



News For And About Residents Of The Palencia Community

Make A Difference Day is
Saturday, October 22nd



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PRESS

OCTOBER 2022

Palencia Witches Ride For Childhood Illness Is Oct. 30th



Just a few of the many participants in the Palencia Witches Ride last year were residents Heather Carbone, Sidney Weber, Samantha Weber, Heather Murray, Julie Rolf, Elizabeth Gaffney and Kim Grundy.

Photo by Amy Myers at Children in Bloom Photography

When witches go riding, and black cats are seen, the moon laughs and whispers, "tis near Halloween." The "Palencia Witches" are gearing up for their annual Palencia Witches Ride for childhood illnesses which will take place on Sunday, October 30th starting at 5:00 p.m. It's a whimsical, women's only (age 18 and up), bike/golf cart ride through the streets of Palencia. Riders dress in their most festive witch wear, decorate their bike or golf cart (broom) and toss candy to all the little witches, ghosts, goblins and wizards that line the route.

All proceeds from the event will benefit Dreams Come True of Jacksonville and also includes a "Most Legit Witch," Best Group of Ghouls-Friends and Best Broom ...Continued On Page 16

Fore! The Kids Golf Tournament In Palencia This Month



The Palencia Elementary School PTO will host the annual Fore! The Kids Golf Tournament in Palencia this month which marks the 10th anniversary of the popular fundraising event.

The tournament includes giveaways, great food, raffle items and various prizes. All are welcome to participate as a golfer or volunteer including beginners, pros, groups or single players who can be matched with a foursome.

The event will take place on October 17th at the Palencia Club with registration beginning at 11 a.m. followed by a 1 p.m. shotgun start.

The Palencia Elementary PTO would like to thank all of the tournament sponsors who have helped to make the event a great success.

Visit <https://palenciapiratespto.com/fore-the-kids-golf-1> for additional information.

Palencia Resident Takes Gold At Pickleball Tournament

Palencia has its very own gold medal winner as resident Al Tacornal recently brought home the gold at the APP 2022 Atlanta Metro Open Pickleball Tournament held in Griffin, Georgia.

This was the first gold medal for Tacornal and his pickleball partner and long-time St. Johns County resident, Gene Usner. The teammates have won four silver and four bronze over the past two years. Tacornal, who moved to Palencia from Miami with his wife Margaret, actually never played the sport until they lived in the Palencia community.

"One of my must haves was pickleball courts and Palencia was in the process of finishing theirs," Tacornal explained. "I never played before moving here but I played tennis and pickleball looked like fun."

Tacornal says that after playing with Palencia residents for two years, he teamed up with Usner to play in his first tournament. He currently plays in the age 70 plus level 3.5 group since pickleball tournaments are divided into age and player level brackets, Tacornal explained.

This month, Tacornal and Usner are scheduled to play two more pickleball tournaments. One locally at Treaty Park in St. Augustine and another at Pictona at Holly Hill.

Photo at right, Gene Usner and Al Tacornal take home the gold.



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Palencia Community Classified Ads

St. Augustine Travel Club

The St. Augustine Travel Club will have its next gathering on Wednesday, October 12, at 3 p.m. at the Southeast Branch Public Library, 6670 U.S. 1 South in St. Augustine. Our topic will be *Best of South Africa*. Start with a safari to see the lions, giraffes, elephants and many other animals in their natural habitat, followed by a visit to one of the world's most beautiful drives, the Garden Route. Questions? Call Peter Dytrych at (904) 797-3736.

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Words Of Wisdom

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it. -John 1: 1-5

The Palencia Press

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Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the *Palencia Press*. All articles are subject to editing. We reserve the right to refuse advertising that does not meet our publication standards. **Acknowledgements:** This issue was designed using resources from Freepik.com.

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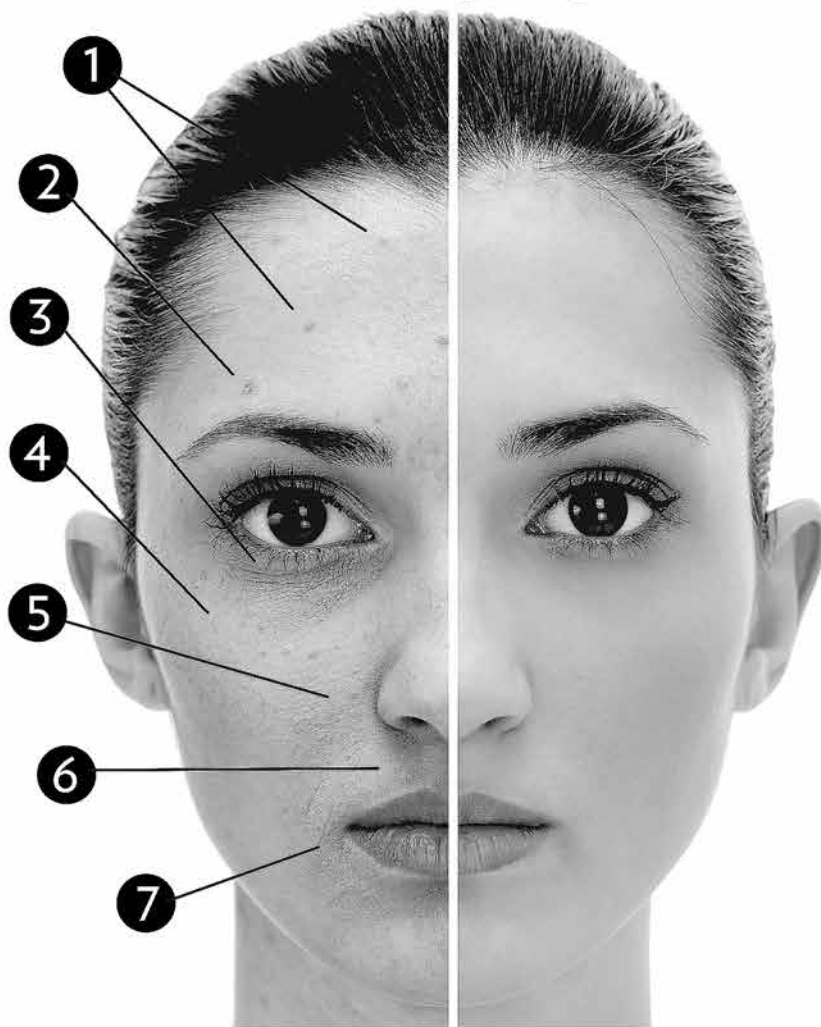
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Thought For The Day

"Halloween was confusing. All my life my parents said, 'Never take candy from strangers.' And then they dressed me up and said, 'Go beg for it.' I didn't know what to do! I'd knock on people's doors, 'Trick or treat... no thank you.'" - Rita Rudner

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Ask Carol B

Medicare Questions?

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

Do I really need to do a plan review for the Annual Enrollment Period?

The simple answer is yes! Your health is important and choosing your Medicare coverage is a big part of that. If you want to make a plan change, you only have between October 15 - December 7, unless you have a special qualifying life event. The questions below can help you prepare as you review your plan options. You may find your plan is working well for you or you may want to consider other plan options. Find out what is best for you.

Section 1: Health changes

Consider your health and lifestyle. Note any changes.

- Has my health changed in the last year?
- Have my prescription drugs changed?

Section 2: Annual Notice of Change

Carefully review your Annual Notice of Change (ANOC) when you receive it in the mail.

Items to identify and review:

- Benefits being added to your plan.
- Benefits being removed from your plan.
- Changes to providers in your network.
- Changes to in-and out-of-network coverage.
- Changes to prescription drug coverage.

Section 3: Coverage benefits

Does my Medicare plan cover my current health care needs? Note any additional needs.

- Will any of the plan changes for the upcoming year impact my health care needs?
- Are my preferred doctors or providers part of my plan?
- Are the prescription drugs I need on my plan's formulary?
- Can I get my prescription drugs online or via email?
- Do I need/want coverage for additional health services or items (dental/vision/hearing)?
- If yes, can I get these items with my

current plan?

- Is there a rewards program offered?

Section 4: Costs and finances

- Have my finances changed in the last year?
- Do my monthly plan premiums, if applicable, fit my budget?
- Can I pay my plan's deductibles, co-pays and coinsurance amounts?
- Are my overall out-of-pocket costs what I expect?
- Do I need help paying for Medicare?

Section 5: Convenience and service

- Can I easily contact my plan provider with questions?
- Does my plan have online information and resources I can use?
- Does my plan offer special tools and services such as a 24-hour nurse hotline?

As you can see, it's important to review your Medicare coverage every year before the Medicare Annual Enrollment Period (AEP). Other things to consider. If your prescriptions have changed since you selected your last plan, then a plan review would be a good idea. Prescription drugs are one of the leading reasons for plan changes, as their out-of-pocket costs can vary every year. If your address has changed, then either your Prescription Drug Plan (PDP) or your Medicare Advantage Prescription Drug Plan (MAPD) has to be changed, as your service area has changed. While you're at it, you may also want to review the cost of your Medicare Supplement Plan, as one of the cost factors is your new zip code.

A plan review doesn't cost anything. Consider it like your annual physical. Something else to "check-up" every year. Feel free to reach out if you have any questions.

You can visit Carol@AskCarolB.com, text: 714-930-7165 or call direct at 904-648-6488.

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Spotlight On Palencia People



Left to right, Palencia residents Mimi Heimsoth and Darlene Christianson volunteer to assist with the Youth Cooking Class at Epic-Cure.

Palencia Residents Volunteer To Provide Food To People In Need

For Palencia residents Darlene Christianson and Mimi Heimsoth, being a part of a volunteer group that is helping local families facing food insecurity is more than just about giving away food items. The two friends also use their love for cooking to help families learn simple cooking skills and self-reliance.

Christianson and Heimsoth are both volunteers with Epic-Cure, a non-profit that "rescues" food that would otherwise be thrown out and distributes the food to those in need throughout St. Johns, Putnam and Duval counties. Epic-Cure focuses on getting the often millions of pounds of foods that is rejected by stores for one reason or another each year and re-distributing it to families who are in need of food, rather than have it decompose in a landfill.

Epic-Cure also recently started a "fresh-food-connect" program that includes an app which enables home and community gardeners to donate a portion of their fresh produce to support local hunger relief efforts.

"By rescuing this food and re-distributing it to people in need, it's a win-win situation," explained Christianson.

Christianson and Heimsoth are also part of Epic-Cure cooking classes that are offered to children and veterans. They teach various cooking skills and support self-reliance. Young people in the program are able to take home the items they cook which, many times, is enough to feed their whole family.

For Heimsoth, her background in nutrition is the perfect way to pass along nutritious meal preparation.

"My background is a registered dietician and we teach kids how to cook a meal," said Heimsoth. "It's a wonderful way to volunteer because you're not only teaching the boys and girls cooking skills but directly helping their families as well."

Christianson moved to Palencia in June along with her husband Tom who is retired from military service. She also loves the fact that the Epic-Cure cooking classes teach important skills.

"Learning cooking skills makes them feel more self-reliant," added Christianson. "This boosts self-esteem and confidence."

Among Epic-Cure's other goals besides teaching self-reliance are to bring awareness to hunger relief, environmental issues and nutrition education.

"Epic-Cure is 100 percent volunteers," Christianson said. "I feel privileged to be a part of an organization that has done so much good in the community."

Epic Cure's yearly fundraisers include the Epic Cure Golf Classic at The Ponte Vedra Inn & Club and the "Maine Event" which is co-sponsored by the Rotary Club of St. Augustine.

For more information on Epic Cure, visit www.epic-cure.org where you can learn about helping provide food to families in need as well as volunteer opportunities.



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Palencia Ladies Are The Champions

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

We are so proud of all of the ladies that played and represented Palencia in the Summer League competition. All of their efforts resulted in Palencia winning the Northeast Jacksonville Regional competition against 30+ clubs to take home the trophy. It was a very tough final match with the Palencia team winning it all by one point. "Our players played great throughout our matches. The ladies really wanted to bring the trophy home," said Barb Jacobi.



The Palencia Summer league player team photo, left to right, Barb Jacobi (Captain), Sandy Brandenburg, Linda Carucci, Pam Ashburn, Linda Hoffman, Kim Jacobs (Golf Professional), Carol Netzer, Faye Peludat, Maggie Butler, Judy Guarino, Maria Nilsson, Chris McCoy, Cathy French (missing from the picture is Tricia Luciano and Maria Cavanaugh).

A special thanks to Matt Carroll and Kim Jacobs, Palencia Golf Professionals who came to cheer on our ladies in their final match and participate in the celebration afterwards.

This event was founded by Emily Brown over 45 years ago to provide a competitive summer league for all ladies. The Palencia ladies have been playing in the summer league competition for over 10 years, and they finally brought home the big trophy! Congratulations to all of the ladies! You made our club and women's group so proud!

Several celebrations were held to celebrate the team results. Captain Barb Jacobi kicked off the celebration with a fun team party at her house. This was followed by The Palencia Club hosting a second event where the club provided champagne and hors d'oeuvres to toast this amazing win for all of the players. A special thanks to Jillian Smothers, Christian Boettcher, Matt Carroll and Kim Jacobs for all of their support and recognition of the ladies achievements.



Barb Jacobi was presented with a basket from the ladies to say thank you for all of her hard work in the Captain role of this winning team. Barb had some fun wearing one of the gifts given to her by the team.



At left, Trophy presentation to the Palencia Team, left to right, Kim Jacobs, Maria Nilsson, Linda Hoffman and Barb Jacobi.

Continued at top of
Page 7



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Women's Golf Association Of Palencia

Continued From Page 6

Well done!

We have kicked off the fall season with over 48 ladies playing in the Opening Day event. A special thanks to Cary Hanley, Cathy Bodenweber, co-chairs of this event and Diane Robinson, Play-day chair in setting up this event. We would also like to thank our wonderful Palencia Golf staff – Matt Carroll, Kim Jacobs and TJ Holland. They did a great job in helping us orga-



Congratulations to the ladies who played in the final match and brought home the trophy! The Palencia Team who played in the winning match were Barb Jacobi, Linda Carucci, Linda Hoffman, Tricia Luciano, Chris McCoy, Faye Peludat and Carol Netzer.

nize our season kick off event. We would also like to say a big thank you to Diane Robinson for putting together a truly wonderful WGA calendar/directory/history of the WGA with many beautiful photos of members, officers and events. In addition, we would like to thank Cathy and David French for donating materials to help the WGA save costs in producing this year's book. Thank you David and Cathy!

We have had a very busy summer in getting some very talented and fun ladies to join our WGA group. We would like to welcome the following new members and we can't wait to play golf with you. Please welcome all of our new members: Christina Adams, Kalina Blucher, Angela Brueckman, Emily Dunn, Gail Heagan, Diane Holland, Rhonda DeMeno, Kennedy Luttrupp, Maleah Miller, Joanne Monahan, Kim Patalano, Teri Vidrine, Christine Walters and Nancy Watson to our golfing group. If you would like to learn more about our womens group, please go to Palencia online.



Left to right, Judy Guarino, Resa Wilcox, Faye Peludat and Cathy Bodenweber.



Left to right, Diane Robinson and Chris McCoy.

The next Fall Scramble with the Kicker Cash is On Thursday, Oct. 27th at 9 a.m. Our annual Coquina Classic Member/Guest is on Friday, 11/11 and Saturday, 11/12. This year's theme is The Mad Hatter and we have both 9-holer and 18-holer flights. Stephanie Kinsey and DeeDee Bandy, co-chairs of this match, are planning a fun-filled three days of events. Starting with an optional practice round on Thursday, 11/10 followed by a kick off cocktail party at Cathy French's house to launch this great tournament. We hope all of our golfers will bring a guest and support our best event of the year!

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Grandparent's Day Celebration 2022

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

Fall is finally upon us and with that comes the start of the holiday season. There is always an abundance of holiday spirit at PES throughout this season with fun projects, shared stories, class celebrations and more. One of our most beloved and anticipated holiday traditions is our upcoming Grandparent's Day celebration at PES.

This has always been a special time for our students to spend valuable time with their grandparent/s and also a time they can showcase what they do each day at school. Unfortunately, due to Covid we have been unable to invite our grandparents into the school for the last several years. We have, however, been able to find creative solutions to ensure grandparents and students interact through a loving exchange of letters and pictures. This enabled the bond between grandchild and grandparent to continue even though they couldn't be together physically.

However, this year, we are so excited to announce that Grandparent's Day will be celebrated in person at PES. Our wonderful Grandparent's Day co-chairs Sadia Shaikh and Aafke Adams have wonderful things planned for all to enjoy. Shaikh, shared that "we are so excited to bring grandparents back on campus for this year's Grandparent's Day. This year we'll be celebrating them on November 21st and 22nd. We have fun activities planned for all the children and we know that they are all as excited as the teachers and the rest of the PES community. We hope that we see our local grandparents as well as those who are visiting for Thanksgiving."




Last year, students were welcomed by a familiar gobbler. The turkey said she planned to get "dressed up" next month for Thanksgiving.

Grandparents will be invited into the school for a fun day including wonderful snacks, coffee and refreshments, a fun photo booth and will also build a craft together with their grandchild. This will give our students time to bond with their grandparent/s as well as showcase their classroom. Any student that has a grandparent unable to attend will still be able to participate in this event and have fun celebrating with their peers.

Unlike some PTO sponsored fundraising events, this event is truly around giving back to the community and creating a positive experience for our children. So, please keep an eye out for informational flyers and emails from the school as well as social media updates. The registration for the event will also be located on the PTO website at <https://palenciapiratespto.com> and will be available starting the beginning of November.

Continued On Page 9



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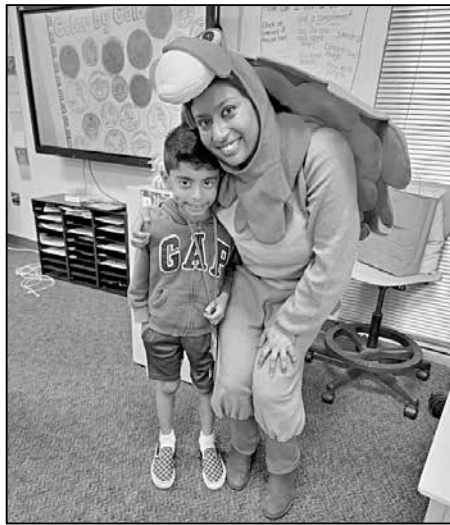
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Palencia Elementary School

Continued From Page 8

We always need lots of volunteers to help ensure this event is a success, so volunteer needs will be communicated soon. If you are a parent new to the area, or newly interested in getting more involved in the Parent Teacher Organization, please let us know. The holiday spirit truly brings out the best in everyone and the PTO would love your support in whatever way you feel you can best assist. The PTO looks forward to a peaceful, prosperous and safe holiday season.



At right, Turkeys, and students were all smiles during last year's event leading up to the November holidays. What is the most musical part of a turkey? The drumsticks, of course!

Fun Halloween Facts

- The word "witch" comes from the Old English wicca, meaning "wise woman."

- Pumpkins are classified as a fruit, not as a vegetable.

- Skittles are America's favorite candy...

Everyone wanted to taste the rainbow in Halloween 2020! According to CandyStore.com, Skittles were the top candy last year, followed by Reese's Cups and Starburst.

- The song "Monster Mash" was briefly banned in the U.K...

The BBC banned the hit 1962 song from airplay that year because they thought it was "too morbid." The perennial Halloween favorite didn't become



a "graveyard smash" in the U.K. until it was re-released there in 1973. Source: The Pioneer Woman and History Channel.

The Tooth Cottage... Pediatric Dentist Celebrates Grand Opening



Dr. Marisol Bolivar, DMD, center, cuts the ribbon to open The Tooth Cottage in Palencia. At left is Jason Bolivar, office manager, and right, Sophia Piastra, dental assistant. Dr. Bolivar has been practicing dentistry since 2012 and specializes in Pediatric Dentistry. To schedule an appointment with Dr. Bolivar, call (904) 429-3387 or visit www.thetoothcottage.com.

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Should You Consolidate Retirement Accounts?

By Renae Aiple, CRPC, Edward Jones Financial Advisor

One of the rewards for working over several decades is the ability to contribute to tax-advantaged retirement accounts, which can help provide needed income for you when you do retire. As the years went by, you may well have accumulated several retirement accounts, such as IRAs and 401(k)s or similar employer-sponsored plans. But you might find it advantageous to consolidate these accounts with a single provider.

Consolidating them can provide you with several potential benefits, including:

- Less confusion and clutter – If you have multiple accounts in different locations, it may be difficult to keep track of tax documents, statements, fees, disclosures and other important information. Consolidating accounts could help provide clear, simplified account maintenance.

- Less likelihood of “lost accounts” – It may be hard to believe, but many people abandon their retirement accounts, leaving thousands of dollars behind and unclaimed.

In fact, at the end of 2021, there were nearly 25 million forgotten 401(k) accounts, worth about 20% of all 401(k) assets, according to an estimate by Capitalize, a financial services company that helps individuals roll over retirement plan assets into new accounts.

- Ability to follow a unified strategy – With multiple retirement accounts, and dif-

ferent investment portfolios, you might find it difficult to maintain a unified financial strategy that’s appropriate for your goals and risk tolerance. But once you’ve consolidated accounts with a single provider, you’ll find it easier to manage your investment mix and to rebalance your portfolio as needed.

- Possible improvement in investment options – Often, 401(k)s may have limited investment selection, so consolidating accounts with a full-service firm may allow for a wider array of products and strategies.

- Greater ease in calculating RMDs – Once you turn 72, you will need to start taking withdrawals — called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar plan. If you don’t take out at least the minimal amount, which is based on your age and account balance, you could face a penalty. If you have several accounts, with different providers, it could be cumbersome and difficult to calculate your RMDs.

So, if you do have multiple retirement accounts, give some thought to consolidating them. The consolidation process is not difficult, and the end result may save you time and hassles.

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Aviles Dental In Palencia Collects Toys For Children At Wolfson Hospital



Dr. Taelor Duprey, DMD and Nikki Grossling, Dental Hygienist, hold some of the donations received from the community to be delivered to Wolfson Children’s Hospital. Mrs. Grossling is the mother of Vincent who was diagnosed with pilocytic astrocytoma. Under the care of physicians at Wolfson, Vincent has made a remarkable recovery. “My son is recovering with full extraction of the tumor with no need for chemotherapy or radiation,” said Mrs. Grossling. “He is back in good health and is looking forward to a successful sophomore year at Nease High School.” Aviles Dental is still accepting donations of toys, stuffed animals, coloring books and hair coverings. Drop off items at 305 Paseo Verada Drive in Palencia.



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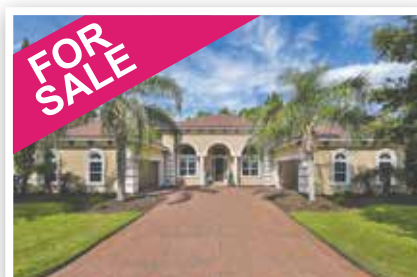
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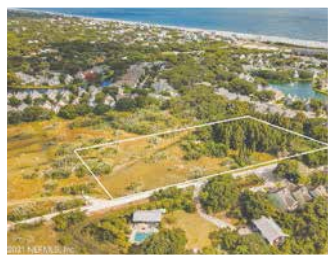
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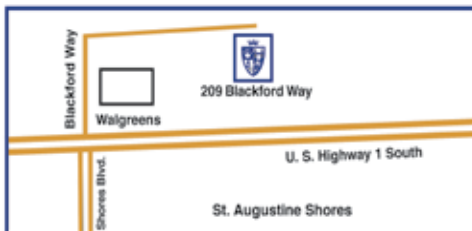


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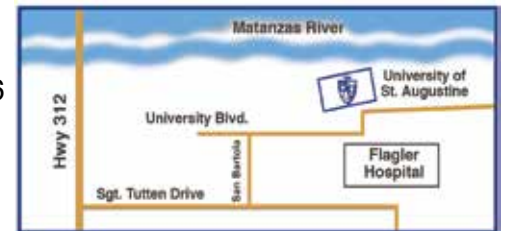
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I'm Alive But I Hurt

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

October is Breast Cancer Awareness month. It's a time to celebrate with all the survivors and their families, remember those we have lost, raise awareness and fund research. I am fortunate in that none of the women in my family have encountered breast cancer but I have treated many survivors, none of whom expected this life disruption. They tell me it hit them like a sucker punch – coming out of nowhere. Their stories continue to amaze and inspire me, which is why I write this column.

One of my patients actually told me, "I'm alive but now I'm in pain." In the next breath she seemed almost apolo-



getic saying, "Don't get me wrong, I'm glad to be alive but I didn't think it would hurt so much after treatment." The fact of the matter is, much of this pain is not from the surgery, the cancer, appears months after "healing" has taken place, and can be treated.

Surgery is trauma, even when it is lifesaving. Biopsies, lumpectomies and partial or radical mastectomies are trauma to tissue. Where there is trauma, there is potential for myofascial trigger points. Lacomba, et al, in *Incidence of Myofascial Pain Syndrome in Breast Cancer Surgery: A Prospective Study* (2010) showed nearly 50% of their breast cancer survivors experienced pain due to myofascial trigger points within the first six months of breast cancer surgery and in specific muscles. Fifty percent is a significant number of women who could be helped with physical therapy. The trigger points can be identified and treated rather quickly.

Myofascial trigger points, as I have written in previous columns are hyper-irritable nodules within a taut band of muscle. They are created through a series of events, muscle imbalances, overloading of muscle, chronic tension in muscle and more, that create a chain reaction of chemical and chemical receptors working abnormally. The results is ischemia or lack of blood and oxygen

to the tissue, which causes pain. We know one can live weeks without food and days without water but one can only live minutes without oxygen. In an effort to protect itself, the muscle releases noxious (or painful) stimuli to signal the brain something is wrong.

Fernandez-lao, et al, in *Development of active myofascial trigger points in the neck and shoulder musculature is similar after lumpectomy or mastectomy surgery from breast cancer* (2012) showed the degree of invasiveness of surgery was not a predicting factor of myofascial trigger point development. They showed it didn't matter if it was a lumpectomy or mastectomy. There was no statistical difference in the prevalence of myofascial trigger points when compared to a control group. These women were alive but in pain.

These studies show how common it is for women to develop painful, myofascial trigger points following breast cancer surgery but does not show how easily they can be treated, which they can. These trigger points can be identified through palpation and released in a number of ways.

So, if you or someone is alive following breast cancer surgery, thank goodness. But if there is pain after the surgery has healed, it may be coming from myofascial trigger points, which



can be easily treated.

Rob Stanborough is a physical therapist with over 20 years of experience. He is president and co-owner of First Coast Rehabilitation, a Senior Instructor for Myopain Seminars (www.myopainseminars.com) and co-author of *Myofascial Manipulation: Theory & Application*, 3rd ed by Proed Inc. He is certified in manual therapy, a Fellow of the American Academy of Orthopaedic Manual Therapists and has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on www.firstcoastrehab.com.



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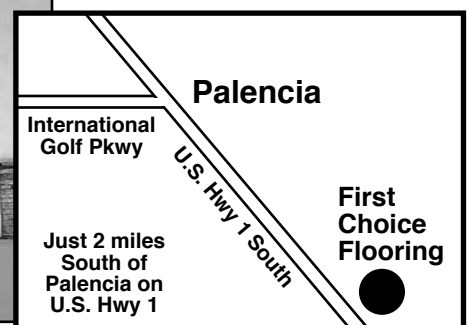
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Palencia's Witches Ride To Raise Funds For Dreams Come True

Continued From Page 1

and Best Broom contest. There will also be a raffle for a grand prize as well as a silent auction for additional prizes.

"The average cost of one child's dream is \$5,000," explained the Palencia Witches Ride Coordinator Ashli Bryan. "In 2021, we raised \$7,000 and we were able to fulfill not only one, but two children's dreams."

"We had over 80 witches that 'flew' for the event and countless ghosts and goblins who lined the flight path eager to catch candy," Bryan said. "I know this year will be more magical than ever and it's an event that is loved by all ages in the community and has become a festive Halloween tradition for families in Palencia."

"Whether flying, catching candy, purchasing a T-shirt to support the cause, sponsoring or simply cackling as we fly by, we hope to see all of the Palencia witches, ghosts and goblins come out for the event this year," said Bryan.

The Witches Ride will start on Market Street and the witches will ride around the loop from the Southside to the Northside for a total three mile flight around the

Palencia loop. Check-in starts at 4 p.m. and the witches begin to fly at 5 p.m.

For registration and more event details, visit <https://dreamscometrue.ejoinme.org/MyEvents/4thAnnualPalenciaWitchesRide/tabid/1321533/Default.aspx> or visit the Palencia Witches Ride Facebook Page at <https://fb.me/e/1KzlrU3pz>.



Four Witches in a cart- Palencia residents Jennifer Burnett, Kim Peacock, Tiffany S and Meagan Z wear their most festive witch wear.



Last year, Palencia resident Pat Kazakis showed off her award-winning witchy truck.

Newcomers of North St. Johns Announces October 2022 Luncheon at Blue Bamboo

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) invites members to join the fun at our October luncheon on Tuesday, October 18th at Blue Bamboo Canton Bistro, 10110 San Jose Boulevard in Jacksonville. The event features a delicious lunch and presentation by representatives from The Council on Aging St. Johns County on the many services and events the COA provides.

Doors will open at 10:30 a.m. Cost for the luncheon and program is \$35 for members and \$40 for guests. All reservations must be received by October 7th. For further information, please go to the NNSJ website at <https://newcomersofnorthstjohns.org>.

Luncheon includes Family-Style Appetizers of Dragon Whiskers (Fried Zucchini Straws with a Garlic Chive Ranch dressing) and Vegetable Spring

Rolls. Entrée choices include a Beef and Broccoli Bowl featuring White Rice, Broccoli, Carrots, and Beef with a mild Ginger Garlic Sauce; Szechuan Shrimp Bowl with White Rice, Carrots, Peppers, Celery, Bamboo Shoots, Shrimp and Onions in a Sweet Savory Stir Fry; Chicken Lo Mein Bowl featuring Wok-Tossed Chicken, Hearty Egg Noodles, Cabbage, Carrots, Sprouts and Onion in a Soy Broth; or a Vegetarian Tofu Veggie Bowl including Bok Choy, Broccoli, Carrots, Celery, Mushrooms and Tofu in a Mild Ginger Garlic Brown Sauce accompanied with White Rice. Dessert is their "Award-Winning" Mandarin Orange Cake. A cash bar is also available.

As always, raffles for gift baskets and a fun 50/50 drawing spice up our NNSJ luncheons. And, perhaps you will win one of our beautiful centerpieces!



Ask A Certified Master Gardener It's Time To Plant For Fall And Think Orange!

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

Each season our North Florida climate affords the opportunity to try new plants and explore designs in our landscapes. After summer flowers and vegetables have been enjoyed we have a blank canvas to paint once again and the only restrictions are the limits of our imaginations.

While the number of plant options are endless, we are in the 9A hardiness zone that essentially governs the specific types of plants well suited to this climate. Here are a few fall plants well suited to this area to stimulate some thinking:

- **Flowering Plants:** Petunias, Violas, Shasta daisies, Impatiens, Petunias, Geraniums, Snapdragons and Pansies.

- **Bulbs:** Daffodils, including 'Carlton', 'Fortune', 'Silver Chimes' and 'Sweetness.'

- **Herbs:** Dill, Fennel, Oregano, Garlic, Ginger, Rosemary, Thyme, and Sage.

- **Vegetables:** Arugula, Beets, Carrots, Cauliflower, Celery, Fennel, Radishes, Brussels sprouts, Broccoli, Spinach, Kale, Cabbage and Onions.

- **Succulents:** Echeveria, Ice plants, Crown of thorns, Sedums, Sempervivum and Kalanchoe.

Some shrub options that in addition produce berries for wildlife include: Elderberry (the Florida Friendly Landscape/FFL October plant of the month); Berberis; Clerodendrum; Cotoneasters; Gaultheria; Nandina domestica; and Pyracantha.



Calendula officinalis is one of the most reliable cool season annuals.

In addition to your pumpkins (which also make great pumpkin pies after Halloween!) a colorful plant option is Calendula (*Calendula officinalis*), one of the most reliable cool season annuals. Calendula, sometimes called pot marigold, comes in yellow or orange, has a dense, rounded shape, and grows to a height and spread of about 1 to 1.5 feet. It works well in mass plantings as an annual groundcover, either in an open



Halloween, and cooler weather, are just around the corner.

bed or beneath a small tree. As its other common name would imply, it also does well in containers. Calendula blossoms also attract butterflies and keep well as cut flowers. Calendula has been valued by some for its therapeutic use in a salve for burns and cuts.

For a spooky addition to your planters add a spider plant; it's on-theme for Halloween and spills nicely out of containers.

As mentioned in previous articles, because we live in two distinct plant areas in Palencia – those homes close to wooded preserves or those close to the marsh – the growing conditions are different. The marsh conditions are wetter, saltier and more acidic than the areas adjacent to the wooded preserves. When you purchase plants and shrubs, be sure to read the labels to ensure that the plant you choose will thrive in the conditions in which you live.

Lastly, when you start planting for fall, there are a few important factors to keep in mind. They include making sure to match the appropriate bagged soil to your plant purchases. The different soil types are specifically formulated for each garden style and are free of harmful bacteria and weeds. Raised beds require raised bed soil; potted plants require container soil; and inground plants require garden soil. Be mindful to stay away from top soil for any garden as it can contain a great deal of bacteria and weeds. Add a non-burning all-purpose granular fertilizer like Osmocote for initial planting. Most new plants, with the exception of succulents, require a little more water for the first several weeks. And, again, be sure to read the plant labels. Happy Halloween and fall planting!

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).

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Mike Weitz

My 16-year old son just got his drivers license. What advice can you give him for maintaining his car?

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How Can We Move From Polarization To Dialogue In Civil Society?

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

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Civic dialogue has broken down in our society. We have become more entrenched in our own positions, and more polarized, more extreme, and uncompromising. The more strident and extreme voices are shouting over the voices of moderation. We express our contempt for each other in euphemisms and on social media, bumper stickers, hats, and tee shirts. Sociologists say that we have even begun to live in politically like-minded social and geographic enclaves. How do we get beyond this polarization? How can we restore civic dialogue—the key to our democracy—in such a divided society? I suggest that we look to the moral psychology of John Haidt (*The Righteous Mind: Why Good People Are Divided by Politics and Religion*, 2012) and the work of Anatole Rapoport on international conflict.

According to Haidt, the first principle of moral psychology is Intuitions come first, strategic reasoning second. Haidt uses the metaphor of a small rider on a very large elephant: reasoning is the rider, and our intuitions are the very large elephant. Furthermore, the rider is at the service of the elephant. When we realize that our own reasoning is largely determined by our intuitions, we can be more patient with others.

The second principle of moral psychology—There is more to morality than harm and fairness—can help us understand moral plurality. Haidt uses the metaphor that the righteous mind is like a tongue with six taste receptors. According to Haidt’s Moral Foundations Theory, there are six psychological systems that compromise the universal foundations of the world’s many moral matrices: Care/harm, Liberty/oppression, Fairness/cheating, Loyalty/betrayal, Authority/subversion, and Sanctity/degradation. Haidt’s research has shown that liberals and conservatives tend to value and prioritize these moral matrices differently (this will be the subject of a future essay).

The takeaway is the suggestion that we be suspicious of moral monists. Haidt suggests that we should “Beware of anyone who insists that there is one true morality for all peoples, times, and places—particularly if that morality is founded upon a single moral foundation.”

Haidt’s third principle of moral psychology is that morality binds and blinds. We are selfish and we are groupish. According to Haidt, we are 90% chimp (selfish) and 10% bee (groupish). Religion played a crucial role in our evolutionary history: “Our religious minds coevolved with our religious practices to create ever-

larger moral communities” (Haidt). Political teams form in a similar fashion, with some people gravitating to the left and others to the right. Religion and politics bind us together in moral communities, but they also blind us to the shortcomings of our group and to the positive aspects of those who think differently from us.

Haidt concludes that people are divided by politics and religion not because some people are good and others are evil, but rather because our minds were designed for groupish righteousness: “We are deeply intuitive creatures whose gut feelings drive our strategic reasoning. This makes it difficult—but not impossible—to connect with those who live in other matrices.”

So how can we connect with those who live in other matrices? I suggest that we look to the work of Anatole Rapoport on international conflict during the Cold War. Rapoport suggested that opposing parties should be able to summarize and validate each other’s position before attempting to persuade each other. To do this, the parties must agree that in every interaction there are two valid realities or perceptions, not just one. The goal of each party is to understand the other’s perception with an agreeable frame of reference.

The listener must then convey to the speaker that he or she has been understood. For parties who do not want to be adversaries, this means postponing persuasion until each party can state the other’s position to the other’s satisfaction. They should then try to validate part of the other’s perspective by completing a sentence like “It makes sense to me that you might think (or feel) that way because...” Validating does not mean you have to agree with their position, just that some part of it makes sense to you from their perspective.

Rapoport’s second assumption is the assumption of similarity. Rapoport observed that during conflict people tend to see the other as dis-similar to them, and to see themselves as having all the positive history, traits, and qualities and the other (“adversary”) as having very few of these, and they may see the other as having several negative traits as well. This leads to people seeing their adversary as having most of the negative qualities and very few positive qualities.

Hence, Rapoport suggested two things. First, when we identify a negative quality in the other or in their perspective, we try to see that very quality in ourselves or our own perspective. Second, when we see a positive quality in ourselves or our


Continued On Page 19

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Wrigley's Field Of View What's A Round-a-bout?

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

What's a round-a-bout? Every day the bag man takes me past all the four-wheelers whizzing round and round the big palm tree in Palencia.

The wheelers are always blowing their horns and sometimes they seem to be upset with each other.

It must have something to do with taking turns on the circle.

I know that program because I have the same "challenge" with my best friend, Dooley, when we get in our water round-a-bout.

It seems to me to be a very simple matter of etiquette, but the Dooley dog isn't buying any of that. He just goes splashing ahead of me, even when I get there first! You would think, being a lady, at the least, he would have some



gentlemanly regard for me.

It sure does feel good though, in this summer heat, to not get hot about it and cool down. Eventually it will come to him that first in line has the priority and he will bark me on!



Your Golf Follow Through

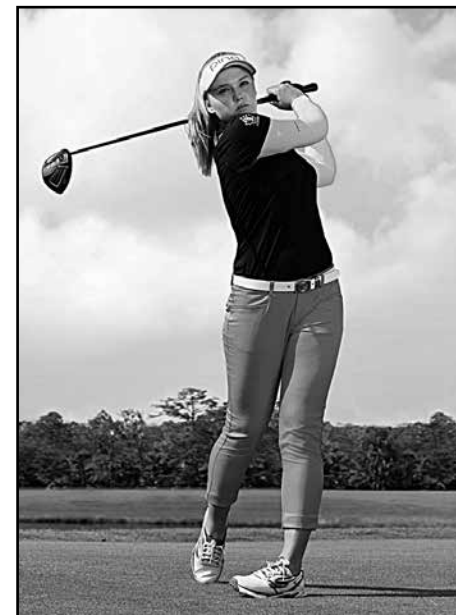
Tips from Laura Baugh
Certified PGA Teaching Professional
The Palencia Golf Club
laura@laurabaughgolf.com

Hello Fellow Golfers,
If you want to hit the golf ball further (and who doesn't?) here is a simple and relatively easy way to accomplish it.

In your golf swing, if you are a right-handed golfer, you start out with about 60% of your weight on your left side and 40% of your weight on your right side. You then transfer your weight and power back to the right side and then you must get your weight and power through to the left side at the finish. If you don't you are losing a tremendous amount of distance and consistency.

You should do the power transfer in a nice arithmetic sequence but if your chest is not facing your target at the completion of your golf swing, you have left power on the right side. If you are wearing a belt, make sure your belt buckle faces your target. We often wonder how young golfers hit it so far? You will notice that their follow-through is complete. They have gotten all their power through therefore, not leaving any distance behind.

So, it's very simple and straightforward - when you have loaded the right



side with all your power - let's use it!
Complete your follow-through for those extra yards! If you'd like some help with this power move, please contact www.laurabaughgolf.com

Polarization To Dialogue (Continued From Page 18)

perspective, we try to see that very quality in the other or in their perspective. Such a suggestion changes our way of thinking about or seeing the other and ourselves.

So, while it may be easier to avoid discussing religion and politics with those

who think or believe differently from us, we desperately need to begin doing so. Our goal in these conversations should not be to persuade each other, but to better understand each other's perspective. Only then can we move from polarization to civic dialogue.

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Marie Alejandra Rivera
Palencia Resident

How To Get Organized For Thanksgiving

By Maria Alejandra Rivera, Palencia Resident
www.yourorganizingstudio.com



Thanksgiving is a celebration of sharing and tradition, where we celebrate gratitude. An essential part of this holiday is that families come together, and in some cases, extended family members travel long distances to share this day with their loved ones. Thanksgiving at home involves shopping, cooking, decorating, cleaning, and all this planning can strike fear in the heart of even the most organized homemaker.

Below I am sharing a simple guideline that breaks down all the tasks involved in making Thanksgiving happen so you can have a stress-free holiday to enjoy with friends and family. Please feel free to use my 15-day plan as a rough guideline or change as needed based on your schedule.

A simple guideline for a stress-free Thanksgiving!

15 days before:
Make a game plan and recognize your budget

- Get out a notebook, your calendar, and a pen and brainstorm your ideas
- Prepare your guest list and find any dietary restrictions

- Now is the time to order some food for catering, if necessary
- Start thinking about a tentative menu, figure out when you need to go shopping and contemplate what prep can be done on what days. Mark it in your calendar!

- Place your rental orders, if necessary, for tables, chairs, glasses and more.

Ten days before:
Decide your final menu and select your recipes

- Delegate dishes to family members or guests
- Deep clean your kitchen, fridge, freezer and pantry
- Clean guest room
- Get your small appliances and serving dishes ready

One week before:
Make your groceries list and plan your decorations

- Make a list for non-perishable items like flour, sugar, canned pumpkin, packed stuffing, etc. and buy it now!
- Pick up your beverages or delegate it to non-cooking guests
- Buy your turkey (plan 1 pound per person)

- Make a general cleaning of your house and deep clean your guest room
- Plan your decorations and centerpiece

- If necessary, wash and iron your tablecloth and napkins
- Confirm who is bringing what with guests

Five days before:
Create a cooking schedule & freeze all plates that you can do in advance

- Block time off in your schedule for food preparation and grocery shopping

Four days before:
• Defrost your turkey (it takes 24 hrs of thawing time for every 4 pounds)

- Plan your serving ware
- Plan your seating chart
- Tidy your coat closet
- Spruce out your entryway

Three days before:
• Buy perishable groceries like butternut squash, carrots, potatoes, and greens.

- Do a service activity, such as serving the Thanksgiving meal at a homeless shelter, raking leaves for the elderly, or shopping for food.

Two days before:
• Stock bar & beverages
• Have all your selected recipes handy

- Do any baking, including apple or pecan pie
- Calculate your cooking times and schedule for Thanksgiving day

One day before:
• Prep-work (wash your greens, pre-cut your vegetables, etc.)

- Set the table now, so you don't worry about it later
- If you order food, pick it up today!

Thanksgiving Day
Aggressively minimize your work on this day

- Plan your day as a timeline: Include elements: Breakfast, appetizers, time to serve the food, time for dessert and coffee

- Pray before dinner
- Assign helper tasks among the guests

- Cook your turkey
- Follow schedule
- Wash as you work

Enjoy Thanksgiving dinner!

I want to end this message with a reminder that traditions like Thanksgiving create important memories in the lives of our children. Sharing these times together, playing games or working on a craft create joyful moments that our kids will cherish forever.

I wish for you to have a stress-free relaxing holiday in the company of your loved ones. Stay safe!



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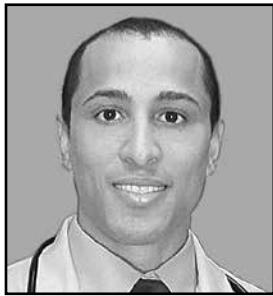
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Ringworm In Pets

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

Although the name has a nice “ring” to it, dermatophytosis may be the most misleadingly named skin condition in pets. This is because ringworm is not a worm, and often cases do not show a circular lesion on a pet's skin. So what's the deal? Ringworm is a skin disease caused by fungi. It gets its name from the characteristic ring-like rash on the skin that occurs in people who contract the infection. The disease is spread by touching an infected animal or person.

Many different kinds of animals can transmit ringworm to people. Dogs and cats, especially kittens or puppies, can have ringworm that can be passed to people. Cows, goats, pigs, and horses can also pass ringworm to people. It can also be spread by touching objects or surfaces that had contact with the infection. If infected, people often begin itching four to fourteen days after contact. The rash may be scaly, reddened, and circular. Ringworm on the scalp usually makes a bald patch of scaly skin.

Ringworm appearance in pets

Adult animals, especially long-haired cats, do not always show signs of ringworm infection. Puppies and kittens most often have patches that are hairless, however the lesions may be circular, or irregularly shaped areas of scaling, crusting, and redness that may or may not be itchy. The area may not be completely hairless, and instead have brittle, broken hairs. If the claws are affected, they may have a whitish, opaque appearance with shredding of the claw's surface.

Your veterinarian may test some fur

for the fungus. Treating animals for ringworm can help them clear the infection sooner and prevent spreading the infection to other animals or people. Your veterinarian will prescribe anti-fungal shampoos or creams, dips, or anti-fungal pills. During this time, the pet should be handled as little as possible until the infection is cleared.

If your pet has Ringworm- Things To Do

Wash your hands with soap and running water after playing with or petting your pet.

Wear gloves and long sleeves if you must handle animals with ringworm, and always wash your hands after handling the animal.

Vacuum the areas of the home that the infected pet commonly visits. This will help to remove infected fur or flakes of skin.

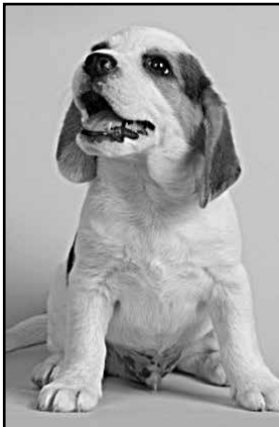
Disinfect areas the pet has spent time in, including surfaces and bedding.

The spores of this fungus can be killed with common disinfectants like chlorine bleach diluted 1:10 (1/4 cup in 1 gallon of water).

Do not handle animals with ringworm if your immune system is weak in any way (if you have viral diseases, are undergoing cancer treatment, or are taking medications that suppress the immune system, for example).

Protect your pet's health

If you suspect that your pet has ringworm, make sure it is seen by a veterinarian so treatment can be started. Also, keep in mind, if one of your pets has ringworm, make sure you have every pet in the household checked for ringworm infection.



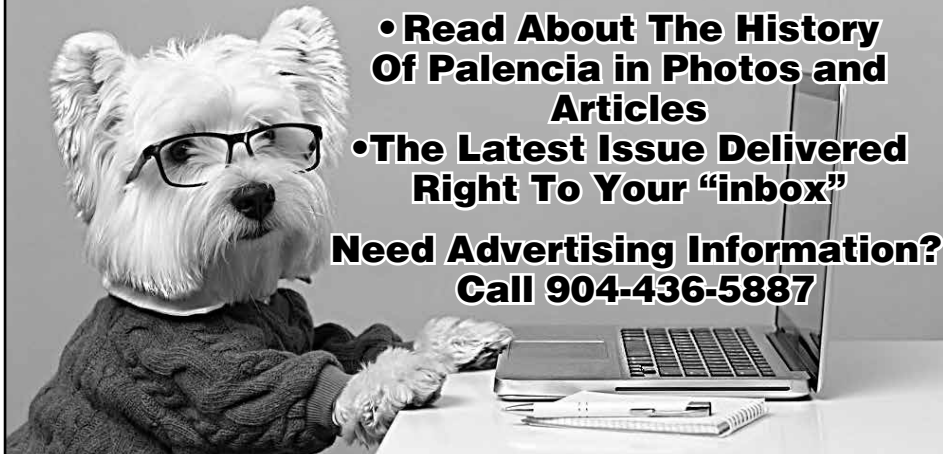
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Comfort Versus Character

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

Fall is certainly a change in seasons but maybe not so much in Florida! But we can all agree that there is a new energy in the air. We become aware that pumpkin spice or some flavor of pumpkin is in everything. I have seen it in coffee, pastries and even cereal. School is back in session, football games are a prominent pastime and hockey and NBA seasons begin. Life is that way. It has its seasons that ebb and flow in all our lives. Some are welcomed and some are, to say the least, difficult. How can we deal with it all? I am hedging to the idea of control and how it seems to be human nature to want to be in control! We want to know what is next and how we can control the outcome or the factors or the people so that we may keep an upper hand.

Many religions and philosophies promote the old lie that people are divine or can become gods. Let me be absolutely clear: You will never become God or even a god. That prideful lie is Satan's oldest temptation. In the first book of the Bible, Satan wanted Adam and Eve to follow his advice and promised them this if they would: "You will be like God" (Genesis 3:5 NIV).

This desire to be a god shows up every time you try to control your circumstances, your future, or people around you. But you are a creature; you will never be the Creator. God doesn't want you to become a god; but he does want you to become godly, taking on his values, attitudes, and character.

You are meant to "take on an entirely new way of life—a God-fashioned life, a life renewed from the inside and working itself into your conduct as God

accurately reproduces his character in you" (Ephesians 4:22-24).

God's ultimate goal for your life on Earth is not comfort but character. He wants you to grow up spiritually and become like Christ. Becoming like Christ does not mean losing your personality or becoming a mindless clone. God created your uniqueness; he certainly doesn't want to destroy it. Christlikeness is all about transforming your character, not your personality.

Every time you forget that character is one of God's purposes for your life, you will become frustrated by your circumstances. You'll wonder, "Why is this happening to me? Why am I having such a difficult time?" One answer perhaps is that life is supposed to be difficult! Difficulty enables you to grow. Remember, Earth is not heaven.

In John 10:10, Jesus promises: "I am come that they might have life and that they might have it more abundantly" (KJV). Many Christians misinterpret this promise of abundant life to mean perfect health, a comfortable lifestyle, constant happiness, full realization of your dreams, and instant relief from problems through faith and prayer. In a word, they expect the Christian life to be easy. They expect heaven on Earth.

But God is not your genie or your servant. If you fall for the idea that life is supposed to be easy, you will become severely disenchanted and live in denial of reality. Life is not about you! You exist for God's purposes, not vice versa. God gives you your time on Earth to build and strengthen your character—so you'll be ready for an eternity in heaven.

Blessings and Peace.

Make A Difference Day Is October 22nd

Make A Difference Day is held annually on the fourth Saturday in October. Help your neighbors by volunteering your time or donating food and clothing.

Make A Difference Day in St. Augustine and Palencia is a call to action. We all know too well the problems that face our communities: abused and neglected children; families who need food, clothing or toys; youngsters who do not have books or someone to read to them; elderly neighbors who would welcome a visitor or need help with yard work; and food pantries with insufficient provisions to name a few. We challenge you to look around your community, see what needs to be done, and do what you can by working together with other volunteers. We know that Palencia is a community that cares.

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- Philippians 4:6-7

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Can you drive safely in every type of severe weather?

Driving in perfect weather is hard enough, but when severe weather hits, it's important to take extra precautions. You probably already know that slowing down and increasing concentration can make a big difference. But these extra precautions for specific kinds of weather can help you get to your destination safely.

Tips for driving in rain

•**Turn on wipers.** Yes, it's obvious, but remember to keep them maintained. A beam wiper blade will provide more uniform contact with the glass in the rain. Wipers should be replaced every six to twelve months for optimal performance.

•**Use headlights.** Visibility is usually compromised in rainy conditions. Headlights can help. All states have laws requiring the use of headlights in low visibility, and many states require headlights when wipers are in use.

•**Keep windows clear.** The defroster or air conditioner may help keep windows and mirrors clear.

•**Be patient.** Take it slower than normal. Leave more room when stopping. Wet pavement may cause loss of traction and lead to sliding or hydroplaning.

•**Go around.** Never cross a flooded roadway because it's tough to tell how deep the water is. Take the time to find an alternate route.

•**Turn off cruise control.** When roads are wet it is best to allow the driver to control speed and react to conditions.

Tips for navigating in the fog

•**Turn on the low beams and fog lights.** Headlights should be on and set to low beam in the fog.

•**Wait it out.** If you're having trouble seeing, safely pull over to the right side — well out of the traffic lane — and turn on

your emergency flashers. Wait until visibility improves before continuing.

Tips for handling your vehicle in high winds

•**Look out.** Keep an eye out for flying debris. And use extra caution near trailers, vans or vehicles carrying lightweight cargo.

•**Some cars shouldn't be driven.** It's best not to drive a trailer, van or other "high-profile" vehicle (autos with high centers of gravity like SUVs and trucks) in high winds.

Severe weather driving tips

•**Turn on headlights and wipers.**

•**Listen to the radio.** Tune into a local weather station for storm and traffic updates.

•**Never try to outrun a tornado.** Get out of the car and find shelter. If you can't reach a safe structure, lie down in a ditch or low area. Stay face down to protect yourself from flying debris, and cover the back of your head and neck with your hands.

•**Don't wait.** Leave low-lying areas and move inland.

Driving in all types of weather

•**Buckle up.** Every trip, every time.

•**Focus on your destination and avoid distractions.**

•**Emergency kit.** Pack and store an emergency kit in your trunk or cargo area with items you could use in the event of a roadside situation.

•**Recalls.** Check to be sure there are no safety recalls on your vehicle.

These tips may help ease some anxiety on the road during all kinds of weather. However, the unexpected can still happen. Palencia neighbor, and State Farm Agent, Craig Dewhurst cares about helping you and your family help manage the risks of everyday life, recover from the unexpected, and realize your dreams. Call his office at 904-940-9740.



YOUR CHANCE TO BELONG BEFORE INITIATION FEES INCREASE

Do it Quickly! Golf Membership is Filling Fast and a Waitlist is Imminent.

THE BENEFITS OF MEMBERSHIP

As a Member of The Palencia Club, you become part of a family. The Club will provide you with outstanding amenities and services for you to unwind, enjoy, and enhance your lifestyle.

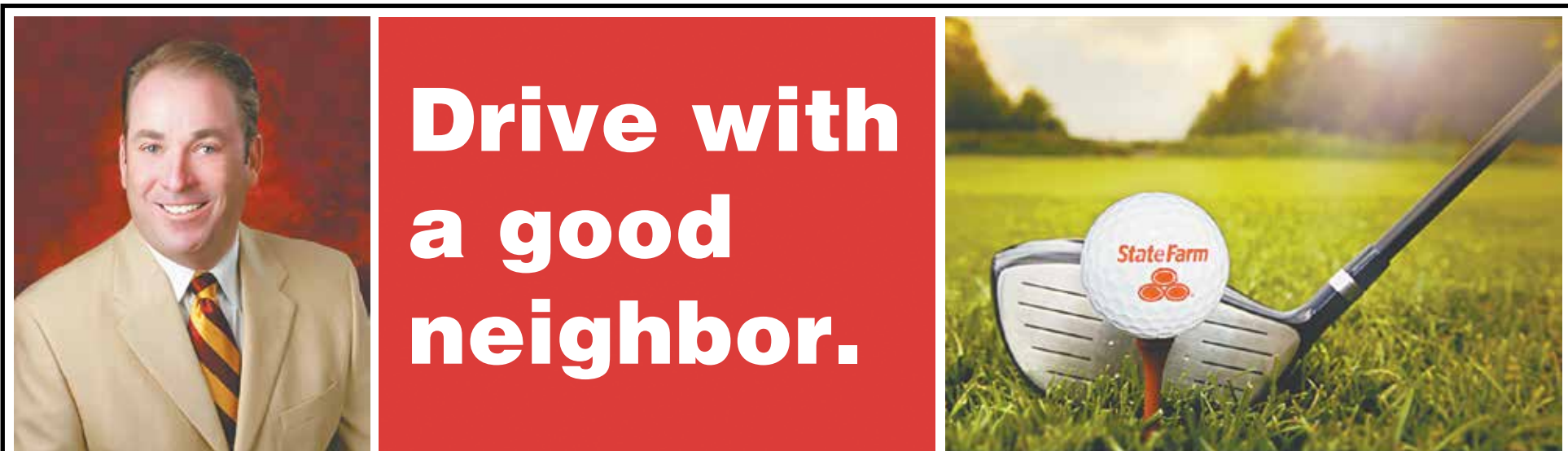
The prestigious Arthur Hills designed Golf Course, recently renovated Clubhouse, and distinguished cuisine are at your fingertips every visit.

So, come enjoy the relaxed refinement of The Palencia Club.

THE PALENCIA CLUB

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FOR MORE INFORMATION PLEASE CONTACT ALBERT MLYNARSKI:
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Drive with a good neighbor.

Craig Dewhurst, 20+ Year Agent & Palencia Resident

315 W. Town Place, Suite 4, St. Augustine

www.CraigDewhurst.com

904-940-9740

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Auto - Home - Life - Business - Mortgage

For 100 years, State Farm has made it our mission to restore lives, help rebuild neighborhoods, invest in communities, and support education and safety initiatives where we live and work. It's what being a good neighbor is all about. **That's why I am proud to support Palencia Elementary** — I will be sponsoring the 4th hole at the upcoming "Fore the Kids" Golf Tournament on October 17. Hope to see you there!

Like a good neighbor, State Farm is there.®

It's more than a slogan; it's who we are. Call me today.

