industry calls it "anti-freeze" during the winter months and "coolant" during the Summer. Whatever you call it, it's one of the most important components of your vehicle's system. We know engine coolant protects your cars engine from overheating but it also serves to lubricate the moving parts it comes in contact with, protecting damage to the water pump, head gasket and the cylinders. Low coolant levels, which can be caused by worn hoses or a damaged radiator, can result in overheating of your engine. Our Cooling System Service checks the entire cooling system so you'll be ready for whatever Summer brings while offering you peace of mind.

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## St. Augustine Humane Society To Host 12th Annual Pin Up Paws Fundraiser & Pet Calendar

The St. Augustine Humane Society has launched its 12th annual Pin Up Paws pet calendar photo contest with a Pop Art theme this year, "Dig It." The fundraiser began in 2010, and it supports the non-profit's mission of promoting healthy life-long pet ownership while reducing the rate of relinquishment to shelters. For a chance to have a pet featured in the full color, high-quality calendar, photos and entertaining descriptions are submitted to let people know why they should vote for the pet. Each vote is a \$1 donation. Last year, more than \$23,000 was raised by calendar votes and donations to the campaign. For more information, call (904) 829-2737 ext. 111 or email [development@staughumane.org](mailto:development@staughumane.org). Visit the website to find all the details: [www.staughumane.org](http://www.staughumane.org)



The pet with the most votes at the end of the contest will be the first-place winner, and will receive the coveted cover spot on the 2023 Pin Up Paws Calendar. Each of the 12 second place winners will be featured on one of the months in the calendar. All first and second place winners will receive a professional photography session along with gift certificates from Columbia Restaurant as part of the prize package.

The completed calendar will be revealed at the Pin Up Paws Party on Friday, November 4 at the Renaissance St. Augustine Historic Downtown Hotel, 6 West Castillo Dr., St. Augustine, FL 32084. Price per ticket is \$95 for dinner, live music by Rob Ellis Peck and the Matanzas Inlet Allstars, silent auction, wine pull, refreshments and more.

## Newcomers Of North St. Johns Donates Books To St. Johns County Public Library System

By Michele Oliver

Members of the Newcomers of North St. Johns generously donated more than 40 children's books to the St. Johns County Public Library System. Additionally, \$300 in cash donations were also collected for the library.

"We were thrilled to be able to collect such a wonderful variety of children's books during our annual drive," said NNSJ Co-President Pat Lett. "Because of our members' generosity, kids in our area will be able to keep up their reading skills during the summer and beyond."

Michele Oliver, co-vice-president, delivered the books and in-kind donations to Andrew J. Calvert, Youth Services Librarian, after the Club's April luncheon.



Andrew Calvert, Youth Services Librarian, accepts 40 books donated by Newcomers of North St. Johns.

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### Water Problems? Ask Polly!



Polly Swindull

Dear Polly, I am concerned about neighboring properties and their use of reclaimed water for their irrigation. Can this have an effect on my water and my family? What can I do to protect my water source?

As water conservation has become a top of mind awareness issue, governing agencies have created ways of conserving and recycling water to use for irrigation purposes. Reclaimed water treatment plants have been engineered to remove contaminants from waste water for irrigation usage. The DEP has set forth guidelines to regulate the quality of water that is required for irrigation use as well as preventing contamination of surface and ground water sources. With that being said, there is chatter that one day reclaimed water will be used for household supply. I believe that water treatment, specifically purification systems, will be an essential part of everyday life.

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## “Sequence”

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



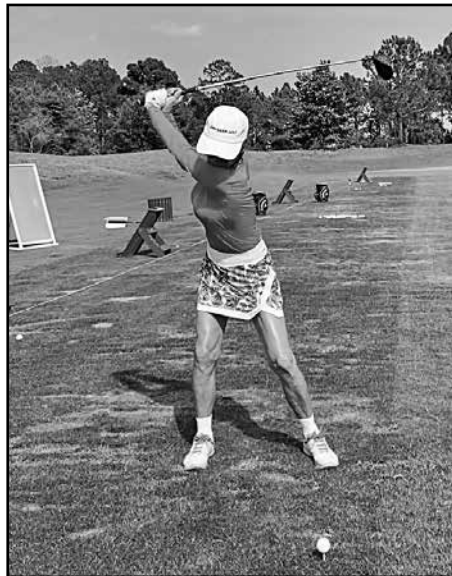
## Wrigley's Field Of View Catch And Release

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

Hello Fellow Golfers,  
 Sequence — a word we hear a lot in golf these days. One of the most important moves in your golf swing is to completely load the right side before you transfer your power through to the left — that's your sequence.

One simple thought can make all the difference: it's that “imaginary pause” at the top of your golf swing where you have transferred your power to the right side. At that moment it's time for you to transfer the power you have built for your left side. Some great golfers initiate the downswing with their hips, others with their arms and shoulders. Which part you start your downswing depends on your power structure.

Conqueror this move and you will gain the distance you have dreamed of! To personalize this move to your own golf swing contact me at [www.laura-baughgolf.com](http://www.laura-baughgolf.com)



The “imaginary pause” at the top of your golf swing.

### Building Power In Your Golf Swing

Remember to practice on a consistent basis to retrain your muscles. If you get tired, stop and come back later because a tired muscle tends to revert back to its old move. A shorter more concentrated practice with an “all in” approach produces quicker results. You can do this and trust me...it will be a KICK to gain more yardage!

My home has a secret. Actually a secret place up and down. Once in awhile I am allowed into these places. They mystify me. My bagman keeps strange things there, two wheelers with motors, lots of old ball hitters, traveling stuff, extra four wheelers, toys for the big water, diggers, bags, all kinds of “stuff.”

But the things that puzzle me the most are the hook sticks that the bagman puts on top of the little four wheeler with the hitting sticks, and drives to all the Palencian waters.

Sometimes he takes his friend, the bike fixer, with him who also has sticks with hooks. Then, when they get to the waters, they throw the

hooks in the water and talk about “fish” and “catching fish”?

Not too often, they actually get a tug and pull in one of these creatures. This causes much whooping and dancing. Sometimes they even have another item from the secret room that will tell how much the dumb fish weighs!

But then they throw it back in the water and, guess what? They try to catch it again, and again, and again.

Sometimes when I am resting, I listen to them telling stories about all the catching they've done and how big and how many fish there were. Really great stories!



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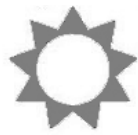
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# Tips For Preventing Heat-Related Illness

## Stay Cool



### Stay Cool

**Wear Appropriate Clothing:** Choose light-weight, light-colored, loose-fitting clothing.

**Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If you must be outdoors in the sun—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

**Keep in mind:** Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

**Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.

**Pace Yourself:** Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

**Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

**Tip:** Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels- these products work best.

**Do Not Leave Children in Cars:** Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying. When traveling with children, remember to do the following:

Never leave infants, children or pets in a parked car, even if the windows are cracked open.

To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver. When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.

**Avoid Hot and Heavy Meals:** They add heat to your body!

## Stay Hydrated

**Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

**Warning:** If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot. Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

**Replace Salt and Minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.

If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

**Keep Your Pets Hydrated:** Provide plenty of fresh water for your pets and leave the water in a shady area.



## Stay Hydrated



**Check for Updates:** Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

**Know the Signs:** Learn the signs and symptoms of heat-related illnesses and how to treat them.

**Use a Buddy System:** When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

**Monitor Those at High Risk:** Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation

Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.



## Frequently Asked Questions About Extreme Heat

### What happens to the body as a result of exposure to extreme heat?

People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that can limit the ability to regulate temperature include old age, youth (age 0-4), obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug use and alcohol use.

### What is heat stroke?

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

### What are the warning signs of a heat stroke?

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

### What should I do if I see someone with any of the warning signs of heat stroke?

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F. If emergency medical personnel are delayed, call the hospital emergency room for further instructions. Do not give the victim alcohol to drink. Get medical assistance as soon as possible.





## People Food Can Be Bad For Your Dog

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

If you consider the family dog as family, and are inclined to toss him a piece of your food now and then—proceed with caution. Some foods meant for human consumption can be dangerous, or even deadly to your dog.

Why are people and animals different when it comes to food? Primarily because our bodies may break down foods or other chemicals that a dog's can't tolerate.

Additionally, a food might harm one dog and not another. It depends on a number of factors, including the animal's genetic makeup and size, as well as the amount that animal eats.

In summer, be particularly careful of foods eaten at picnics and barbecues. Among the foods you want to withhold from your dog are:

Raw meat, which can contain E. coli, Salmonella, or other harmful bacteria. If you're making hamburger patties or setting out steaks and chicken breasts for the barbecue, make sure they're well out of reach of your counter-surfing canines.

Food safety is not only important to you but also your pet. Don't handle raw meat and then give your dog a treat unless you've washed your hands first. Remember it works the other way around, too. People can get sick after handling contaminated dog food, not washing their hands and then using their hands to eat a sandwich.

Grapes, raisins, and currants can cause kidney failure in some dogs. Not all dogs are affected, but if you think you're handing your dog a healthy snack, depending on their genetics, you could be very wrong. When it comes to other fruits, apples and bananas are okay for dogs - just make sure that with

apples, you don't feed your dog the core or seeds.

Fried and fatty foods can not only give your dog a stomach ache but can also cause a potentially life-threatening disease called pancreatitis. Even if your dog is eyeing the fried chicken, resist the temptation to give him his own piece to chew on.

Onions, garlic, and chives (as well as onion and garlic powder) can be harmful to your dog, especially in large amounts. If you've put a lot of onions and garlic powder in your salsa, marinade, or beans, don't let your dog get into the leftovers.

Salty snacks, in large quantities, could also cause problems in your dog. Feeding your dog a couple of potato chips or a pretzel probably won't do any harm, but if your dog gets into a whole bag of them, he could get really sick. And, make sure your dog has access to plenty of water at all times, especially if he gets into salty snacks.

Finally, many dog owners know chocolate is bad for their dogs, but they may not realize that xylitol, a sugar substitute used in many sugarless products, can be deadly for them. Xylitol is found in sugarless gum, candies, oral products, and some peanut butters and other nut butters. If you feed your dog pills coated in peanut butter, or put peanut butter in their hollow chew toys, make sure to check the list of ingredients first to make sure it doesn't contain xylitol.

Of course, it's always a good idea to ask your vet if you are not sure about the acceptability of an item you would like to feed your pets. Although my own pets would beg to differ, we always have to remember that dogs are NOT tiny humans and they have unique requirements.

## The Dog Days Of Summer

The dog days of summer are the hot, sultry days of late July and August. Dogs know what to do when the temperature rises, curl up in a shady spot. Each summer, millions of residents and tourists enjoy the warm weather and sunny beaches, but most are unaware of just how hot it can get in Florida. Surrounded by the Atlantic Ocean and the Gulf of Mexico, the state is always influenced by tropical moisture, especially in the summer.



## The Shred Truck Is Coming To Palencia Saturday, August 6th

Don't know what to do with those miscellaneous papers that are just out of date? Old checkbooks, paid invoices, bank statements? Now is your chance to clean out that closet and get rid of useless mail by shredding the papers. The Shred Truck will be on Market Street from 10:00 a.m. to 11:00 a.m., Saturday, August 6th. Cost is \$10 per box, any size, any weight. Cash only.



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## More Than Enough

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

August takes us into a new season. The season that brings most of us back to often awaited days of the fall schedule changes. We are back to school, football, and sweet memories of summer

vacations and family reunions still lingering in our minds. Perhaps we are dreaming of what this new season will bring us? Is it more business, better health, new classes and family milestones?

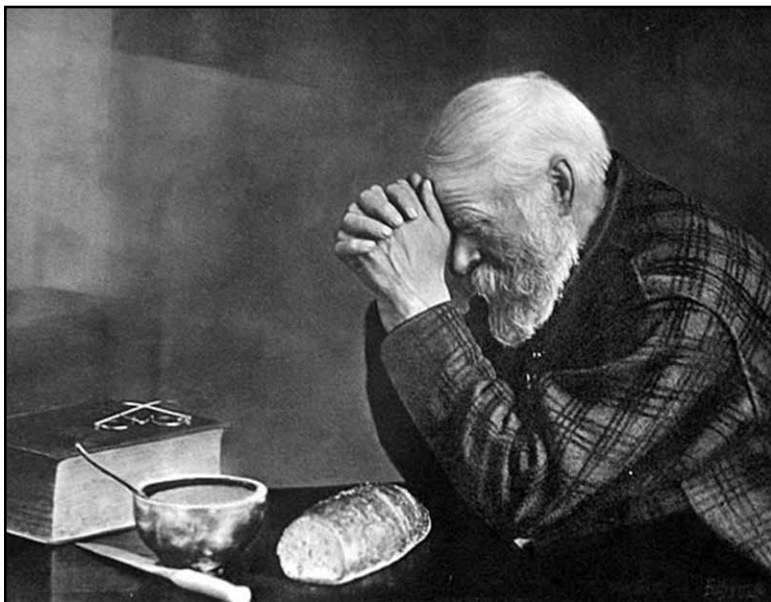
Perhaps you have seen the picture that is a classic found on many dining room walls: a grandfatherly-type

figure wearing a flannel shirt. His hands are folded. His eyes are closed. And in front of him sits a bowl of soup and a baguette. That's it. Yet his hands are still folded, and his eyes are still closed.

It would be nice to be so content! We live in a society that is constantly looking for more. And we get caught up in it. We need the newest phone, the trendiest clothes, the best latte. It's easy to not be satisfied.

But, when we snap out of our materialistic mindset and stop comparing ourselves to others and start counting our blessings, we soon realize that the Lord has provided and he's provided us with plenty.

That lesson was not lost on the disciples at the feeding of the 5,000. After Jesus fed the crowd to the point that they had "as much as they wanted" (John 6:11), he turned the disciples into



"Grace" is a photograph by Eric Enstrom depicting an elderly man in a flannel shirt with hands folded, saying a prayer over a table with a simple meal and the Bible.

busboys to clear the grassy table. "They filled twelve baskets" (John 6:13) of leftovers. The people had more than enough, but so did the disciples.

But it's not bread in our bellies that leads to contentment. The secret to contentment is not a what, but a who. That who is Jesus. Go back to the classic picture described above. I failed to remind you that there is one more item sitting in front of the grateful grandfather—besides the bowl and baguette was also the Bible. That's what led him to fold his hands. That's what led him to close his eyes in prayer. He had all this and Jesus, too. Blessings on your journey and what the new season will bring you.



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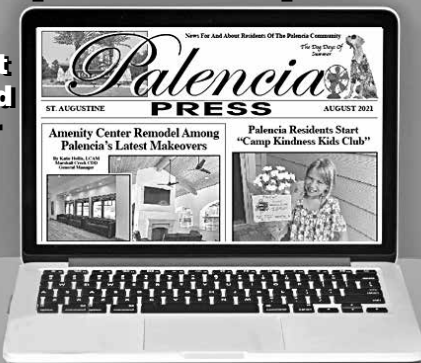
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## Summer Driving Tips

You're going to need to pack more than beach supplies for that late summer road trip.

During the hot summer months, it is important to remember to make sure vehicles are properly maintained and equipped with roadside emergency supplies to help keep families safe. Before logging all those miles:

### Beat the heat

Inspect the radiator, pressure cap, belts, and hoses to make sure they are in good shape with no signs of blisters, cracks, or cuts in the rubber. You may also want to check out these other tips to protect your car from sun damage.

### Hydrate your vehicle

Check fluid levels: brake, automatic transmission, power steering, windshield washer and coolant. Make sure each reservoir is full and if you see any sign of fluid leakage, take your vehicle in to be serviced.

### Road trip check up

Before any longer trip, any time of year, remember to give your vehicle a check-up and make fixes yourself:

- Check the air pressure in all tires, including the spare;
- Make sure the wiper blades are functioning properly;
- Check battery life and inspect batteries and battery cables;
- Inspect brake pads and linings for wear; change the oil and filter according to manufacturer's service interval specifications; and
- Test the headlights, brake lights, turn signals, emergency flashers and interior lights.

### Pack an emergency kit

Move the beach gear over for the roadside emergency kit. Even if you've prepared your vehicle for summer travel, it never

hurts to have a "just in case" kit in your trunk. Your emergency kit should include:

- Jumper cables in case you or someone else needs a jump start;
- Flashlight;
- Emergency flat tire repair and/or spare tire;
- Gloves, blankets and towels;
- Hazard triangle, road flares, brightly colored distress sign, or "Help" or "Call Police" flag;
- Screwdrivers and wrenches;
- First aid kit;
- Cell phone and charger;
- Water for both the car radiator and your family;
- High-calorie, non-perishable food.

### Traveling with kids

- Always use proper safety restraints for all occupants.
- Use the long drive as teaching moments about safe driving.
- Pack a cooler with healthy snacks like water, fruit, nuts and granola.
- Stop every few hours to let the kids stretch their legs.
- Adults should take the time to exit the vehicle and stretch too. If you become drowsy, don't hesitate to pull over to a safe location and rest until you feel able to continue the drive.
- Use electronic devices to help keep away the boredom on the long drives, as long as it's not distracting to the driver.

Make sure to check and stock trunk supplies twice a year and remember never leave on a road trip with your vehicle's "check engine light" or "malfunction indicator light" lit up. If you take these precautions, you and your vehicle might be happier on the roads this summer. And don't forget to have fun! For more safety tips or questions about auto insurance, call Palencia neighbor and local State Farm agent, Craig Dewhurst at 904-940-9740.



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