



News For And About Residents Of The Palencia Community

Christmas Day is Sunday,  
December 25th



# Palencia

ST. AUGUSTINE

# PRESS

DECEMBER 2022

## Here Comes Santa Claus Palencia Tree Lighting Is Friday, Dec. 2nd



Santa and his elves have been super busy at the North Pole getting ready for the Palencia Community Tree Lighting on Friday, December 2nd. The event will include horse and carriage rides, a caricature artist, face painting, a balloon artist, cookies, food trucks and artisans plus a few surprises. The giant Christmas tree will be turned on to celebrate the holidays and light up the neighborhood. Everyone is invited to this free community event on Market Street which is a Palencia tradition. The festivities begin at 5:00 p.m. Don't be late!

## Palencia Residents Kick Off Toys For Tots Campaign



Local Realtors and Palencia residents Nancy Daniels and Maureen Nightingale are gearing up to ensure that kids in need in St. Johns County have a special Christmas this year... See Article On Page 4

## Palencia Residents Participate In Florida-Georgia Pickleball Classic



The Palencia community was represented at the Florida-Georgia Classic Pickleball Tournament held at Treaty Park in St. Augustine. See Article On Page 20.

## Palencia's New "Share Space" Opening On Market Street



Grand Opening is December 6th  
from 5:00 p.m. to 8:00 p.m. at Village  
Square, 701 Market Street.

New Palencia business center offers private offices, conference room, private mail boxes. See Article Page 5

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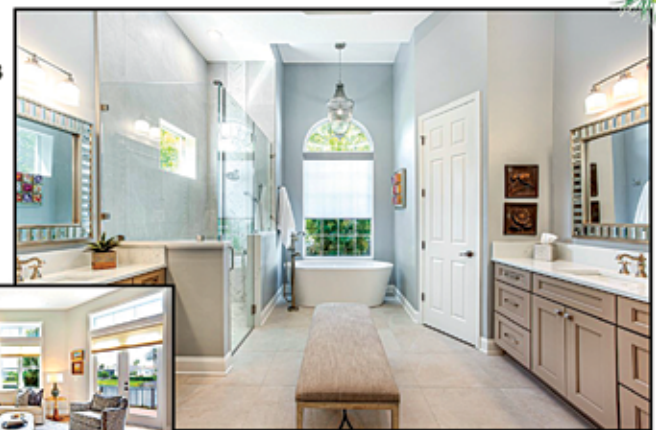
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# Palencia Community Classified Ads

## St. Augustine Travel Club

The St. Augustine Travel Club will meet on Wednesday, December 7, at 3:00 p.m. at the Southeast Branch Library (nearby SR 206) Our topic will be AUSTRALIA TO THE AMERICAS: Exploring the splendors of the world from Australia to Hawaii, the West Coast USA, then South America and finally, Vermont's foliage and Christmas season in New York.

The club is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas around the world. Questions? Call Peter Dytrych at (904) 797-3736.

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- Matthew 7:24-27

## The Palencia Press

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## Palencia Residents Kick Off Toys For Tots Campaign

Local Realtors and Palencia residents Nancy Daniels and Maureen Nightingale are gearing up to ensure that kids in need in St. Johns County have a special Christmas this year. They have begun collecting for Toys for Tots at their Palencia Coldwell



**Danny Bonilla**

Banker locations and at the Palencia Fall Festival. They'll also be accepting toy donations at Palencia's Tree Lighting Event and at Food Truck Fridays. This year they are dedicating all their efforts in honor of Danny Bonilla. Danny was a Pacetti Bay student who recently passed away from an accident.

Nancy, a long-time resident of Palencia, has special ties to the Toys for Tots program as her son Andrew graduated from Nease and then served in the U.S. Marine Corps. The mission of the U.S. Marine Corps Toys for Tots Program for the past 75 years has been to collect new, unwrapped toys as Christmas gifts to needy children in the community where the campaign is conducted.

When Nancy first started collecting for Toys for Tots, about 8,000 toys were distributed to children in need throughout St. Johns County. Last year, close to 14,000 toys were distributed and over 3,600 children were supported. The donations allowed children between the ages of

one and 12 to receive an average of four toys just from the Toys for Tots program.

Nancy and Maureen say the generosity of the Palencia community has helped make the Toys for Tots drive a huge success.

"So many wonderful people in our community!" said Nancy. "Residents come into our offices with bags of toys and ask to be anonymous. It's especially touching when Veterans come in with money donations and ask us to be 'Santa's Helpers' and we go toy shopping for them."

"One of my favorite stories was of a young boy about five years old," Nancy said. "The boy ran in the office with his mother, both carrying bags of toys. He was so excited about how much they had spent on toys and his mother shared that she let him pick out every one of them. Her husband was a Marine and was currently deployed."

Anyone who would like to help Nancy and Maureen in their collection efforts for Toys for Tots, can bring any new and unwrapped toy or toys for boys and girls from one to 12 years old to their drop off locations. The locations are Coldwell Banker Premier Properties at 163 Palencia Village Drive, Suite 110 (Near Starbucks) and at the Coldwell Banker Global Luxury Office at 600 Market Street. The office hours for both are 10:00 a.m. to 5:00 p.m. Monday through Friday.

For more information on how you can help the Toys for Tots collection drive in Palencia contact Nancy Daniels at (904) 599-4233 or Maureen Nightingale at (503) 686-1426.

## Belynda Tharpe Is Palencia's New Marshall Creek CDD Manager

By Anh Nguyen, Vice President, First Service Residential

On behalf of First Service Residential, I would like to extend a warm farewell to Katie Hollis, who has served as General Manager of Marshall Creek CDD since December 2018. After over 16 years with First Service Residential, Katie has decided to retire to spend more time with her family. If you've had the opportunity to interact with Katie, you know that she is an incredible person who cares about the community and about the team she works with at the district. She has been an incredible leader and mentor to many and will be greatly missed.

With that said, it is my privilege to introduce Belynda Tharpe as the new Gen-



**Belynda Tharpe**

eral Manager for Marshall Creek CDD. Belynda brings to Palencia over 30 years of community management experience and has been with First Service Residential for over seven years. We are so excited about the leadership and expertise that Belynda will bring to the district. When not working, Belynda enjoys playing pickleball, golf, fishing with her dad and cuddling with her yorkie Abbey.

Please join me in thanking Katie Hollis for her service and wishing her the best, as well as welcoming Belynda Tharpe to the Palencia community.

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# New Business Center “Share Space” Opening On Market Street In Palencia

The epicenter of Palencia is Market Street and the offerings continue to grow and thrive.

In October, local residents of Palencia purchased a large portion of Village Square on Market Street to create a bonafide co-working and individual private office club, named Share Space, where professionals looking for a space to work outside of the home can enjoy an airport lounge or hotel lobby like atmosphere.

The Share Space “club” will have an array of offerings but will only be open to a limited number of co-working members and only 12 private office members to maintain an exclusive club-like atmosphere where members can be most productive while they refresh, connect and get work done.

There will be an extension of options such as periodic conference room rentals, hanging of business licenses to satisfy state requirements for small businesses, private mailboxes for personal or business use for someone who desires



Share Space is for professionals looking for a space to work outside of the home.

to not use their physical home address, offsite shared warehouse space, classic car storage and other offerings relative to shared space. Business Builders, a local marketing and web development firm headquartered on Market Street and owned by a Palencia resident, is in the process of designing a website for Share Space. The site highlights the new offerings and connects people to businesses in the Palencia Market Street area.

The properties purchased were previously the Palencia Business Center and they have been wonderfully renovated, with both technology and finishings, to offer an experience in line with the Palencia lifestyle. A new company will still be offering shipping, copying and notary services at a small counter in Village Square on Market Street to compliment Share Space.

Share Space opened its doors in November but will be hosting a grand opening on December 6th from 5 p.m. to 8 p.m. For more information or to schedule a visit go to [sharespacepalencia.com](http://sharespacepalencia.com) or call 904-701-0881.



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Share Space provides 12 fully furnished private offices.



Business license hanging for lawyers, brokers, home health, etc.

Share Space also offers private mailboxes for personal or business use, offsite shared warehouse space, classic car storage and other offerings. Share Space is Palencia resident owned.

For more information or to schedule a visit go to [sharespacepalencia.com](http://sharespacepalencia.com) or call 904-701-0881

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## Fall Weather Has Been Perfect For Golf!

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

The fall weather has been fantastic in getting many of our ladies to come out and play a lot of great golf. Over 32 ladies played in our Second Scramble competition. The ladies showed their Halloween spirit by having some fun and enjoying the warm weather. The team competition went well and 3 teams won top honors. We would like to acknowledge and congratulate each team on their win!



Congratulations goes out to our first place Overall Fall Scramble Winners. First Place Team, left to right, Pam Ashburn, Maria Cavanaugh, Marge Stancil and Staci Luttrupp. Great teamwork ladies!

Congratulations goes out to our first place Overall Fall Scramble Winners. First Place Team, Pam Ashburn, Maria Cavanaugh, Marge Stancil and Staci Luttrupp.

Our second place team had a lot of fun and delivered a strong performance to secure a 2nd Place position. Please congratulate Karen Hofstead, Rosetta Smith, Robin Crosfield and Jeanne Carr.



Our second place team had a lot of fun and delivered a strong performance to secure a Second Place position. Please congratulate the Second Place team, left to right, Karen Hofstead, Rosetta Smith, Robin Crosfield and Jeanne Carr.

The Third place Team played a great game as well; and, we would like to congratulate Ann Bell, Teresa Serrano, Diane Robinson and Barb McDougall on their win.

One of our ladies received a wonderful treat on October 30th on Hole #5

by achieving a major milestone in her impressive golf career – a big congratulations goes out to Cary Hanley for getting her first Hole-in-One on hole #5.

We would also like to congratulate two ladies for qualifying for Resa Wilcox's Queen Court. So far, Maggie Butler and Chris McCoy have qualified for the Queen's tournament in May, 2023. The two alternates are Maria Nilsson and Barb McDougall. Nice job ladies!

We would also like to offer a special welcome to our newest WGA member, Jan Pelt.

A friendly reminder on the three events happening during the month of December. The Palencia Couples Golf

Continued On Page 7

At Left, Cary Hanley celebrates her first Hole-in-One on hole Number 5.





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## Women's Golf Association Of Palencia

Continued From Page 6



More than 32 ladies played in our Second Scramble competition. A lot of great golf!

Championship is on Sunday, December 11th. The WGA Holiday Scramble with a holiday luncheon is on Thursday, December 15th. Our annual Solheim Cup competition will be on Saturday & Sunday, December 17th and 18th. Please go into the GHIN system to sign up for these events.

We hope everyone has a safe and wonderful holiday season! We look forward to seeing everyone in the New Year. Have fun ringing in the New Year - 2023!



Our 9-Hole players have been playing a lot and we happened to catch some of them enjoying a nice lunch after their round of golf. 9-Hole players, left to right, Marge Stancil, Jeanne Carr, Darlene Adams, Nancy Watson and Ann Bell.



Chris McCoy and Lisa Procter having some fun before their round of golf.



Jennifer O'Connor and Judy Guarino getting ready for their round.

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## The Season For Giving At Palencia Elementary

By Tiffany Trivedi, Palencia Resident  
Palencia Elementary PTO

We are in the thick of the holiday season here at Palencia Elementary School. As you may have noticed, PES is not just a place for our children to learn, but a place that works tirelessly to help every student feel safe, happy, and protected. As each holiday season comes, the school administration and PTO wish to make this an even bigger focus so that every single child can feel loved and celebrated.

The PES PTO has organized the Pirate Giving Tree to help families who need additional assistance with gifts and clothes during the holidays. The goal is to truly bring joy and comfort to families in our community.

PTO President, Jen Lee shares that "it's a great way for our school community to embrace the holiday season and to make sure every student receives gifts during winter break."

The process is set up to ensure complete privacy and anonymity. Families who have been identified as potentially needing assistance receive a letter and, should they wish to participate in the program, are asked to fill out a holiday wish list for any child in the home even if they do not attend PES. The PTO is provided a list of students marked A to Z to keep the names completely confidential, then the PTO asks families at the school to adopt those on the list. The list to adopt students can be found at the PTO website [www.palenciapiratespto.com](http://www.palenciapiratespto.com) and on social media: Facebook




groups: Palencia Elementary School PTO page and Palencia Moms.


After all gifts are received, they are then sorted by PTO members. The PTO will then supplement items in each bag if one child received more than another. This is a great example of where the PTO is not just asking for items, but also for gift cards. Gift cards from Target, Walmart, and Old Navy become invaluable as PTO members can go out and shop for additional items as needed.

So, we are calling for all of you in our wonderful community to help bring smiles to other children in our area. You can truly help in multiple ways.

**Continued On Page 9**




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## The Real Christmas Story

And it came to pass in those days, that there went out a decree from Caesar Augustus that all the world should be taxed. (And this taxing was first made when Cyrenius was governor of Syria).

And all went to be taxed, every one into his own city.

And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David:) To be taxed with Mary his espoused wife, being great with child.

And so it was, that, while they were there, the days were accomplished that she should be delivered.

And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

And there were in the same country shepherds abiding in the field, keeping watch over their flock by night.

And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them: and they were sore afraid.

And the angel said unto them, Fear not: for, behold, I bring you good tidings

of great joy, which shall be to all people.

For unto you is born this day in the city of David a Saviour, which is Christ the Lord.

And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

And suddenly there was with the angel a multitude of the heavenly host praising God, and saying,

Glory to God in the highest, and on earth peace, good will toward men.

And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let

us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us.

And they came with haste, and found Mary, and Joseph, and the babe lying in a manger.

And when they had seen it, they made known abroad the saying which was told them concerning this child.

And all they that heard it wondered at those things which were told them by the shepherds.

But Mary kept all these things, and pondered them in her heart. **-Luke 2:1-19**



## The Season For Giving At Palencia Elementary

Continued From Page 8

Whether you adopt a child and purchase items directly from our sign up (below) or provide donated gift cards to help the PTO supplement gifts, you will be doing something that directly brings joy to the people around you.

Visit <https://palenciapiratespto.com/pes-pirate-giving-tree>

We ask that all donated items be dropped off by December 9th, 2022. Gift cards can be dropped off to the main front office at PES and labeled "Pirate Giving Tree."

Additionally, Carly Gordon, our amazing school counselor, recently applied for a grant to buy each child a new blanket. She was awarded the grant so

each child will receive a new blanket along with their holiday items.

The PTO is amazed each year for the generosity shown to support the students at PES. It feels great when you're able to bring a big, bright smile to someone's face and helps bring the focus of the holidays back to community, family, and togetherness. If you have any questions, please reach out to Carly Gordon at the school. If you need help dropping off donations or want to discuss donating items, please reach out to the PES President, Jennifer Lee at PES.ptopresident@gmail.com. Thank you sincerely for continuing to help make this community the best it can be.

## The Poinsettia - Christmas Flower

Originally from Mexico and Central America, Poinsettia plants are by far the most popular flower plants during Christmas. As a matter of fact, they are the largest flowering plant crop in the U.S. with sales of over 63 million pots! Native to the warmer southwestern U.S. climates and Mexico, Poinsettias are susceptible to cold and frost. So, when you bring them home in cold weather, make sure to bring them right home. Don't leave them in your car and go back to your Christmas shopping.

Purchasing Tip: When selecting plants, choose ones with leaves that are fully in bloom. The long-lasting blooms take a while to produce full color. Once they do, they'll last for several weeks, usually well beyond Christmas and New Year.

There are over 100 varieties of Poinsettia plants. These perennial plants actually are a shrub that can grow 10-15 feet in the wild. The traditional red poinsettias plants are by far the most popular. There are several other colors, however, including pink, white, salmon, yellow, and Poinsettias with multi-colored bracts.


Poinsettia Trivia: The sticky white sap causes skin irritation in some people. The Aztecs used the sap to control fevers and the red bracts for making red dye.


Source: [gardenersnet.com](http://gardenersnet.com)

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**Betsy Picot,**  
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904-891-2144



### Medicare Annual Enrollment 10/15-12/7

Medicare Plan reviews are free and there is no obligation to enroll. I can discuss 2023 plans beginning 10/1.



Ask  
Carol B

### Health Insurance Enrollment 11/1/22-1/15/23

This is the only time of year you can enroll, switch plans, or re-enroll in your current plan. Visit my website [AskCarolB.com](http://AskCarolB.com) or call me for help.

### Carol Bogart

**A Palencia Resident and  
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## Passing Assets Through A Trust: What To Know

By Renae Aiple, CRPC, Edward Jones  
Financial Advisor

As the year winds down, your thoughts might drift to the future. And, as part of that future, you may be thinking of where your financial assets will end up. You've worked hard to accumulate them, and you'll certainly need some of them to support your retirement, but what about the rest? What's the best way to pass them on to your loved ones?

There's no single path for everyone to follow. But you might consider establishing a trust, which offers some key benefits. For example, your estate can avoid the time-consuming, and highly public, process of probate. Plus, you can be highly specific about how your assets will be distributed.

To establish a trust, you will need to work with a qualified estate-planning attorney. And while you'll discuss many issues, here are three key questions that will certainly need to be addressed:

**Who will serve as trustee of the trust?** As the grantor, or creator, of your trust, you will pick the trustee – the individual or corporate entity that will manage the trust's assets and carry out the purpose of the trust. You could choose a trusted loved one, but this individual might not have the knowledge or experience to manage the responsibilities of a trustee. As an alternative, you could choose a corporate fiduciary, such as a bank or trust company. These entities are typically regulated by outside agencies and provide significant public matter expertise. Of course, they charge for their services and often have account minimums.

**When are distributions made?** As the grantor, you can choose when assets will be distributed to the beneficiaries you've named. You could decide to keep the assets in the trust until a beneficiary reaches

the age of majority; note that the age of majority is not the same in all states. Or you could choose to "phase in" the distributions at particular ages – e.g., 30, 35, 40 – or after a certain number of years. You could even hold assets in the trust for the lifetimes of the beneficiaries. These types of choices will depend on several factors, such as your feelings for how responsible a beneficiary might be in managing money.

For what purposes can the trust assets be used? In addition to choosing when your trust should make distributions, you can decide how these assets should be used. You could designate some broad categories, such as health, education, maintenance and support. A beneficiary's request for distributions in these areas is usually granted. But you could also structure the trust to provide mandatory income, perhaps once a year, or include a provision that provides incentives, such as distributing certain amounts of money once the beneficiary has achieved a milestone, such as finishing a degree or purchasing a first home.

One final note: Although you clearly have great control over what your trust can accomplish, its effectiveness will also depend, to a great extent, on its asset level. With this in mind, you'll want to pay close attention to your investment decisions throughout your life and your withdrawal strategy during retirement. The better your choices in these areas, the more options you'll have with your trust – and the greater the potential benefits for your beneficiaries.

*This content was provided by Edward Jones for use by Renae Aiple, CRPC®, your Edward Jones financial advisor at (904) 687-0015. Member SIPC.*

## Santa Claus Visiting The Tooth Cottage December 14th In Palencia

The tooth fairy may be hard at work collecting all the little boy's and girl's baby teeth but this month, Santa will make his way to The Tooth Cottage located in Palencia on December 14th.

The free event is a great way for little ones to meet and get their photo taken with Santa in a small, cozy setting. There will also be plenty of hot cocoa and fun holiday crafts at the event.

Santa will arrive at the Tooth Cottage on Wednesday, December 14th, starting at 5:30 p.m. The event will continue until 7:30 p.m. All the little Palencia elves are invited to join in the holiday fun.

The Tooth Cottage recently opened its doors in Palencia last month and is a dental clinic designed specifically for children in a small, kid friendly environment. Dr. Marisol Bolivar, DMD, MS is



specialized in Pediatric Dentistry and provides infant exams, preventive care and treatment as well as sedation dentistry.

The Tooth Cottage is located at 250 Paseo Reyes Drive in Palencia. For more information, phone (904) 429-3387 or visit [www.thetoothcottage.com](http://www.thetoothcottage.com).

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This snapshot of the Palencia Real Estate market for October shows home prices were holding for the most part. However, the days on market increased. Inventory remains low. At the beginning of November, the total number of homes and condos for sale was only 32. If you would like a free current market report for your home, please call or text me at (904) 703-8900.

**PALENCIA COMMUNITY  
 MARKET UPDATE  
 OCTOBER 2022**

**\$707K  
 AVERAGE  
 PRICE**

**98%  
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**169 TERRACINA DR**  
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**198 HORSEMAN CLUB RD**  
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**227 RIBERIA ST**  
2 BR 2 BA 1,112 SF  
\$695,000 MLS 1196883



**236 VALE DR**  
4 BR 4 BA 3,703 SF  
\$1,475,000 MLS 1189769



**297 PINTORESCO DR**  
3 BR 2 BA 2,025 SF  
\$650,000 MLS 1199348



**532 CEDAR CREEK RD**  
3 BR 2 BA 2,294 SF  
\$995,000 MLS 1170530



**713 CYPRESS CROSSING TRL**  
4 BR 3 BA 2,669 SF  
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**757 SYCAMORE WAY**  
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**1233 EDGEWOOD AVE S.**  
2 BR 1 BA 1,156 SF  
\$450,000 MLS 1194673



**2705 N PORTOFINO RD**  
4 BR 3 BA 2,374 SF  
\$559,900 MLS 1188960



**3305 DOCTORS LAKE DR**  
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\$975,000 MLS 1198563



**5145 SILO RD**  
3 BR 2 BA 1,941 SF  
\$924,900 MLS 1186489



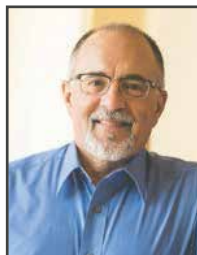
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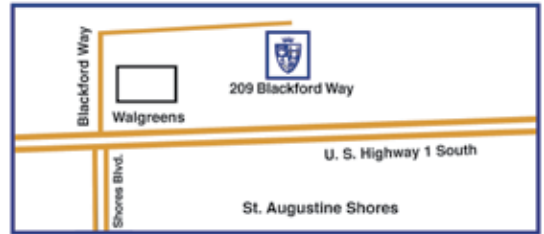

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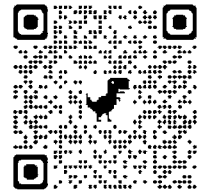
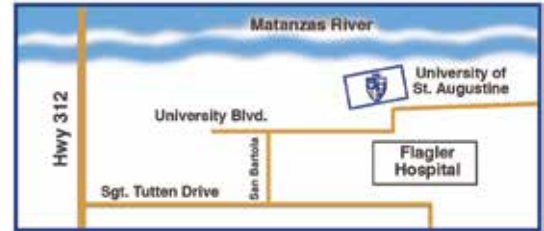



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**Dr. LaHaise**  
I'm thankful for God, family and Aviles team and patients

**Darla**  
I am thankful that I can pay my bills!

**Michelle**  
My kids and family, my health and I'm born in the USA

**Jen H**  
Family and friends and amazing work family

**Jordan**  
My parents, my good health, my love bug and fur baby

**Flacy**  
I'm thankful for God's grace and the love of family

**Haylee**  
Baby Trent, work family and the gift of life

**Karrie**  
God, Love And Family

**Nikki**  
I'm thankful for the amazing doctors that took care of my son!

**Keely**  
Kids, "Framily" and health

**Meagan**  
Family, friends and health

**Becky**  
I'm thankful for my Aviles family having my back over the last 8 years!

**Nancy**  
I'm thankful for my family and their good health.

**Miranda**  
Family and friends, working at Aviles, my dogs!

**Jen L**  
Family and Oscar, my health and my wonderful team at work!

**Dr. Duprey**  
Aviles team, my family and Thanksgiving food!

**Kirsten**  
Family, friends & food!

**Debra**  
God, family and Aviles family!

**Richard**  
Amazing kids and family, great work team



## Is There A Pebble In Your Shoe?

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

We are typically on our feet for hours at a time – standing, walking, running and more. Sometimes we wear comfortable shoes and other times we shove them into all kinds of footwear giving little thought to the mechanics of the joints or other tissues. We rarely think about our feet until something



goes wrong and they hurt and we wonder why.

Some painful foot dysfunctions are familiar such as gout, bunions, plantar warts and blisters. But one that is often missed, yet still give people trouble is the compression of interdigital nerves.

There are very small nerves between the toes that supply the muscles of the foot and neighboring tissues. When the foot functions in a normal way there is adequate space between the bones of the foot, allowing the nerves to do their job without any problem. But when the ligaments of the foot become overstretched, the foot becomes hypermobile, or the mechanics of the foot start to be altered, these nerves can get compressed and produce very specific symptoms.

One of the symptoms of interdigital nerve compression is numbness in the ball of the foot and/or into the middle toes. It may also feel like it's burning. But one of the most common symptoms that can go misdiagnosed is the sense that something is in your shoe, such as a small pebble or that your socks are all bunched up. You may take your shoe off and examine your foot, only to see there is nothing wrong.

There are a variety of conservative ways to treat this problem, in combination or isolation. First, the joints need

to be checked for proper mobility and the muscles for adequate strength. The joints can be manually treated, and prescribed exercises can help provide some intrinsic (in the foot) stability. Second, the footwear should be inspected for fit and wear patterns. Tight and restrictive shoes, even if they are your favorite, can compress the foot, its bones, and nerves, causing problems. Third, orthotics can be inserted into the shoe to help support the foot. Inserting a simple tarsal bar or tarsal post, although initially feels strange, it can lift the foot just enough to make room for the nerves, prevent compression and soon ignored.

There are simple solutions to many foot problems but its deciphering through the symptoms that can be tricky. There are 26 bones in the foot and 33 joints, some moving more than others. It is a complex structure that is taken for granted. If you have foot pain or problems, start the New Year with getting a consult and maybe treatment. Don't wait. These types of problems only get worse with time and do not go away on their own.

*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.*

## Volunteer Opportunities

RSVP of St. Johns County recruits, places, and recognizes individuals 55 and better to meet critical community needs in St. Johns County. Areas of volunteer needs are Arts & Culture, Board Development, Community, Education & Literacy, and Helping Seniors. For more information, Phone 904-819-3945 or visit their website at [www.stjohns.k12.fl.us/depts/cr/rsvp/](http://www.stjohns.k12.fl.us/depts/cr/rsvp/).



Ask Carol B

## Medicare Questions?

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

### Annual Enrollment is over Dec 7th. Do I have any other times when I can change my coverage?

Yes, you have several opportunities to change.

#### Medicare Advantage Open Enrollment Period

If you're in a Medicare Advantage Plan (with or without drug coverage), you have a Medicare Advantage Open Enrollment Period between Jan 1st to March 31st.

#### During this period, you can:

- Switch to another Medicare Advantage Plan (with or without drug coverage).
- Drop your Medicare Advantage Plan and return to Original Medicare. You'll also be able to join a separate / stand-alone Medicare drug plan.

#### During this period, you can't:

- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a separate Medicare drug plan if you have Original Medicare.
- Switch from one Medicare drug plan to another if you have Original Medicare.

You can only make one change during this period. And any changes you make will be effective the first of the month after the plan gets your request.

#### Special Enrollment Period

This is also known as a Qualifying Life Event. In certain situations, like, but not limited to the following, you can join, switch, or drop a Medicare Advantage Plan or a stand-alone Prescription Drug Plan. You also have **guaranteed issue rights** to a Medicare Supplement (Medigap) Plan:

- You recently returned to the United States (U.S.) after living permanently outside of the U.S.
- You recently moved outside of the service area for your current plan and this

plan is a new option for you.

- You are leaving/losing/joining employer or union coverage.

- You live in, am moving into, or recently moved out of a nursing home or Long-term Care Facility.

- You recently involuntarily lost your creditable prescription drug coverage (as good as Medicare's drug coverage).

- You get a 12-month trial of Medicare Advantage when you enroll into Medicare for the first time upon becoming eligible for the first time at age 65.

- If you switch from Medigap coverage to a Medicare Advantage plan and want to change back within 12 months, you can purchase your previous policy — if it's still available. If it isn't, you can purchase a Medigap policy from any insurer in your state.

- If a Medigap Insurer breaks the rules or regulations or if it misleads you, you can drop a Medigap or Medicare Advantage plan.

#### 5-star Special Enrollment Period

Medicare uses ratings from 1-5 stars to help you compare plans based on quality and performance. If a Medicare Advantage Plan, Medicare Drug Plan or Medicare Cost Plan with a 5-star quality rating is available in your area, you can use the 5-star Special Enrollment Period to switch from your current Medicare Plan to a Medicare plan with a 5-star quality rating. This is from December 8 to November 30 the following year and you can only switch plans once during this period.

Feel free to reach out to me if you have any questions.

Carol@AskCarolB.com Text: 714-930-7165 Direct: 904-648-6488 www.AskCarolB.com.

FL License #: W756153

## Palencia Garden Group



Left to right, Judy Hannah, Ann Warsham, Barbara Stich, Joanne Miner, Shaiffu Sharma, Norie Flowers, Karen Goldstein, Melissa Miller, Mary Jo Sanger and Kathleen Ujivari.

The Palencia Garden Group held their second meeting at the home of Ann Warsham and featured a lawn care specialist as speaker, followed by a landscape evaluation led by 3 certified Master Gardeners. It was a learning experience for everyone and a fun gathering for those interested in landscape gardening.



## 7 Tips To Beat The Holiday Stress!

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

Holidays have a different meaning to each of us. To some of us it's about being with family. To others, it means shopping; to some it's about receiving gifts; to some others it is about traveling, food, cooking and so on.



The holiday season should be the most joyful time of the year, but it has also become a stressful time for many. That special magic you felt as a child sometimes turns into feelings of stress and pressure.

Stress during the holidays are commonly associated with:

- Overspending on gifts, trying to keep everyone happy.
- Heightened tensions, especially when we gather in groups.
- Physical exhaustion from holiday-related errands and obligations.

Here are my 7 tips to minimize holiday stress and keep you in good mental shape:

### 1. Plan ahead.

Create separate lists of all the things that you want to do this holiday season organized by category: For example, family, friends, food and fun. Set aside specific days for shopping, baking, connecting with friends, and other activities.

### 2. Learn to say "no."

You've got a million things to do during the holidays, in addition to your job and family. Saying yes when you should say no can leave you feeling resentful and overwhelmed. So face it: You can't do everything. Focus on the most important people and things instead.

All the activities on your holiday schedule are not equally important. Select three activities that would bring the most meaning to this season for you. Ensure you do those three things and don't add anything else to your schedule unless you genuinely have the time and desire.

### 3. Practice an attitude of gratitude.

The more thanks you give, the less stress you'll have. So try this. Every day during the holiday season, take two minutes to write down all the things that

you're thankful for. When the holiday stresses start coming in your direction, your list of thanks will come back into your head and cancel out the negatives. For more, visit <https://gratefulness.me/>.



### 4. Don't abandon healthy habits.

Pay attention to what your body is telling you. It will tell you if you're off balance or have too much stress. You'll get some signals such as muscle tension, aches and pains, or sleepless nights.

### 5. Set your spending limits in advance.

Many people talk about how ex-



pensive the holidays have gotten to be. So set your spending limits in advance. Know what you are comfortable spending and stick to that decision.

### 6. Remember What Makes You Happy.

Find something that reduces stress by clearing your mind, slowing your breathing, and restoring inner Calm. Visit <https://www.calm.com/>. It's a constant reminder to decompress myself out.

As crucial as noting your stressors, you should also consider what brings you happiness and try hard to maximize those moments during the holidays, whether baking cookies or singing carols or volunteering somewhere. Some

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other options may include: taking a walk, listening to soothing music and reading a book.

### 7. Seek a professional organizer to help if you need it.

Despite your best efforts, you may



find yourself feeling persistently overwhelmed or frustrated. Remind yourself that asking for help is a sign of courage. Sometimes it is just too much, or we don't know where to start. A professional organizer will help you organize any space of your home and help you plan and tackle all your to-do lists so you can experience a stress-free holiday season and enjoy every minute of it.

Don't let the holidays become something you dread. Instead, take these seven tips to prevent the stress that can occur during the holidays. Learn to recognize your holiday stress triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning, positive thinking, and some help from a Professional Organizer, you can find peace and joy during the holidays. Enjoy!

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## Ask A Certified Master Gardener Holiday Plants And Landscape Additions Afterward

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

When you think of gift giving during the holiday season this year, consider one that will live on as a special reminder. There are an array of beautiful flowering plants that, when the holidays are over, can be easily planted in a landscape to enjoy. A few options to think about are: poinsettia, amaryllis, narcissus, Christmas cactus, and Norfolk Island pine.

Poinsettias are customarily at the top of the gift list. For a snippet of history, poinsettias are named after Joel Roberts Poinsett, the first U.S. Ambassador to Mexico and a co-founder of the National Institute for the Promotion of Science and the Useful Arts (a prede-



In Mexico, Poinsettias are called Flor de Nochebuena, Christmas Eve flower.

cessor of the Smithsonian Institution). In Mexico it is called Flor de Nochebuena, Christmas Eve flower, or Catarina. Poinsett, an avid amateur botanist, sent samples of the plant to the United States, and by 1836 the plant was widely known as the "Poinsettia."

Poinsettias make great holiday gifts as well as home decorations. The flower-like portions of the poinsettia are colorful leaves called bracts. In addition to the traditional red, bracts can be pink, white, orange, and even purple and come in a variety of sizes. Poinsettia plants come in many sizes and their bracts come in a wide range of shapes. After the holidays are over, you can snip the faded leaves and plant your poinsettia in a spot that receives full sun most



Amaryllis bulbs can be planted outdoors between September and January

of the day. They grow best in moist, well-drained, rich soils.

Amaryllis is another gift option, and you can purchase pre-potted bulbs at many garden centers. Bulbs will bloom within about 6 weeks. Amaryllis bulbs can be planted outdoors between September and January. They perform best in partial sun with well-drained soil.

Narcissus is a favorite holiday gift, and paperwhite narcissus a nice option. These are daffodil relatives and produce clusters of fragrant flowers and, like amaryllis, they can be planted afterward in your landscape.

Christmas Cactus is a popular gift plant during the holiday season because of its colorful blooms and easy-care reputation. Like poinsettias, Christmas cactus starts the flowering process when the days become shorter, and the nights become cooler. In order to flower, Christmas cactus typically needs 12 hours of darkness.

Norfolk Island Pine (*Araucaria heterophylla*) is a popular houseplant gift during the holidays and often used as a small Christmas tree. While this tree can grow quite large in its natural habitat, Norfolk Island pine is slow growing.

So, when you think of a gift this year, think about giving one that will live on in a landscape and create a nice tribute to you or your favorite people.

*Do you have garden questions in which you would like help? 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).*

## Marshall Creek CDD Fishing Reminder

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



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Polly Swindull

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## The Holidays: A Time For Creating Shared Meaning

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

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The Thanksgiving meal, decorating the Christmas tree, the Nativity creche, lighting the menorah candles, the exchange of gifts, the meals, worship, gatherings of family and friends, New Year's Eve traditions, etc.: the holiday season is rich in symbols, rituals, and meaning that are both universal and particular to each marriage and family. These symbols and rituals are part and parcel of the shared meaning of a marriage and family. Creating shared meaning is the attic of a sound relationship where our important dreams, narratives, myths, and metaphors about our relationship and family find a home.



John Gottman, Ph.D., the pre-eminent researcher on relationship stability and divorce prediction in our times, has identified Create Shared Meaning as the last of his "Seven Principles for Making Marriage Work" and as the attic of the Sound Relationship House, a theory and model for making marriage work based on his over 40 years of multi-dimensional and extensive research with over 3,000 couples. The Sound Relationship House begins with friendship and moves through managing conflict to the higher goals of making each other's life dreams come true and creating shared meaning. The supporting walls of the House are Trust and Commitment.

According to Gottman, marriage has a spiritual dimension that has to do with creating an inner life together:

"Marriage isn't about just raising kids, splitting chores and making love. It can also have a spiritual dimension that has to do with creating an inner life together—a culture rich with symbols and rituals, and an appreciation of your roles and goals that link you, that you to understand what it means to be part of the family you have become." (Gottman & Silver, 2015).

How do we create shared meaning in a marriage and family? The "Masters of Relationship," who John Gott-

man identified as two people who stay together, who report high relational satisfaction and who like and enjoy one another, create shared meaning by intentionally talking about:

1. Rituals of Connection (formal and informal),
2. Shared goals,
3. Supporting each other's life roles,
4. Agreeing about basic symbols,

such as what a home means.

Rituals of Connection include how we eat together, how we part at the beginning of the day and how we greet each other at the end of the day, how we say good-night, how we spend our week-

ends and vacations, how we celebrate holidays, etc. Shared goals include our goals as a couple and a family. Our life roles include our roles as husband and wife, father and mother, professional roles, etc. Our basic symbols include photographs or objects that show who we are as a family, our family histories, the meaning of a home, and objects and activities that symbolize our philosophy of life.

We are all philosophers trying to make some sense out of this brief journey through life and every committed relationship is a cross-cultural experience in which we blend together each partner's legacy, culture, values, and beliefs to entirely new culture. This holiday season, take time to create shared meaning in your relationship and family by celebrating and talking about the symbols and rituals of your marriage and family.

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Bartram Park. He is currently offering both in-office and secure video appointments. For couples or family therapy or for more information, contact Michael at 904-289-2954 or visit [www.happycoupleshealthycommunities.com](http://www.happycoupleshealthycommunities.com).


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Michael Brown, MSC, LMFT



## Wrigley's Field Of View Daylight Savings Time

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

Something is amiss! My stomach is crying for food and there's none to be had at the appointed hour. And last night, I was chased to bed an hour before my normal sack time! What's going on with the time??

Why do the walkers, all of a sudden, for no apparent reason, fool with the time. Two times a year they do this to me. And now, just when it starts to cool off in the Palencian evenings, we have to walk in the dark of night where things go bump! Not so nice.

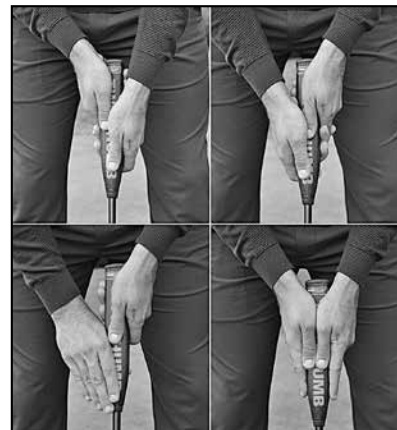
They should have a PET time. Permanent Everyday Time. Everyone running around pushing the clock hands and there's always one that's either forgotten or pushed the wrong way. Nutso!



## Be A Great Putter!

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

Hello Fellow Golfers,  
Are you a good putter?... try to always answer YES! Why, because confidence is important. You will see all kinds of different putting strokes and all kinds of different putters, but having confidence in your putting stroke and your ability must not be diminished. The "conventional" length of a putter for a male is 34 inches and about an inch shorter for the average female. Often a "conventional" putting grip is very similar to the one that we play the rest of our golf with.



is to change your putting grip, whether it is left-hand low, the claw, or numerous adaptations. This makes your putting stroke more mechanical and many times more repeatable especially on short putts.

If changing your putting grip does not provide the answer, there's always a long putter which allows you to "rock your shoulders" more. You want to use your shoulders and arms and less wrist in putting. Lag putting has found its way to the top of need-

ed talents for the golfer wanting to lower their golf score. The goal of a good lag putter is to leave their next putt a stress-free distance from the hole. To be a good putter find a system that works for you whether it's feel or mechanical, try different styles and always work on your lag putting!

If you want to try some different putting styles - come, see me! Contact [www.laurabaughgolf.com](http://www.laurabaughgolf.com)

## Palencia Residents! Send Us Your Newsworthy Notes

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

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## Nease High & Ponte Vedra High School Boys And Girls Swim Teams Are Big Winners

By Susan Rieger, Palencia Resident

Nease High School boys swim team won a 3A state championship on November 4th; the Ponte Vedra girls swim team also took their second 3A state win at the same time.

The Florida High School Athletic Association organizes over 3,500 championship series games through which 144 teams, and 294 individual schools are awarded state champions in their particular sport. Student athletes each year experience team bonding through a series of home, away games or meets before moving on to Districts, Regionals and State competition. Through participation in these athletic programs, students have opportunities to receive lessons in good sportsmanship, leadership and achieving personal goals. High school sports teams compete hard to represent their sport and school.



Nease Boys Swim Team wins 3A state championship



Ponte Vedra High Girls Swim Team takes 3A state championship for a second time.

## Palencia Residents Participate In Florida-Georgia Pickleball Classic Tournament



Photo at left: Palencia resident Al Tacornal, right, and his long time Pickleball partner Gene Usner (a St. Augustine resident) won gold in the 70+ 3.5 level.



Photo at right, Palencia resident Steve Harrison, right, and his Pickleball partner Rick Wells from Daytona Beach won the Silver medal 60+ years 3.0 level.

This year's Florida Georgia Classic Pickleball Tournament was held October 28-30 at Treaty Park in St. Augustine.

Representing the Palencia community in this year's tournament; Steve Harrison (Palencia resident) and his partner Rick Wells from Daytona Beach won the Silver medal (60+ years 3.0 level). This was Steve and Rick's first time playing together in a tournament.

Al Tacornal (Palencia resident) and

his long time Pickleball partner Gene Usner (St. Augustine resident) won gold in the 70+ 3.5 level.

This tournament is the third held at Treaty Park with more than 500 players representing 13 states. There are currently eight courts and plans are in place to expand to 20 by next year's tournament. Pickleball is the fastest growing sport in America with currently over five million players.

## Newcomers Of North St. Johns December 13th Luncheon At Maggiano's Little Italy

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) invites members and their guests to join the fun at our December luncheon on Tuesday, December 13, beginning at 11:00 a.m. at Maggiano's Little Italy – Town Center, 10367 Midtown Parkway; Jacksonville. The event features a delicious lunch and entertainment by Roger Dodd and Johnny Piantadosi who will be singing traditional holiday favorites.

"We're looking forward to celebrating the holiday season with our members and fabulous duo of Roger and Johnny," said Pat Lett, co-president of NNSJ.

Doors will open at 10:30 a.m. Cost for the luncheon and program is \$35 for members and \$40 for guests and non-members. All reservations must be received by December 5th. For further information about the luncheon and membership, please go to the NNSJ website at [https://newcomersofnorthst-](https://newcomersofnorthst-johns.org)

[johns.org](https://newcomersofnorthst-johns.org)

The "Family Style" luncheon includes Appetizers of Stuffed Mushrooms, Bruschetta and Maggiano's Salad (with crumbled Blue Cheese on the side). Entrées include Mom's Meat Lasagna, Chicken Piccata and Eggplant Parmesan. Dessert is New York Style Cheesecake and Tiramisu. A Cash bar is also available.

As always, raffles for gift baskets and a fun 50/50 drawing spice up our NNSJ luncheons.

NNSJ offers a variety of activities for St. Johns County residents to get acquainted and have fun including smaller lunch groups, wine socials, golf, Mah Jongg, holiday parties, day trips and cultural events.

We're also looking forward to adding events that will bring together our members from shared ZIP codes.

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## Take The "Oh No!" Out Of Your Pets' Holiday "Ho-Ho-Ho!"

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

Santa brought Fido his favorite pet treats as a stocking stuffer. Lucky Fido! But, be careful when giving Fido his stocking stuffer. Because he likes his favorite treats so much, your dog may eat them whole, or eat too many at one time.

Pet treats, whether biscuits, rawhides, or jerky sticks, are most digestible when chewed into small pieces. If your dog eats the treats whole, or eats too many at once, he may not be able to digest them. Unchewed pet treats can get stuck in the trachea (windpipe) or gastrointestinal tract (esophagus, stomach, and intestines), particularly in small dogs.

If a piece of pet treat gets stuck in your dog's trachea (windpipe), you may see him become frantic and start drooling and choking. Severe tracheal blockages are fairly common, especially around the holidays and all are life-threatening. So, if you see your dog frantic, drooling and choking, he needs an emergency visit to his veterinarian!

If a piece of pet treat gets stuck in your pet's esophagus (the tube that connects the mouth to the stomach that food travels through), he may gulp, start drooling, or bring up undigested food after eating. Your dog brings up the undigested food because the piece of pet treat blocks his dog food from getting to his stomach and there's nowhere else for the food to go but back up. This can go on for days if the blockage is not removed.

If something is stuck in your pet's stomach or intestines, such as a bone or chew toy, the symptoms are different and you may not notice for several days. He may vomit and have diarrhea, be less active, not want to eat, and have stomach pain. If the blockage stays in your pet's

stomach or intestines for too long, he may become very ill. The worst-case scenario is when a hole develops at the blockage site, causing a life-threatening infection.

In the cases above, your pet needs a visit to his veterinarian as soon as possible. If he's choking, it's an emergency requiring immediate action. When in doubt, contact your veterinarian for medical advice. Your veterinarian may need to take X-rays, use ultrasound, or perform other tests to see what and where the problem is. Your veterinarian may use an endoscope (a long tube with a built-in camera and grabbing tools) to remove reachable objects from the esophagus and stomach. Your dog will likely need surgery to remove blockages in the intestines.

### Tinsel and Ribbons

When decorating your tree and wrapping

or unwrapping gifts, keep a close eye on where you leave your leftover tinsel, string, and ribbons. Tigger, your big orange and white kitty, may find these decorations irresistible because they look like easy-to-catch, sparklely, and wiggly prey. If Tigger eats these types of decorations, he may end up with serious stomach and intestinal damage. Swallowed ribbons and string can get tangled in the stomach or intestines. If they are not removed, the ribbons and string can saw through the lining of the stomach or intestines, causing a life-threatening infection. Symptoms may take a few hours or several days to appear, and include vomiting, diarrhea, lack of appetite, and decreased activity. If you see Tigger eat any string, tinsel, or ribbon, call your veterinarian and ask for medical advice. Play it safe—keep the tinsel off the tree and collect all ribbons and strings after opening your gifts!



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## Untangling The Christmas Lights

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

Oh, the frustration as I struggled with our big box of Christmas lights! I'm sure my wife could hear it as I fumbled in the garage testing each strand to see if they would be useful. Thinking these are some LED lights and I just bought them last year, they are supposed to last ten years! These are the expensive lights! My blood pressure is through the roof where these lights were supposed to be fixed upon.

The epic struggle to adorn the house in twinkling lights for the holidays isn't tragic, but it can be frustrating. When we don't get what we paid for, worked hard to accomplish, or get done in the time we allowed, our patience is tested! Far beyond the topic of



exterior illumination for Christmastime are the struggles and heartaches that this season tends to pull to the surface.

In our homes and communities, lay the scared struggles that burned us out wading through this tough life. As Christ followers, we carry a flicker of light through all of the frustration and darkness. A light of hope carries us through grief and hardship, especially when magnified by the holiday season.

In ancient Biblical times, Jewish tradition lit up the city of Jerusalem during its festivals. Light signified positivity, and most importantly, Isaiah spoke of the Messiah that would be a light for all nations. As the pillar of light led the Israelites through the desert at night, so Jesus leads us through the darkness of this world. And when we follow Him, as today's verse states, we have the "light of life." Our following Christ leads others to Him, because there is a change in us that may beam

out noticeably.

"Light" refers to Jesus, one person in our triune God. God is the source of all light. Genesis 1:3 reads "And God said, 'Let there be light,' and there was light." The light also signified the coming Messiah, and "after seven days of dramatic illumination in the temple," "Jesus declared, 'I am the Light of the world.'"

Christ, the reason for the season,

permeates the presence of Christmas lights. Like the rest of the hustle and bustle of the season, the lights are meant to remind us to celebrate, not replace the reason we celebrate. The joy Jesus died to give us isn't a fleeting happiness that denies the hardships of

this world. Christmas, and all of the twinkling lights, reminds us of our reason to celebrate despite of it. Our joy, as believers, cannot be stolen, though we mourn and grieve, endure pain and strife. Joy is a product of the greatest expression of love there has ever been: Jesus.

Jesus is the light of the world. He was there with the Father when light, and each one of us, was created. His love and care for us is unexplainable, but it is real. Though we trust in an unseen God, we feel His presence and care. He is close to the brokenhearted, and blesses us beyond all we can dream of or imagine. Those who follow Him witness the way He connects the dots of our everyday lives like untangling a hopeless strand of old Christmas lights. Living in the light reminds us there will be a day when we no longer need to hold onto the light for dear life, but will embrace Him in it for eternity. Twinkle on, Christmas lights.



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*But when the fullness of the time came, God sent forth His Son, born of a woman, born under the Law, so that He might redeem those who were under the Law, that we might receive the adoption as sons."*

Galatians 4:4-5



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## Len Mattiace Exceptional Character And Leadership Award

By Matthew Ohlson, Palencia Resident



Len Mattiace meets with Nease student athletes and shares lessons in leadership.

We are delighted to announce that two-time PGA Tour winner Len Mattiace will be sponsoring two exceptional character and leadership awards at Nease High School, where Mattiace attended in 1985. The two awards will be given to a male and female student athlete in their Junior year who attend Nease High School who exhibit excellence in not only their sport(s) but also in their character and leadership abilities. The awards, given out each spring semester, will be worth \$1,000 each and intended for the students to use to further their education. The recipients will be chosen by a committee and will be recognized at the annual UNF Taylor Leadership Institute Leadership

Awards on April 7, 2023.

Currently an Atlantic Beach resident, Mattiace attended Nease High School from 1982-1985, graduating in its 2nd graduating class. After high school Mattiace attended Wake Forest University, graduating in 1990 with a degree in Sociology. While at Wake Forest, he played on the varsity golf team, winning the team NCAA Division I Golf Championship in 1986. Mattiace was an All American in 1987. Mattiace turned pro in 1990 and played on the PGA Tour for 12 exempt seasons, 16 in all. Mattiace finished his career with 2 PGA Tour wins in addition to finishing runner up at 2003 Masters. Mattiace is now a member of the PGA Tour Champions.

## Sights From Palencia's Fall Festival



Palencia residents visited the Fall Festival on Market Street in November for a live band, performers, rides, games, and artisans. Palencians made it a family evening with food trucks, face painting and Caricature Bob. It was a festive occasion for both kids and adults.



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## Perform An Annual Home Safety Audit Part 1 of 2

Perform an annual home safety audit with this simple checklist to help keep your home operational and your family safe.

Keeping your family safe is your top priority, but it's tough to remember all the little things you need to check around the house. To keep you on top of your game, here's a plan for inspecting the most important safety systems.

### What should I inspect in my home annually?

- **Test your smoke alarms:** Start your safety audit with some of the most important safety equipment every home should have: smoke alarms. Install smoke alarms inside and outside of bedrooms, plus at least one on each floor of the home, including the basement. If possible, use interconnected smoke alarms that all sound when one does. If you have smoke alarms, clean and test each one, and replace batteries as needed. (Repeat this simple safety measure monthly.) Replace alarms at least every 10 years.

- **Consider a fire escape ladder:** In a fire there may not be a clear path out every door. You need a second way out of any room, and that's the window in a second story bedroom or other space. Place a fire escape ladder near a window in each upstairs room, and practice with family members where to find and how to use them. Also use this time to refresh your family's memories about your fire emergency escape plan.

- **Install carbon monoxide (CO) detectors:** If your home uses natural gas for cooking or heating, or has an attached garage, you need CO alarms. Called the silent killer, CO is a colorless, odorless gas, and even small doses can be poisonous. If you haven't done it, install interconnected

alarms outside bedrooms and on every level of the home. Test the alarms today and every month so your family becomes familiar with the sound. Also, discuss what to do if the alarms ever go off. (Immediately exit the home and call the fire department.) Replace monitors every seven years.

- **Check your stairwells:** Before heading down the stairs, stop and look around. The stairwell is a critical part of your family's emergency escape route. Prevent dangerous falls by repairing or tightening loose steps and handrails. If the stairs are uncarpeted, add slip-resistant treads, tapes or paint. If you rely only on hardwired overhead lighting to light your stairwell, the area will be dark during a power outage. Consider installing battery-operated, motion-activated step lights. If you already have them, check whether batteries need replacing.

- **Inspect your fireplace, wood stove and space heaters:** Fireplaces and heating elements are the second leading cause of home fires in the U.S. If your home has a wood burning or gas fireplace, spend a few minutes thinking about safety. First, a clean chimney is less likely to catch fire; make your annual appointment for a certified chimney sweep to inspect and clean the hearth and flue. Reduce the threat of fire-causing sparks by making sure your fire screen is functional and by moving all flammable materials (carpets, furniture, drapes, etc.) at least 36 inches away from the firebox.

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.

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