



News For And About Residents Of The Palencia Community

Take Your Son or Daughter
to Work Day is Thursday,
April 27th



ST. AUGUSTINE

PALENCIA PRESS

APRIL 2023

Palencia Spring Celebration And Easter Egg Hunt Is Thursday, April 6th

The Palencia community is gearing up for its annual spring festivities this month with a special Spring Celebration event set for April 6th at the Amenity Center, 625 Palencia Club Drive. The event will include the much anticipated egg hunt where thousands of Easter Eggs will be waiting to be discovered by Palencia's youngest residents along with an appearance by the Easter Bunny. There will be a DJ spinning tunes, games, food trucks and lots of family fun. The event will start at 5:30 p.m. and continue until 8:30 p.m. Egg hunters should bring their own basket.



Comprehensive Plant Guide And Spring Options

There is a great one-stop location to find all of the plant options that do well in our immediate area. University of Florida/ IFAS has developed a comprehensive plant guide that provides plant options by zip code. Twelve different plant categories include: annuals, ferns, groundcovers, ornamental grasses, palms, perennials, shrubs (large and small) trees (large, medium and small), turfgrasses and vines.

See Article By Norie Flowers
On Page 15

1920s Style Palencia Elementary School Silent Auction Is April 21st At The Palencia Club

Get your flapper dresses, fedoras and zoot suits ready...it's time for the 8th Annual Palencia Elementary School Silent Auction...20's style Friday, April 21st at the Palencia Club. This event will have all the glitz and glam you would want in an evening out. There will be wonderful food, cocktails, music, games, and both a live and silent auction. Some unique and popular bidding items include Principal for the Day, Art, Music, PE Teacher for the Day and Veterinarian of the Day sponsored by Palencia Pet Clinic and more! Grab your best outfit and get ready to have a roaring good time! See Complete Article On Page 14.



Palencia Golfers Shot & Scored Big In Sadie Hawkins Event

The Palencia Women's Golf Association recently held their annual Sadie Hawkins Golf event as ladies invited a man (other than their husband) to play in the competition.

At the end of the event, David and Cathy French presided over a fun team contest where two ladies volunteered to be the basketball net while the rest of the team aimed to get balls into the net for points. Cindy Gate's table won the team competition! See Complete Article On Page 6



PRSR STD
US POSTAGE PAID
JACKSONVILLE, FL
PERMIT # 315

The Palencia Press
P. O. Box 600022
Jacksonville, FL 32260



Experience Matters
 Ray Team - Selling Palencia for over 15 years
 More than 125 Palencia properties sold!
 Call us for your updated home evaluation.

ENGEL & VÖLKERS®
RAY TEAM

Dick Cammy Larry

904-806-3489
 cammy.ray@evrealestate.com
 www.rayteam.evrealestate.com



Palencia Resident Owned & Operated
Golf Carts of St. Augustine



- Pick Up & Delivery
- Trades Welcome
- Financing Available
 - Authorized Star, Tomberlin, Evolution & Bintelli Dealership
 - Authorized EZGO Parts & Refurbished Custom Cart Dealer



Electric Bikes Are Here!

Lots of Colors & Models in Stock!

E-Bikes Starting at \$1995

904.810.1006 35 Years of Experience

See Our Showroom at 5960 U.S. 1 North, St. Augustine • Located 2 Miles South of Palencia

Smiles by
GLENOS & HADGIS
ORTHODONTISTS



Dr. Jimmy Glenos



Dr. Craig Hadgis
 Palencia Resident

TWO STATE-OF-THE-ART LOCATIONS

ST AUGUSTINE ST JOHNS

Complimentary Consultation

904.79.SMILE (797.6453)

smilesbyGHortho.com



Create a Lasting Impression

- Home Renovations
- Retail Showroom
- Flooring
- Interior Design



Store Hours

Mon-Wed, Fri
 10am - 6pm

Thursday
 10am - 8pm

Saturday
 By Appointment
 Only

Sunday Closed

Featuring

WELBORN
 CABINET



DONNA MANCINI
 INTERIORS & FLOORING

904-810-2027



Shop Virtually at DMIANDF.com/shop
 Just 4 miles North of Palencia at 141 Hilden Rd. #202



Palencia Community Classified Ads

3 Lots For Sale

Riverhill subdivision. Nearly built-out with all new block homes. Lot #57- 80 x 120 ft., Lot #58 - 80 x 120 ft., Lot #15 - 80 x 130 ft. All close to St. Johns River, 5 minutes to boat ramp. All on Riverhills Drive. Paved roads, street lights, city water and sewer, HOA. \$29,900 each lot or \$75,000 for all 3 lots. Located in Welaka, FL. Call Judy 904-669-3106.

St. Augustine Travel Club

St. Augustine Travel Club will hold their next meeting on Wednesday, April 12, 3 p.m. at the Southeast Branch Library, 6670 U.S.1, when we will cover Germany's Romantic Road, Rhine and Mosel Rivers - Drive along the Romantic Road through the picturesque countryside, small medieval towns and Rothenburg, the best preserved medieval walled city in Germany.

The Travel Club also organizes a cruise in the Caribbean region once a year, and will again be sailing the seas on Sunday, December 10-17. For information, contact Peter Dytrych at (904) 797-3736.

PIANO - GUITAR - VOICE

Music teacher provides lessons in Piano, Guitar, and Voice. 25 Years teaching experience.

Nic Patterson 904-366-9665
www.nicpattersonmusic.com

Annette's Pet Sitting
Mature Loving Care In Your Home
Multi-Daily Visits, Dog Walking
Overnight Stays
904-540-1923
annettelovespets@gmail.com

Piano, Guitar, Woodwinds, Percussion
New Holiday / New Year
Music Lessons and Study Programs
K-12 / Adult / Family
Professional Music Teacher
Dean Allan Slickis
904.333.4346
Palencia References Available

Words Of Wisdom

"Before I formed you in the womb I knew you, before you were born I dedicated you..." Jeremiah 1:5

The Palencia Press

P.O. Box 600022
Jacksonville, FL 32260
Email: thepaper@comcast.net
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.

Dog Training S.I.T.

Training begins as early as 6 weeks!
Dogs of any age can be trained to be the companion you have always imagined. I also train dogs for therapy or service work.

Kathy Tracy, PDT, CASI
ktracy101@gmail.com, 904-707-0470
CGC Evaluator, Pet Therapy ATD

ANCHOR HOME BIBLE STUDY

In depth study of the Bible, typically topical, from an Apologetics view. Resident teacher has over 30 years Bible teaching experience.



We meet monthly every 1st and 3rd Thursday at 191 Enrede Lane, Palencia North
For information call 904-342-0777

Palencia CPA
www.PalenciaCPA.com
(904) 679-4166

CPA firm offering exclusive Tax and Accounting services to individuals and businesses.



a remarkable **Résumé**

Sarah Jewell

Certified Professional Résumé Writer
Certified Career Management Coach

904.824.3608

sjewell@aremarkableresume.com
www.linkedin.com/in/sjewell

www.aremarkableresume.com
BBB Accredited Business

Résumés
Cover Letters
Career & Interview Coaching
Professional Bios
Linkedin Profiles
Career Assessments



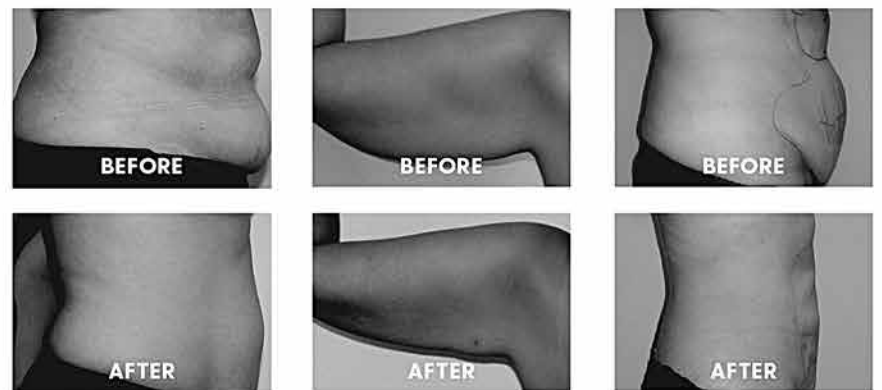
Sculpting
A BEAUTIFUL
YOU!

Anh Vu, M.D.

BOARD CERTIFIED PLASTIC SURGEON

SURGICAL RESULTS WITHOUT THE SURGERY!
CALL TO SCHEDULE YOUR CONSULTATION.

BODYtite
by INMODE
SMOOTH · TIGHTEN · CONTOUR



(904) 245-1320

WWW.ANHVUMD.COM

301 HEALTH PARK BLVD., SUITE 109, ST. AUGUSTINE, FL

BOTOX & JUVEDERM · FACE & NECK LIFTS · TUMMY TUCKS
BREAST AUGMENTATIONS · VASER LIPO
NEOGRAFT® HAIR TRANSPLANT · COOLSCULPT® · LASER RESURFACING
MICRONEEDLING & PRP THERAPY · IPL TREATMENTS

Come Visit Us At Our New Location



Now conveniently located on County Road 210 West inside Parlor Salon Suites. We look forward to offering you all the same great quality salon services.



mikosalon
904-576-9695
206 Ashourian Avenue
The Forum • CR 210W

Nease Summer Sports Camps Provide Health, Social and Academic Benefits

By Susan Rieger, Palencia Resident

As summer approaches, many parents seek ways to keep their school-aged children active and engaged during the break. One popular option is enrolling kids in summer sports camps, which offer a range of benefits beyond just physical exercise.

According to a recent study, children who participate in sports camps during the summer experience improved physical health, increased social skills, and even academic benefits. The study found that children who attended summer sports camps had higher physical activity levels and better physical fitness than those who did not participate.

In addition, sports camps provide opportunities for children to develop important social skills, such as teamwork, communication, and leadership. These skills can help children build confidence and develop positive peer relationships.

Sports camps can also have a positive impact on academic performance. The study found that children who participated in sports camps during the summer had higher academic achievement than those who did not. This may be because physical activity has been shown to improve cognitive function and academic performance.

Nease Athletic Sports camps offer students a wide range of activities, including football, basketball, soccer, wrestling, and more. The camps offer specialized programs for specific sports or skill levels, allowing children to develop their abilities and gain a deeper understanding of the game. Save the date for Summer Camps 2023 for more information and links to all the camps can be found on the individual sport website www.neaseathletics.com

June 5-July 28 Football Summer Camp, Rising 9th graders-12th graders

June 6-8 Girls and Boys Basketball Camp, 3rd thru 9th graders, multiple dates and times

June 19-22 Girls Soccer Camp

June 19-21 Mini Pantherette Dance

July 11,12,13 Green and Gold Youth Football Camp, K-8th grade

July 17-July 20 Boys Lacrosse

July 18-July 20 Cheerleading Cub Camp

Parents can also rest assured that their children are in good hands at summer sports camps. Nease camps are staffed by trained and experienced teachers in working with children and providing a safe and supportive environment.

Palencia's Miko Hair Salon Relocates To CR210

Miko Salon, a mainstay on Palencia's Market Street for nine years, has relocated to new offices at The Forum at Greenbriar Shopping Mall, County Road 210 West in Parlor Salon Suites, 206 Ashourian Ave.

Miko continues to offer advanced stylists providing the latest trends and techniques in hair styles. To schedule appointments, phone 904-576-9695 or visit their website at www.mikosalon.com.

NPAA Sports Track & Field, Weightlifting, Pop Warner Football And Cheer

NPAA Sports is a non-profit youth sports organization serving the Palencia, Nocatee and surrounding communities.

The organization offers Pop Warner Football & Cheer, Lacrosse, Weightlifting, Track, Basketball, and Self-Defense, and are planning to add Baseball and Golf in 2023.

"We focus on character, sportsmanship, courage, confidence, and building friendships and love for sports, while striving for excellence and strong fundamentals, as athletes prepare for high school, college and beyond!" said Sean McClafferty with NPAA Sports. "We are currently accepting registrations for Spring Track & Field, Weightlifting, as well as Pop Warner Football & Cheer for the Fall. Our website is www.NPAAsports.org, or call us at 904.803.2652."



Jill Stonier

BEAUTY STUDIO

- Facials
- Hydrafacials
- Wedding & Event Make-up Application
- Make-Up Lessons
- Spray Tanning
- Skin Care and Make-up For All Your Needs



Jill Stonier, Palencia resident

Visit Our Studio In Palencia At
 591 Market Street
 904-599-2272
 or email jill@jillstonier.com

Visit Our Website
JillStonier.com



591 Market Street, Palencia



UPGRADE YOUR LAWN!

• Landscape • Irrigation • Lighting

www.YANKEE CLIPPER IRRIGATION.com

Decorative Stone Sprinkler Repair & Install Water Pump Yard Clean-ups Landscape Night Lighting

Call Now! (904)461-5479



We've Got The Equipment For Any Job! **AFFORDABLE FULL SERVICE**
 34+ Yrs Serving St. Johns

Spotlight On Palencia People



At right, Amanda Toussaint with sons Jackson, age 8 and Michael, age 11. Inset, Rob Chumbook, Director of The Lone Warrior Foundation.



Amanda Toussaint and her husband Michael, along with their three children, relocated to Palencia eight years ago from New York. She was a health nutrition coach and Michael was a lieutenant with the FDNY. When they moved to St. Augustine, they shifted careers and opened Fresh-Mex & Co., a whole foods Tex-Mex restaurant located at St. Johns Town Center.

In June of 2020, Amanda and her family went through one of the most challenging times of their lives after she was diagnosed with stage 3b Hodgkin's Lymphoma.

Toussaint knew from her own experience how imperative it was to have coordinated support during her often times debilitating treatments. So, when she met Rob Chumbook, a single father of three who had faced the same cancer battle and treatments and formed the Lone Warrior Foundation, she knew immediately it was a project she needed be involved in.

The Lone Warrior Foundation's primary directive is to assist single parents and their families while they are actively fighting cancer.

"At the Lone Warrior Foundation,

they support local, single parents directly with bills, food, health coaching, emotional support or sometimes just a ride to chemotherapy," Toussaint explained. Toussaint said that despite being in remission, her life could no longer go back to usual.

"Cancer changes you," said Toussaint. "I felt compelled to help others as they go through their journey."

Toussaint said she started donating to cancer charities, but felt like that was not enough and that being a part of the Lone Warrior Foundation has helped fulfill that need.

The Lone Warrior Foundation is always in need of volunteers, donations, participation on fundraising events, mentors, drivers or any contribution, Toussaint explained.

"It is hands on and when they choose a recipient, they are treated like family because that is what it takes to get through something like cancer," Toussaint said.

For more information on the Lone Warrior Foundation, visit www.lonewarriorfoundation.com to see how you can help.

♥ 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.

Free Estimates **References Available**

- Cabinets
- Closets
- Shelves
- Doors
- and more



JHS
CUSTOMS

(904)
315-8550

Jorge Damonte:
Master Carpenter * Interior Woodwork
www.jorgeshandyman-service.com

Lic. # ST-7256

THE CO-WORKING CLUB

SHARE SPACE

PALENCIA ✕ FL



Conveniently located in Village Square at 701 Market Street



Web-enabled conference room seating up to 10

12 private executive offices for individual rental

Share Space offers a coworking lounge, fully stocked cafe for members, business license hanging for lawyers, brokers, home health, etc., private mailboxes for personal or business use, offsite shared warehouse space, classic car storage and other offerings. Share Space is Palencia resident owned.

For more information or to schedule a visit go to sharespacepalencia.com or call 904-701-0881



New Salon On Market Street!



Renovations Underway To Serve Local Stylists and Residents

Call
904-494-8283
For More Information



**Asian - European
& Domestic
Car
Specialists**



Feldman Auto Repair

Like Us On 

*Honesty & Integrity are our Best Attributes
- The Feldman and Weitz families have
been serving Palencia Residents
for over 10 years*

**Mike Weitz,
Trained in Diagnostic
Mechanics, Hybrids &
General Maintenance**

3816 N. U.S.1 • St. Augustine
(904) 217-0865
www.feldmanautorepair.com

We Specialize In:
Engine Diagnostics/Driveability
Brakes • Front Ends • Tune-Ups • Timing Belts/Chains
• C/V Boots & Axles • Tires • General Maintenance



We Sell Tires With FREE Lifetime Tire Rotation!



MAINTENANCE LIGHT RESET We Reset All Maintenance & Service Lights On All Vehicles <small>Feldman Auto Repair</small>	ENGINE LIGHT DIAGNOSTICS \$115⁰⁰ <small>Some addl. diagnostic charges may apply</small> Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 4-30-23</small>	TIRE AND BRAKE INSPECTION Free Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 4-30-23</small>	ROAD TRIP SAFETY CHECK \$25⁰⁰ <small>21-Point Safety and Service Inspection</small> Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 4-30-23</small>
AIR CONDITIONING SERVICE \$169⁹⁵ <small>Includes • Evacuate and Recharge sys- tem • UV Dye • Check entire system</small> Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 4-30-23</small>	SERVICE SPECIAL \$10⁰⁰ OFF <small>Retail Or Service Of \$100 Or More. Most Vehicles.</small> Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 4-30-23</small>	COOLING SYSTEM SERVICE \$74⁹⁵ <small>Plus Fluid • Check entire system</small> Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior pur- chases. Offer Expires 4-30-23</small>	WE PROVIDE SERVICE FOR ALL MAKES & MODELS • Asian • European • Domestic Feldman Auto Repair

* Some Cars Slightly Higher



Golfers Shot & Scored Big In Sadie Hawkins Event

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

Spring is in the air and our Palencia ladies embraced the "March Madness" theme in the annual Sadie Hawkins Golf event. Ladies invited a man other than their husband to play golf with them. Teams decorated their golf carts and dressed in clothing of their favorite college team. Ladies treated their partners to lunch and competed in a team golf competition before and after the event.



Co-chairs Cathy French and Judy Guarino with Kim Jacobs provide final instructions.



Left to right, Kim Jacobs, Assistant Golf Professional, Chris McCoy and John Larson.



SEC Net Flight Winners – Peg Larson and Evan Riggle (Evan is missing from picture).



Big 10 Gross Flight Winners – Tricia Luciano and Gary Mayo.



SEC Gross Flight Winners – Faye Peludat and Pete McDougall.

our Sadie Hawkins Event.

We would also like to congratulate the players who won a Closest to the Pin competition throughout the course. Our ladies who won closest to the pin include: Deborah Dufresne Hole #3, Sandy Brandenburg Hole #5, Cathy French Hole #12, Staci Luttrupp Hole #15. Our men who won closest to the pin include: Dave Lomba Hole #3, Frank Guarino Hole #5, Evan Riggle Hole #12, Tony Lyddane Hole #15. Great job everyone.

At the end of the event, David and Cathy French facilitated a fun team competition where two ladies volunteered to be the basketball Net while the rest of the team aimed to get balls into the net for points. Cindy Gate's table won the team competition!

We would like to congratulate Peg Larson for getting her first Palencia Hole-in-One on Hole #15 using a 6 hybrid to go in from 128 yards. While this was her first hole-in-one in Palencia, it was actually her 3rd Hole-in-one. The first two occurred in 2006 at two different courses in Atlanta, Ga. Peg said "Getting her 3rd hole-in one at Palencia and having it happen at age 70+, made this her "sweetest one" yet.

We would like to welcome two new members to our Palencia ladies golf group: Jennifer Frewer and Leslie Osmond. We look forward to meeting and playing with both of you.

Cathy French and Judy Guarino, co-chairs of this event did a fantastic job in decorating the room using the March Madness theme. Judy persuaded her husband Frank to make a beautiful team photo sign. Cathy convinced her husband, David to be a referee for the table team competition after the event. Everyone enjoyed the perfect weather, partner and team competitions. Great job and a big thank you to Cathy, Judy, Frank and David for making this event so much fun for everyone!

We would like to acknowledge and congratulate all of our flight team winners in



904

BOOKKEEPING

- Freelance Digital Bookkeeper
- Certified QuickBooks Pro Advisor
- QuickBooks Training Available
- Specializing in Data Cleanup for Tax Preparation

**Officially Tax Season!
Call for Tax Deadlines
or Questions**



904.357.0801 jennie@904bookkeeping.com

www.904bookkeeping.com

Women's Golf Association Of Palencia

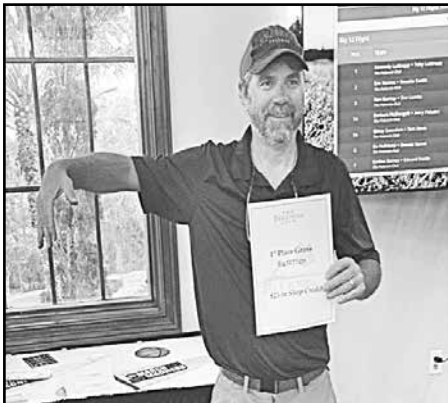
Continued From Page 6



Big 10 Net Flight Winners – William Benincosa and Staci Luttrupp.



ACC Net Flight Winners - David Serrano and Deborah DuFresne.



Big 12 Gross Flight Winners – Toby Luttrupp and Kennedy Luttrupp (missing from picture).



Peg Larson celebrates her Hole-in-One on Hole #15.



Big 12 Net Flight Winners – Eric Barnes and Rosetta Smith.



ACC Gross Flight Winners - Debra Bieber and Tony Lyddane (missing from picture).

The February Queen qualifier was Staci Luttrupp with a net 64. The runner ups were Lisa Procter and Diane Robinson tied with a net 74.

We had a very busy month in March. Starting with the annual co-ed Night Golf competition. We continued on with our

Kicker Cash March Scramble that was hosted by Diane Robinson on March 16th. Our annual Schooner "Member/Member" on March 18th was a huge success. Barb McDougall and Maria Nilsson, co-chairs of this event did a great job in running this match. Jeanne Carr chaired the 9-hole Interclub on March 20th with over 60 ladies participating in this annual Spring event. Wonderful job by Jeanne in getting a large field of 9 hole ladies to play in this event. We closed the month with the Divot Invitational with the grounds crew where co-chairs Pat Rose and Peggy Lamneck did a great job in making this a fun and memorable matchup for our maintenance grounds crew. Pictures and more details on all 5 of these fabulous events will be coming in next months article.

In April, our Inaugural Leaning Tree Invitational is being held on Monday, April 10th. Cindy Gates and Linda Carucci, co-chairs of this inaugural event have done an amazing job in filling the field and selling out this competition. Pictures of the winners will be posted next month. Great job ladies in your coordination and communications to other clubs to sign up for this inaugural event.

In May, we have several events planned starting with the Queen of Clubs Tournament where we will crown a new Queen on May 4, 2023. This event is hosted by Resa Wilcox our reigning Queen. We hope everyone will come out and cheer on all of the members of the Queen Court in their competition to win the Royal crown.

Our closing day event is scheduled for Saturday, May 20th. Co-chairs, Cary Hanley and Cathy Bodenweber have been working hard with Diane Robinson to have a fun year-end event which will begin with an 18 hole scramble with kicker cash. The event will be followed by a lunch and our final meeting of the year where we will elect new officers. Please make sure you register to attend.

Your Local Insurance Agency Storm Tested and Proven Quality Service



Scott & Kristin Gilliland
Owners - Founded 2004

HOME | AUTO | UMBRELLA | FLOOD
SCOTT GILLILAND - AGENT
PHONE (904) 824-9877



Visit Us At
www.gillilandinsurance.com



**Your Complete
Tree Care
Specialist**

ISA Certified Arborist

**Specializing In
Dangerous Trees**



- Tree Preservation
- Tree Removal
- Pruning
- Trimming
- Transplanting
- Storm Clean Up
- Stump Grinding
- Crane Service
- Bucket Truck
- Debris Hauling
- Excavations
- Land Clearing
- Arborist Consultations
- And Much More!

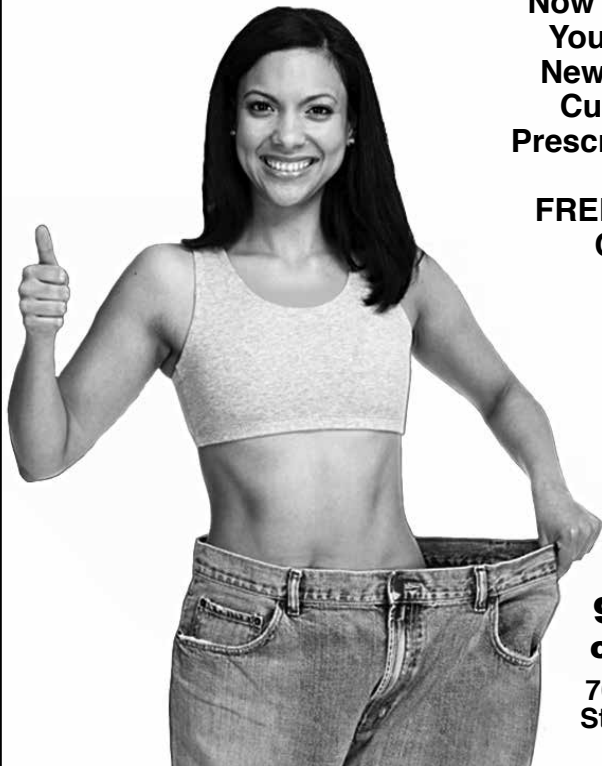


www.coastaltree.com 904-285-6427

Start Your Weight-Loss Journey Today

Have traditional weight-loss programs, gastric bypass surgery or amphetamine-based diet drugs failed you?

• **No Dieting** • **No Exercise** • **Just Results!**



Now You Can Change Your Life Forever...
New FDA-approved,
Custom-Blended,
Prescription Medication
No Hunger
FREE, No-Obligation
Consultation

Raven



**Weight Loss
Clinic**

**904-852-1960
or 972-998-3753**

**701 Market St. Unit 113
St. Augustine, FL 32095**

New Weight Loss Clinic On Market Street Offers Compounded Prescription Med Treatment

Raven Weight Loss Clinic located on Market Street will celebrate its Grand Opening this month and will offer a tailored prescription treatment plan to weight loss patients.

Owner Raven Phillips explains the clinic will offer services to help cut the costs that have traditionally accompanied most medical clinic operations.

"We offer telehealth doctor appointments only and provide customer blended prescription medicine from our exclusive compounding pharmacies," Phillips said. "Unlike internet 'doctors,' we can certify what we are providing."

"The FDA approved the gut hormone Semiglutide for obesity treatment in 2021 and there are a handful of similar drugs in the clinical trial pipeline," Phillips explained. "Since then, we have been on a mission to make these life changing solutions to weight loss

affordable and easily accessible to the widest possible audience."

According to Phillips, 70% of Americans are currently overweight. While few if any insurance companies cover weight loss treatments, she said Raven Weight Loss Clinic services, both doctor appointment and prescriptions, are deductible on Schedule A for Medicare.

Semiglutide time-release injections are taken once a week, said Phillips. She said the drug works in two ways... by slowing the emptying of the stomach and by giving the brain a "full signal" which reduces the desire to eat more, Phillips explained.

Raven is discounting its first month's prescription by \$100 and the clinic is slated to open April 1st. For more information, call (904) 852-1960 or visit the clinic at 701 Market Street, Suite 113.

Renae Aiple And Mike Holzem Are Associates At Raymond James Financial

Renae Aiple, CRPC and Mike Holzem, financial advisors with Aiple and Holzem Wealth Management, have joined Raymond James Financial, Inc. located at 270 Plaza Blvd., Suite 4, St. Augustine.

"Our vision is to be a financial services firm as unique as the people we serve, transforming lives, businesses and communities through the power of personal relationships and professional advice," said Renae Aiple.

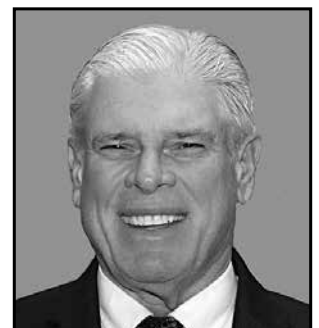
"As associates of Raymond James, we are committed to attaining the financial objectives of our clients by providing the highest possible level of service and delivering superior investment alternatives," added Mike Holzem. "We believe in putting the financial well-being of our clients first."

Founded in 1962 and a public company since 1983, Raymond James Financial, Inc. is a Florida-based diversified holding company providing financial services to individuals, corporations and municipalities through its subsidiary companies engaged primarily in investment and financial planning, in addition to capital markets and asset management. The firm's stock is traded on the New York Stock Exchange (RJF).

Contact Aiple or Holzem at 904-839-1760 or renae.aiple@raymondjames.com or mike.holzem@raymondjames.com.



Renae Aiple, CRPC



Mike Holzem

Edward Jones' Palencia Office welcomes Lindsey Taylor, Financial Advisor

Financial Advisor, Lindsey Taylor, has been named to take over the local Edward Jones office located at 389 Paseo Reyes Drive, Suite 207 in Palencia, the firm announced recently. Lindsey transferred to Palencia from an Edward Jones office in St. Augustine Beach.

Lindsey said she is enthusiastic about taking over the branch office. "I joined this firm because I was impressed with its commitment to individual investors," she said. "Now I'm looking forward to meeting with the individuals here to help them meet their financial goals."

Branch Office Administrator Mary Maloney remains in the branch office and will continue to help serve the Palencia community.

Lindsey and branch office administrator Mary can be reached at 904-687-0015. You may also visit Lindsey's website at www.edwardjones.com/us-en/financial-advisor/lindsey-taylor.

Edward Jones is a leading financial services firm in the U.S. and through its affiliate in Canada. The firm's nearly 19,000 financial advisors serve more than 8 million clients with a total of \$1.6 trillion in client assets under care in 2022. Edward Jones' purpose is to partner for positive impact to improve the lives of its clients and colleagues, and together, better our communities and society. Through the dedication of the firm's 50,000 associates and branch presence in 68 percent of U.S. counties.



Lindsey Taylor

Predictable Income

FDIC-Insured Brokered Certificates of Deposit

6 months - 5.05%

1 year - 5.25%

2 years - 5.25%

Contact me today to learn about how brokered CDs and other carefully chosen investment alternatives help provide, supplement, enhance or diversify your income.

RAYMOND JAMES

RENAE AIPLE & MIKE HOLZEM
Financial Advisor

270 Plaza Blvd., Suite 4 // St. Augustine, FL 32086

904.839.1760 // TF 855.901.7700 // F 904.839.1761

renae.aiple@raymondjames.com // mike.holzem@raymondjames.com
raymondjames.com/aipleandholzemwealth

*Minimum purchase may apply. Subject to availability. Rates expressed as annual percentage yield (APY) as of 03/10/23. APY may reflect a current market discount. About FDIC Insurance: Currently, the FDIC limits the insured amount (including principal and interest) for all deposits held in the same capacity to \$250,000 per depositor, per insured depository institution and \$250,000 for certain retirement accounts. Therefore, excess holdings may not be insured. About Liquidity: Funds may not be withdrawn until the maturity date or redemption date. However, the brokered CDs are negotiable, which means that, although not obligated to do so, Raymond James and other broker/dealers presently maintain an active secondary market at current interest rates. Market value will fluctuate and, if the CD is cashed out prior to maturity, the proceeds may be more or less than the original purchase price. Holding CDs until term assures the holder of par value redemption. CDs are redeemable at par upon death of beneficial holder. For detailed overview of these and other risks refer to the Certificate of Deposit Disclosure Statement at raymondjames.com/liquid.htm. Additional information is also available on the SEC Certificates of Deposit: Tips for Investors website at sec.gov/answers/cds.htm. © 2022 Raymond James Financial Services, Inc., member FINRA/SIPC. Investment advisory services offered through Raymond James Financial Services Advisors, Inc. Securities offered through Raymond James Financial Services, Inc., member FINRA/SIPC. 22-MFI Retail -0171 JPR 6/22



CRICKETT HUFF
LUXURY SPECIALIST
REAL ESTATE ADVISOR

COMPASS
601 A1A North
Ponte Vedra Beach, FL 32082



CELL 904.728.3333

crickett.huff@compass.com | www.crickethuff.com



SELLING CONDOS TO CASTLES

Amy Young 561.317.9039
Serving South Florida
amy.young@compass.com

HAPPY *Easter*

Groewood in
The King & Bear
5024 CLAYTON COURT
3 BR | 2 BA | 2,308 SF
MLS 1213341
OFFERED at \$574,900
\$15,000 towards decorating
allowance or off
the price of home!



5024 CLAYTON COURT



COMING SOON
Palencia Luxury Living
752 PROMENADE POINTE DRIVE
5 BR | 5.5 BA | 6,128 SF
Executive Pool Home
Equisite View on 18th Hole



Compass is a licensed real estate broker. All material is intended for informational purposes only and is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. No statement is made as to the accuracy of any description or measurements (including square footage). This is not intended to solicit property already listed. No financial or legal advice provided. Equal Housing Opportunity.



Your Dream Home Awaits



4 Bedrooms • 2 Baths • 2,396 Sq.Ft.

This immaculate pool home has so much to offer with its bright and open concept split plan. Vaulted ceilings and large open kitchen. Spacious master suite and a dedicated office. space this home offers privacy for you and your guests. 4 bathrooms and a guest bath that doubles as a pool bath stepping out to your private staycation. Solar heated pool. \$625,000.

Betsy Picot, Realtor
Watson Realty Corp.
(904) 891-2144

BPicot@WatsonRealtyCorp.com



3 Bedroom, 2 Bath • Palm Coast Pool Home



Do you know of anyone that is thinking about moving to Palm Coast? This large 3/2 Brick home with a pool is located in a very convenient location to Shopping, High School, Beaches & Bike Paths... Section F of Palm Coast. Great location. \$409,000.



When REPUTATION, EXPERIENCE, RELIABILITY, TRUST, ETHICS, CONSISTENCY & RESULTS Matter... Hire The "SHARPE Team" and become ANOTHER SHARPE PROPERTY SOLD!



Beata Sharpe
305-395-8711
Capt. Jim Sharpe, Jr.
305-395-8712
Email: Bsharpe13@gmail.com



www.AnotherSharpeProperty.com

101 East Town Place #130
St. Augustine FL 32092



Golfing: A Game Of Life Or Death?

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

TPC is going on as I write this column so I thought I would share some thoughts about the game. I've treated several golfers during my career, some novices and some professionals. One thing is consistent – their passion for the game but most don't realize playing this game of chasing a little white ball can actually improve their health and even add years to one's life.

Before some of you roll your eyes, know that according to a Swedish study published in 2008, people who play golf regularly without using a cart have a 40% lower mortality rate than those of the same age and sex who don't exercise. This could equate to adding as many as five years to your life IF you play regularly and walk the course. Those with the lowest handicaps had the best rate, which probably means they play more often.

Playing often is not the same as playing well. Playing well requires practice but it also means playing injury-free. According to more current research, golfers most often suffer injuries to their low back, their non-dominant shoulder and elbow. Professional golfers tend to experience overuse injuries due to constant practice and thousands of swings. Amateur golfers tend to acquire injuries related to an incorrect golf swing as well as overuse. Inadequate back, trunk and shoulder range of motion, poor strength and/or endurance can be root causes of injuries. Limitations in range of motion in one area of your body can result in compensation and overstresses in a neighboring area. Back pain may be the result of poor 'core' or trunk control or even tight hips. Forcing a follow-through when your hip rotation is limited can produce excessive strain in the low back.

Golf is all about mechanics. Faulty mechanics in the hip may lead to hip or low back pain. Faulty shoulder mechanics will produce undue strain in specific tissue, which can lead to a shoulder impingement, tendonitis, shoulder instability, or even a rotator cuff tear. I recently helped an avid golfer after a total shoulder replacement. He tells me he is hitting the ball better because he is paying attention to his mechanics. Inadequate strength in the non-dominant shoulder allows the club to get away and opens up the face of the club. Inadequate stability of the non-dominant hip allows the hips to open up, both resulting in a deadly slice.

Speed is essential to producing power, but power is of no use without control. Balance, timing, and endurance are also keys to playing a good round. No one enjoys shooting par, or less, on the front nine only to see everything fall apart on the backside due to muscle fatigue, dropping of the shoulders or poor backswing. Playing just one round of golf can require 200+ swings, when you add practice swings and hitting a bucket of balls at the range.

Frequent play can decrease your handicap and according to the Swedish study, also add years to your life. And if

you didn't know it before, you now know, adequate range of motion, speed, strength and endurance are all just as important for safe and pain free play. Limitations or deficiencies in any of these areas can often be remedied without the use of expensive equipment or fancy gadgets. Physical therapy can help locate impairments and provide simple do-it-yourself stretches and exercises.

Help Around The Home In Palencia

Help around the home with things (basic repairs, painting, garage epoxy, pressure washing, etc) you'd typically ask husband, son or son-in-law to do!

Call 904-373-8083

Email: homehelper2023@gmail.com



If you and your game are healthy, keep going. But if you and your game are struggling or hurting, don't play through. Seek help. The answer may be simpler than you think – consult your MD and/or physical therapist.

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.



The Power of One...
Making a difference in our profession,
in our community,
and in the lives of our patients,
one patient at a time.

One Patient - One Therapist - One Plan - One Goal



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



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



Bobbi Blancq
Physical Therapist
Manual Therapist
Lymphedema &
Vestibular Specialist



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



Kaleb Griffel
Physical Therapist
Manual Therapist
Orthopaedic &
Sports Rehab



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



Matthew Sheltz
Physical Therapist
Manual Therapist
Dry Needling
Vestibular Specialist



Taylor Polowski
Physical Therapist
Orthopaedic &
Sports Rehab



Cheryl Wynn
Physical Therapist
Manual Therapist
Vestibular Specialist



Beverly Bass
Occupational Therapist
Certified Hand Therapist
Certified Lymphedema
Specialist



Jamie Vernaglia
Physical Therapist
Manual Therapist
Vestibular Specialist

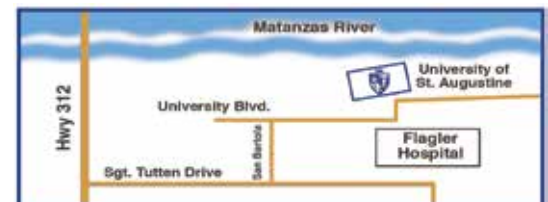


Beth Olson
Physical Therapist
Manual Therapist
Women's Health &
Pelvic Floor Pain Specialist

- Physical/Occupational Therapy
- Manual Therapy
- Orthopaedics & Neuro Therapy
- Dry Needling
- TMJ Therapy
- Vestibular & Balance Therapy
- Certified Hand Therapy
- Lymphedema Therapy
- Women's Health & Pelvic Floor Therapy and more

209 Blackford Way / St. Augustine, FL 32086
Ph: (904) 907-1122 / Fx: (904) 907-1123

1 University Blvd / St. Augustine, FL 32086
Ph: (904) 829-3411 / Fx: (904) 829-3412



Flower Arrangments For Any Occasion

- Bouquets
- Flower Baskets
- Floral Decorations



LIFE BOUQUETS

(646) 469-0403
 640 Market Street • Palencia
FREE DELIVERY IN PALENCIA

Are you looking for a team or a Realtor?

I specialize in superior personal service

Over \$18 million in sales in 2022



- INTEGRITY
- KNOWLEDGE
- PROFESSIONALISM

LOCAL • VETERAN

Kurt Bogart
904-947-0040



The Southern Gardener LLC



904-377-1887
*Lawn Maintenance
 Landscape Design & Installation
 Licensed & Insured*

TheSouthernGardener@gmail.com

"Doing the common things uncommonly well."



COLDWELL BANKER
 PREMIER PROPERTIES
 600 MARKET STREET
 IN PALENCIA



SELLING DREAM HOMES IN EVERY PRICE POINT!

CONDOS • VILLAS • SINGLE FAMILY



COLDWELL BANKER
 PREMIER PROPERTIES
 MEMBER SCHMIDT FAMILY OF COMPANIES

REALTOR®

FRANK NELSON  **SERVING SATISFIED CUSTOMERS SINCE 2005** 

904.567.6717
 FrankNelsonHomeSales@gmail.com
 www.FrankSellsFloridaHomes.com

400+ HOMES CLOSED & OVER \$100 MILLION IN CLOSED VOLUME

SELLING PALENCIA & BEYOND

ANOTHER SATISFIED CUSTOMER!

JUST LISTED





105 DRUMELLAN COURT
 DURBIN CREEK COMMUNITY
 5 BR | 3.5 BA | 3,283 SF
 OFFERED AT \$700,000
 POND TO PRESERVE VIEWS

FIVE STAR RATING

"Frank is the best real estate agent I've ever had the pleasure of working with. His attention to detail, professionalism, and trustworthiness are not only some of the best I've seen in an agent... but the best I've seen in a human being in general. We'll be directing anyone we know looking for an agent to Frank!" - Derrick D








©2023 Coldwell Banker Real Estate LLC. A Realogy Company. All Rights Reserved. Coldwell Banker Real Estate LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. All information deemed reliable but not guaranteed.

LUNCH & LEARN Demystifying Over-The-Counter (OTC) vs Prescription Hearing Aids

Learn the signs and causes of hearing loss.

RSVP by Friday, April 21st at 904-399-0350. The event is Wednesday, April 26th from 11:00 am-1:00 pm. Free event with lunch included. Presented by J. Douglas Green, MD, FACS, Elizabeth Selle, Au.D., CCC-A and Rebecca Burden, Au.D

"My world has changed. I can hear my phone, the TV, and have a real conversation."

- Bruce E., Queens Harbour



Jacksonville Hearing & Balance Institute
At Center One
A Division of North Florida Surgeons



J. Douglas Green, MD, FACS
Otology, Neurology, Audiology
904.399.0350 • JHBI.org
10475 Centurion Parkway N, Ste 303
Jacksonville, FL 32256

As the region's largest medical-based, comprehensive hearing center JHBI offers advanced hearing and balance evaluations and treatment (medical and surgical) for diseases of the ear and related structures. Its Hearing Center offers patients industry-leading cochlear implants, hearing aids, bone-anchored hearing devices, and assisted listening devices.



Creativity. Collaboration.
Confidence. New Experiences.

Cultivate a sense of
**WONDER &
CURIOSITY**
for the natural world

SUMMER PROGRAMMING
SIGN UP NOW! ONLINE OR BY PHONE

Enroll Now for 2023-24 School Year!



CollageDaySchool.org
904.900.1439 • Ponte Vedra Beach, FL

Giving You One More Reason To Smile

Aviles Dental announces the newest addition to our awesome team!

Dr. Loay Kabra joins us beginning April 3rd. Dr. Kabra is a 2019 graduate of Nova Southeastern University School of Dentistry. "I enjoy seeing the impact I make in patients' lives and the gratitude they show me. I like the outdoors, especially fishing. I also enjoy going on roadtrips when I have the time."



Dr. Loay Kabra, DMD

To update all of you that love Dr. Duprey, she is home resting for the remainder of her pregnancy. We wish her well and look forward to the future announcement of the birth of her twins.



Dr. Duprey

Dr. LaHaise continues to provide state of the art dental technology including beautiful crowns, bridges, veneers & tooth colored fillings.



Dr. LaHaise



904-429-3446 • 305 Paseo Vereda Drive, Palencia • www.avilesdentalcare.com



Ask Carol B

Medicare Questions?

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

What happens to my Medicare disability when I turn 65?

What happens when you turn 65? When you turn 65, you essentially lose your entitlement to Medicare based on disability and become entitled based on age. In short, you get another chance to enroll, a second Initial Enrollment Period if you will.

Will I lose my disability benefits when I turn 65?

The benefits do convert. Nothing will change. You will continue to receive a monthly check and you do not need to do anything in order to receive your benefits. The SSA will simply change your disability benefit to a retirement benefit once you have reached full retirement age. When you reach that age, however, can vary depending on which year you were born in.

It's Not Automatically 65 anymore.

Many people think that their SSDI benefits will automatically change to retirement benefits when they reach age 65. Some of these people are correct, but only those who were born before 1937. Anyone born after 1937 does not reach full retirement age at exactly 65 years of age so their SSDI benefits will not change to retirement benefits as soon as they turn 65 years old. When will these benefits convert? It depends on the year you were born. The following outline will help you understand at what age your SSDI benefits will convert to retirement benefits:

- 1938 – 65 years and 2 months
- 1939 – 65 years and 4 months
- 1940 – 65 years and 6 months
- 1941 – 65 years and 8 months
- 1942 – 65 years and 10 months
- 1943 through 1954 – 66 years
- 1955 – 66 years and 2 months
- 1956 – 66 years and 4 months
- 1957 – 66 years and 6 months
- 1958 – 66 years and 8 months
- 1959 – 66 years and 10 months
- 1960 and later – 67 years

By reviewing the age breakdown above, you can see at what age your Social Security Disability benefits will convert to Social Security Retirement benefits. Once you begin receiving So-

cial Security Retirement benefits, you will receive your benefits without any limit on your earnings. This means that you will begin receiving your monthly benefits regardless of your income, unlike when these benefits were simply SSDI benefits. When your SSDI benefits convert to retirement benefits, the SSDI rules no longer apply to the benefits as the benefits now fall under the retirement guidelines.

At what age does Social Security Disability turn into regular Social Security?

At full retirement age — which is 66 and 4 months for those born in 1956 and is gradually rising to 67 over the next several years — your SSDI payment converts to a retirement benefit. For most beneficiaries, the amount remains the same.

Does Social Security disability pay more than Social Security retirement?

If you're comparing these two types of Social Security benefits, then you should know that typically the SSDI benefits pay more. In fact, disability in this scenario is, on average, more than double the benefits you would receive from SSI benefits. However, every individual situation may have varying results.

Does Medicare automatically kick-in when you turn 65?

Yes. If you are receiving benefits, the Social Security Administration will automatically sign you up at age 65 for parts A and B of Medicare. (Medicare is operated by the federal Centers for Medicare & Medicaid Services (CMS), but Social Security handles enrollment.)

What happens if you are on disability and reach retirement age?

Your disability benefits automatically convert to retirement benefits, but the amount remains the same. If you also receive a reduced widow(er)'s benefit, be sure to contact Social Security when you reach full retirement age, so that we can make any necessary adjustment in your benefits.

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

No Mess, No Stress Spring Cleaning

\$50 off

Any In-Home Organizing Service

Just Mention This Ad
Offer Expires 5-31-23



Alexandra



LUXURY HOME ORGANIZATION

www.yourorganizationstudio.com

(904) 315-8209 to schedule a consultation



Medicare

If you are turning 65 and want to understand Medicare as well as review available plans, appointments are free and there is no obligation to enroll.



Ask Carol B

Health Insurance (Under 65)

If you are in need of health insurance, whether short-term or through the Marketplace, I am happy to help you find a plan that fits your needs.

Carol Bogart

A Palencia Resident and
Your Personal Health Insurance Advocate

Phone 904-648-6488

Email Carol@AskCarolB.com

License # FL W756153
Licensed in Multiple States



Mike Weitz

Don't ignore warning lights!

Going for a nice Sunday drive and suddenly a warning light appears on your vehicle's dashboard? Don't ignore it! A warning light means there's something wrong with your vehicle, and it needs to be repaired or corrected promptly. You could be putting your car at risk for further damage by ignoring the warning. Sometimes it's a component issue, sometimes it's a safety issue. By taking action right away, not only could you save money but also avoid endangering you and your family. Remember, when a warning light comes on, it's time for service.

At Feldman Auto Repair we have been keeping the roads safe for over 30 years. Visit us at 3816 N. U.S.1. There is no job too large or too small.

FELDMAN AUTO REPAIR CALL 217-0865

Growing Healthy Smiles

- Exams & Digital X-rays
- Dental Fillings
- Sealants
- Dental Cleanings
- Sedation Options



Dr. Marisol Bolivar, DMD
Pediatric Dentist



250 Paseo Reyes Drive • Palencia
(904) 429-3387



Palencia Elementary School Silent Auction...20's style

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO

Get your flapper dresses, fedoras and zoot suits ready...it's time for the 8th Annual Palencia Elementary School Silent Auction...20's style! This event will have all the glitz and glam you would want in an evening out. The silent auction is such an important event for PES. It can be challenging to find the right events that build excitement, drive community involvement, and encourage participants to donate their valuable time and dollars to support the cause, but this event truly fits the bill.



The big event will be Friday, April 21, 2023, at the Palencia Club. There will be wonderful food, cocktails, music, games, and of course, both a live and silent auction aspect. The event chairs this year are Chairs Brooke Paarlberg, Amy Gramatges and Emily Turner.

Palencia residents dressed in "Roaring 20s" attire having fun at a similar themed event from 2016.

Gramatges shared that "This year's auction is going to be a great time! We have a fun theme, and we will have lots of amazing items to bid on."

This is an amazing committee that has worked to get the best donations from both past and present donors so you can expect to see an extremely diverse display of items from jewelry, art, vacations, services, camps and more.

An exciting additional way to participate is through the class basket drawing. There will be a grade level basket drawing on 4/24 and each entry can be purchased ahead of time for \$10. All baskets have a value of \$300-\$500/piece with a unique and fun theme that parents from each grade level are graciously donating. So, whether you are interested in the spa, sports, getting through the neighborhood, Town Center shopping, a staycation, or a family fun day...there is a basket for you!

Other very unique and popular bidding items include Principal for the Day, Art, Music, PE Teacher for the Day and

more. There is even a very fun Veterinarian of the Day sponsored by Palencia Pet Clinic or a fun "late night" in PES for grades 2nd and higher.

All the money raised this year will go towards funding essential school needs such as digital classroom enhancements. These digital enhancements will aid in innovating the classroom and improving the technology and learning environment. The proceeds will also go towards the continued playground improvements and outdoor classroom plans.

The PTO would like to extend a special thank you to all the corporate sponsors and donors that make events like this possible. The love and attention all of the sponsors shower on PES is truly appreciated and is critical to the continual improvement of the school.

If you would like to buy tickets to attend the auction or would like to donate an item, please visit the PES PTO website at palenciapiratespto.com or email the president at pes.ptopresident@gmail.com. All PES families and Palencia residents are encouraged to participate and get involved. So, everyone grab their best outfits and get ready to have a roaring good time!

WATER SOFTENERS BY
East Coast Wells & Pumps

- Wells
- Pumps
- Softeners
- Filtration
- Chlorine & Hardness Removal
- Bacteria Removal

David & Polly - Lifetime Residents

PROTECT YOUR HOME AND FAMILY TODAY!



824-6630

www.EastCoastWells.com

Florida License #7232

Licensed
Bonded
Insured

* Mention This Ad And Receive
FREE Salt For One Year With New Installation

"Our family serving yours since 1915"



FUNERAL HOME • CREMATORY • MEMORIAL PARK

(904) 824-1672

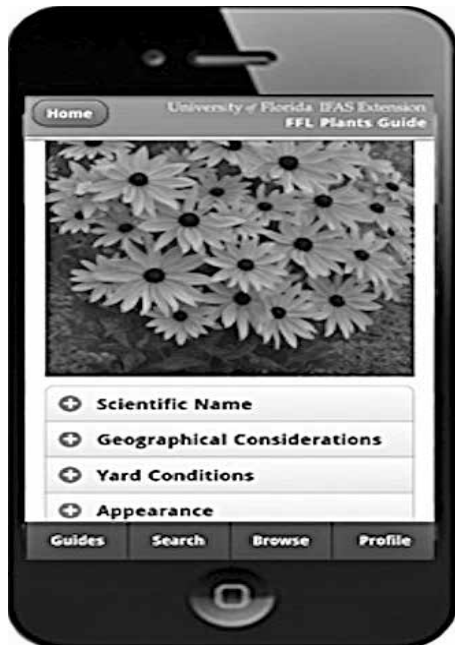
www.CraigFuneralHome.com



Ask A Certified Master Gardener Comprehensive Plant Guide And Spring Options

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

Now that our dormant season is officially over, and if you like getting your hands in the dirt, there are numerous plant choices for you this season. Here in our Palencia zip code, we have a large number – 350 to be exact!



There is a great one-stop location to find all of the plant options that do well in our immediate area. University of Florida/IFAS has developed a comprehensive plant guide that provides plant options by zip code. It is an app that can be added to your cell phone or downloaded to your browser on your laptop or desktop. Even if you are just moderately tech savvy, this valuable resource is easy to download. The link to this resource is listed below. Just copy this into your cell or laptop and follow the download instructions: <https://ffl.ifas.ufl.edu/resources/apps/plant-guide/>

This is the best resource to date for finding just the right plant for our specific area. There are 12 different plant categories, all with accompany photos and include: annuals, ferns, groundcovers, ornamental grasses, palms, perennials, shrubs (large and small) trees (large medium and small), turfgrasses and vines. In addition, you can also select plants by shape, color, sun/shade preference and Florida Native status. There are, for example, 148 Florida native plants that thrive in our zip code.

Let's look up a flowering plant in the red/pink range. First, put our zip code in

the search box at the top. Then, choose the flower color – red/pink. A long list of plants in the red/pink color range will then appear. Here is one example and the description you will see:

Periwinkle - also known as vinca (Catharanthus roseus):

- Flower photo
- Hardiness zone: 9a to 11
- Not native to Florida.
- Full sun
- Any type of soil
- pH 6.0 to 7.2.
- Drought and salt tolerant
- Some toxicity
- Round upright, 1-2 feet high, moderate growth rate

• Flowering months: March - October

Every plant category provides this same comprehensive summary. You can search a specific plant by putting the name in the search box and you can also create a listing of your favorite plants to refer back to.

While I can't begin to compete with the plant guide, some flowering options that do well from seed in March or April include Zinnias, Torenia (nice for landscape beds), Salvia, Marigold, Gomphrena and Sunflowers. More easy-to-grow decorative plants include ornamental peppers, Coleus, Siam Queen flowering basil, Wax Begonias, Angelonia, Impatiens and Periwinkle.

April is a good time to plant bulbs such as Blood lily, Caladium, Cannas, Dahlias, Gloriosa, and Louisiana Iris.

For herb gardens, this is a good time to plant basil, oregano, sage, Mexican tarragon, and rosemary. Mexican tarragon, a perennial, has the same flavor as regular tarragon and is drought, heat, and humidity tolerant.

For those fortunate enough to have raised beds, some vegetable options include cucumbers, tomatoes, watermelon, squash, spinach, radishes, carrots, beets, turnips, okra, and broad beans. This is also the time to plant potato seeds. Remember – Hastings, Florida, is the potato capital, so potatoes flourish in our environment this time of year.

The intent of this article is first and foremost to introduce you to the exceptional plant resource mentioned above. So, download this app, slip in our zip code and discover the plethora of options for your spring landscape. Happy planting!

Do you have a garden question? If, so, please email me at norie.flowers@outlook.com. Sources: University of Florida Institute for Food and Agricultural Sciences (IFAS).

A Trusted & Superior Level of Dental Care!

Come Visit Us At Our New Location!

Easy Online Booking Available 24/7
AlexanderDental.com

FREE Cleanings!

For insured patients. Call for details.

ALEXANDER DENTAL
134 Registry Boulevard
• St. Augustine •
904-940-5757

Appointments: 7am - 7pm & Saturdays!

Water Problems? Ask Polly!



Polly Swindull

Do I Really Need A Water Softener?

The water supply in St. Augustine has a high amount of calcium and magnesium which are considered hardness minerals. These minerals have a tendency to build up in water heaters, dishwashers, washing machines, coffee makers and plumbing systems. This will cause wear on your appliances and over time cost you more money. Water softeners eliminate calcium and magnesium by filtering them through a resin softening medium. Whether you are looking to install a new system, fix your current system, rent water softening equipment or need free water testing, we can help.

EAST COAST WELLS & WATER TREATMENT CALL 824-6630

ADVANCED UROLOGY INSTITUTE

 Howard Epstein, M.D. FACS, Board Certified	<ul style="list-style-type: none"> • BPH • Erectile Dysfunction • Bladder Cancer • Kidney Cancer • Kidney Stones • Overactive Bladder • Prostate Cancer • Urinary Incontinence • Vasectomy • Space Oar 	 Bill Vanasupa, D.O. Board Certified
 Katherine Gardner NP-C	 Dean Zimmermann PA-C	 Jonathan Baron PA-C

(904) 824-1450

240 SOUTHPARK CIRCLE EAST ST. AUGUSTINE, FL 32086

Smile With Confidence For Your Next Facebook Post!

Call us today to discuss your options to attain a smile you can't wait to share!



Specializing in the Facebook Friendly Smile™



Stephanie Kinsey, DDS
Palencia Resident



Call 904.826.4343

159 Palencia Village Drive, Suite 109 • Next To Starbucks
info@palenciadental.com • www.palenciadental.com

Break The Pursuer-Distancer Pattern



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

www.happycoupleshealthycommunities.com

Jill wants more emotional connection and quality time with Jack. She also wants him to be more involved with the children and the household responsibilities. Jack feels overwhelmed by work, finances, and the demands of home. When Jill complains about the lack of emotional connection or about something that he hasn't done at home, Jack gets defensive. He either pushes back or shuts down. He feels like he can never do enough to make Jill happy. He has begun to distance himself from Jill to avoid conflict. However, the more Jack distances, the more Jill pursues, and the more Jill pursues, the more Jack distances. They are caught in a pursuer-distancer pattern.

Does this sound familiar? Do you experience something similar in your relationship? Are you stuck in a pursuer-distancer pattern? If you are, you need to know that doing more of the same will not get you out of it, but only dig yourselves in deeper.

The pursuer-distancer pattern is typically female (pursuer), male (distancer), but that is because, according to Dr. John Gottman's research, if there is a problem in the relationship, 81% of the time, it is the woman who brings it up. Men typically try to avoid the problem and hope that she forgets about it. And men play an important role in the escalation of needs to criticism. If men do not pay attention to their female partner's legitimate needs, needs become complaints, complaints become criticism, and criticism can escalate to contempt.

So, how can you break out of the pursuer-distancer pattern? It takes effort and commitment to change on the part of both the pursuer and the distancer. First, both need to take a step back from trying to change the other. Carl Rogers, the great 20th Century American psychologist, wrote: "The curious paradox is that when I accept myself as I am, then I can change." In a relationship, this means that my partner can only change when they feel accepted as they are. Once they feel accepted, then they can change of their own free will. Second, they each need to take responsibility for their part of the equation and to change themselves, rather than their partner.

For the pursuer, it involves renouncing the pursuit while still expressing le-

gitimate needs. The antidote to criticism or harsh startup is what we call gentle startup. Gentle startup involves starting with your own feelings (i.e. "I feel..." followed by a feeling word), describing the situation as neutrally as possible, and stating a positive need. The pursuer might also adapt the attitude of interdependency rather than codependency. Interdependency is a healthy aspect of good relationships and involves expressing concern and support, whereas codependency involves trying to control the problem or the partner. The pursuer might also try expressing appreciation for what the partner does do, rather than complain about what they don't do.

For the distancer, it involves taking responsibility and engaging, rather than getting defensive and withdrawing. The antidote to defensiveness is taking responsibility for the problem. You don't have to take all the responsibility, but some piece of it. Dr. John Gottman found that if a man can respond non-defensively to his female partner's negative emotion directed towards him for at least five seconds, it has a more positive effect on the outcome of the conflict than anything that a woman does or doesn't do. That is because the man is self-regulating and not responding from a place of anger or defensiveness. The distancer also needs to commit to engaging with their partner rather than withdrawing.

The curious paradox is that breaking this pattern involves each partner renouncing changing the other and focusing on changing their part in the relationship. And you may find that by letting go, you get the change that you have been desiring. You may also find that you need some help with breaking this pattern, in which case you might consider couple therapy with a trained professional who specializes in couple therapy.

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

Water Problems?



The Affordable Water team.

CALL TODAY FOR STRAIGHT ANSWERS, NO HIGH PRESSURE!

• Residential • Commercial • Industrial

"We carry a complete line of Water Treatment Systems to meet your needs and your budget!"

• REMOVE •

**IRON • BACTERIA • SULPHUR • SALTS
COLOR • LEAD • HARDNESS AND ODOR**

Ask Us About Salt Delivery Or Rental Systems!

AFFORDABLE WATER
CONDITIONING • SOFTENING • PURIFICATION

License #W-32

FREE WATER TESTING
3760 Kori Rd • 904-262-0197

Transforming Relationships Through Quality, Research-Based Marriage and Family Therapy



Michael Brown,
MSC, LMFT

**12724 Gran Bay Parkway West
Suite 410
Bartram Park
904-289-2954**



**HAPPY COUPLES
HEALTHY COMMUNITIES**

www.happycoupleshealthycommunities.com



Wrigley's Field Of View TPC Fever! Is There A Cure?

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

Every year the bag man gets all excited about the TPC. He disappears for days at a time. He and his brother, Matt, hide out at the St. Augustine airport, waiting for Players to drop out of the sky.

They gather them up and send them off to the great ball chasing course with the land in the middle of the lake.

They all hope to land their shots safely and dry close to the hole in the island greenery. But, for me, the TPC means The Perfect Cousins 'cause I get to spend the week with my favorite relatives from the cold, snowy north.

Wilson and Walter are the perfect guys to have visit. We walk, bark and eat together. Hangin' out with family is really the best.

While all those Players are looking grim, and praying that they pick the right stick to hit, we just have a nice relaxing week. I sure do love that TPC!



Long-time friends, Wilson, Wrigley and Walter want you to remember "No home decor is complete without dog hair."



Let's Add A Few Shots To Your Game

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

Hello Fellow Golfers,

It's important to add some shots to your golf game —the basic two are to learn how to hit the ball high and low by doing just three things!

Keep it simple and straightforward.

Hitting it high:

1. Start with your pre-shot routine, play the ball slightly further forward, that means when you take your stance the ball is closer to your lead foot

2. Make your normal swing and make sure you finish your swing with your hands nice and high, up towards the sky.

3. Club selection - when you're hitting it high the club goes the same distance or even a bit longer



Hitting it high



Hitting it low

Hitting it low:

1. Start with your pre shot routine, play the ball further back in your stance which means when you take your stance, the ball is back towards your trail foot.

2. Your follow through is more abbreviated stopping about at your rib cage.

3. Club selection - when hitting a golf ball low, try going up a club and hitting it a little easier.

Have fun with creating new shots in your golf bag!

If you need any help learning to creating these shots and others, reach out to me at www.laurabaughgolf.com

Lou Sobh's Honda OF THE Avenues

GIANT Service Savings for all of Palencia from Jacksonville's Award Winning Honda Dealer!

Four-Time PRESIDENT'S AWARD Winner

The Honda Giant!

Service OPEN 6 DAYS A WEEK! Mon-Fri 7-7, Sat 7-5, Closed Sun

11333 PHILIPS HWY (904)-370-1300

Lube, Oil & Filter Change!

\$49.95

PLUS TAX & SHOP FEES

Replace up to 5 quarts of Full Synthetic Oil and install new oil filter

Expires 5/5/23. Valid at Honda of the Avenues only.

4-Wheel Alignment Special

\$79.95

PLUS TAX & SHOP FEES

Must Be Presented At Time Of Service Write-Up

Expires 5/5/23. Valid at Honda of the Avenues only.

Maintenance Package

Show Your Vehicle Some Love

\$229.95*

Package Includes:

- Oil and Filter Change • Rotate and Balance Tires
- Full Inspection (Brakes, Battery, Fluids) • Engine Air Filter
- Four Wheel Alignment • Wiper inserts (2)

*Plus tax, supplies & environmental fees. Up to 5 quarts oil. Some models may be higher.

Expires 5/5/23. Valid at Honda of the Avenues only.

Schedule Service online at hondaoftheavenues.com



Share The Joy Of Easter

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

If springtime is to celebrate new growth and restoration, what a joy it is to include the Christian Easter celebration for believers around the world.

Maybe your list of to do's is full and getting overloaded but from winter there is spring, and from death there is resurrection. The long winter and dormant weather, brown grass and leafless trees and plants are now turning toward the sun for growth and restoration. At my house it is time to be outside and re-mulch the flower beds and prune off the dead limbs and branches. It is time to replant and nourish the soil. The whole word seems to want to come alive. Maybe it's good for the soul as well. The period of Lent that has us hibernating our short comings and pining for new life is over. God is faithful to provide.

"Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart, one believes and is justified, and with the mouth one confesses and is saved." (Romans 10:9-10)

For Christians, Easter represents Jesus Christ's victory over death. His resurrection is proof He is the Son of God, and it is the reason we can find hope in an eternity spent with Him. During Easter, we celebrate what we believe to be the biggest moment in history.

Before celebrating Easter Sunday, however, many observe Good Friday. On this day, we remember how Jesus was persecuted and put to death. Jesus was crucified and took on the sins of the world, even though He was blameless.

Because of this, many people wonder how this day could possibly be referred to as "good."

In order to understand the good news of the gospel, we must first understand our sinful nature and our need for a Savior. Romans 3:23 says, "For all have sinned and fall short of the glory of God."

Without Jesus, we are hopeless. Our sinful nature causes us to fall short of His glory, and the punishment we deserve is death.

But there is good news! While Jesus suffered a terrible death, it was God's plan to save us from our sins. Because Jesus conquered death, this made a way for all who believe in Him, and He reigns for eternity. If we believe in the death and resurrection of Jesus, we can receive forgiveness and salvation.

We are not meant to keep this good news to ourselves. Jesus died for the sins of the world, and the gift of salvation is available to all who believe. As Christians, we are called to share with others about God and His great love for us.

Mark 16:15 says, "And he said to them, 'Go into all the world and proclaim the gospel to the whole creation.'" In this passage, Jesus is talking to His disciples after they had not believed Mary when she told them of His resurrection.

During this season, I encourage you to share the joy of Easter with others. Celebrate the resurrection of Jesus, and reflect on the sacrifice He made on the cross. In telling others of His goodness, we can bring Him glory.

Catholic Charities St. Augustine to Host 3rd Annual Golf Tournament Fundraiser

Catholic Charities St. Augustine is gearing up to host their 3rd Annual Golf Tournament fundraiser on Friday, May 12, 2023 at the newly renovated St. Johns Golf Club in Elkton. All proceeds from the fundraiser will directly benefit the many community assistance programs including




and food assistance.

Tickets and Sponsorships are on sale now at: one.bidpal.net/ccb-golf2023


Since 1975, Catholic Charities St. Augustine has worked to transform lives by serving the community's most vulnerable across the St. Johns, Putnam, and Flagler County communities.

**"I only want cremation."
Call For Price**

**Flagler Memorial Cremation Society
(904)797-4990 or (904)669-1809**



He is Risen! Happy Easter!




**"INTERDENOMINATIONAL"
CHRISTIAN CHURCH**

www.wgv.church
904-940-6768


Worship Center at 4229 Pacetti Rd, St. Augustine

**Weekly Worship Services:
Sunday at 9:00 a.m. & 11:00 a.m.**



**Senior Pastor
Alan J. Liphart, M. Div.**
**Associate Pastor
Michael Legaspi, M.A.**
**Youth Pastor
Tom Bowers**

**"He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: 'The Son of Man must be delivered into the hands of sinful men, be crucified and on the third day be raised again.'"
-Luke 24:6-7**



Come Join Us!

Our Lady Of Good Counsel Catholic Church

*Called to Walk The Way of
Christ Jesus*

**A COMMUNITY OF DISCIPLES THROUGH
Witness, Word, Worship,
Welcome**


www.olgc-church.org

Mass Times
Saturday
4:00 pm

Sunday
8:00 am, 10:00 am, 12 Noon

Tuesday & Thursday 8:15 am

Confession
Saturday 3:15 - 3:45 pm
Holy days and Holidays - See website



Our Lady of Good
Counsel Catholic Church
5950 State Road 16
St. Augustine, FL 32092
904-824-8688

Father Guy Noonan
Pastor

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



Choosing A Food For Your Dog

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

Choosing the right dog food for your pup can be a daunting task. With so many brands and varieties on the market, it can be hard to know which one is best for your pup. Here are some tips to help you choose the right food for your pup.

1. Consider your pup's age and size. Puppies and senior dogs have different nutritional needs, so it's important to choose a food that is specifically formulated for their age and size.

2. Read the label. Look for a food that is made with high-quality ingredients and is free of fillers and artificial additives. The label should also list the guaranteed analysis, which will tell you the percentage of protein, fat, and fiber in the food.

3. Look for a food that is AAFCO approved. The Association of American Feed Control Officials (AAFCO) sets standards for pet food and ensures that the food meets the nutritional requirements for your pup's age and size.



4. Talk to your vet. Your vet can provide valuable advice on which food is best for your pet. They can also help you determine if your pup has any special dietary needs.

5. Consider your pup's activity level. If your pup is very active, they may need a food that is higher in protein and fat. If they are less active, they may need a food that is lower in calories.

6. Try different foods. If you're not sure which food your pet will eat most consistently, try a few different brands and varieties. This will

help you determine which food your pup likes best and which one provides the best nutrition. Be cautious of how quickly you transition from one diet to another to prevent stomach upset.

Choosing the right food for your pup is an important decision. By following these tips, you can ensure that your pup is getting the nutrition they need to stay healthy and happy



PALENCIA

pet clinic

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

- Wellness Care
- Digital X-rays
- Pet Dentistry
- Advanced Anesthetic Monitoring
- Pre and Post Surgery Pain Control
- Laser Orthopedic Surgery
- Laser Soft Tissue Surgery
- PennHip X-rays
- Neutering
- Humane Laser Declawing
- Pain Control Therapy for Long Term Pain Management

Monday thru Thursday 8:00 a.m. to 6:00 p.m.
Friday 8:00 a.m. to 5:30 p.m.
Saturday 8:00 a.m. to Noon

7430 U.S. Highway 1 North, St. Augustine
904-824-1622

Email: palenciapetvet@gmail.com



St. Augustine's Luxury Boutique



Jewelry • Watches • Coins
Gold • Silver • Luxury Brands
• Purses • Sportscards

Louis Vuitton, Rolex, Omega, Hermes,
Tag, Prada, Chanel, Gucci & More...

Private in-home appointments available

(904) 500-COIN (2646)

112 N. Ponce De Leon Blvd.

www.stavault.com

**FREE IN-HOME
LUXURY APPRAISALS**

Available 7 Days A Week • We Pay Cash

SELL YOUR COINS

Gold and Silver coin collections appraised and purchased by owner Bryan, son of world famous "Coin Guy" on You Tube

Helping My Neighbor: Signs They May Be In Need

Most of us have a neighbor of some sort or another. That person may live miles away or just across the hallway. But many people, particularly neighbors without family or friends nearby or senior neighbors, may be at greater risk of isolation and loneliness. These burdens can have a serious impact on well-being.

No matter who you live next to, it pays to learn how to be a good neighbor and look out for one another. Here are signs that your neighbor needs help — and ways you can reach out to lend a helping hand.

Unopened mail and unclaimed packages

An overstuffed mailbox, newspapers that aren't promptly retrieved and packages that sit for days or more at a front door are all signs that a neighbor is either too ill or too overwhelmed to keep up with those daily tasks.

How you can help: Ideally, when you or the neighbors first move in, you would exchange information such as phone numbers and emails as well as emergency contact information. That way you have multiple ways of trying to reach them or a loved one in case of an emergency. If you don't have this information, simply check in and say "Hello." Sometimes it seems like knocking on the door can be an imposition — but the simple act of seeing your neighbor, face-to-face, builds connections.

A change in your neighbor's routine

Even if they live alone, many neighbors have well-established and visible routines, such as going for a walk at a certain time during the day. If that routine changes for more than a day or two, it may be cause for concern.

How you can help: First, take note of your neighbor's patterns — not to be nosy, but so you can notice if something is amiss and observe if your neighbor needs help. In that case, use your emergency contact information if you're unable to reach your neighbor in person.

Extremes in weather

Particularly for senior neighbors, storms, heat or cold can pose dangers if they try to leave their homes.

How you can help: Talk to your neighbors in need ahead of time and offer to retrieve groceries or run errands should conditions in your area worsen.

Yard upkeep or home-care issues

Take note of small changes in the outward appearance of their home or yard. For example, is the typically meticulously manicured lawn in disarray? Or, have you noticed damaged gutters, broken shutters or windows or other home-care issues? This may be a sign that your neighbor needs help.

How you can help: If you're comfortable, try to gently approach the issue with your neighbor and ask if they need assistance with tasks around the house outside. You may not be able to fix the gutters, but you may be able to help with other things, like mowing the lawn or putting out the trash bins. If you're not familiar or comfortable with your neighbors, consider contacting community resources who may be able to help.

Your Palencia neighbor, and local State Farm Agent Craig Dewhurst cares about you and our community. Call him at 904-940-9740 for all your auto, home, and life insurance needs.

YOUR CHANCE TO BELONG BEFORE INITIATION FEES INCREASE

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



THE BENEFITS OF MEMBERSHIP

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

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

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

THE
PALENCIA
CLUB

Professionally Managed By
HamptonGolf
HAMPTON.GOLF

FOR MORE INFORMATION PLEASE CONTACT ALBERT MLYNARSKI:
AMLYNARSKI@HAMPTON.GOLF | (904) 599-9040
PALENCIACLUB.COM | 600 PALENCIA CLUB DRIVE | ST. AUGUSTINE, FL 32095



A person you know. A policy you understand.

Craig Dewhurst

20+ Year Agent and Palencia Resident

www.craigdewhurst.com

904-940-9740

If you want personal service and understanding with your insurance, I'm your good neighbor. You'll also get 24/7 tech options when you want to manage your policy online. Call, click or stop by today.

