



News For And About Residents Of The Palencia Community

Early Spring? Groundhog Day Is  
Thursday, February 2nd



ST. AUGUSTINE

# PALENCIA PRESS

FEBRUARY 2023

## Palencia Community Blood Drive Helps Save Lives



Scott Ryan a Sebastian Square resident, gives blood at recent drive.

Palencia residents rolled up their sleeves for the recent Blood Drive held at the Palencia Amenity Center on Market Street. Thanks to the Palencia community, the drive produced 49 units of blood. Each blood donation can save up to three lives.

"That means 127 patients could benefit from the lifesaving efforts of blood donors in Palencia,"



Sharon and Scott Fletcher make it a family affair and are regular blood donors.

said Jim Thompson, OneBlood representative. According to OneBlood, one in three persons will need a blood transfusion a some point in their lives. Just one car accident can require 100 pints of blood.

Mark your calendars, the next Blood Drive is scheduled for Saturday, March 4th. Remember, the need is constant, the gratification is instant, give blood.

## New Palencia Businesses Debut On Market Street

Graze Craze • A Charcuterie Franchise

Palencia residents open Graze Craze, a charcuterie franchise concept at 650 Market Street, specializing in house-made breads, dips, jams, meats and farm fresh produce. Reach Kathy Schwietzman at 904-490-9777.



Life Bouquets • Flower Arrangements

Julia Shapialevich has opened Life Bouquets, a flower shop offering fresh cut flowers and growing arrangements for any occasion at 640 Market Street. Reach Life Bouquets at 904-689-6178 or 646-469-0403.



## 50+ Ladies of Palencia Neighborhood Group Forming

A new group called "50+ Ladies of Palencia Neighborhood Group" has recently been formed. This group is exclusive to the Palencia neighborhood ladies age 50 and plus. Whether you're new to the area, retired, friends are scattered about, empty nesters, grown children, no children, single/married/divorced/partnered/widowed, or just simply love making new friends, the purpose of this group is to provide a positive, uplifting, non-political, safe place to come together and enjoy each other's company, experience fun and joyful activities together.

If you would like to join this group, visit the "Meetup" platform below where you can join the group and see the upcoming planned events. Meetup Link:

<https://www.meetup.com/palencia-neighborhood-50-ladies-group/?fbclid=IwAR08DXeIM-dRWw1iEwRw9ytk8pe-w7PPc7snyKp0j2oA4-WskiT-L9OP1qEO>

For questions or assistance contact Leah Maltz, Organizer at [lpmreporting@gmail.com](mailto:lpmreporting@gmail.com) or call (904)434-7593. Or contact Donna Villarose, Co-organizer at [donnavillarose@yahoo.com](mailto:donnavillarose@yahoo.com) or call (864)630-3953.



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# Palencia Community Classified Ads

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## Train Your Brain

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## Words Of Wisdom

"Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am." -John 14: 2-3

## The Palencia Press

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Email: [thepaper@comcast.net](mailto:thepaper@comcast.net)  
[www.palenciapress.com](http://www.palenciapress.com)



Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the *Palencia Press*. All articles are subject to editing. **Acknowledgments:** This issue was designed using resources from Freepik.com.

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591 Market Street, Palencia



Ask Carol B

## Medicare Questions?

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

### How does Medicare drug coverage work?

Medicare drug coverage (Part D) helps pay for prescription drugs you need. It's optional and offered to everyone with Medicare. Even if you don't take prescription drugs now, consider getting Medicare drug coverage. If you decide not to get it when you're first eligible, and you don't have other creditable prescription drug coverage (like drug coverage from an employer or union) or get Extra Help, you'll likely pay a late enrollment penalty if you join a plan later. Generally, you'll pay this penalty for as long as you have Medicare drug coverage. To get Medicare drug coverage, you must join a Medicare-approved plan that offers drug coverage. Each plan can vary in cost and specific drugs covered.

There are 2 ways to get Medicare drug coverage (Part D):

1. Medicare drug plans. These plans add Medicare drug coverage (Part D) to Original Medicare, some Medicare Cost Plans, some Medicare Advantage Private Fee-for-Service plans, and Medicare Advantage Medical Savings Account plans. You must have Part A and/or Part B to join a separate Medicare drug plan.

2. Medicare Advantage Plans or other Medicare health plans with drug coverage. You get your Part A, Part B, and Medicare drug coverage (Part D) through these plans. Remember, you must have Part A and Part B to join a Medicare Advantage Plan, and not all Medicare Advantage Plans offer drug coverage.

In either case, you must live in the service area of the plan you want to join and be lawfully present in the U.S.

### How much do I pay?

Your drug costs will vary based on the plan you choose. Remember, plan coverage and costs can change each year. You may have to pay a premium, deductible, copayments, or coinsurance throughout the year.

Your actual drug coverage costs will vary depending on:

- Your prescriptions and whether they're on your plan's list of covered drugs (formulary).
- What "tier" a drug is in.
- Which drug benefit phase you're in (like whether you've met your deductible, or if you're in the catastrophic coverage phase).

• Which pharmacy you use (whether it offers preferred or standard cost sharing, is out of network, or is mail order).



Your out-of-pocket drug costs may be less at a preferred pharmacy because it has agreed with your plan to charge less.

- Whether you get Extra Help paying your Medicare drug costs.

### Monthly Premium

Most drug plans charge a monthly fee that varies by plan. You pay this in addition to the Part B premium. If you're in a Medicare Advantage Plan or a Medicare Cost Plan with drug coverage, the monthly premium may include an amount for drug coverage.

Feel free to reach out to me if you have any questions. Information above taken from the Medicare and You 2023 Handbook.

Visit: [Carol@AskCarolB.com](mailto:Carol@AskCarolB.com) Text: 714-930-7165 Direct: 904-648-6488 or visit my website [www.AskCarolB.com](http://www.AskCarolB.com) FL License #: W756153.

## Heading Off Problems



Mike Weitz

You can detect many common vehicle problems by using your senses: Small stains or an occasional drop of fluid under your vehicle may not mean much, but wet spots deserve attention. You can identify fluids by their color and consistency: Yellowish green, pastel blue or florescent orange colors indicate an overheated engine or an antifreeze leak caused by a bad hose, water pump or leaking radiator. A dark brown or black oily fluid means the engine is leaking oil. A bad seal or gasket could cause the leak. A red oily spot indicates a transmission or power-steering fluid leak. However, a puddle of clear water usually is no problem. It may be normal AC condensation.

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## “Palentine’s” Party For Christian Singles February 11th

Palencia Christian singles are invited to a “Palentines Party” (instead of “Valentines Day”) at the home of Angela Amatruda, 899 Mitad Circle on Saturday, February 11th at 6:30 p.m. This is a Christian Singles Ministry Kick-Off event and any adult Christian single living in the area is invited. This will be a meet and greet get-together and participants are asked to bring a dish to share. RSVP to aamatruda@amllabs.com



## Divorce Care Group Forming In Palencia

DivorceCare is a safe place where caring people come alongside you as you find healing from the pain of separation or divorce. A video-based support group program, you’ll find helpful counsel to manage the emotional turmoil and practical tools for decision-making.

People at DivorceCare understand how you’re feeling and what you’re struggling with—because they’re facing similar challenges. Everyone’s story is different, and you’ll be accepted right where you are, in a safe place.

It’s comforting to know you’re not alone and that you’re going to be okay. Through the videos and small-group discussion time, you’ll hear from people who have felt there’s nothing left to look forward to—and now they’re starting to smile again. They’ll help you do the same.

First meeting is scheduled for Friday, February 24th, 6:00 p.m. at 89 Mitad Circle. For more information, visit [www.divorcecare.org](http://www.divorcecare.org), or call Angela Amatruda at 443-255-1724.

## St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on Wednesday, February 8th at 3 p.m.



at the Southeast Branch Public Library. The presentation will cover France’s Bordeaux, Dordogne Carcassone and The Pyreness. Visit the famous Bordeaux wine region, cruise the Dordogne and Lot Rivers to see the chateaux, old watermills and small villages along the way. See the largest fortress in Europe at Carcassonne, then the natural wonders of the Pyrenees mountain range, stretching between France and Spain.

For those who do not know about the club, it is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas around the world, with focus mostly on Europe, but also other parts of the world. Also, some of the club participants have hosted a presentation based on their own travel experiences. Questions? Please call Peter Dytrych at (904) 797-3736.

## Grief Share Group Begins New Session

The Grief Share Group has begun a new 13-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 on Thursdays 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](http://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. Balconies and Oceanviews are also available at additional cost. Book now with a \$199 p.p. deposit and receive \$50 per stateroom on board credit, free beverage package, wi-fi and more. Call Peter, St. Augustine Travel Club at (904) 797-3736.

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## “Let The Good Times Roll”

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

We had a nice start to the new year with our first Kicker Cash Scramble. Everyone enjoyed getting back together after the holidays and enjoyed the warmer weather for a change. Maleah Miller, a new member to the WGA, tossed the Kicker dice to add an additional \$50.00 to the payout for the first place team.



2nd Place Team winners were: Margaret Kazakis, Lisa Procter, Bev Gunther, Sandy Brandenburg



Maleah Miller tosses the dice as Diane Robinson (play day chair) and other members look on for the dice toss.

is scheduled for February 25th. Cathy French and Judy Guarino are the co-chairs and they are working hard on this event. Ladies should ask another man who is not their spouse to join in as their partner for a round of golf and a nice lunch afterwards. This event is always a lot of fun. We would like to encourage all ladies to continue to sign up. There is still room for more pairs.

In March, there are three fun events planned. So please mark your calendars and get ready to play in: Night Golf on Tuesday, March 7th with the Men's golf association. The Ladies Member/Member Schooner on Saturday, 3/18th and last, the annual "Divot Invitational" with the Palencia Grounds Crew on Tuesday, March 22nd. All 3 of these events are a lot of fun, so make sure you register for these events.

The Palencia ladies layered up to deal with the cold weather and two days of fierce competition in our annual Solheim Cup Competition. After the first day of competition, it looked like the Red team was going to run away with the win, but then the Blue Team rallied the second day and won big and ended up taking home the Solheim Cup trophy. It went down to the last match and maybe some luck with the Ricky Fowler hats. Congratulations goes out to all players for their competitive spirit and fighting hard until the end. Way to go Blue team!

Continued On Page 7



1st Place Team winners were: Left to right, Judy Guarino, Earline Barnes, Marge Stancil and Barb Jacobi (missing from picture).

We would like to congratulate our latest Queen Qualifiers: Pat Rose qualified in December with a net 73, and Linda Hoffman was the runner up with a net 74. Deidre Wray qualified in November with a net 71, and Judy Guarino was the runner up with a net 74. Nice playing ladies!

Our annual Match play has started. We have over 14 teams competing for this years honors. Team play has started and will continue through March when a team champion will be crowned.

The annual Sadie Hawkins event

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# Women's Golf Association Of Palencia

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The 2022 Blue Team Solheim Cup Team Winners: Left to right, Ellie Chappellear, Sandy Brandenburg, Staci Luttrupp, Linda Carucci, Cindy Gates, Sandy Frames, Earline Barnes, Deborah Dufresne, Tricia Luciano (captain), Cathy French, Stephanie Kinsey, Chris Parker McCoy, Sue Lomba and Faye Pedulat.

Although the weather forced the holiday scramble to be cancelled, it did not put a damper on the holiday spirit of our Palencia ladies and their annual luncheon. The ladies collected many toys for the annual "Toys for Tots drive" and were very happy with the results. The holiday committee did a great job decorating and organizing games and enjoying the holiday with the Palencia Club Golf Staff. The ladies luncheon even had a visit from Santa. A special thanks to Frank Guarino for helping with the holiday fun!



Left to right: Judy Guariano, Diane Robinson, Earline Barnes (chair), Carol Hanley, Pam Ashburn, Linda Carucci and Linda Hoffman.



At left, Jan Sheeder and Matt Carroll, Head Golf Professional at Palencia, share some holiday cheer. If you would like more information about joining the Palencia Women's Golf Association, go to Palencia online.com.

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Polly Swindull

**As things are going now it seems like the Government controls more and more. My question is, I presently do not have a well. Do I need to worry that some day I will not be allowed to drill a well on the property that I own?**

Who knows what kind of control the Government is going to put on us next. As of now there are no laws by the Federal or State Government preventing us from drilling you a well. With that being said, there are local County and Deed restrictions in various areas that prevent you from using the water you sit on top of to water your lawn. In my opinion there will be a day when private well drilling will be heavily dictated by Government due to water shortage, population growth, etc. I can't tell you to have your well drilled. All I can tell you is that water is essential to life. You make the call!

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## Ask A Certified Master Gardener Maintenance And Protection For Your Palm Trees

By Norie Flowers, Palencia Resident  
[norie.flowers@outlook.com](mailto:norie.flowers@outlook.com)

Palm morphology (external structure) and Anatomy (internal structure) are very different from broadleaf (dicot) trees. They are in the Areaceae family and have unique nutritional needs. Because nutritional deficiencies can be long in correcting, the goal of keeping healthy palms is to prevent a nutrient deficiency in its early stage.

too little), nutrients that are simply unavailable in your soil due to the wrong pH conditions, or phosphates or organic matter caused by some sewage-based fertilizers.

For these common nutrient deficiencies, appropriate fertilization is targeted at the new leaves rather than the leaf symptoms already present.



**If any leaves are partially damaged from the freeze we had this season, keep them on your palm until new leaves form.**

Palm deficiencies commonly occur as a result of insufficient potassium (K), magnesium (Mg), manganese (Mn) and Boron (B). Here are some signs to look for in each type of deficiency:

- **Potassium (K):** This is exhibited on the oldest and lowest leaves and toward the tips (distal) of affected leaves. They become translucent yellow orange with necrotic spotting on the foliage. Leaflet tips become necrotic (brown/dead). This is easier to see if you hold the leaf up to the sunlight. The trunk at the top may also look tapered – like the top of a pencil. Florida soils are naturally deficient in K and often induced by improper fertilization.

- **Magnesium (Mg):** This is also the most severe on the oldest and lowest leaves. There is chlorosis (yellowing) of leaves on the outer margins. The central part of the leaf segments remain distinctly green – a very telltale sign of this deficiency. There is no necrosis of leaf tissue.

- **Manganese (Mn):** This deficiency affects the youngest leaves ONLY and more severe at the base of the leaf rather than at the tip – the opposite of K deficiency signs. There is interveinal chlorosis with some necrotic streaking. Leaves may be withered or frizzling at the tips and death of the apical meristem (bud) area.

- **Boron (B):** This deficiency affects the newest leaves with stunted growth and multiple, incompletely opened leaves, that look like an accordion. There can also be horizontal growth, the halting of flower and fruit production and death of the meristem (bud).

To add to the above, deficiencies can be caused by insufficient nutrients in the soil, nutrient imbalances (too much or

An integrated approach to the growth of healthy palms in your landscape begins by recognizing that all types of plants are growing in the same soil and palm and other tree roots need to coexist with your turf. Products applied to turf that drift into palm soil can be harmful to palms. An effective palm fertilization program needs to include the appropriate ratio of N:K:Mg (2:3:1), be

applied correctly (read the label!), and in adequate amounts.

To maintain the health of your palm, pruning is just as important as nutrition. To start, palms should have a 360-degree canopy. Excessive pruning affects the vigor, nutritional health, and cold hardiness of your palm, and can more easily transmit disease. If your palm has nutrient deficiency, don't remove any leaves that are not completely dead. If no obvious deficiency exists and your palm has a full canopy (360-degrees), never remove any living leaves originating above the horizontal plane (9:00 to 3:00 position). If any leaves are partially damaged from the freeze we had this season, keep them on your palm until new leaves form. Hurricane pruning is a myth and leaves your palms much more vulnerable ahead of a storm.

Insects that commonly affect palms include Palm Leaf Skeletonizer, Palmetto Weevil, Asian Cycad Scale and Palm Aphid. There are specific insecticides designed for the first three insect problems. For Palm Aphids, look for sooty mold on the leaves and then spray liberally with horticultural oil.

Finally, focus on what you can control. That means good nutrition with the best available palm fertilizer, pruning correctly, and sterilizing your pruning tools. Lastly, recognize that there is no perfect palm tree. They are all living organisms and sometimes they just have a "mind of their own!"

*Do you have a garden question? If so, please email me at [norie.flowers@outlook.com](mailto: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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## What Have You Mastered?

By Rob Stanborough  
**PT, DPT, MHSc, MTC, CMTPT, FAAOMPT**  
**First Coast Rehabilitation**  
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Webster defines becoming a master as “a person with exceptional skill at a certain thing” or mastering as “becoming proficient in the use of something.” During the span of our lives, all of us become a master of compensation, to one degree or another. What I mean is, we all have great proficiency in making small, subtle changes in the way we move, enabling us to master any and all tasks at hand.

Sometimes compensating or adapting movement is a good thing. All top athletes are able to make small changes in their movements or reactions to meet the needs of each play. But all too often compensations are counter-productive and can even have negative, dysfunctional side effects. Multiple compensations can turn into accumulated dysfunction.

How and why do we compensate? We compensate because we are living and we have an ever changing body. Along with everything else we learned in Kindergarten, we learned to compensate. We were told to sit and be still. Our bodies are made to move yet many of us become less and less mobile through the years and even more since Covid. We sit at computers, in front of TV’s, at events, in cars and the list goes on. Our pelvis supports us as gravity pushes the trunk and head forward into a varying degree of a slump. The compensation manifests when we have to stand back up. Instead of keeping our head down, looking at the ground, we pull our head up and bring the eyes to the horizon, a motion that should transition through several segments of the spine – not just the upper levels of the neck.

There are all types of compensatory masters. Which one are you?

**The Limp Master:** The individual who lacks full range of motion in the lower extremities following trauma or surgery. The results may be an altered gait pattern, hip knee or back pain.

**The Mother Master:** The mother who has difficulty restoring full motion back in the spine following pregnancy or tends to stand leaning to one side with a child resting on the hip. Both problems may hinder regaining much needed core stabilization and result in sacro-iliac dysfunction or low back pain.

**The Robot Master:** This is the person who lacks neck or shoulder mobility following a whiplash injury or other type of neck trauma. The movements tend to look robotic as the head is kept stiff, making up for the lack of neck motion in low back rotation or extension.

**The Sitting Master:** This person sits at home or office a large part of the day, developing tight anterior hips, which then resist full straightening with standing, putting undue pressure on the lumbar spine.

Two days prior to this writing I examined a patient who was falling. We discovered a slight weakness in his hip masked through compensation. However, it was manifesting when standing on one leg to step up or out, causing a dis-

ruption in balance and resulting in falls.

We have all become masters to one degree or another and therefore guilty of ignoring such adaptations year after year. To minimize compensations, first seek analysis or assistance. Second, move, but learn to move properly and move regularly. Improper movements may simply lead to more compensation and further dysfunction.

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Becoming a master at most things takes years of practice and dedication. Becoming a master of compensation is easy - it just takes years to see what kind of master you've become.

*Rob Stanborough is a physical therapist serving St. Augustine for nearly 20 years and has presented both nationally and internationally. He was one of the first PT's to be permitted to use DN in FL*

*and doing so since 2017. He has trained others in DN since 2010 as a Senior Instructor for Myopain Seminars ([www.myopainseminars.com](http://www.myopainseminars.com)). He is a co-owner of First Coast Rehabilitation ([www.firstcoastrehab.com](http://www.firstcoastrehab.com)), and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on [www.firstcoastrehab.com](http://www.firstcoastrehab.com)*



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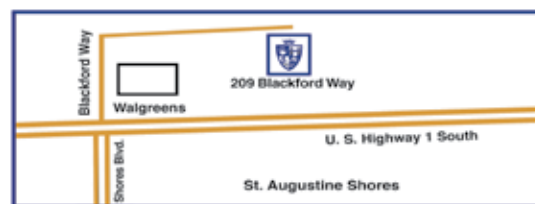
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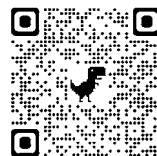
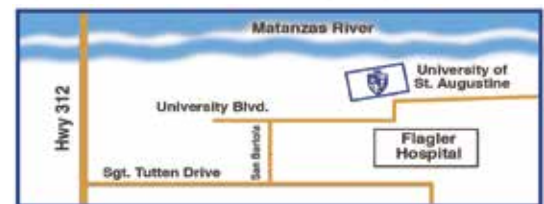
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**Menorah Lighting In Palencia**

Rabbi Levi Vogel lights the 9-ft. Menorah located on Market Street in Palencia, commemorating Hanukkah, the "Festival of Lights."



**President's Day, Monday, February 20th**

In the late 1870s, Senator Steven Wallace Dorsey proposed the idea of adding Washington's birth date, February 22, to the four existing bank holidays previously approved in 1870.

Signed into law January 31, 1879, by President Rutherford B. Hayes, the law was implemented in 1880 and applied only to District federal workers. Washington's Birthday had become the first Federal holiday to single out an individual's birth date, and the honor lasted for less than a century.

In 1968, Congress passed the Uniform Monday Holiday Bill which moved a number of Federal holidays to Mondays. In 1971, with the implementation of the Uniform Monday Holiday Law (82 Stat. 250), the third Monday in February became the date on which Washington's Birthday is celebrated. Some reformers had wanted to change the name of the holiday as well to Presidents' Day, in honor of both Lincoln and Washington. While the name change has never been authorized by Congress, it has gained a strong hold on the public consciousness to honor all U.S. Presidents, and is generally used on calendars, in advertising, and even by many government agencies. (Source: National Archives)

Chabad Jewish Center of St. Augustine recently hosted a party and Menorah Lighting in Palencia. All Palencia residents were welcomed and encouraged to see the giant 9-foot Menorah lighting and enjoy music, hot latkes, donuts, and caroling.

"The symbolism of the Chanukah Menorah is the universal message of religious freedom, of the triumph of light over darkness and hope over tyranny," according to Rabbi Levi Vogel of Chabad.

In the second century BCE, the Holy Land was ruled by the Seleucids (Syrian-Greeks), who tried to force the people of Israel to accept Greek culture and beliefs instead of mitzvah observance and belief in God. Against all odds, a small band of faithful but poorly armed Jews, led by Judah the Maccabee, defeated one of the mightiest armies on earth, drove the Greeks from the land, reclaimed the Holy Temple in Jerusalem and rededicated it to the service of God.

When they sought to light the Temple's Menorah (the seven-branched candelabrum), they found only a single cruse of olive oil that had escaped contamination by the Greeks. Miraculously, they lit the menorah and the one-day supply of oil lasted for eight days, until new oil could be prepared under conditions of ritual purity.

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## Valentine's Day, Tuesday, February 14th

Red roses, chocolates and sentimental greeting cards. These tokens of affection are exchanged each year, on February 14 by people in the United States and in many other countries observing Valentine's Day — an unofficial holiday that celebrates love.

The exact origins of Valentine's Day are murky, but February 14 is a day that commemorates a number of Christian saints named Valentine, and the day became associated with romantic love during the Middle Ages in England. Some historians believe Valentine's Day also has vestiges of pagan festivals once held throughout Europe.

However it began, Valentine's Day remains popular — and good for business. Worldwide, about 1 billion Valentine cards (or "valentines") are sent annually. Hallmark, a U.S. greeting-card company, estimates that Americans alone send some 114 million valentines a year.

In the United States, schoolchildren often exchange friendship-themed valentines with their classmates. Kids' valentines, whether homemade or store-bought, usually feature heart-shaped motifs or cartoon characters.

Valentine's Day is marked differently around the world.

In the Philippines, mass wedding ceremonies are commonly performed on Valentine's Day. And in South Africa, it's a Valentine's Day tradition for women to pin the names of their love interests on their shirtsleeves.

In South Korea, February 14 is when women court men with candy and flowers. (A month later, on March 14 — known as White Day — it's the reverse, with men giving gifts to women.)

Of course, romantic dinners at fancy restaurants are Valentine's Day traditions as well. That's how Italians celebrate the holiday, as do lots of people around the globe.



## The History of Groundhog Day

The holiday, which began as a Pennsylvania German custom in southeastern and central Pennsylvania in the 18th and 19th centuries, has its origins in ancient European weather lore.

In 1723, the Delaware Indians settled Punxsutawney, Pennsylvania. It was a campsite halfway between the Allegheny and the Susquehanna Rivers. The name Punxsutawney comes from the Indian name for the location "ponksad-uteney," which means "the town of the sand flies." When the Germans came to America in the 1700s and settled in Pennsylvania, they brought their tradition of Candlemas and introduced the tradition of an animal seeing its shadow into the prediction of the weather on that day. In Germany, a badger had been used, but a suitable replacement in America was the groundhog.

In 1886, Clymer H. Freas, city editor of the Punxsutawney Spirit Newspaper was inspired by a local tradition of hunting and barbecuing groundhogs and dubbed the participants the Punxsutawney Groundhog Club. Using his editorial clout, he proclaimed Punxsutawney Phil, the local groundhog, to be the one and only official weather forecasting groundhog. He issued this proclamation on, appropriately enough, Groundhog Day, February 2nd. Punxsutawney Phil's fame began to spread, and newspapers from around the globe began to report Punxsutawney Phil's Groundhog Day predictions. Today, over 20,000 fans come to Punxsutawney, Pennsylvania on Groundhog Day. - National Weather Service



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## Palencia Resident Directing Choral Performance At The Vatican

Donations totaling \$6000 are needed for singers to participate

The St. Augustine Singers, alumni chorus members from the St. Johns County Center for the Arts at St. Augustine High School under the direction of Jeff Dodd and Elizabeth Beaton, have been invited to perform at the Vatican in Rome, Italy. Approximately 50 vocalists will be conducted by internationally acclaimed composer and conductor, and Past Director of Vocal Studies at OK State University, Z. Randall Stroope, performing the music of Gabriel Fauré, Franz Biebl, Z. Randall Stroope, Giovanni di Palestrina, and others. They will perform in the 15th annual Rome Choral Festival, a summer celebration of choral music, to be held June 22-26, 2023, and will sing alongside select choruses from across North America.

This spectacular festival culminates in a special Mass at St. Peter's Basilica in the Vatican City, and a finale concert at the Chiesa di Sant' Ignazio di Loyola in Rome. The St. Augustine Singers will join dozens of other performers in celebrating the heritage and history of their music.

Jeff Dodd and Elizabeth Beaton directed the St. Augustine Singers' debut concert entitled Holiday Hallelujah at Flagler College auditorium this past December as one of the Limelight Theater's season offerings. Part of that program featured the music of Derric Johnson, founder, and arranger for the Voice of Liberty, Walt Disney World's signature acapella vocal ensemble, at EPCOT Center.

Three key singers cannot afford to fully pay for their trip, and this choir will not be balanced without them—a necessity for participation. After exhausting all available resources, approximately \$6000 is needed by February 1st to travel. Jeff Dodd and Elizabeth Beaton are asking donors who wish to sponsor a singer for any amount to email RomeFestivalstaug@gmail.com by Feb. 1st. The Palencia community has historically benefited from the musical endeavors of singers from SAHS. Jeff and Elizabeth send their deepest gratitude to anyone who can help these present and former students reach this milestone achievement.

Jeff Dodd received a trombone scholarship at Western Kentucky University in Bowling Green, Kentucky, and participated in the college marching band as a color guard member and the concert band as the first trombonist. He sang in the college choir, played in the concert band, jazz band and orchestra. Once he gradu-



ated from WKU, he applied for a job at St. Augustine High School and was offered the opportunity to create and perform with students in many areas of performing arts. He remained in this position for 35 years. Jeff was the Director of Chorus, Director of Coast One Winterguard, Director of Musical Theatre, Visual and Performing Arts Department Chair and Director of St. Johns County Center for the Arts at SAHS.



Elizabeth Beaton

Palencia resident Elizabeth Beaton is a Presser Scholar and Music Department scholarship graduate of the University of New Hampshire. She graduated from the University of North Florida in 2019 with a Master of Music Performance in Choral Conducting. She has been a member of the NHMEA, NafME, Phi Kappa Phi, NATS, and ACDA among others. Mrs. Beaton has collaborated with composer Jim Papoulis, and Peter Eldridge (New York Voices) in performing their pieces and has informally studied the work of award-winning internationally renowned composer and conductor Z. Randall Stroope, at his invitation.

Elizabeth Beaton was Director of Music for a total of more than 28 years in Catholic music ministry and served as Choral Director for a vibrant award-winning music program at Alvirne High School in Hudson, NH, whose ensembles were featured at Disney World and Disney Springs in Florida, New York City, and Montreal. The AHS "B Naturals" represented New Hampshire at the Centennial of the Cherry Blossom Festival in Washington, DC under her baton, at Governor John Lynch and President Obama's invitations. Ms. Beaton's groups have previously been invited to perform at the Vatican. Elizabeth has taught K-12 music for 27 years and has served as a clinician in residence at St. Augustine High School in St. Augustine for seven years. She was engaged as an adjudicator/clinician for NHMEA All-State, Jazz All-State, middle school festivals, the Florida Vocal Association, and other contests. Today, some of her former students perform on Broadway and in various venues across the country.

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## Meet The K-Kids Of Palencia Elementary

By Tiffany Trivedi, Palencia Resident  
Palencia Elementary PTO

There are many organizations, clubs, special groups and teams that make up the diverse population at Palencia Elementary School. One very special club that many may not be familiar with is Kiwanis K-Kids, a student-

part of this group.

This year, K-Kids is led by PES School Counselor, Carly Gordon and 5th grade teacher, Sasha Miri. Mary Warren, a retired school counselor, is the Kiwanis mentor and leader. She at-



Palencia Elementary K-Kids group with Ms. Sasha Miri. K-Kids is an international organization providing members with opportunities to perform service, build character and develop leadership.

led community service organization that operates under school regulations and draws its members from our own student body at PES. We have an amazing group of K-Kids currently at PES and they have done some spectacular projects to elevate our community this year.

K-Kids is an international organization providing members with opportunities to perform service, build character and develop leadership. The desire is to promote leadership and responsibility to care for others not only in our area, but across the nation. Students that show integrity, kindness, and outstanding citizenship are nominated by a teacher to be

tends each K-Kids meeting and provides members with guidance of the K-Kids' mission and vision. She also helps Ms. Gordon and Ms. Miri brainstorm ideas each month that can hopefully make the most impact and resonate with the K-Kids members.

These students have done so much already this year to better our community.

Ms. Miri shared that "During the months of November and December, our pirates collected over 1,000 canned goods and 50 coats for children in need. It's inspirational to see their love of giv-

Continued On Page 15



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## Meet The K-Kids Of Palencia Elementary School

Continued From Page 14

ing back come alive.”

The food items were donated to Epic-Cure Food Pantry in St. Augustine and the coats were given to local children in need this winter. Their next project will be writing Valentine's Day cards to the patients at Wolfson Children's Hospital.

The K-Kids meet once a month to brainstorm ideas, work on current projects and discuss future opportunities for the community. Of course, as a thank you for all their kindness and hard work, there is always a sweet treat to end each meeting.

Fifth Grader and K-Kid member, Holden Smuckler shared “I like being a member of K-Kids because of all the positive things that result from our different projects. We get to help other people whether it is by collecting food or coats for the winter or doing little things like making a card to brighten someone's day. Because of K-Kids, I've learned more about different local

organizations such as Epic Cure and Bayview Meadows Nursing Home.”

Additional K-Kid member, Harper Rebella added, “I love K-Kids because it is a lot of fun and something to look forward to every month. I also love giving back to our community and it makes me feel good.”

PES is so proud to have such a fine group of students representing our community in this manner. Ms. Miri shared that “Ms. Gordon and I are incredibly honored to be sponsors for this amazing group of 5th graders, and we look forward to continuing our service for the community.”

For more information about K-Kids, please visit the below link: <https://www.kiwaniskids.org/discover/>

As always, if you are interested in joining the PTO or learning more about how to get involved, please reach out at [PES.PTOpresident@gmail.com](mailto:PES.PTOpresident@gmail.com). You can also learn about the PTO and all the hosted events at [palenciapiratespto.com](http://palenciapiratespto.com).

## Spectacular Speakeasy Casino Night A Benefit For Epic-Cure

Feeling lucky? Place your big bets and join friends for a casino-themed benefit at the spectacular Speakeasy, a benefit for Epic-Cure. Sunday, February 19, 5:00 p.m. to 8:00 p.m. at the Treasury on the Plaza, 24 Cathedral Place #111 in St. Augustine.

There will be Blackjack Tables, Roulette, Craps, raffle prizes, live music and a silent auction. \$95 per person includes cocktails, beer and wine and hors d'oeuvres. Dress code is black tie

or 1920s attire (optional).

Purchase tickets on Evenbrite. Interested in becoming an event sponsor? Contact [support@epic-cure.org](mailto:support@epic-cure.org).

Did you know? Between 30-40% of food produced in the U.S. is wasted. That's where Epic-Cure comes in. Epic-Cure rescues good food to win the battle against food insecurity while improving the health of the planet by reducing harmful methane gas emissions. Visit [Epic-Cure.org](http://Epic-Cure.org) to learn more or donate today.

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

By Michele Oliver

Join us for a very unique opportunity to learn about and buy beautiful pearl jewelry at our Newcomers of North St. Johns (NNSJ) February luncheon. Save the date and join us on Thursday, February 23 beginning at 11:00 a.m. at the Jacksonville Golf & Country Club, 3985 Hunt Club Road, Jacksonville. The event features an entertaining presentation about pearls by the Love the Pearls experts. All attending will receive a classic pair of pearl stud earrings. Doors will open at 10:30 a.m.

Entrée choices include choice of Seafood Crepes; Pecan-Crusted Chicken or an Artichoke and Spinach Quiche with Mushroom Risotto. A Cash Bar is also available.

Cost for the luncheon and program is \$34 for members and \$39 for guests. All reservations must be received by February 15, 2023. For further information about the luncheon and membership, please go to the NNSJ website at <https://newcomersofnorthstjohns.org>.




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# Small Things Done Often: Don't Wait Until Valentine's Day

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

www.happycoupleshealthycommunities.com



Valentine's Day is a great reminder and opportunity to turn towards your partner and your relationship, to share fondness and admiration, and to rekindle the flames of romance and passion in your relationship. However, if you wait until Valentine's Day to do so, it may be too late. It is the small, positive things done often that make the difference, not the grand gestures.

Dr. John Gottman's more than 40 years of research with over 3,000 couples demonstrates the importance of turning towards each other in a relationship. In a six-year follow-up of newlyweds, he found that couples who remained married had turned toward their partner's bids for connection an average of 86 percent of the time in their Love Lab conversations, while those who ended up divorced had averaged only 33 percent. Furthermore, most of the arguments between couples in both groups were not about specific topics, like money or sex, but resulted from failed bids for communication.

There is a reason that seemingly small interactions are fundamental to a relationship's future: each time couples turn toward each other, they are funding what we call their "emotional bank account." They are putting good will in their relationship and building up savings that can serve as a cushion when times get rough, when they're faced with a major life stress or conflict. Because they have stored up an abundance of goodwill, such couples are less likely to teeter over into distrust and chronic negativity during hard times.

The first step in turning toward each other more is simply to be aware of how crucial these micro-interactions are, not only to your marriage's trust level, but to its ongoing sense of romance. Remind yourself that being helpful to each other on a daily basis will do far more for the strength and passion of your marriage than a romantic dinner or a two-week Bahamas getaway. A romantic outing only turns up the heat if you have kept the pilot light burning by staying in touch in the little ways. I am sure that it has never happened to you in your relationship, but you have probably seen other couples at a romantic dinner who are not talking or connecting with each other because they don't know how to

do so, because they haven't been doing it in the little ways.

Valentine's Day is also a great opportunity to share fondness and admiration and to remember why we chose this person as our partner in the first place. All too often in long-term intimate relationships, we neglect to nurture and express our fondness and admiration for our partner.

However, don't wait until Valentine's Day to share this fondness and admiration. I suggest that you start remembering and sharing fondness and admiration daily by at least the beginning of February.

Fortunately, it is not terribly difficult to revive or increase the fondness and admiration in a relationship. Even positive feelings that have been buried for a long time can be brought into the light simply by thinking or talking about them. You can do this by thinking about your partner and what you appreciate about him or her daily. Try to come up with three or four positive adjectives that describe your partner and what you like or appreciate about him or her. Then come up with a concrete example of each, i.e. a time when your partner demonstrated this quality. Then share this with your partner. Perhaps you can share one appreciation with your partner daily in a brief conversation, a note, and/or a text message.

If you are having difficulty accessing fondness and admiration for your partner in the moment, it might help to think about what first attracted you to your partner and the larger history of your relationship. What were your first impressions of each other? When and how did you realize that you were attracted to your partner? What do you remember about the time that you were dating? What stands out? If you are married, how did you decide to get married? What do you remember about your wedding and honeymoon? What have been some of the best times in your marriage or relationship? Despite the difficulties, what has kept you together? Thinking about and discussing questions like these can help you revive and increase the fondness and admiration in your marriage or relationship.

So, this year, don't wait until Valen-

Continued On Page 17

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## Wrigley's Field Of View What Does "Soon" Really Mean?

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

SOON....That seems to be the word of the day here in Palencia. When do I eat? Soon. When do I walk? Soon. When do I go to the spa? Soon.

I hear the bag man and lady on the phone asking when people are coming to fix our "things"? "Soon," they say.

I'm confused about what the word really means. Is "soon" really soon, or isn't it? How much time is soon? Is it a short time, a long time, an in-between time?

When will the Jaguars win the Super Bowl? Soon...Really. They said that when I was a puppy so I guess "soon" must be kind of a long time. I guess you



have to have that thing called "patience" to be able to handle the "soon" aspect of life. Maybe I can do that...soon.

## Don't Wait Until Valentine's Day

Continued From Page 16

Valentine's Day to turn towards each other and to share fondness and admiration. Start doing it now, daily, in the micro-interactions of your relationship. Remember, it is small things done often that make the difference. If you start now, you are more likely to have a more romantic and passionate Valentine's Day.

Michael Brown is a Licensed Mar-

riage 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. If you are interested in couples therapy, please contact Michael at 904-289-2954 or visit [www.happycoupleshealthycommunities.com](http://www.happycoupleshealthycommunities.com).



## "COVER" The Golf Ball

Tips from Laura Baugh  
Certified PGA Teaching Professional  
The Palencia Golf Club  
[laura@laurabaughgolf.com](mailto:laura@laurabaughgolf.com).

Hello Fellow Golfers,  
Learn to "COVER" the Golf Ball.  
The spine angle is created by taking your stance and addressing the ball. The angle of your spine should be maintained throughout your golf swing.

As you start your backswing, developing width, and you begin to feel the coil of your core you will be centered if you are covering the golf ball. As you continue the process of loading the right side, it is important to cover the ball, which means keeping your eye on the ball and your spine angle, so that you're "aware" of where you return to impact with the power you have created by your backswing.

Plus, by covering the golf ball you can have that beautiful extension after impact!

As you become comfortable with covering the ball you will continue to improve your sequencing which is so important to give you maximum distance, power, and accuracy.

If you have any questions with covering the ball, please schedule a lesson at [laurabaughgolf.com](http://laurabaughgolf.com).



Keep in mind, the angle of your spine should be maintained throughout your golf swing.

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## Love Is Not A Three-letter Word

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

February is a month in which a lot of attention is given to the topic of love. The sad part is most people have absolutely no idea what love looks like or how it's supposed to act. It's no wonder. Over the last 50 years or so, thanks to an increasingly amoral entertainment industry, love has become synonymous with sex. Sad to say, a lot of people don't know the difference.

Some time ago I was teaching some high schoolers a seminar about "love and dating." What a challenge that was as we began a frank discussion on the differences between men and women and all their inherent traits; physical and emotional as well as spiritual traits. In trying to demystify terms and body parts, our conversation was rather giddy and in ways outside our comfort zone. Amid the snickers and snorts as I tried to introduce my lesson, one of my students teasingly said, "Oh, man! We thought you were going to teach us about making love." Bashfully, I said "No I am not," I shot back. "Besides, sex and love are not the same thing." The room went completely quiet. My students stared at me with open mouths. The look of surprise and shock sent my heart to the floor as I realized my students actually believed the lie. They really did think the two were the same.

In today's worldview, a lot of people are operating on the assumption that love is some mysterious thing that just happens and over which you have no control. The number one reason cited for divorce is "I just don't love him/her anymore." This statement is often accompanied by a sigh and a shake of the head as though the speaker can't under-

stand how it could have happened.

The Bible, on the other hand, gives a very different picture of love. In 1 Corinthians 13 we read,

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud."

Jesus said, "By this all men will know that you are my disciples, if you love one another." (John 13:35)

By understanding the nature of love and then choosing to operate in it we declare ourselves as followers of Christ. It isn't the T-shirt we wear or the little fish on our cars. They'll know us by our love.

In the dead of winter, trees are difficult to tell apart unless you're a horticulturalist. The bare branches all tend to look the same against a gray winter sky. In spring the blossoms give a hint of what will follow, but by late summer the identity of the tree is completely revealed with the appearance of fruit. There can be no mistaking an apple tree for a peach tree. The fruit is the evidence.

The same could be said of Christians. From a distance, we might look like anyone else. But upon closer inspection, we should find the fruit of the Spirit as evidence of our experience. In Galatians 5:22 we read, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

The fact the scriptures likens these attributes to fruit indicates they can be cultivated, or grown. As we grow in Christ, the fruit of the Spirit grows in us. Or, at least it should.

So—what's love got to do with it? Just everything.

## Air Force Chaplains Mark Ash Wednesday

By Senior Airman Tabatha Zarrella, Shaw Air Force Base, S.C.

February 22nd marks the beginning of the Season of Lent practiced by many Christians, to include Roman Catholic, Protestant and Orthodox. This period is observed to acknowledge regret for sins and to recognize the sacrifices that Jesus Christ made.


"The longest journey is not to some remote assignment, it's to the center of your own heart," said Father Richard Fitzgerald, 20th Fighter Wing Chaplain. "Ash Wednesday is an invitation to make that long journey, to go deep within. To not only get in touch with your sinfulness and brokenness, but how God is there to forgive, empower and to lead one to fullness of life."

The ashes are a sign that without God, all we really are is just dust, added Fitzgerald.

"By the sweat of your face you shall eat bread until you return to the ground for out of it you were taken; you are dust, and to dust you shall return," Genesis 3:19.

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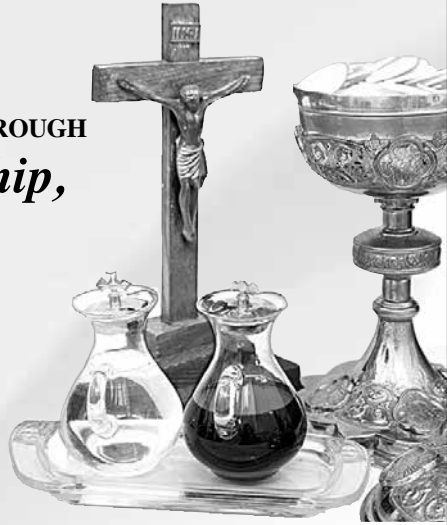
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## Leave Chocolate Out Of Rover's Celebrations

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

Holidays and chocolate seem to go together. For Valentines Day, birthdays, Halloween and Christmas - chocolate is everywhere. But, there is one place chocolate should never be and that's in your dog. Chocolate is toxic to dogs and it can kill them.

Here are the facts:

Chocolate contains theobromine, a compound in the same family as caffeine, and theophylline (an asthma drug). In certain quantities, theobromine is toxic to dogs. In general, the minimum toxic theobromine dose in dogs ranges from 46 to 68 mg/lb. Half the dogs that consume 114 to 228 mg/lb or greater of theobromine will die. Lots of things can play a role in whether your dog will have a toxic reaction including the amount of chocolate your dog ate, your dog's size, and whether your dog happens to be extra-sensitive to theobromine. One of the most important things in chocolate toxicity is the kind of chocolate your dog ate.

Different types of chocolate contain different amounts of theobromine. For instance:

Milk chocolate contains 44 mg of theobromine per oz. (704 mg theobromine/lb milk chocolate)

Semisweet chocolate chips contain 150 mg/oz. (2400 mg theobromine/lb semi-sweet chocolate)

Baking chocolate contains 390 mg/oz.

(6240 mg theobromine/lb baking chocolate)

### Signs of chocolate toxicity:

Theobromine toxicity can cause a variety of signs ranging from mild to severe. Signs include: Vomiting, Diarrhea, Rapid heart rate, Restlessness, Hyperactivity, Urinating more, Muscle spasms, Seizures and other neurological signs.

If you think your dog has eaten chocolate, call your veterinarian immediately. Describe the type of chocolate your dog ate (dark, unsweetened, milk chocolate, semi-sweet), the amount of chocolate and the lapse of time since he ate the chocolate. Also, give your veterinarian your dog's weight along with symptoms you are observing in your dog. Your veterinarian can give your dog medication to induce vomiting if it has been less than two hours since eating the chocolate.

If your dog shows signs of toxicity, he or she may need to be hospitalized until the theobromine in the chocolate he ate has left his system. Also, length of hospitalization may depend on the amount of chocolate he ate and the severity of symptoms your dog is showing. To help clear the toxins from your dogs bloodstream, intravenous fluids may need to be administered.

Remember, only your vet can determine the proper treatment for your pet. The key is to seek treatment right away, before the toxins have entered the bloodstream.



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## Reasons To Buy Life Insurance – Part 1

Life insurance is often thought of as a way to protect loved ones by providing for final expenses and estate taxes but you can think beyond that.

Life events and milestones sometimes impact the decision to consider life insurance coverage. It is a good practice to consistently review coverages when these occur. This assures that coverages are current and are opportunities to verify or update beneficiaries. People typically make decisions and changes on life insurance after life events such as a marriage, the birth of a child, adoption, divorce, remarriage or death. A few other times are described below.

Your children are in elementary school. A good time to consider life insurance is when children are brought into your family. Another good time to evaluate life insurance coverage is when children enter elementary school. College costs and other milestones should be considered as well.

You got married and have joint debt. Many people use marriage as a prompt to obtain life insurance. And they benefit from generally lower premiums for younger people. However, it may be critical to either add or increase life insurance coverage based on how much joint credit debt, including mortgage and credit card, you have. According to Experian, in 2021 the average mortgage balance was \$220,380 in the U.S. This certainly would be a large responsibility for a newly widowed spouse, so having life insurance coverage helps tremendously.

Someone co-signs a loan for you or you co-sign a loan for someone else. If your death would cause financial consequences for anyone, you should consider covering yourself. For example, if your parents co-signed your car loan and you die without life insurance, they may be responsible for paying back your

debt. If you co-signed a loan for someone else and are helping them pay it back, they may not have the resources to cover the payment.

You switch jobs. Some people think they don't need to buy life insurance because they already have coverage through their employer. According to Investopedia, typical amounts are only \$20,000, \$50,000 or one or two times the employee's annual salary. Coverage usually stops if an organization opts to terminate group life insurance or a person decides to switch jobs. With that said, it is recommended supplementing coverage with a separate individual policy to ensure sufficient, substantial and stable coverage. Some people aim for life insurance coverage equal to ten times their annual income. Others tabulate their total financial obligations from now until their children reach adulthood (including mortgage payments and college tuitions) and aim to cover that full amount. If your current policies do not meet these amounts, adding or increasing coverage may be best.

You're completing an estate plan. Many adults with older children consider letting their life insurance policies lapse since they don't need to provide day-to-day income coverage anymore. Life insurance, when used properly, can be a great way to leave a legacy for beneficiaries while avoiding probate and retaining privacy.

You are going through a divorce. If you're going through a divorce, there are insurance factors to consider, especially if you have children. When a marriage ends, the topic of life insurance after divorce is too often overlooked.

If you are interested in learning more about the benefits of life insurance, please contact Palencia neighbor and State Farm® agent Craig Dewhurst.

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