



News For And About Residents Of The Palencia Community

New Years Day is
Sunday, January 1st



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P R E S S

JANUARY 2023

Palencia Celebrates 2022 Holiday Season



Palencia's Market Street was packed with holiday festivities at the community's annual tree lighting event. There were "sleigh" rides with horse drawn carriages, Santa, tons of local vendors and of course...holiday cookies. The annual event to light the community's 30 foot Christmas tree has become a popular holiday tradition in Palencia.



The community's annual tree lighting also included live entertainment featuring popular holiday tunes. Event goers certainly did not go hungry with the wide variety of food trucks lining Market Street. Palencia residents can look forward to lots of exciting events coming to Market Street in 2023.



7th Annual Pirate 5K Run Is Jan 21st - See Page 14



Palencia Residents Spread Holiday Cheer In Nation's Oldest City

Palencia was well represented at the annual 2022 St. Augustine Christmas Parade. The Cheerstars are always a crowd favorite as they march along San Marco Avenue in the Nation's Oldest City each year during the parade.

"We are so thankful to all the people that came out to watch as we cheered our hearts out with M-E-R-R-Y Merry Christmas and a Happy New Year," said Cheryl Blythe, dance instructor.

Photo at right was taken before the parade with Cheerstars Riley McCormick, Carter Putney, Journey Bryan, Amelia Green, Morgan Miri, Madison Green, Chloe Smith and instructor Cheryl Blythe.



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St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on Wednesday, January 4th at 3 p.m. at the Southeast Branch Public Library. Subject will be Norway and Oslo (canceled from a previous date). See the beautiful scenery of this Scandinavian country. More information? Call Peter Dytrych at (904) 797-3736.

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Words Of Wisdom

Forget not to show love unto strangers: for thereby some have entertained angels unawares.—Hebrews 13:2

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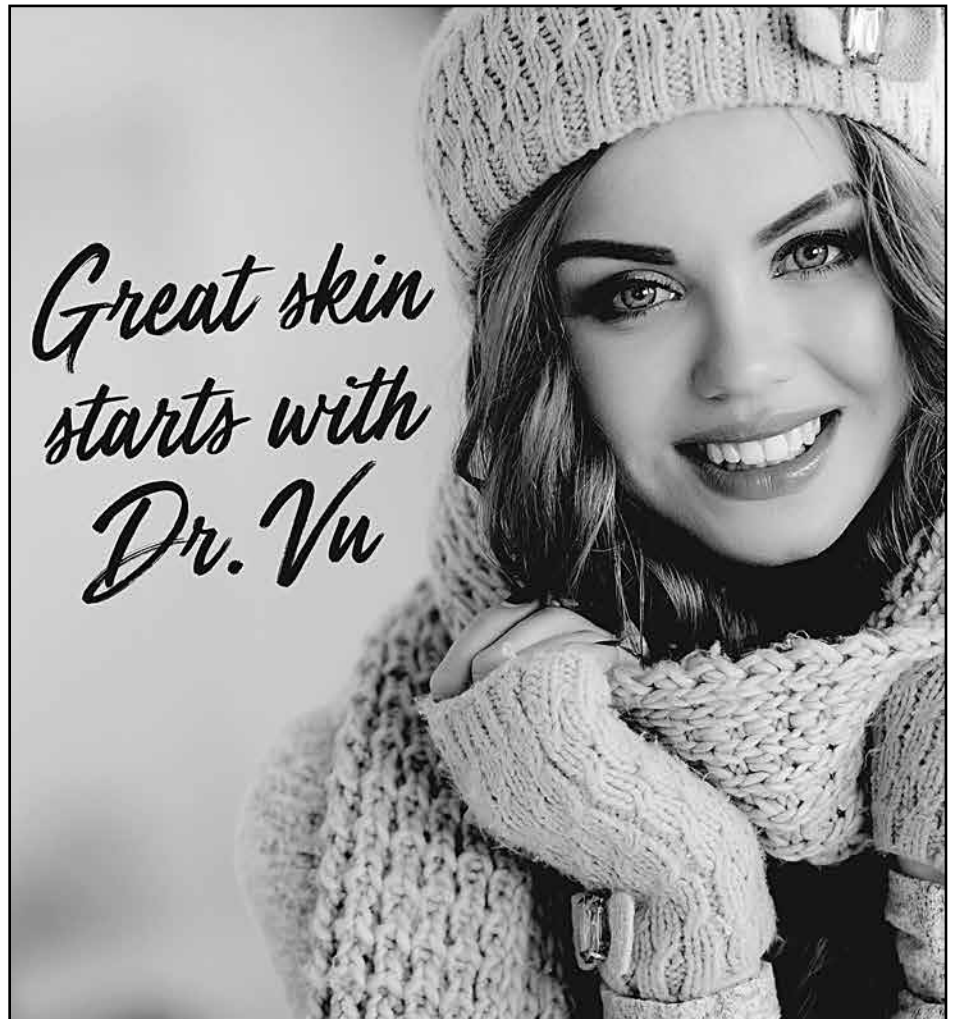
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Landscape Evaluations For Palencia Residents Would you like help with your landscape?

Three Certified Master Gardeners are offering a new initiative for Palencia residents - in-person landscape evaluations. This group of experts will visit your landscape and provide advice and ideas, in addition to problem solving, on any garden issues you might be experiencing. Our North Florida climate can be challenging for even the most experienced gardeners.

This is a volunteer service and is not in competition with any commercial companies. The group is affiliated with the Master Gardener program at the St. Johns County Extension Center and the University of Florida's Institute for Food and Agricultural

Services (IFAS).

Just as you change training workouts to match the season, think about how you would like to modify or redesign your landscape for spring and/or seek help and advice on any current garden issues. If you are interested in this opportunity, please respond by email to: norie.flowers@outlook.com. This offer includes and encourages any Palencia children who would like to start



a garden project of their own.

Whether you are an advanced gardener, or a new arrival to North Florida, we look forward to helping you create and maintain a beautiful landscape!

Palencia Residents Are Mother-Daughter Team Performing With First Coast Opera



Hope Cruse and mom Christina Santos

For the second year in a row, mother and daughter Palencia residents Christina Santos and Hope Cruse will be performing with First Coast Opera Company. Twenty year old Cruse, a lyric soprano, has been a member of First Coast Opera Company since age 14, featured in such operas as *Madama Butterfly*, *La Nozze de Figaro*, and most recently, *Die Fledermaus* this past month. She has performed for the Jacksonville Jaguars, Harlem Wizards and Jacksonville Armada. Cruse had her soloist debut with FCO at 16 with a minor role in *La Nozze de Figaro*, and sang a musical theatre revue with FCO Artistic Director Curtis Tucker in St. Augustine's famous Romanza Arts Festival in May 2022.

Santos has been a dancer for more than 45 years. A former member of The Des Moines Ballet Company and Iowa State University Cheerleading Team, Santos has choreographed locally for The Bolles School, Stanton College Preparatory School, Allen Nease High School, Beachside High School, and North Florida Women's Chorus. She will be dancing the role of Young Savitri opposite Mezzo Soprano Lisa Lockhart in the Holst opera *Savitri*, an innovative operatic piece directed by Helena Binder, notable director from New York.

"This is a unique opportunity to be the physical presence of someone else's voice," said Santos. "Ms. Binder is an innovative and incredibly talented director.

She is a visionary. To be able to dance professionally at my age is a rare privilege. I am both flattered and humbled that she is creating this role for me," Santos added.

In 2021, Santos and Cruse had the rare opportunity to perform on stage for the first time together in FCO's performance of *La Traviata*. Cruse sang as a party goer, Santos danced as a gypsy.

"I have been choreographing in schools with my daughter for years. Getting the chance to work as cast mates and to stand on stage... looking out at the applauding crowd together was just magical," Santos said.

"I love having my mom as a teacher, she's done some amazing work for my schools since I was very young," said Cruse. "It's different when we are interacting as peers, sitting backstage and applying stage makeup on each other! It was pretty surreal," Cruse laughed, "I loved it and hope we can keep doing it!"

"I'm just a proud mom. My daughter is just a regular college kid, but with a stunning voice. I will absolutely cherish these memories with her," said Santos.

Final performance of FCO *Die Fledermaus* at Flagler College Auditorium is January 1, 2023 at 2:00 p.m.

Opera Mystique, featuring Menotti The Medium and Holst *Savitri*, is February 3-12 at The Waterworks, 184 San Marco Avenue in St. Augustine.

Spotlight On Palencia People



Top: Palencia resident Betsy Larey with Jennifer Barker, CEO of First Coast No More Homeless Pets. Inset: Charitable veterinary care is available at FCNMHP for sick or injured pets.



Palencia Resident Betsy Larey Has Animal Welfare At Heart

For Palencia resident Betsy Larey, it was a "colony" of felines here in St. Johns County that she was helping to care for that inspired her to get involved with First Coast No More Homeless Pets.

This year as First Coast No More Homeless Pets (FCNMHP) celebrates its 20th year, Larey's volunteer work with the non-profit has had a significant impact for animals including being able to offer free spay and neutering services for feral/community cats.

Larey, who now serves on FCNMHP's Board of Directors, was instrumental in starting "Rosie's Fund" in honor of her long-time pet companion Rosie. The fund, which was established three years ago, has now helped to spay and neuter more than 8,500 cats.

"I was surprised to find that so many residents from multiple counties rely on the low cost options FCNMHP offers," Larey said.

"Many older people could use help with their pets," explained Larey. "One classic example would be the 80-year old grandmother who wants to keep her dog or cat but can't afford the veterinary bills,

so her animal companions must go without the care they need. Through a partnership with Aging True, seniors now have access to low cost or no cost options when their pets become ill; this life-saving program keeps pets healthy and relieves the financial burden from the people who love them most," she said.

Larey explained that FCNMHP provides full service veterinary care and targeted spay/neuter programs for at risk pets at two locations - Norwood Avenue Spay/Neuter Center and Community Clinic and at Cassat Avenue Regional Veterinary Hospital. FCNMHP is also branching out into Nassau, Clay, St. Johns and Flagler Counties.

FCNMHP's staff includes a dedicated medical team who works seven days a week and responds to more than 124,000 calls each year from pet owners who need care for their pets to keep them safe, happy in their homes and out of shelters.

You can visit fcnmp.org or contact Nancy Kelley at nkelley@fcnmp.org to learn more about FCNMHP, donate funds or learn about volunteer opportunities.



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Ring In The New Year With Some Friendly Competition

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

While Florida winter is here, the ladies are bundling up and getting excited about playing in the annual Solheim Cup. The ladies attended a fun pairing party at Barb Jacobi's house. This event was hosted by co-captains Barb Jacobi, Red Team captain and Tricia Luciano, Blue Team captain. Tricia decided to create some blue team spirit by handing out Blue Team hats that look like a Ricky Fowler team hat to set the tone for some fun competition.

Once all of the team members were selected, the ladies took a team picture and enjoyed some food and drinks while poking fun at the other team with a little trash talking on whose going to win this year's competition. The Red team is the defending champion; and, the blue team is up for taking it away from them.

Our Palencia 9-hole players continue to perform well. Six players participated in the DeerWood 9 hole Interclub with 55 players, representing 9 golf clubs. Both Palencia teams performed well. DeeDee Bandy's team placed third on the front 9 and Jeanne Carr's team placed third on the back 9. This was the last Interclub for 2022. Great job



Cindy Gates helps Barb Jacobi select a name for the Red team.



Blue Team Members were excited and having fun displaying their new team hats. Left to right, Earline Barnes, Sandy Brandenburg, Tricia Luciano, Chris McCoy, Ellie Chappellear, Linda Carucci, Cindy Gates, Liz Pound, Faye Pedulat (missing from picture: Sandy Frambes, Stephanie Kinsey, Sue Lomba, Staci Luttrupp and Cathy French).

ladies! Please mark your calendars for the four 2023 9-hole Inter-clubs: Derek Creek- Thursday, February 9th, 2023; Palencia- Monday, March 20th, 2023; Jacksonville Golf Club-Thursday, April 11th, 2023; Jacksonville Beach- Thursday, May 11th, 2023.

The Annual Member/Guest two-day "Coquina Classic" was rescheduled due to the hurricane. This premier event has been rescheduled for Friday, January 27th and Saturday, January 28th, 2023. So get your partner and sign up

Continued On Page 7



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Women's Golf Association Of Palencia

Continued From Page 6



Red team Members looking very relaxed and ready to play. Left to right, Peg Larson, DeeDee Bandy, Barb McDougall, Barb Jacobi, Robin Crossfield, Linda Hoffman, Pat Rose, Pam Ashburn (missing from picture: Maria Nilsson, Deidre Wray, Diane Robinson, Maria Cavanaugh, Sue Kansteiner and Maggie Butler).

to join in our best event of the year. DeeDee Bandy and Stephanie Kinsey have been working really hard to make this event one to remember. With both 9-hole and 18-hole flights, there is equal opportunity for all to enter and win their group competition. The "Mad Hatter" theme is also adding an element of fun and challenge over the two days for all players.

If you would like more information about joining the Palencia Women's Golf Association, go to Palencia online.com.



Palencia 9-hole Team Members really enjoyed the beautiful day of play. Left to right, Debra Bienert, Louise Starmann, DeeDee Bandy, Darlene Adams, Liz Pound, Jeanne Carr.

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Ask A Certified Master Gardener Palm Tree Options For Northern Florida

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

While the growing conditions of North Florida are ideal for numerous types of palms, we seem to see the same varieties every year. Our sandy soils may not be as beneficial to flowering plants, but soils composed of sand and limestone are very conducive to the growth of most palms.

The list below is massive, as reported by IFAS experts, but it gives you an idea of just how many types of palms are actually suitable for our Northern Florida hardiness zone. I have added a couple of notes to the ones that are particularly hardy, fast growing and/or do well in containers.



- Dwarf Sugar Palm/Arenga engleri
- Pindo Palm/Jelly Palm/Butia capitata – hardiest of the feather-leaved palms
- Yatay Palm/Butia yatay
- Mule Palm/Butia syagru – faster growing than other butia varieties
- Parlor Palm/Chamaedorea elegans – popular house plant
- Hardy Bambool Palm/Chamaedorea microspadix – popular house plant
- European Fan Palm/Chamaerops humilis
- Sugar Cane Palm/Dypsis baronii – heat and drought tolerant
- Manambe Palm/Dypsis decipiens – especially cold hardy
- Dainty Lady Palm/Guihaia argyrata
- Kentia Palm/Howea forsteriana – excellent container plant
- Chilean Wine Palm/Jubaea chilensis
- Australian Fan Palm/Livistona australis – especially cold hardy
- Chinese Fan Palm/Livistona chinensis⁴
- Ribbon Fan Palm/Livistona decipiens

- Mazari Palm/Nannorrhops ritchiana
- Canary Island Date Palm/Phoenix canariensis
- Date Palm/Phoenix dactylifera
- Senegal Date Palm/Phoenix recinata – best cold tolerance of Phoenix species
- Pygmy Date Palm/Phoenix roebeleni – excellent container plant
- Cretan Date Palm/Phoenix theophrastii – cold hardy
- Needle Palm/Rhapidophyllum hystrix – Florida native
- Lady Palm/Rhapis excelsa – excellent container plant
- Bermuda Palmetto/Sabal bermudana
- Puerto Rican Hat Palm/Sabal cauiarum
- Dominican Palmetto/Sabal dominicensis – especially thrives on sandy soils
- Scrub Palmetto/Sabal etonia
- Rio Grande Palmetto/Sabal mexicana – drought tolerant
- Dwarf Palmetto/Sabal minor
- Cabbage Palm/Sabal palmetto – the state tree of Florida
- Llana Palm/Sabal rosei – drought and flood tolerant
- Hispaniolian Palm/Sabal umbraculifera – especially thrives on sandy soils
- Soronan Palmetto/Sabal uresana
- Saw Palmetto/Serenoa repens – Florida native
- Windmill Palm/Trachycarpus fortunei – very cold hardy (even in light snow)
- Blue Needle Palm/Trithrinax campestris- drought tolerant
- California Washington Palm/Washingtonia filifera
- Washington Palm/Washingtonia robusta – fast growing

If you decide to give a try to any of the palms listed above and can't find it, ask your garden center to try and bring it in for you. If there is a demand for a wider variety of palms in our area, garden centers are more likely to respond in kind by supplying a larger selection. Happy gardening!

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).

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Another Year

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

It's hard to believe we are into twenty, twenty-three - 2023. I can remember the hype that preceded 2000 and here we are 23 years later. Many things have changed, and some things remain the same. It is during these transitional times we tend to take stock of where we are, where we've been and where we'd like to go. That said, such retrospection and planning often involves an element of our physical well-being. As a physical therapist, this is very familiar territory.

One of the things that has not changed is the way our bodies respond to the forces that act upon them. I have written many times regarding forces and our bodies, i.e. lifting weights increases muscle mass, aerobic activities challenge the cardiovascular system and thereby increasing stamina or endurance, and stretching promotes flexibility.

Unfortunately, the opposite is true. Our bodies respond to a lack of activity and lack of applied forces. A sedentary lifestyle can result in weakness and muscle atrophy, decreased endurance and general stiffness. I have seen the consequences of the inactive lifestyle, not just this past year, but especially the last two years. I have also recently seen a resurgence of people trying to make their way back to previous fitness, condition, balance and function.

As you set your New Year's resolutions to increase activity, lose weight and regain lost function, start as we do at First Coast Rehabilitation. Start with slow. Allow your body to heal and adapt between activities. Start with success. Start with what you can do now, not worrying about what you used to be able to do. You'll get there.

If you have a heavy work schedule, start with simple exercises you can do while sitting at your desk, driving, or waiting for copies. If you have night and day family commitments, get the family involved and make movement a family event. One of my favorite exercises for shoulder rehab is the counter-top push-up. When I was rehabbing my shoulders, I started with three each time I entered the bathroom or kitchen. Anyone can do them at any age, provided they can reach the counter. Try taking the stairs one extra time. Trying parking a little further away. Try to lift your groceries a few extra times - 1, 2, 3 - then put them in the trunk or on the counter.

When it comes to exercise and rehabilitation, the phrase "no pain, no gain" has been one of the most misunderstood and misapplied phrases since the 1980s. And did I say this is twenty, twenty-three?

Regardless of why "we", me included, have been moving less, even a

year older, - it's always a good time to start moving again, just like now. If you need help, reach out to us at First Coast Rehabilitation.

Here's to a good and Happy New Year!

Rob Stanborough was one of the first PT's to be permitted to use DN in FL since 2017. He has trained others in DN since 2010 both nationally and



Mike Weitz

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internationally as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation, est 2006

(www.firstcoastrehab.com), has presented and published regarding DN and co-authored Myofascial Manipulation: Theory & Application, 3rd ed




One Patient - One Therapist - One Plan - One Goal



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 Physical Therapist/ Fellow
 Manual Therapist
 Dry Needling
 Orthopaedic & Chronic
 Pain Specialist



Jim Viti
 Physical Therapist/ Fellow
 Manual Therapist
 Certified Orthopaedic
 & Spine Specialist



Bobbi Blancq
 Physical Therapist
 Manual Therapist
 Lymphedema &
 Vestibular Specialist



Bryan Olson
 Physical Therapist
 Manual Therapist
 Dry Needling
 Balance / Vestibular Specialist
 & Sports Rehab



Tyler Ross
 Physical Therapist
 Manual Therapist
 Dry Needling
 TMJ / Headaches
 Sports Rehab



Jocelyn DiFolco
 Physical Therapist
 TMJ & Manual Therapist
 Balance & Vestibular Specialist
 Fall Prevention



Matthew Sheltz
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 Manual Therapist
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Sarah Sudheimer
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 Women's Health &
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Market Street's Share Space Holds Grand Opening Reception



Attracting Palencia professionals and residents looking for a space to work outside of the home, Share Space, a bonafide co-working and individual private office club, introduced 12 private offices for personal or business use at a reception last month at 701 Market Street. Catered by Graze Craze, a charcuterie franchise concept at 650 Market Street in Palencia, visitors munched on house-made breads, dips, jams, meats and farm-fresh produce at the gathering.

Professionals looking for a space to work outside of the home can enjoy an airport lounge or hotel lobby like atmosphere at Share Space. State of the art web conference capable conference room is available as well as hanging of business licenses to satisfy state requirements for small businesses, private mailboxes for personal business use and offsite shared warehouse space. Visit sharespacepalencia.com or call 904-701-0881.

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Organization Isn't About Perfection... It's About Efficiency, Reducing Stress And Clutter

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

You open your closet to find something to wear, and you feel like it is full of clothes that don't fit, or just don't want to wear anymore. The solution is simple: get rid of them. Here are my best tips and closet cleaning guidelines on what to keep and what to toss:

1. Easy steps first. You can donate clothes that don't fit you, although you were hoping to fit into them one day. Replace those items with clothes that make you feel comfortable and confident now.
2. Discard anything that's stained, torn, or ripped. Yes, please, that includes your un-matching socks!
3. Hand-me-downs that you never loved. Things that we inherit from family members, that you feel obligated to keep.
4. Of course, any worn-out sneakers and uncomfortable shoes.
5. Have you worn it in the last year? If not, it goes straight to the toss/donate/sell pile. Be honest with yourself; if you haven't worn it in a year, even with tags on, you never will. Of course, there are exceptions: formal dresses, sentimental pieces like your college jacket, etc.

6. Any uncomfortable underwear that you haven't worn and bras too!

7. Please don't wait for it to come "back in style." We all have clothes from 10 years ago, hoping they'll come back.



Well, I did that, and they are just taking up your closet space.

8. Make sure you can style everything that you keep. Just make sure you can pair the item with other things in your closet.

9. If you are not sure what to do with some pieces, start your "don't know pile." Make sure to try all those pieces on

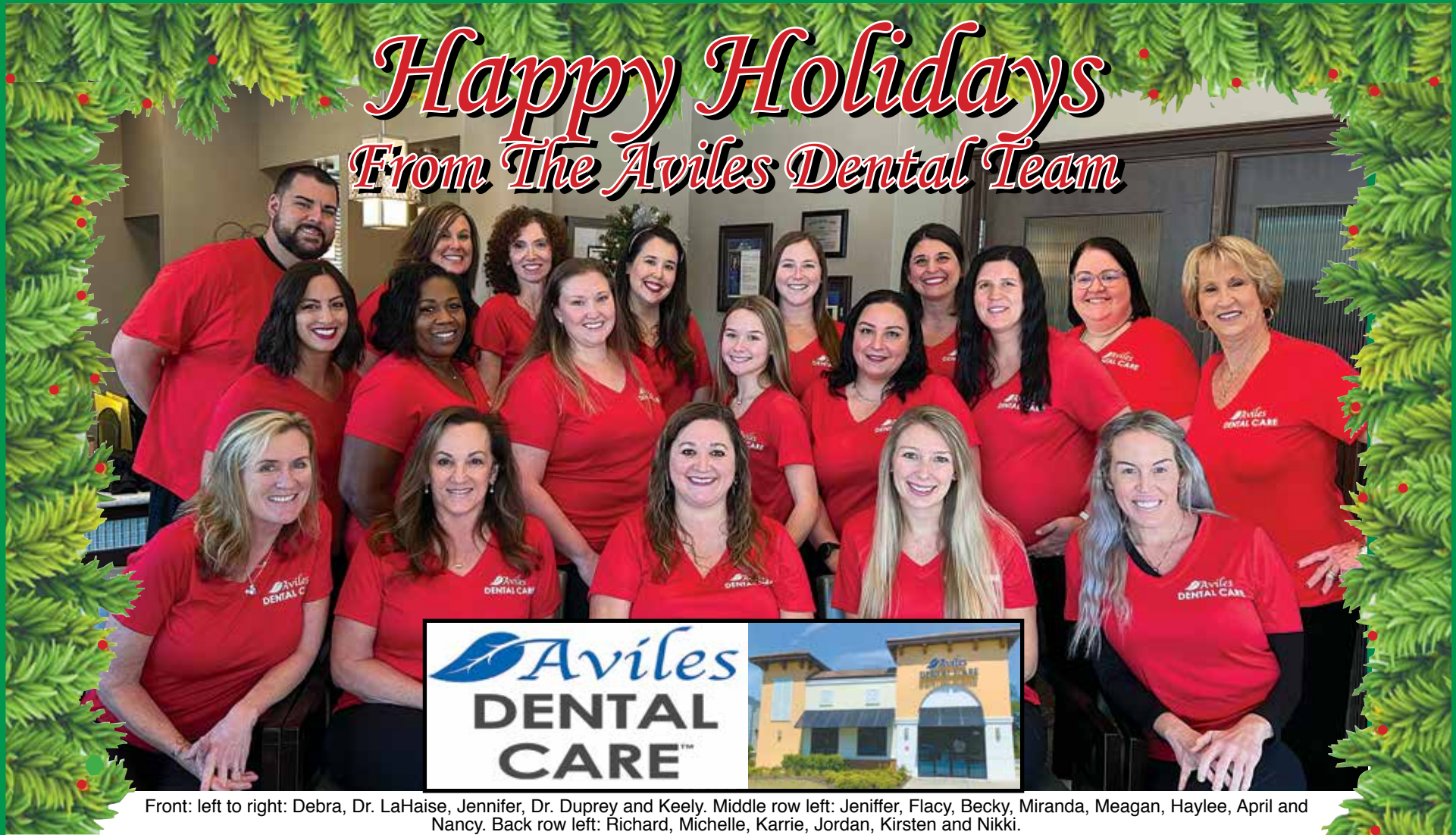
again before deciding. Don't be afraid to get rid of stuff that you once loved that no longer serves you.

10. Don't forget to toss any dry cleaner hangers and plastic bags!

I hope you picked up some useful tips on how to purge your closet and decide to tackle it soon! Organizing a closet is not a small task, but for sure, it's one of the most satisfying clean-up projects you can do today.

Need help? We are here for you! If you have questions, call me at (904) 315-8209.

Happy Holidays From The Aviles Dental Team



Front: left to right: Debra, Dr. LaHaise, Jennifer, Dr. Duprey and Keely. Middle row left: Jeniffer, Flacy, Becky, Miranda, Meagan, Haylee, April and Nancy. Back row left: Richard, Michelle, Karrie, Jordan, Kirsten and Nikki.

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Time For New Year's Financial Resolutions

By Renae Aiple, CRPC, Edward Jones Financial Advisor

It's that time of year when many of us promise ourselves we'll go to the gym more, or learn a new language, or take up a musical instrument, or any number of other worthy goals. But this year, when making New Year's resolutions, why not also consider some financial ones?

Here are a few to consider:

- Don't let inflation derail your investment strategy. As you know, inflation was the big financial story of 2022, hitting a 40-year high. And while it may moderate somewhat this year, it will likely still be higher than what we experienced the past decade or so. Even so, it's a good idea to try not to let today's inflation harm your investment strategy for the future. That happened last year: More than half of American workers either reduced their contributions to their 401(k)s and other retirement plans or stopped contributing completely during the third quarter of 2022, according to a survey by Allianz Life Insurance of North America. Of course, focusing on your cash flow needs today is certainly understandable, but are there other ways you can free up some money, such as possibly lowering your spending, so you can continue contributing to your retirement accounts? It's worth the effort because you could spend two or three decades as a retiree.

- Control your debts. Inflation can also be a factor in debt management. For example, your credit card debt could rise due to rising prices and variable credit card interest rate increases. By paying your bill each month, you can avoid the effects of rising interest rates. If you do carry a balance, you might be

able to transfer it to a lower-rate card, depending on your credit score. And if you're carrying multiple credit cards, you might benefit by getting a fixed-rate debt consolidation loan. In any case, the lower your debt payments, the more you can invest for your long-term goals.

- Review your investment portfolio. At least once a year, you should review your investment portfolio to determine if it's still appropriate for your goals, risk tolerance and time horizon. But be careful not to make changes just because you feel your recent performance is not what it should have been. When the financial markets are down, as was the case for most of 2022, even quality investments, such as stocks of companies with solid business fundamentals and strong prospects, can see declines in value. But if these investments are still suitable for your portfolio, you may want to keep them.

- Prepare for the unexpected. If you encountered a large unexpected expense, such as the need for a major home repair, how would you pay for it? If you didn't have the money readily available, you might be forced to dip into your long-term investments or retirement accounts. To prevent this, you should build an emergency fund containing three to six months' worth of living expenses — or a year's worth, if you're retired — with the money kept in a low-risk, liquid account.

These resolutions can be useful — so try to put them to work in 2023.

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

Newcomers Of North St. Johns Luncheon At St. Johns Golf & Country Club

By Michele Oliver

Put on your dancing shoes and prepare to have fun at our January luncheon! Save the date and join us on Tuesday, January 17 beginning at 11:00 a.m. at the St. Johns Golf & Country Club, 205 St. Johns Golf Drive in St. Augustine. The event features a delicious lunch and special Line Dancing instruction by expert dance instructors Phyllis and Jerry Casper. Doors will open at 10:30 a.m.

Entrée choices include Slow-Braised Black Angus Pot Roast, Atlantic Salmon Medallions or Grilled Portobello Mushroom Napoleon.

Cost for the luncheon and program is \$32 for members and \$37 for guests. All reservations must be received by January 6th. For more information about the luncheon and membership, please visit <https://newcomersofnorthstjohns.org>.

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7th Annual Pirate 5K & Lil' Matey Race

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

It's time for the 7th Annual Pirate 5K and Fun Run hosted by the Palencia Elementary School Parent Teacher Organization (PTO). This exciting fundraiser and community event will take place January 21st at the Palencia Club. It's a festive morning with music and cheering as the racers take their marks, followed by a beautiful run through the tree-canopied Palencia neighborhood.

The PTO is really hoping to have an even better turn out than in years past since we have continued to move towards a healthy new normal for the race. Race co-chair Sara Seifert shared that "Lindy (Lollar) and I are excited to co-chair the Pirate 5K and Lil' Matey race again! In 2022, we drew 275 runners for the Pirate 5K and 209 runners in the Lil' Matey 1-mile race. We are aiming to surpass the previous numbers and make it the most successful race day to date. Having as many students from PES participate is our main objective and we look forward to continued support from our Palencia community and the surrounding areas," said Seifert.

The PTO really hopes that the entire community rallies around this event. It's such a great way to meet friends, neighbors and fellow classmates as well as promote physical fitness. Even all the neighbors get into the spirit by coming out to cheer racers on along the race route.

While the PTO hopes that this event will spread cheer and community support, the funds raised are going towards a wonderful cause as well. All proceeds from this event will go toward the PTO's continued efforts of improving the outdoor spaces at PES. More specifically, they will support the new play area and outdoor learning spaces. This has been something that the PTO has been excited about enhancing for a long time, and the students will be able to start utilizing some of these exciting changes in the near future.

The 5K race will begin promptly at



Pirates of all ages and types will be out this year to cheer on the runners.

8:00 a.m. with Lil' Matey's 1 mile race to begin at 9:00 a.m. Recognition will be given to all top racers for their relevant age groups. All participants will receive a T-shirt and race bag which they can receive on pick up day on January 20th at the Palencia Club, Cordova Room. Medals will also be provided to all participants upon completion of the race.

PES Principal, Catherine Goodrich shared that "I honestly love the camaraderie this annual run brings. Our students beam from ear to ear as they watch their parents cross the finish line, neighbors are seen huddling together in the cold giving last minute pep talks to pint-sized, first-time racers participating in the Fun Run, and teachers excitedly catch up with former students they taught in years past. It's a very special event," she said.

Runners and walkers alike are encouraged to come out and support our local school. Whether you wish to participate

Continued On Page 15



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7th Annual Pirate 5K

Continued From Page 14



by racing, volunteering or just cheering the racers on, the PTO appreciates and welcomes the community support. If you

would like to learn more about the race, please visit the website at <https://palencia-piratespto.com/>.

Grief Share Group Begins New Sessions January 12th

On Thursday, January 12th the Grief Share Group will begin a new 3-week series to help anyone in the community who has experienced the loss of a loved one and is struggling with grief. The Group meets from 5 to 7 p.m. at the Village Church. You may choose to attend all of the sessions or "drop-in" any week. To register visit: GriefShare.org and specify The Village Church Program. Questions? Please call: Marilyn Costanzo, Facilitator at 571-216-8190.

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Sunday, December 10-17, 2023 on the beautiful new Italian ship MSC SEASHORE out of Port Canaveral to the Caribbean and Mexico, to the ports of Ocean Cay (MSC private island and Marine Reserve in the Bahamas), Costa Maya and Cozumel (Mexico) for a 7-day cruise. Prices start from \$619 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Call Peter, St. Augustine Travel Club at (904) 797-3736.

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Medicare Questions?

**Carol Bogart, Palencia Resident
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I have a Medicare Advantage Plan. What should I keep in mind?

There are 10 things to know about Medicare Advantage.

1. You must continue to pay your Medicare Part B premium. Medicare then gives you premium to your Medicare Advantage plan carrier to help pay for your additional coverage.

2. Medicare Advantage has you covered. Medicare Advantage plans must cover all the services that Original Medicare covers and may offer additional benefits. Hospice care is still covered under Original Medicare.

3. Joining a Medicare Advantage plan may affect your current coverage. If you have existing coverage or employer-provider health insurance and plan to work past 65, check to see how joining a Medicare Advantage plan could affect or cancel your current coverage.

4. It's best to use network providers. Use of network health care and pharmacy providers is typically required. Using providers outside of the network may cost you more. But, in an emergency, you can use any provider.

5. You may qualify for financial assistance. Depending on your financial situation, you may qualify for help paying your plan premiums or Part D medications through a low-income subsidy or Extra Help.

6. If you enroll in Part D late, you may pay a penalty. This is an additional amount charged by Medicare that will be added to your Part D premium if you didn't enroll

in prescription drug coverage when initially eligible for Medicare and didn't have other creditable drug coverage to qualify for enrollment during a Special Enrollment Period, or you didn't enroll in prescription drug coverage within 63 days of losing your creditable drug coverage.

7. A Medicare Supplement Insurance plan (Medigap policy) is not a Medicare Advantage plan. Medicare Supplement plans are health insurance policies and are secondary to Original Medicare. Medicare Advantage plans combine Original Medicare Parts A and B and often Part D, into a single plan.

8. Keep your member ID card handy. Members must present their Medicare Advantage member ID card, not their Original Medicare card, when receiving services.

9. Medicare Advantage offers the same protections as Original Healthcare. Even though Medicare Advantage plans are privately administered, you still have the same rights and protections as with Original Medicare.

10. You have a built-in safety net. Your plan's annual out-of-pocket maximum is your safety net that ensures you'll never pay more than a certain amount out of pocket in a given plan year for covered medical services.

Feel free to reach out to me if you have any questions. Information above taken from the United Healthcare Medicare Advantage Clarity Guide.

Carol@AskCarolB.com Text: 714-930-7165 Direct: 904-648-6488 www.AskCarolB.com FL License #: W756153.



Wrigley's Field Of View

The Wee Walkers Are Coming!

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

It's that time of the year, again! And the wee walkers are coming. Just when I thought it was safe to venture out, they come down from the cold north.

And "walk" is what the bagman calls an oxymoron because they never really walk. They run, they jump, they somersault, they whiz every way with gusto and they do it for the whole 2.67 miles! I am exhausted just dreaming about it.

But you know, they really make life fun, the wee walkers, it's a contagious kind of enjoyable energy that makes me happy and seems to infect everyone.

I guess that's what Christmas and the Holidays are really about. The hooting and hollering is just part of the love and affection that makes this ending of the year special. It gives all of us a chance, a reason to really be thankful and remember that once upon a time, we were wee walkers too.

Have a great Holiday and best wishes for a super 2023!



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Your Golf Stance

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

Hello Fellow Golfers,

The golf stance has become a very athletic position and extremely important to your consistency in your golf game!

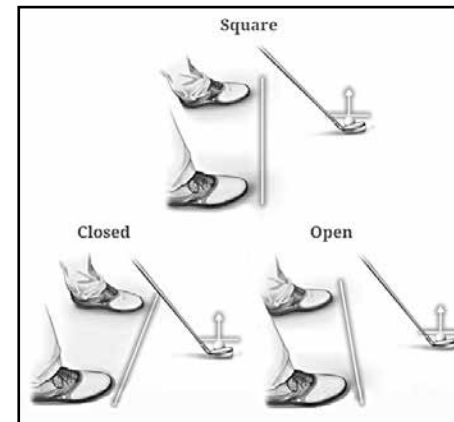
If your weight is too far on your toes, you'll fall forward; if your weight is too far on your heels, you'll fall backwards during your golf swing. You want your weight centered in your feet. Be athletic, as if you were playing any other sport like tennis or blocking in football. Be STRONG but RELAXED – that's key!

Let your arms hang comfortably and relaxed, no tension; make sure that the club face is aiming toward your target.

The width of your stance will depend on the club you are hitting. For the driver, your feet should be slightly wider than shoulder width and as we go down to your shortest club, your stance should become narrower.

Think of your stance as the foundation of your golf swing. Let's build a strong foundation!

So, if we took a picture of your swing from the back, where would you want your feet aimed? There are three types of stances in golf - open, square and closed. If your feet are aimed:



- At the target that = a square stance
- To the left of your target that = an open stance
- To the right of the target that = a closed stance

Never feel crowded; always have space and keep your head nice and level through your swing. This will provide you the room to transfer your power through to the completion of your golf swing.

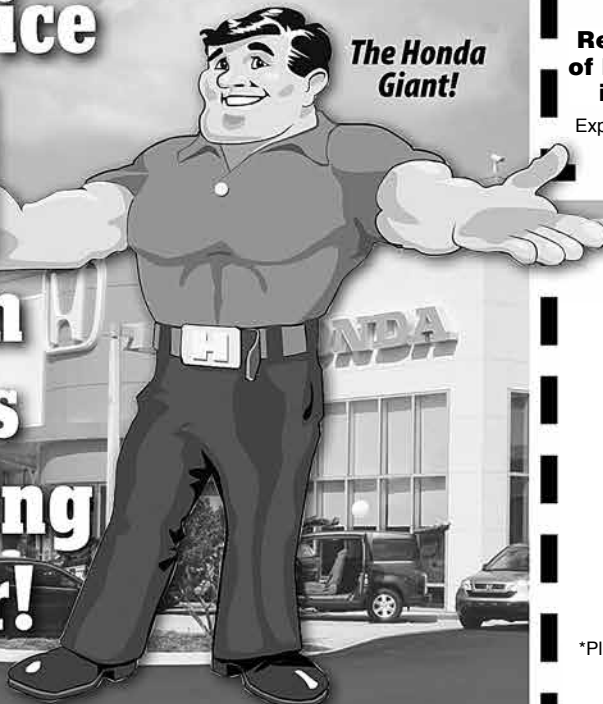
If you have any questions with your golf stance, please schedule a lesson at laurabaughgolf.com.

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Resolve To Live Well Together

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

Did anyone come to breakfast on January 1st and announce -- "I'm so hungry, I feel as if I haven't eaten since last year!"?

It is now a new year. Traditionally it is a time to make New Years resolutions. It's fun to play with all the brand-new possibilities open to you on January 1st. Go jogging this morning and you've exercised every day this year. Get through lunch without eating potato chips or a candy bar, and this year reflects a whole new healthy diet. So far this year, perhaps you have never cussed at someone, never yelled at the kids, never forgotten to floss, never thrown your dirty clothes on the bathroom floor and never forgotten to read the Bible in the morning!

On January 1st your whole life can be transformed. For one day (maybe part of a day) at least, all your good intentions can be jump-started, and all your bad habits can be unplugged. This year, 2023, at this moment is a perfect reflection of your best self.

But January 1 is followed inevitably by January 2 and January 3. Someday soon you will opt for staying in a cozy bed a few more minutes rather than going on that jog. Pretty soon candy wrappers will start appearing in your desk drawer again. By the 4th or 5th, you will surely have been aggravated enough at a bad driver or a stubbed toe to have let loose a blue streak of bad words. By the 7th, your socks are back on the bathroom floor and your dental floss is gathering dust. By the 10th you fall asleep before you can even get the Bible open.

For most of us, New Year's resolutions get packed away with the last of the Christmas decorations. By Epiphany our behavior and the whole New Year are just as tarnished as they were before January 1.

The Gospel of Luke reading for the first Sunday of the new year is the story about the now 12-year-old boy Jesus. Joseph and Mary, their friends, neighbors and relatives, all made the required pilgrimage to Jerusalem for the Passover feast. But as soon as the allotted time for the holiday was over, they hit the road -- anxious to get back to all the chores and responsibilities that filled their lives. Joseph, a craftsman working with stone and wood, undoubtedly had projects awaiting his attention. Mary would have had the hundreds of time-consuming tasks it took to keep her family fed and clothed. Like most of us at the end of an extended vacation, they were probably looking forward to getting back to the comfortable familiarity of their own home.

The young Jesus refuses to let his relationship with God be regulated according to some prearranged, culturally imposed schedule. Instead of going along with the return-to-business-as-usual attitude, Jesus answered the most important call of all -- to be about his Father's business.

What would it mean if we were to act in a similar fashion? What would it mean to

live, not according to human expectations or cultural patterns, but according to what God required of us? What does it mean to be about God's business, rather than other people's business, or even other people's definition of God's business? Jesus discovered at this early age that answering God's expectations can get you in trouble -- even with your own family. In fact, focusing on God's business may put an unexpected crimp in the family business. "Business-as-usual" is not the way God does business. And the world and the church often find that unnerving.

The ultimate New Year's resolution does not challenge us to lose weight or get to an exercise class twice a week. The ultimate resolution a Christian can make is to live in the light of divine intentions, not human inventions. The New Year's resolution to end all resolutions is to live under the umbrella of God's expectations and to make it my business and your business to be a part of God's business.

Jesus has given us his greatest commandment, Love the Lord your God with all your heart, with all your soul, and with all your mind. This is the first and great commandment. And the second is like it: You shall love your neighbor as yourself. (Matthew 22:37-40).

Can you imagine if we would each resolve to join with others in the common work of living well together? Can you imagine how that would change our neighborhoods, our communities, and our world?

Scott Russell Sanders is a prize-winning essayist, novelist and retired English professor at Indiana University. In his book, *Writing From the Center* (1996), he tells about a prominent builder in a small Ohio town who was asked to join the volunteer fire department. He politely declined. After all, what could he get out of it? His home was brick, wired to code, and fire-resistant.

But one day his house caught fire. The volunteer firemen showed up with the pumper truck. But before turning on the water, they playfully asked the contractor if he still saw no reason to join. Without hesitation, he said he would be glad to join right then and there, and the fire was extinguished.

Sanders likes to tell this story because his dad was one of the volunteer firemen that day. He also likes to tell it because of what it says about being a part of a community.

"We should not have to wait until our houses are burning before we see the wisdom of facing our local needs by joining in common work. ... We had better learn how to live well together, or we will live miserably apart."

We cannot be a part of transforming the world unless we stand in its midst. That is the trouble with our traditional New Year's resolutions -- they never step outside the confines of our own self-centered existence. In 2023, may we each resolve to be about "Our Father's business," to love God, love our neighbor and learn to live well together.



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Medications For Your Pet: 10 Questions To Ask Your Vet

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

To prevent or treat an illness in your pet, your veterinarian may prescribe a medication. Understanding important information about the medication and how to treat your pet can help your animal's recovery or continued good health. Here are 10 questions you should ask your vet about medication:

1. Why has my pet been prescribed this medication and how long do I need to give it? Your veterinarian can tell you what the medication is expected to do for your pet and how many days to give it.

2. How do I give the medication to my pet? Should it be given with food? Your pet may have fewer side effects, like an upset stomach, from some drugs if they are taken with food. Other medications are best to give on an empty stomach.

3. How often should the medication be given and how much should I give each time? Giving the right dose at the right time will help your pet get better more quickly.

4. How do I store the medication? Some medications should be stored in a cool, dry place. Others may require refrigeration.

5. What should I do if my pet vomits or spits out the medication? Your veterinarian may want to hear from you if your pet vomits. You may be told to stop giving the drug or to switch your pet to another drug.

6. If I forget to give the medication, should I give it as soon as I remember or wait until the next scheduled dose? What if I accidentally give too much? Giving

your pet too much of certain medications can cause serious side effects. You'll want to know if giving too much is a cause for concern and a trip to the animal emergency room.

7. Should I finish giving all of the medication, even if my pet seems to be better? Some medications, such as antibiotics, should be given for a certain length of time, even if your pet is feeling better.

8. Could this medication interact with other medications my pet is taking? Always tell your veterinarian what other medications your pet is taking, including prescription medications, over-the-counter medicines, and herbs or other dietary supplements. You may want to write these down and take the list with you to the vet's office.

9. What reactions should I watch for, and what should I do if I see any side effects? Your veterinarian can tell you if a reaction is normal or if it signals a serious problem. You may be asked to call your vet immediately if certain side effects occur.

10. When should I bring my pet back for a recheck? Will you be calling me to check on my pet's progress, or should I call you? Your vet may want to examine your pet or perform laboratory tests to make sure the medication is working as it should.

Just as you would talk to your doctor about a medicine prescribed for you or your children, you should talk to your veterinarian about your pet's medications.



Dr. Jacob Vencil, Dr. Raina Pannee, Dr. Matthew Young, Dr. Sarah Franz and Dr. Danielle Morosco are experienced veterinarians who have a passion for your pet's health, including senior pet care.

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Perform An Annual Home Safety Audit- Part 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. Here's a plan for inspecting the most important safety systems.

• **Review the potential hazards in your kitchen:** The average kitchen is full of fire hazards and flammable risks. You may be able to stop a small fire from becoming a house-engulfing blaze by placing portable fire extinguishers in the kitchen (where most fires start) and garage (where flammable chemicals are often stored). Add another on each floor of the home, storing each in plain sight and next to exit doors. Inspect extinguishers each month to make sure the pressure gauge is in the green zone, the pin and tamper seal are intact and there are no dents, leaks or rusty spots. If defective, replace it. A fire extinguisher is only as effective as the person using it. Remember "P.A.S.S.":

• **Pull** the pin to release the locking mechanism. • **Aim** low, pointing the extinguisher at the base of the fire. • **Squeeze** the lever slowly and evenly. • **Sweep** the nozzle side to side. Remember, extinguishers should only be used on small, confined fires. If a fire is growing, get out of the house.

• **Check your water supply:** Most Americans use public water, but if you're a private well owner, you're responsible for the quality of the water you drink. Inspect your well for cracks, corrosion, broken or missing parts and proper runoff. Call a state-certified lab for an inexpensive test to check the water for nitrate and coliform bacteria.

• **Look for potential poison risks:** While you walk around your home, keep an eye out for potential poisoning risks. The

kitchen, garage and bathrooms often house medications, cleaners and other toxic products that can harm children and pets. Store those items out of reach in locked cabinets.

• **Have your air conditioner inspected:** Simple steps keep your air conditioner in top shape so you don't have to sweat out the hottest day of the year and also potentially cut annual energy costs. After turning off power to the unit, replace the filter to reduce energy drain. (You should do this every month during the cooling season.) With a garden hose, clean the condenser coils to prevent overheating. Then clear a two-foot area around the unit to avoid dust and debris buildup that can bog down the machine. Pass a stiff wire through the unit's drain channels to get rid of clogs, which boost indoor humidity. Now you can turn the power back on.

• **Inspect your furnace:** It's easy to forget how much we rely on these hardworking components ... until one fails. It's time to give them some attention, starting with the furnace.

After turning off its power supply, check the filter. If it's dirty, replace it. (Change filters every one to three months.) Clogged filters slow air flow and bump up your energy bill. Worse, excessive dirt buildup can bring down the system, freeze your family and cost a fortune to repair.

Vacuum any visible dust in and around the unit, remove the flame shield and check the burner for corrosion. When finished, turn the power back on and make sure the pilot light is burning.

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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