



News For And About Residents Of The Palencia Community

St. Patrick's Day
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Palencia

ST. AUGUSTINE

PRESS

MARCH 2023



Palencia Charity Tennis Tournament March 31st

**Celebrates 11 Years With Support
From Business Community**

Palencia will be holding its 11th Annual Palencia Charity Tennis Tournament on March 31st, April 1st and April 2nd with the goal of raising \$20,000. The event will once again feature an exhibition match, vendors, a raffle, meals and much more.

The Palencia Tennis Center is looking for private and business sponsorships which range from \$250 to \$3000. All money raised will be donated to Camp Boggy Creek, a free camp that is part of the Serious Fun Children's Network created by actor Paul Newman. To date, Camp Boggy Creek has served more than 80,000 children with serious illness and their family members.

Entry fee for the tournament is \$75.00 per person. Divisions will consist of Men's Doubles, Ladies Doubles and Mixed Doubles.

Contact Tom Salmon, Tennis Director at 904-825-4012 or email tom.salmon@fsresidential.com. To learn more about Camp Boggy Creek visit www.campboggy-creek.org

Crowds Came Out For Pirate 5K Run To Benefit Palencia Elementary



Leigh Asadi, Tiffany Trivedi, Tristan Trivedi, Laila and Amir Asadi and Justin Strout were all smiles for the recent 7th Annual Pirate 5K for PES.

Cold Weather & Ice Skating Greens Challenge WGA Coquina Classic

Cold noses were the look of choice as ladies of the Palencia Women's Golf Association braved the "Florida cold" to play in the two-day Coquina Flagship event. Overall Coquina Classic Grand Champions were, left to right, Connie Aleman and Maria Nilsson. See Complete Article On Page 6.



Palencia Neighbors Help Pay Off Student Meal Accounts At Nease High School

-paying for cafeteria meals can be a challenge for students at Nease High School. Every student is fed, regardless of the deficit in their meal account. Those whose parents have applied and qualified for free or reduced lunch are fewer at the high school level. Seniors are not allowed to purchase prom tickets or participate in the graduation ceremony unless all fees are paid. These are important milestones. A donation of \$500 was collected from Palencia neighbors to cover some of the cafeteria fees owed by seniors. With Over \$3,500 owed by seniors alone, this amount will be applied to the neediest or those with the lowest balance. More than 10% of students at Allen D. Nease High School are economically disadvantaged. Residents can support our students by contributing to a public school's cafeteria at the elementary, middle or high school level. Please contact Kathy Argitis or the administration at Nease High School at (904) 547-8300 to find out more.



Left to right, Kathryn Argitis, Cafeteria Manager, Maria Cavanaugh, Palencia parent, and Lisa Kunze, Principal at Nease High.

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Words Of Wisdom

Jesus has been found worthy of greater honor than Moses, just as the builder of a house has greater honor than the house itself. *For every house is built by someone, but God is the builder of everything.* Moses was faithful as a servant in all God's house, bearing witness to what would be spoken by God in the future. But Christ is faithful as the Son over God's house. And we are his house, if indeed we hold firmly to our confidence and the hope in which we glory. -Hebrews 3:3,4

The Palencia Press

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Jacksonville, FL 32260
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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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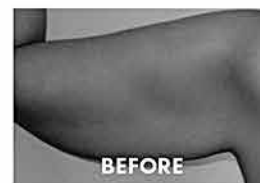
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Dr. Chris Carpenter Palencia Resident Initiates Contest For “Aspiring Veterinarians”



Dr. Chris Carpenter with Vet Set Go “Become a Veterinarian Camp Contest” past winners at Auburn University Junior Veterinary Camp in Auburn, Alabama.

To help aspiring young veterinarians start now to pursue their dream, Vet Set Go and VCA Animal Hospitals are inviting rising sixth, seventh and eighth-grade students to enter the seventh annual Vet Set Go “Become a Veterinarian Camp Contest 2023.” Winners of the online essay contest will receive a scholarship to attend the Auburn University Junior Vet Camp from June 18 - 23, 2023, at Auburn University College of Veterinary Medicine, one of the nation’s premier veterinarian schools.

Vet Set Go and VCA are expanding the 2023 essay contest to be the biggest yet: The contest will award 45 students from across the U.S. – an entire class – a scholarship prize package to attend Vet Camp.

“Vet Set Go is proud to offer young

aspiring veterinarians an even greater opportunity this year to access the in-person, hands-on veterinary experience they are craving,” said Palencia resident Chris Carpenter, DVM, founder and president of Vet Set Go. “We know what it’s like to have a future veterinarian in your home and are honored to provide this once-in-a-lifetime scholarship opportunity for 45 teens and tweens to explore their dream.”

The prize package is valued at \$1,200 and includes tuition, materials, and room and board at the world-renowned Auburn Junior Veterinary Camp in Auburn, Alabama.

To learn more about the “Become a Veterinarian Camp Contest 2023” or to enter visit www.vetsetgo.com. Contest entry deadline is March 31st.

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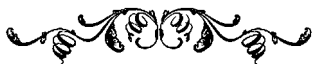
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Palencia POA Board Elections In April

The Palencia POA will have a Board of Directors election in April 2023. Any Palencia POA member willing to volunteer to serve on the Board is encouraged to contact our Community Association Manager, Heather Beladi at hbeladi@vestapropertyservices.com.

St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on Wednesday, March 8, 2023, at 3 p.m. at the Southeast Branch Public Library. Subject is NICA-RAGUA: Discover the untouched beauty of the land in a country rich in culture and beautiful nature. Questions? Please call Peter Dytrych at (904) 797-3736.

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Spotlight On Palencia People



Melodye and Thom Stimpel at their home in Palencia. Melodye will exhibit her paintings at the First Friday Art Walk.



St. Augustine Art Gallery Names Palencia Resident Artist Of Month

Palencia resident Melodye Rouisse-Stimpel has been selected as Artist of the Month for March at the St. Augustine Beach Art Gallery and Studio located at 370A A1A Beach Blvd., St. Augustine Beach (Pier Park). The entry lobby at the studio will be dedicated to her work during the month of March.

Melodye first started painting while a high school student in central Massachusetts. Her love of color and texture has developed into many styles and themes over the years. She is constantly researching new methods to incorporate in her art. Her focus shifts between watercolor, pastels, oils, pallet work and some occasional pen and ink. In 2022 most of her work was "liquid art" a pour method using acrylics, then embellishing with a brush, pallet knife or other tool. She often incorporates elements of the natural world in her art, including leaf prints, sea fans and shells.

Melodye's husband Thom is from

Laguna Beach, California – a small coastal town considered by many to be the art capital of the U.S. They lived in nearby San Clemente for many years and enjoyed frequenting the galleries and festivals held in Laguna throughout the year. Melodye and Thom travel extensively, acquiring fine art at auctions and regional pieces from individual artists they meet in their global journeys. Melodye also takes inspiration from many world famous artists they have met during their travels, including Peter Max, Daniel Wall, Chris DeRubeis, Simon Bull, Michael Goddard and Allison Lefcort.

Melodye loves thrilling her friends with imaginative works that they requested, often having them lend a hand - or a few colorful fingers - to the creation of their own special art. Many of her 2022 creations were commissions.

Her exhibit begins on March 3rd during the First Friday Art Walk.

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Cold Weather & Ice Skating Greens For Coquina Classic

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

Our Annual Member/Guest was re-scheduled due to a hurricane the first time. So, when the cold weather came in for our Coquina Classic "Member/Guest Mad Hatter" competition, the ladies were all up for the challenge and bundled up with many layers to play in this annual event.

The "Mad Hatter" event kicked off with a wonderful cocktail party where ladies wore their special hat of choice with their



Queen of Hearts Flight Winners, L to R: Judy Guarino and Kathy Burke (Gross Flight Winner) Teresa Serrano and Deborah Rady (Net Flight Winners).

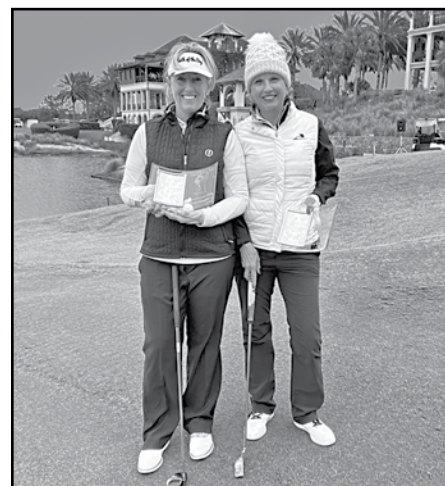
partner. Ladies were able to meet their competitors in a friendly environment to share cocktails and exceptional food at Cathy French's house. As the host, Cathy did an outstanding job with beautiful table decorations that tied into the overall competition theme. Her Mad Hatter centerpieces were stunning and the food and drinks were delicious. A lot of stories were shared and many laughs during the evening kick-off. A big shout out and Thank You to Cathy for all of her work that made this event so much fun for everyone!



Coquina Co-chairs – Dee Dee Bandy & Stephanie Kinsey with guest Amy Snare.

Dee Dee Bandy and Stephanie Kinsey (co-chairs) of this event put in long hours to ensure that every detail was perfect.

From the initial registration, to hot breakfasts and lunches both days, to the awards and shoot off gifts to select an overall champion, everything ran smoothly. The creativity of the skills contest, was a lot of fun, wonderful prizes and tee gifts. The ladies also collected money in a 50/50 where the ladies donated money to the St. Johns Animal Shelter. A very worthy cause to help animals out during the winter time.



Overall Coquina Classic Grand Champions. Left to right, Connie Aleman and Maria Nilsson.

The event was well attended with 64 ladies playing in the two-day Coquina flagship event. Dee Dee and Stephanie worked hard with the local businesses who have regularly supported the ladies golf league at Palencia. All of the ladies will be going out of the way to thank the sponsors by supporting their businesses as repeat customers. It was a stellar event and provided a lot of fun and good memories of what playing golf is all about. Congratulations goes out to Maria Nilsson and Connie Aleman for being the overall champions of this event. We would also like to celebrate all of the flight winners in this fun competitive event! Congratulations to all of the winners!



Classic Flight Winners, Left to right: Lisa Procter and Tian Jones (Net Flight Winners) and Maria Nilsson and Connie Aleman (Gross Flight Winner)



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Women's Golf Association Of Palencia

Continued From Page 6



Teresa Serrano scores her first Eagle on hole #11.



White Hat Flight Winners, Left right, Indy Nelson and Mira Worster (Gross Flight Winners). Louise Starmann and Marie Brackett (Net Flight Winners).



Mad Hatter Flight Winners. Left to right, Carol Crane and Ellie Chapplear (Gross Flight Winners), Rosetta Smith and Sandra Bienvenu (Net Flight Winners).



9 Hole White Hat Group, Left to right Marge Stancil, DeeDee Bandy, Amy Snare, Louise Starmann, Genie McBride, Indy Nelson and Marie Brackett.

Thank you again to Dee Dee and Stephanie for all of your hard work. It was a Fantastic event! We would also like to do a special shout to the Palencia Club Pro Shop staff, food and beverage and maintenance crews. Thank you for making this our best event of the year so far!

A special thank you to all of our local business sponsors as well: Golf Carts of St. Augustine, Palencia Dental, Tim Murphy State Farm Insurance, PRO Massage, Dee Dee Bandy, Crickett Huff, Barbara Jenness,

Teresa Serrano, UPS of Palencia and of course our Palencia Club/Hampton group.

We would like to congratulate our latest Queen Court Qualifier: For December Pat Rose qualified with a net 73, and Tricia Luciano was the runner-up with a net 74. January qualifier was Linda Hoffman with a net 71 and Earline Barnes was the runner-up with a net 73. Nice playing ladies.

We would like to welcome three new members to the ladies Palencia WGA: Jan Hadgis, Kristin Cohen, and Jan Pelt. We look forward to playing with each of the ladies and introducing them to all of our members.

The Match Play competition will be coming to an end shortly and the overall winners will be announced after the playoff round. Stay tuned for our announcement on the Match Team Winners!

The annual Sadie Hawkins event was held on February 25th. Co-chairs Judy Guarino and Cathy French did a fantastic job organizing a fun NCAA golf event for the ladies and their men partners. Each lady played with a man that was not her husband and teams dressed up in their favorite college team basketball attire and had fun decorating their carts. We will share pictures of the winners in next month's article. A special thanks to Judy and Cathy for a really fun co-ed event.

We have a really busy month in March with four golf events. On March 7th, ladies will be signing up to participate in the Night Golf Competition with the Men's Golf Association. Then, the one-day Member/Member "Schooner Event" will be held on March 18th. Our co-chairs Maria Nilsson and Barb McDougall have been busy planning this event. The 9-hole Interclub will be held at Palencia on March 20th and Jeanne Carr is our chairperson. Our last event of the month is our "Divot Invitational" on March 22nd with a 9-hole scramble in the afternoon with the Palencia Grounds Maintenance crew. This is always a fun event. Co-chairs Pat Rose and Peggy Lamneck are doing a great job ensuring that everything is in place to show our appreciation for all of the hard work the Palencia crew does for us. WGA ladies, please make sure you sign up for these fun events at Palenciaonline.com.

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♥ Help Us Honor Palencia Moms ♥

The Palencia Press would like to invite residents to tell us about what makes their mom special. Help us honor all moms this coming Mother's Day and send us a photo of your mom or you and your mom or family. Please include your name and your mom's name. Tell us what makes her a very special person in your life.

All submissions received by April 10th can be included in the May issue. Email your Mother's Day salute to: thepaper@comcast.net.

Palencia's 50 + Ladies Group Kicks Off Inaugural Events

At right, Palencia's 50+ ladies group packed the Amenity Center at their first meeting.



At left, Leah Maltz and Donna Vilarose, organizers.

The 50 + Ladies of Palencia group recently held their first annual meet and greet at the Palencia Amenity Center. The first event had a great turnout, according to the group's founder Leah Maltz, with 92 members joining the group to date.

Maltz and co-organizer Donna Vilarose, also kicked off the group's events with a luncheon in January at the Murray Brothers Caddyshack Restaurant and in February, organized a guest speaker who enlightened members with techniques to reduce stress.

Maltz, who owns LPM Court Reporting and her husband, Circuit Judge Howard Maltz, moved to Palencia in 2017. She has been active in various community projects and organizations including Coach Tom Coughlin's Jay Fund.

Vilarose and her husband Dennis made their way to Palencia four years ago

from South Florida. After 34 years in the dental field, Vilarose now owns a shop on Etsy that specializes in making dog collars, leashes and coats with proceeds donated to animal rescues. Residents have probably seen her showcase her unique pet items at Food Truck Fridays.

The group is exclusive to Palencia neighborhood "50 + gals" who can enjoy fun activities together and make new friendships. Future events in the works for the group include walks, coffees, museums, theatre, concerts, pickleball, painting classes, movies, tours, book discussions and other types of gatherings.

To learn more, or if you are interested in joining the 50 + Ladies, contact Leah Maltz at 1prereporting@gmail.com or Donna Vilarose at donnavilarose@yahoo.com or visit meetup.com to sign up directly.

Ask A Certified Master Gardener

Spring Planting Tips!

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



We have experienced another very cold dormant season, along with a second year of advective freezes. Unlike radiational freeze where cold air moves through slowly and plants can adapt, advective freezes are flash freezes that, just as the name implies, move through quickly and do a lot of damage.

Before providing some basic yearly springtime planting guidelines, it would be beneficial to first begin thinking about adjusting your garden plan just a little to accommodate unpredictable weather patterns. More on this later.

Many readers have expressed a wish to have the same type of gardens they had in their previous landscapes, usually those from other states. My first advice is to keep in mind the hardiness zone you now live in - 9A. For any plant to survive and thrive, it needs to match this hardiness zone. You may not be able to plant the same plants you had before, but there are other beautiful Florida-friendly options that you might like even more.

To begin the process of preparing your landscape for spring, there are a few fundamental things to think about, among them: soil, water, wind, and sun. Each one affects the health of any garden.

First, healthy soil is alive and full of active microorganisms, most of which are invisible to the naked eye. It's only with these organisms that soil can produce plants. Healthy soil is loose, holds moisture, and has an adequate supply of plant nutrients. Because our landscapes are mostly fine "sugar sand," they don't hold water or nutrients well.



Some Palencia landscapes also have a heavy amount of land fill and construction debris, both of which are usually compacted and detrimental to plant life. Compacted soils don't absorb water readily and restrict root growth. If you have compacted soil in your garden beds, try to loosen it and rake out as much of this debris as possible.

To enrich your soil ahead of planting, think about amending the soil with a little organic matter like Black Kow and then mix in a thick layer of rich garden soil. This will give your plants a healthy start.

Before making any plant, shrub, or tree decisions, it is important to know soil pH. Soil pH is the measure of soil acidity or alkalinity and can have a major effect on the health of your plants. Essential plant nutrients like iron and manganese can become more or less available depending on the pH of the soil. Although a few plants like succulents tolerate a wide pH range, most do best when planted in the right soil type. Soil testing can be done for free at the St. Johns County Extension Center.



In Palencia we have vast differences in soil pH, from very acidic 4.0 to very alkaline at 8.0. If your soil is around 6.0 - 6.5 most plants, shrubs and citrus will do well. If, however, as along some marsh areas, your soil is 4.0 - 5.0, specific plants that like acidic soil should be chosen. We all love citrus trees, and they thrive in soil pH around 6.5 to 7.0. However, they will not do well in either highly acidic or highly alkaline soil.

If you would like to grow citrus and your soil is the wrong pH, think about growing them in containers in full sun. Meyer lemon and key lime, in particular, do extremely well in large containers with good drainage.

Raised beds are another good option because you can control the soil and then plant what you like.

Second, another important factor before planting is to think about the amount of water plants are exposed to. Again, marsh areas and homes on creeks can be subject to wetter conditions. There are numerous varieties of native Florida plants that not only tolerate but do well in marshy, wet conditions. One example is the Florida native Blue Flag Iris.

Third, an additional consideration for more fragile flowering plants is the amount of wind they might experience. Take a walk all around your landscape on a windy day and find those sunny locations that have less wind exposure for more sensitive plants, so you won't lose all the blooms.

Fourth, all plants require sun, but some landscapes areas receive full sun all day. This can be too hot for some plants in the summer months. If you have areas like this, succulents are an excellent choice. They aren't fussy about soil and are especially adapted to heat and also beautiful in rock gardens.

The plants you choose determine how much maintenance will be required and also how long they will last. To get back to some of the adjustments I mentioned earlier, you might want to add a combination of plants: types like evergreens that withstand colder temperatures and other tropical bushes and flowering plants that you especially love. Think additionally about using containers that can be moved indoors or covered. That way, you will only have to replant a portion of your plant selections if we have another severe dormant season.

Last, we're in Florida, so be creative and try new plants. We're also in a great climate for citrus - and you can eat the final product! Happy spring planting!

Do you have a garden question? If, so, please email me at norie.flowers@outlook.com. Facts contained in this article are derived from the University of Florida Institute for Food and Agricultural Sciences (IFAS).

Water Problems? Ask Polly!



Polly Swindull

Dear Polly, Can an infectious disease spread via drinking water?

Good question. Of the 50 most deadly infectious diseases, approximately a third may be transmitted by drinking water. They are Lassa Fever, Rabbit Fever, Rotavirus, Typhoid Fever, Botulism, Legionnaires' Disease, SARS, and MERS, just to name a few. There are ways to protect yourself. One of the most effective methods is ultraviolet light treatment that will kill 99.9% of all viruses in water. These are affordable and easy to install. Give us a call for more information. Thanks for the question.

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150 Minutes

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

It's a new year, which often brings a pause, re-evaluation and plans for the months ahead. One of the areas where changes are planned is in health. There are plenty of infomercials for every type of exercise program imaginable vying for our attention: boxing, dancing, salsa, with equipment and without. When subscribing to a new program can cause increased chances of injury during transitional periods such as New Year's, beginning of summer and significant birthdays as people look to make changes in their lives. The start of something completely new and unfamiliar without giving the body a chance to accommodate can often result in soreness, injury, and/or abandonment of the program itself. The end results are no life-style change at all and maybe disappointment. But, it doesn't have to be that difficult, traumatic or extreme.

A recent article in the *British Journal of Sports Medicine* showed a low-dose of moderate to vigorous physical activity may reduce mortality by 22% in adults over 60 years (Hupin D, et al. BJSM 2015;49:1262-67).

It is known that regular physical activity increases life expectancy and reduces all cause-mortality. The Physical Activity Guidelines Advisory Committee Report recommends a minimum of 150 minutes of moderate to vigorous activity. Exercise or Physical Activity can be measured using METs, or the Metabolic Equivalent of Task. Moderate exercise is the equivalent of a brisk walk, as if one was in somewhat of a hurry but chose not to run. Vigorous exercise would be the run, not a sprint, but a run. With the brisk walk on the low end and the run on the high end of what is required, this seems very doable for many, including those over 60 years of age.

Do the math. Sixty times 22% equals 13.2. That means one could reduce the mortality rate by 13.2 years. But that's not all. More importantly, when the rest of what is known about regular exercise is also considered, it could mean 13.2 years of improved mobility, strength, function and energy levels.

It seems our busy lives leave less and less time for exercise. But according to this study, 150 minutes per week, or 30 minutes a day for 5 days is sufficient to reduce mortality by 22% in adults over 60. The results would certainly be the same for all ages. What the article does not say is whether the exercise time needs to be in 5 - 30 minute blocks, 7- 21 minute blocks or 15 - 10 minute blocks. Imagine if every time you visited the store you parked in the space furthest away instead of waiting for the closest space and walked "briskly" to the door? What would happen if you "ran" to the mailbox instead of walking? Or strolled during the first part of your dog walk, allowing your dog to take care of business and then walked briskly on the return?

You both would benefit. It's physical activity at the moderate level. Run and it becomes vigorous.

Spend 1 to 2 weeks looking for opportunities where your activity level could increase with simple daily tasks and start there. Then, challenge yourself to try a few - parking lot, mail, dog-walk, shopping, etc, and see what happens. Don't do them all at first, just

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a few. Turn it into a contest with your spouse, friends, children or grandchildren. Keep it simple and fun. Before you know it, you could be adding years to your life.

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). He is a co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on www.firstcoastrehab.com.



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What are the common mistakes people make when setting up their kitchen and organizing it?

Not planning before organizing your kitchen is one of the most common mistakes. I've noticed that clients place items in random places without planning ahead and not optimizing their kitchen space, which makes cooking a stressful and unenjoyable experience.

I recommend mapping out the kitchen into zones (prep zone, cook zone, serving, wash and cleaning, and storage zones) and assessing your kitchen space and workflow to determine placement.

Examples: knives, cutting boards, and trash should ideally need to be closer to make the meal-prepping process go smoother; the same should be with the glasses and the refrigerator; mugs in the proximity of your coffee station, etc.

All these factors will determine your kitchen items' placement, save time and make everything flow more efficiently.



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- Nicole L





Important Tax Deadlines And Dates

Jennie Morris, Palencia Resident
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According to the Internal Revenue Service, January 23rd was the beginning of the nation's 2023 tax season. That was when the agency began accepting and processing 2022 tax year returns.

Individual Filers

(Including employees, retirees, self-employed individuals and independent contractors)

- April 3, 2023 - Required minimum distribution due if you turned 72 in 2022.
- April 18, 2023 - Tax Day
- April 18, 2023 - Deadline to File Form 4868 and request an extension. If you won't be ready to file your tax return by Tax Day, make sure you complete an extension request, granting you the ability to delay filing a completed return until October 16, 2023. But remember, even if you choose to file an extension, you are still required to pay any taxes you may owe by the April deadline
- April 18, 2023 - Deadline to make IRA and HSA contributions for 2022 tax year.
- October 16, 2023 - Deadline to file your extended 2022 tax return. If you chose to file an extension request on your tax return, this is the due date for filing your tax return.

Businesses - Partnerships

(Including LLCs, C Corps (Form 1120), and S Corps (Form 1120S))

- March 15, 2023 - Taxes are due for some business types (partnerships, multi-member LLCs, and S-Corporations). Businesses organized as partnerships, including multi-member LLCs, and S-Corporations need to file Form 1065, or 1120S by March 15, 2023, if they are a calendar year business. If your business uses a fiscal year, you need to file your tax return by the 15th day of the third month following the close of your tax year.
 - April 18, 2023 - Taxes for C-Corporations are due. Businesses organized as C-Corporations need to file form 1120 by April 18, 2023, if they are a calendar year business. If your business uses a fiscal year, you need to file your tax return by the 15th day of the third month following the close of your tax year.
 - September 15, 2023 - Deadline for extended partnership and S-corporation returns.
 - October 16, 2023 - Deadline for extended C-corporation returns.
- If your books are a mess, I'll fix your data to help reduce the time your CPA spends preparing your tax return. Call 904 Bookkeeping.*



Dr. Lindsay Maples

Before Christmas, Aviles Dental Care crossed paths with an amazing family taking in several children. You, the generous people in our community, donated toys, clothes, electronics and many other gifts so that these kids could have a fantastic Christmas. Thank you so much!

"We were all happy to help out and make this happen. It's wonderful to give back to the community."

Love Our Community



**Dr. Lynn LaHaise and Dr. Taelor Duprey
 Aviles Dental Care**



Dr. Roger Myers

Each of these children were dentally uninsured and had significant needs. Aviles Dental, Dr. LaHaise and Dr. Duprey teamed up with pediatric dentist, Dr. Lindsay Maples from Ponte Vedra Pediatric Dentistry and oral surgeon, Dr. Roger Myers from Gateway Oral Surgery to provide complete dental care for these kids.

"Hopefully we keep these children healthy and make a difference in some small way. They certainly make a difference to us!"



Ask Carol B

Medicare Questions?

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

What is Medicaid Redetermination?

Medicaid is a health coverage option for low-income individuals and families. Medicaid Eligibility Redetermination refers to the process by which the state determines whether a Medicaid enrollee is eligible to continue to receive Medicaid.

Starting in April, states will have the ability to resume the Medicaid Redetermination process after three years of being paused due to the COVID pandemic. States can begin to initiate the redetermination process and disenrollments from Medicaid can be effective as early as April 1st if adequate notice is given to the enrollee. Each state will set the date for when redetermination will start.

In Florida, the continuous coverage provision will end on March 31, 2023. Florida will have 12 months to initiate and 14 months to complete Medicaid reviews. The State will work to notify and communicate to all current Medicaid recipients their redetermination time frames and next steps. If you are or know of a Medicaid recipient, please

make sure to update all contact information in order for the department to notify recipients if there will be a change in the coverage eligibility.

If you have friends or family members who have a Medicare D-SNP (dual eligible for Medicare and Medicaid plan) and are notified of disenrollment from Medicaid, they will need alternative coverage options. For those eligible for Medicare, they will have a 60-day window during which they can transition to Medicare without any late enrollment penalties.

For more information and updates on the upcoming end of the continuous Medicaid provision, please visit the Florida Health Justice Project webpage: <https://www.floridahealthjustice.org/public-health-emergency.html>. You can also visit Florida Department of Children and Families.

Feel free to reach out to me if you have any questions or need help transitioning to a new plan.

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

Newcomers of North St. Johns Announces March 21st Luncheon at Al Dente's Ristorante

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) invites members and their guests to join the fun at our luncheon meeting on Tuesday, March 21st beginning at 11:00 a.m. at Al Dente's Ristorante Italiano, 90 Shops Boulevard, St. Johns. Doors open at 10:30 a.m. The event features games of bingo and great prizes!

As part of this special luncheon event, our NNSJ members are encouraged to bring a children's book as a donation to the St. Johns County Public Library System.

Cost for the luncheon and program is \$30 for members and \$35 for guests. All reservations must be received by March 13th. For further information about the luncheon and membership,

please go to the NNSJ website at <https://newcomersofnorthstjohns.org>.

Luncheon includes entrée choices of: Baked Salmon with a Creamy Lobster Dill Sauce served over Lobster Ravioli; Chicken Piccata with Lemon, Capers and Roasted Peppers in a Garlic, Oil and White Wine Sauce; or Eggplant Parmigiana topped with Tomato Sauce and Mozzarella Cheese accompanied with a side of Pasta. Dessert is a choice of Tiramisu, Cannoli and others.

NNSJ offers a wide variety of activities including smaller lunch groups, Bunco, Canasta, wine socials, golf, Mah Jongg, holiday parties, day trips and cultural events. Learn more at our website and meet your next new best friend!

Smells Like Trouble



Mike Weitz

Some problems are under your nose. You can detect them by their odor: The smell of burned toast - often signals an electrical short and burning insulation. The smell of rotten eggs - usually indicates a problem in the catalytic converter or other emission control devices. A thick acrid odor usually means burning oil. The smell of gasoline vapors after a failed start may mean you have flooded the engine. If the odor persists, chances are there's a leak in the fuel system. Burning resin or an acrid chemical odor may signal overheated brakes or clutch. Check the parking brake. Light smoke coming from a wheel indicates a stuck brake. The vehicle should be towed for repair.

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Girls OnThe Run

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

Strengthening our community and helping to create a supportive environment for the families in that community, has always been a focus of Palencia Elementary School. There are many amazing programs that the school sponsors to help do just that! Last month we shared about the amazing ways in which K-Kids is giving back to the community and building critical skills within its student members. This month, we would like to also highlight the inspiring program, Girls on the Run.

Girls on the Run, a national 501(c)(3) non-profit organization, is a physical activity-based positive youth development program designed to enhance girls' social, emotional and physical skills and behaviors to successfully navigate life experiences. The program's intentional curriculum places an emphasis on developing competence, confidence, connection, character, caring and contribution in young

girls through lessons that incorporate running and other physical activities. The life skills curriculum is delivered by caring and competent coaches who are trained to teach lessons as intended.

PES is so fortunate to have multi-grade teacher, Sandy Oller lead the girls that have joined this fantastic program. Oller shared that, "Girls on the Run (GOTR) inspires girls of all abilities to recognize their individual strengths while building a sense of connection in a team setting. Volunteer coaches facilitate lessons that blend physical activity with life skill development to enable girls to adapt to whatever comes their way. These life skills are known as the 5 C's +1 which are the following: confidence, competence, caring, connection, and character + contribution. At the end

of the season, the team completes a 5K run together, which provides a tangible sense of accomplishment and sets a confident mindset into motion."

This program provides a wonderful option as an extracurricular activity due to the multi-focused goals of the program. Oller went on to share that "the Spring season of GOTR started at Palencia Elementary on February 14th and runs through the end of April. Girls



Girls on the Run is a physical activity-based positive youth development program.

meet two times per week after school for all lessons. The final 5K will be held at UNF this year, the last weekend in April."

GOTR was a part of the PES after school activities many years ago and educators are excited to have it revitalized this year. Oller is highly experienced and clearly believes this program can make a difference to all these young lives. She even shared that, "this is my fifth season coaching GOTR and it never gets old to see the look of pride and accomplishment on the girls' faces when they go through the finish line the day of the 5K. It is my hope that setting the long-term goal of completing a 5K will carry over into being able to set and follow through with long-term and short-

Continued On Page 15



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Palencia Men's Tennis Team Wins Jacksonville Over 55 League



Front row. Steve Walters, Charles Patterson, Jo Blanton, Hank Goldin, Bill Rights, Marc Rittman. Back row Dave Thompson, Dave Porter, Rich McLaughlin, Hector Hurtado, John Evans and Dave Zinke. Not pictured: Steve Paganetti and Bala Reddy.

Palencia Men's Tennis Team has won the men's Jacksonville over 55, 3.5 Interclub league. This league is represented by Palencia, Marsh Creek, Williams Y, Hidden Hills, Atlantic Beach and Huguenot. The Palencia Team won the regular season with a 8-2 record, then won three playoff matches, defeating a very good Marsh Creek team in the final match. Congratulations Guys!

Our Lady Of Good Counsel Lenten Fish Fry

The Men's Club and Ladies' Guild of Our Lady of Good Counsel Church (OLGC) will present an old fashioned Fish Fry dining experience in St. Augustine. Dining-in is a casual, comfortable atmosphere with friendly table service. Drinks are available.



The setting is ideal for a family meal and suits a gathering of friends interested in good food and fun times. Traditional fried fish dinners will be available for DINE-IN and TAKE-OUT. Call-In/Drive-Thru service is not supported.

The Dinner menu will be served from 4:30 p.m. until 6:30 p.m. on February 24th, March 3rd, 10th, 17th, 24th and 31st. The Fish Fry menu includes two fried fish options: Two Battered Fried Cod Filets or 12 Large Fried Shrimp. A Cod Filet and 6 Shrimp Combo will be available also. All meals will include fries, coleslaw, hush puppies and a dessert. Donations are \$13.00 per entrée. Children 7 years and older will be \$6.00. Children under 7 eat free. Cash and personal checks (made out to OLGC) are accepted. The address is 5950 SR 16, St. Augustine, in the WGV area. All parishioners, OLGC friends and neighbors along SR 16, International Golf Parkway and Pacetti Road are cordially invited. This fundraising activity benefits parish community programs. Questions? Contact Frank Raccioppi at 904-315-8110 or Ted Kuchar at 904-347-7015.

Palencia Elementary School... Continued

term goals in their daily lives. The coaches and I are all very excited to bring this program back to Palencia Elementary and we are thankful to have the support of Captain Goodrich and Ms. Cooper."

For more information on how to get involved in Girls on the Run, or to learn about how to get involved in the PES PTO, please visit the PTO website @ <https://palenciapiratespto.com/>.

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Harry and Jane have been married for 15 years. Harry drank too much at parties when they were dating, but Jane thought it would change when they settled down and had a family. However, it only got worse. Harry started drinking after work with his co-workers a couple times a week and bingeing on the weekends. Harry was emotionally and verbally abusive when he drank. He missed many of his children's birthday parties and school events. Eventually, he lost jobs and they nearly lost a house because of his drinking. Jane covered for him, took care of him when he was drunk or hung over, and tried to cajole or coerce him into treatment. Finally, Harry got into treatment, got sober, began working on his recovery, and was ready to return home sober. Harry was excited to share with Jane what he learned during treatment and was eager to work on his recovery through the 12 steps and AA. However, Jane was still hurting from the traumatic effects of Harry's addiction over the years and was finding it difficult to adjust to the new Harry.



Successful couple recovery attends to three areas:

1. Shifting Toward the Relationship – Couples begin shifting away from the idea of approaching recovery as individuals to now include relationship recovery as an important part of individual recovery.

2. Reworking Intergenerational Patterns – Couples begin to integrate a clearer understanding of the impact their families of origin have had on their own development as individuals and partners in a couple relationship.

3. Attending to Self and to Other – Couples are able to attend to both the relationship and their own individual needs.

Returning to our story of Harry and Jane. Fortunately, Harry and Jane connect with a therapist who is familiar with the Couples Recovery Approach. They begin to talk about their individual and couple recovery. They find a way to talk about addiction and recovery trauma in a way that is non-blaming and healing for both. They begin to integrate a clearer understanding of the impact of their families of origin, with their own histories of substance dependence and co-dependence. They begin to move from co-dependence, which is about control, to a healthy interdependence, which is about expressing support and concern. They clearly define their core, recovery, and flexible needs. And they begin to attend to their own and their relationship needs and to make plans for the future. Harry decides to go back to school in order to change careers and Jane joins an Al-Anon group for support. Harry and Jane start to meet with other couples in recovery for mutual support. Their best years are still ahead of them.

How is this done? My friend and colleague, Dr. Robert Navarra, a Senior Certified Gottman Therapist and Master Addiction Counselor, has developed what he calls "The Couple Recovery Development Approach." This approach integrates the best of what we know about couple relationships, addictions, and recovery. Successful couple recovery from addiction involves much more than adapting to sobriety as a couple. Healthy couple recovery development is ongoing and is characterized by a couple's ability to communicate more effectively, manage family life, and address the needs of both partners in terms of their individual growth as well as relationship growth and stability. Successful couple recovery attends to three areas:

1. In managing the negative impact of addiction that has followed them into recovery.
2. In adjusting to the new challenges of recovery.
3. In looking forward and setting new directions in recovery.

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Bartram Park. If you are a partner or a couple in recovery and are interested in working through some of the unique challenges of couples in recovery, contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com.

Couples like Harry and Jane in recovery from addiction face unique challenges in three areas:

1. In managing the negative impact of addiction that has followed them into recovery.
2. In adjusting to the new challenges of recovery.
3. In looking forward and setting new directions in recovery.

Successful couple recovery from addiction involves much more than adapting to sobriety as a couple. Healthy couple recovery development is ongoing and is characterized by a couple's ability to communicate more effectively, manage family life, and address the needs of both partners in terms of their individual growth as well as relationship growth and stability. Successful couple recovery attends to three areas:

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Wrigley's Field Of View The Old Red, White And Blue

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

Palencia has a lot of flagmen and women. When we walk the circle, I see red, white and blue flags with many stars and stripes, waving in the wind. In our park we have a big flag on a pole that the flag people watch over. It has a light that shines at night-time to keep the birds from flying into it.

I think many of the flag people have a special love for the flag because it went with them to far away places and always reminded them of home.

It's funny, but they don't talk much about these long trips away.

Sometimes they call them tours? But I can tell, just by listening, that those times were important parts of their



lives. And then they came home. And those flags just keep waving proudly. Really something.

Visit past and present columns from Wrigley and read about the history of Palencia in photos and articles. Go to www.palenciapress.com



Let's Get The Golf Ball Airborne

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

Hello Fellow Golfers,
How do I get the golf ball airborne?
Let's keep it simple —
Three necessary keys to hit a golf shot in the air.

One is in your pre-shot routine, make sure your ball position is correct then complete your backswing, give your backswing a little extra time and the third one is just don't look up too soon, stay down about a half an inch longer after impact.
You can do it - trust and commit.

Once again:
1. Make sure your ball position is correct.
2. Complete your backswing.
3. Don't look up too soon - always remember... stay down and the ball goes up!
Watch these three frames and try to copy the moves.

If you find you need a little extra help, please book a lesson at laurabaughgolf.com.



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It's Simply Too Good To Skip

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

Many years ago, while sitting on a local board of Ordained Ministry, I witnessed one of my colleagues ask a candidate for Ordained Ministry a very thought-provoking question. In fact, I loved the question so much that I began asking it myself.

The question he asked was this: "Of all the liturgical seasons in the year, which is most important to you, theologically speaking?" I later followed up that question to ask, and which season are you living in right now?

I wonder what you would answer?

I thought my way through a few ... Christmas... incarnation, God becoming human... Passiontide... Christ's entering into the suffering of the world... Good Friday... redemption, forgiveness of sin... Easter... resurrection, death destroyed, new life, hope... Pentecost... the empowering of the people of God for mission and service... and so on.

Over the years I have heard every possible answer. In recent years I have come to answer that question for myself. After 35 years of ministry and almost 60

years old, my answer is that it is only in celebrating the whole liturgical year that we maintain a balance. You cannot skip a thing.

For example, during Holy Week, many will move from the Hosanna's of Palm Sunday directly to the Hallelujah's of Easter and never experience the intimacy of the upper room on Maundy Thursday, the betrayal, the Via Dolorosa, and Crucifixion of Good Friday. The power of Resurrection morning is in having experienced the passion of Holy Week.

When we celebrate the whole year, Jesus reminds us that our righteousness comes from God alone. It is God who makes us righteous and he does this through Jesus. Being just, honorable and free from guilt is not a human achievement, but instead it comes to us through the life, death and resurrection of Jesus Christ.

The coming of Jesus is not about religion — us finding God. Instead, His coming is about relationship — God finding us.

It's simply too good to skip.

Winona Avenue Band Coming To Village Church

The band Winona Avenue will be making its second St. Augustine appearance on Sunday, March 26 at 5:00 p.m. at The Village Church, World Golf Village.

Winona Avenue, a two-piece band featuring brothers Daniel Deputy and David Deputy, first introduced themselves at the beginning of 2019 as a mix of alternative rock and synth pop from Indianapolis, Indiana.

Inspired by 2000s pop punk and 2010s pop rock, frontman Daniel Deputy writes catchy melodies along with uplifting lyrics.

The band says that Winona Avenue can be thought of as a route that is traveled throughout a lifetime. "The decisions you make, the way in which you deal with circumstances, and who you choose to follow can determine where you will go," says David Deputy, drummer for the band.


In February 2019, Winona Avenue

released their debut single, "Move This Town." "Paradise," "Day of Our Lives," and "Dancing in the Pouring Rain" soon followed. In 2020 the band released some of their most popular singles to date, including "December Night," "Masterpiece," "Future Me," and "Beautiful Beginning."



The band's sound is characterized by electric guitars and synthesizers along with lyrics that revolve around themes of positivity, encouragement and hope. The brothers' Christian faith is established in their music. Daniel says, "No matter the circumstances and no matter how difficult life may become, we want the listener to know that we believe God is with you every step of the way."

The event is free and open to all. The Village Church is located at 4229 Pacetti Road in the World Golf Village area. For more information, call 904-940-6768.




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Let my teaching fall like rain and my words descend like dew, like showers on new grass, like abundant rain on tender plants.
-Deuteronomy 32:2

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West on International Golf Drive to State Road 16 and turn right. Go one mile to church on right.

Nease Athletics Recognized At Senior Night

By Susan Rieger



Boys Basketball, left to right: Jake Larson, Ty Gabauer, Matthew Mitchell, Brooks Utter, Jaylen Stewart, Cael Thompson, Jacob Scarborough and Andy Gonzalez.



Girls Soccer, left to right: Kamryn Jewell, Payton Southall, Helena Sollie, Caitlynn Shonk, Ava Surae, Amelia Roberts, Amelia Forsling and Lauren Lucerno.

Senior night has been a big tradition for Nease students for years. It's a great way to celebrate their last year in high school and wish them well into the next chapter of their life. They are honored athletically and academically and shown that their school and team are proud of their accomplishments. Senior night is a tradition young high school athletes look forward to; it's an accumulation of four years of memories as it's the celebration for some of the end of their youth sports careers. Senior Night is typically the last home game in all sports seasons.

Students and parents go on the court or field during senior night and fans, teammates and coaches recognize their efforts. Posters, balloons, flowers, gifts, words of encouragement and reflections from their coaches are all given to seniors. It is also an enjoyable time to honor everything the seniors have done with academics and sports for the last four years.



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Reasons To Buy Life Insurance – Part 2

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.

Because life insurance can have a big impact on both your loved ones and your finances, the topic can be intimidating. One size does not fit all but here are a few common things many people consider.

Who do you want to protect? Life insurance is often thought of as a way to protect loved ones by providing for final expenses, estate taxes, etc. But let's think beyond that. Who else depends on you and your income?

Do you have young children at home? Life insurance can help provide the money for day care now and an education for the future. If your kids are older, your insurance can help cover tuition payments.

Are you responsible for your parents? If you're contributing to the care of an elderly relative, you should consider how those healthcare bills will be paid if you or your partner passes away suddenly. Be sure to discuss your parents' financial situation with them.

Do you have kids in college? Running short on financial assets when your teen gets accepted to college? You may be able to take out a loan against your permanent life policy. Grandparents can also name grandkids as life insurance product beneficiaries. In addition to making cash gifts toward college tuition while they're alive, grandparents' insurance proceeds may help fulfill their dreams of sending the next generation to college.

Do you have long term care plans for yourself? You may be able to add an option to your life insurance that lets you put some of your policy's death benefit to work in ad-

vance. You can use the fund to pay for your own nursing home, in-home or other type of long-term care expenses.

What do you want to protect? If you have a mortgage, adequate life insurance can help your family stay in the home and maintain their standard of living.

Even if you don't have a mortgage, there are probably other assets that you want to protect. Life insurance can help your family keep up with car payments or protect your spouse from having to dip into retirement funds earlier than anticipated.

Are you a business owner? Life insurance can help the company you built continue after you're gone. You may want to boost protection for your business. Business owners can name their business partners — or the company itself — as their life insurance beneficiaries. The policy's cash death benefit could help your business partner buy your share of the company or help keep your business going strong while your heirs decide next steps.

Do you want to leave something behind? Perhaps you would like your legacy to help the next generation live more comfortably. There are a variety of ways that life insurance can help you do that. Life insurance can continue your contributions to your favorite charity, because some policies allow you to name an organization as your beneficiary. You can also use life insurance to help protect relatives who depend on you or those with special needs by naming them a beneficiary. You can determine how to divide your assets by specifically designating them to your heirs.

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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