



News For And About Residents Of The Palencia Community

Cinco de Mayo
1s Friday, May 5th



ST. AUGUSTINE

PRESS

MAY 2023

Palencia Food Drive Starts May 4th

Palencia Neighbors Have Been Generous Supporters Over The Years



Food Drive Volunteers, top row, Norma-Jean, Sandy, Maryellen, Judy, Harold, Michael, Gail and Debra. Bottom row, Michele, Carrie, Carole, Molly and Lisa.

Our Lady of Good Counsel (OLGC) Food Pantry has been supporting the food insecure in St. Johns County (Zip Codes 32095 and 32092) for almost ten years and Palencia neighbors have been generous supporters. Now more than ever, the Food Pantry needs your continued support. On May 4th thru 18th, there will be a Palencia Food Drive. This will include 3 drop off donation locations: Sweetwater Swim & Fitness Center, 1865 N Loop Parkway, Palencia; Palencia Amenity Center 625 Palencia Club Drive; and The UPS Store (in Palencia Commons). **See more on Page 4.**

Honoring Palencia Moms This Mother's Day



The Palencia Press asked readers to tell us what makes their mom so special. Dr. Craig Hadgis writes "In the photo, my wife Anne Hadgis is on the right, my mother Jan Hadgis on left and daughter Callie Hadgis in the middle. Anne is a loving, caring and compassionate mother of our two daughters Callie (2.5 years old) and Ava (4 months old on Mother's Day). My mother Jan is loving and dedicated to the success of her three sons. Thank you mom for everything you have done to help with where I am today!"

Palencia Resident, Navy Leader Takes Command Of Local Defense AIMO

Palencia resident Navy Cmdr. Christopher "Slots" Wells recently assumed command at the Defense Contract Management Agency Aircraft Integrated Maintenance Operations contract management office at the Northrop Grumman facility on U.S. Highway 1.

Wells' Navy career includes earning the "Wings of Gold" Naval Aviator award, serving in Operation Enduring Freedom aboard the USS Harry S. Truman and being selected to attend the U.S. Naval Test Pilot School at Naval Air Station Patuxent River. **See complete article on Page 5.**

Several Palencia residents attended the recent event for Cmdr. Wells. From left: Jodi Mathews, Bob Steck, Barb Steck, Leslie Payne, Capt. Jim Lawson, USNR, Becky Lawson, Joe Mathews, Deborah Wells, Cmdr. Christopher Wells, USN, Eileen Young, Steve Young, Bonnie Keane, Bill Wilson, Sandy Wilson and Frank Guarino.



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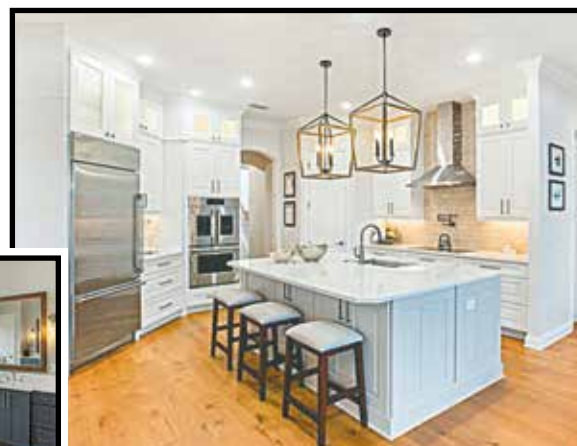
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St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on Wednesday, May 10 at 3:00 pm when we will cover Scotland. Discover the distinct customs, culture and character of Scotland, join the Scottish clans at The Gathering in Edinburgh for sport, folk dancing, arts, crafts and bag pipes. Questions? Please call Peter Dytrych at (904) 797-3736.

3 Lots For Sale

Riverhill subdivision in Welaka, FL. 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. Call Judy 904-669-3106.

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Words Of Wisdom

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. -John 6:35

The Palencia Press

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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.

2 Office Spaces For Rent

In Village Square. Office 1 is 144 sq ft (12X12) interior office. \$550/month includes internet. 2nd Office is 210 sq ft (15X14) with large window overlooking the tennis courts. \$740/mo. Mental Health professional preferred. Contact 352-514-7143 or tomsemail701@gmail.com. Both Available May 1st.

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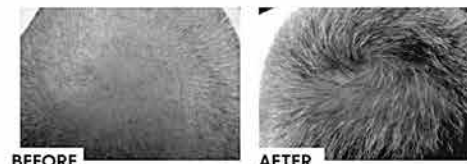
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Palencia Neighbors Are Generous Supporters Of OLGC Food Pantry

Since last fall, the news has been sharing reports of inflation, including surging food prices. This is a triple threat that is impacting the food insecure: Surging food prices (cost of groceries up over 13%), Housing prices (increased by 6%) and Energy spending /cost (by over 19%).




Food Bank Volunteers, Palencia residents Molly Goins-Cox and Carrie Hulka.

These expenditures are non-negotiable. Families do not want to lose the roof over their head so often what happens is their food budget is significantly cut. The Food Pantry volunteers at Our Lady of Good Counsel Catholic Church have seen the impact of inflation.




“Last Fall we were serving 50 families and now we are serving 80 to 85 families,” said Molly Goins-Cox. “This is seri-

Palencia Food Drive
 Our Lady of Good Counsel (OLGC) Food Pantry
 Collection Dates: May 4 thru May 18th



Food Pantry Needs

Collection Sites: The Palencia Fitness Center 1865 N. Loop Parkway, Palencia Amenities Center 625 Palencia Club Drive, and The UPS Store (in Palencia Commons)

Items needed:

- Canned beans 15 oz. pork & beans navy, pinto, kidney, lima, etc. (any brand & any type)
- Peanut Butter 16 to 18 oz. plastic jars (any brand & any type)
- Canned vegetables 15 oz. (any brand & any type). We are in need of corn!

Please: **NO GLASS** and only unopened containers.

ously challenging our donation network.”

Palencia residents can contribute by dropping off the following food items: (no glass or open containers please)

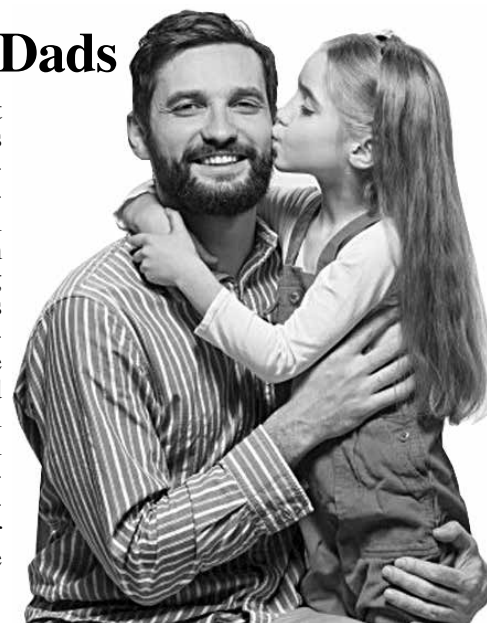
- 15 oz. canned beans (pork & beans, navy, pinto, kidney, lima)
 - 15 oz. canned vegetables (corn, carrots, green beans, pinto, kidney, lima)
- Note: We are really in need of corn.

• 15 to 18 oz. jars of peanut butter

Monetary donations are also welcome with checks made payable to OLGC. In the memo line please write “food pantry” and mail to Molly Goins-Cox, 136 La Mesa Drive, St. Augustine, FL 32095.

Help Us Celebrate Dads

In honor of Father's Day next month, we invite Palencia kids to tell us one thing that makes their dad so special. We know there are a lot of awesome things about our dads, but just tell us one or two things (so we have room to print everyone's). Tell us something like...what is one of the best things about your dad?...what is your favorite thing to do with your dad? Please be sure and include your full name and your father's name. You can also email a photo of the two of you and we will print it along with your information - space permitting. Send your information to thepaper@comcast.net no later than May 10th or else we won't be able to include it in the June issue!





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Spotlight On Palencia People



At left, Cmdr. Christopher Wells and Deborah Wells at the recent ceremony as Wells assumed command of AIMO.

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Palencia Resident, Navy Leader Takes Command Of Local Defense AIMO

Palencia resident Navy Cmdr. Christopher "Slots" Wells recently assumed command at Aircraft Integrated Maintenance Operations (AIMO) office at the Northrop Grumman facility on U.S. Highway 1.

Wells first became a resident of Palencia after being promoted to chief of flight operations in early 2020. In 2022, the Defense Contract Management Agency (DCMA) selected him as the office's next commander.

DCMA is a product delivery system that ensures America's defense industry produces and delivers the equipment our nation's warfighters need to fight, survive and win.

As the country's primary contract management entity, it serves an essential role in the acquisition process from pre-award to sustainment. Around 11,000 mostly-civilian employees work at offices and contractor facilities around the world, divided among three continental U.S. commands, one international command and other specialized offices.

Within the organization's global war-

fighter support mission, AIMO focuses on production, maintenance, repair and overhaul contracts. St. Augustine team members work at several geographic areas, including Boeing Cecil Field; the Northeast Florida Regional Airport; Jacksonville International; Peachtree City, Georgia; Corpus Christi, Texas; Kingsville, Texas; Meridian, Mississippi; and Pensacola, Florida.

Wells, a native of Huntington, West Virginia, graduated from Ohio State University with a master's degree in civil and environmental engineering in 2005. He received his commission through Officer Candidate School in Pensacola in 2006.

Wells' Navy career includes earning the "Wings of Gold" Naval Aviator award, serving in Operation Enduring Freedom aboard the USS Harry S. Truman and being selected to attend the U.S. Naval Test Pilot School at Naval Air Station Patuxent River. In 2016, Wells was selected Naval Test Wing Atlantic Test Naval Flight Officer of the Year.

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Palencia Ladies Competitive Spirit Shines Strong

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



Group photo of the 9-Hole Players are all smiles and ready to go.

It's been a very busy month for our Palencia ladies. Our ladies hosted a full field of 9-hole players from clubs around the area. It was a sunny, chilly day but that didn't damper the fun in this year's 9-hole March Madness Inter-club event. Jeanne Carr, our Palencia chair of the event, did a fabulous job in incorporating some fun basketball skill challenges in the round of golf. Our 9-hole ladies were such gracious hosts too. The room was beautifully decorated. Goody bags, with a tasty breakfast and lunch were well received, followed by a nice awards ceremony. A big thanks to Jeanne Carr, Palencia Pro shop staff and her volunteers for organizing such a well run event. Great job ladies!



1st Place – Back 9 flight – Rae Spradley (Ponte Vedra Inn & Club), Liza Pound (Palencia Club), Vicki Khan (Deercreek Country Club), Cheryl Bozin (Queens Harbour Yacht & CC) – Net 27.



1st Place team –Front 9 Flight : Mandy Soffera (World Golf Village), Michele Seymour (Queens Harbour Yacht CC), Cindy Phillips (Jacksonville Golf CC), Maleah Miller (Palencia), Net 27.



2nd Place – Back 9 Flight - Mary Morgan (Jacksonville CC), Sue Kansteiner (Palencia Club), Helen Suzanne Lee (San Jose CC, Helen Jason (Queens Harbour Yacht & CC) – Net - 28



2nd Place –Front 9 Flight - Patricia Kazakis (Palencia Club), Debbie Shearer (Marsh Landing), Marlene Dolan (Ponte Vedra Inn & Club), Joan Rosenberg (San Jose Country Club)- Net 30.

Our special contest winners included: **Closest to the pin on Hole #3** – Cindy Phillips (Jacksonville Golf & CC).

Longest Drive on Hole #4 – Denise Cihlar, (Queens Harbour Yacht & CC).

Longest Drive in Hole #13 – Mary Morgan (Jacksonville Golf & CC).

The annual Divot Invitational tournament was a lot of fun. Pat Rose and Peggy Lamneck, co-chairs of the event did a great job setting up the team scramble and “closest to the rake” and “closest to the pin” contests. Linda Hoffman hit a drive that landed on the rake about 160 yards from the ladies tees. Maria Nils-

Continued On Page 7



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Women's Golf Association Of Palencia

Continued From Page 6

son almost had a hole in one with only 17" in the way of her landing her third hole-in-one. The ladies showed their appreciation with drinks and pizza after the friendly competition.

We would like to congratulate all of the Divot team winners!



1st Place Divot team-L to R: Cindy Gates, Bev Gunther, Devin Michael, Brenda Samet.



2nd Place Divot team - L to R: Maria Nilsson, Laura Mayo, Blake Patchen.



3rd Place Divot team - L to R: Christie Walters, Sue Kainsteiner, Pam Ashburn, Jim Karlak.

Our Saint Patrick's day annual scramble with kicker cash was a lot of fun. Ladies wore their Irish colors and had fun picking their Foursome. We would like to congratulate the winners of the kicker cash scramble.

We had 4 winners in our Closest to the Pin contests: congratulations to Chris McCoy, Deidre Wray, Cary Hanley, Maria Nilsson for delivering some great shots.

Our Inaugural Leaning Tree Invitational was held on Monday, April 10th.

Cindy Gates and Linda Carucci, co-chairs, did a wonderful job in organizing and getting over 80 ladies to play in this inaugural event. Pictures and more details about this event will be featured in next month's article. The ladies did an outstanding job in running this event and we would like to thank them for a job well done!

During the month of May, we will host our annual Queen of Clubs tournament where our reigning Queen, Resa Wilcox, will be competing with the Monthly Queen Qualifiers to crown a new Queen. We will also be electing new officers for the coming year and having a closing day Scramble, Lunch and the final WGA business meeting for the year is on May 20th, 2023.



1st Place team based on a tie breaker: L to R: Cathy French, Pat Rose, Tricia Luciano and Laura Mayo.



2nd place team: L to R: Matt Carroll, Golf Professional, Teresa Serrano, Faye Peladut, Peg Larson and missing is Sheri Thrash.



3rd place team: L to R: Chris McCoy, Staci Luttrupp, Judy Guarino and Diane Robinson.

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New Athletic Director At Nease High

By Susan Rieger, Palencia Resident

Welcome to the team! We are excited to introduce our new athletic director, Chris Gallagher, who has joined us at Nease High School. With his extensive experience and passion for sports, we know that he will be a valuable asset to our school community. Chris brings a wealth of knowledge and expertise to our athletic department. He has 20 years of experience in sports management, including serving as the athletic director at Viera High School and most recently Ridgeview High School. His background includes working with various sports programs, overseeing coaching staff, coordinating athletic events, and managing budgets.

Chris also holds certifications in athletic administration which further highlight his commitment to excellence.

In addition to his professional experience, Chris has a genuine love for sports as a former basketball and baseball athlete himself. He understands the important role that athletics play in a student's overall education. He believes that participation in sports can provide valuable life skills such as teamwork, leadership, discipline, and perseverance. Chris is dedicated to fostering a positive and inclusive athletic culture at our school, where all students have the



Chris Gallagher,

opportunity to thrive and succeed.

One of Chris Gallagher's main priorities as our athletic director will be to build strong relationships with our coaches, student-athletes, parents, and the community. He will work closely with our coaching staff to provide support, resources, and professional development opportunities. Chris will also collaborate with our school administration, teachers, Golden Panther booster club and parents to ensure that athletes are able to balance their academic and athletic commitments successfully.

Another focus for Chris will be on promoting sportsmanship, character development, and safety in athletic programs. He will uphold the values of fair play, respect, and integrity, and will work to instill these principles in our student-athletes and prioritize the safety and well-being of our athletes, making sure that all necessary precautions are taken to prevent injuries and protect their health.

As our new athletic director, Chris is eager to connect with our students, staff, and community members. He is open to feedback, suggestions, and ideas, and is committed to being accessible and approachable. Go Nease!

Palencia Residents Are Partners In Life And Business, An Evolution To Design And Building

Donna and Mike Mancini, residents of Palencia since 2006, opened Donna Mancini Interiors and Flooring just over 7 years ago. The retail home furnishings showroom, design center, and interior design firm offers a curated collection of furniture, upholstery, lighting, and home décor, as well as a beautiful selection of flooring and tile. Soon after opening their doors, they brought in Wellborn Cabinetry, along with a full-time cabinetry designer. It was really a natural progression for the business as they began to see more and more clients requesting kitchen and bathroom design.

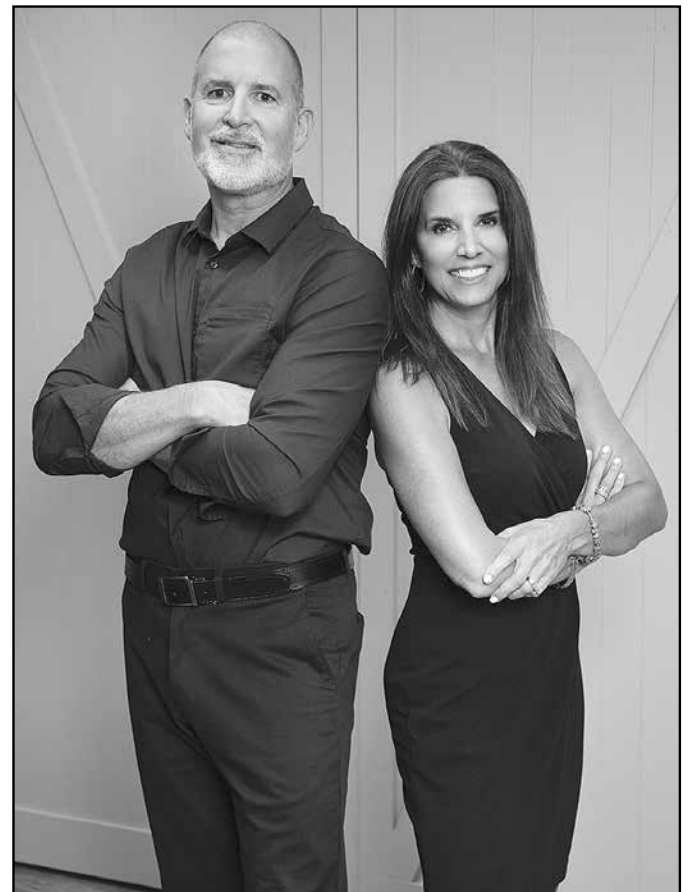
"Our reasons behind selecting Wellborn were numerous. They are a family business built from the ground up," said Mike Mancini. "A well respected, quality brand, with multiple lines, hundreds of finishes, options, and styles, made entirely in the USA."

As the demand for services grew and expanded, the next progression was the decision to bring all construction capabilities in-house in order to provide their clients with an elevated, more seamless process, and a true one-stop shop experience.

"Intentionally having just about everything we need shown and available in our showroom, backed by the numerous manufacturer relationships we've built, allows our team to create beautiful designs, and present clients with materials, finishes, and project details, including visual renderings, effectively and efficiently, which saves them time, money and worry," added Donna Mancini.

Whether you're looking for a custom new-build, an addition, a kitchen and bathroom renovation, a complete furnishing and styling of an entire home or multiple rooms, or even high-quality flooring installed throughout, know that Donna and Mike value quality, communication, integrity, and teamwork.

"We are blessed to be able to bring custom, turn-key design solutions to our Palencia neighbors and beyond and we look forward to continued partnerships and one-of-a-kind projects that create a lasting impression for our clients by delivering a home that wraps its arms around them at the end of a long day," said Donna.



Mike and Donna Mancini are 17 year residents of the Palencia community.

Palencia Resident Opens LiLu's Art & Antiques

After selling LuLi's Cupcakes seven years ago, Palencia resident Janeen Sara is trying her hand at a new business very different from her successful bakery business. Last year she started "LiLu's Art & Antiques" specializing in 19th century and contemporary paintings.

Janeen loves all things creative and has been collecting art for years. Finally, she decided to share her love of art and make original works available to fit everyone's budget. She has pieces from artists featured all over the world from Manhattan's MOMA, to London's National Gallery, to the Hermitage Museum in St. Petersburg, to the Smithsonian. From artists like Emmet Fritz, Allen Tucker, Arthur V. Diehl and Highwaymen James Gibson and Al Black, LiLu's has a collection that's priced to sell.

In February she started the Palencia art club which meets quarterly at the Palencia Amenities Center. The goal of this group is to share an appreciation of art, specifically paintings. To find out more, visit Janeen's website at LiLusartandantiques.com or email Janeen at lilusartandantiques@gmail.com.



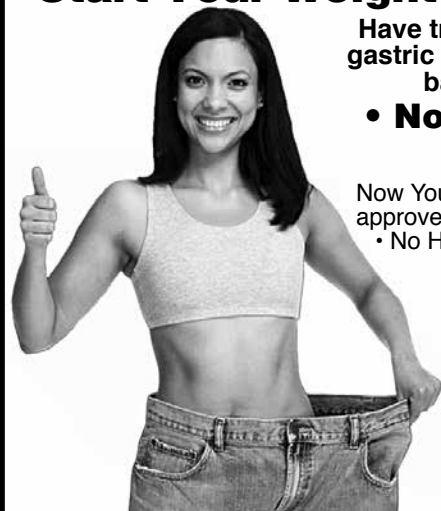
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New Law Allows Transfer Of Unused College Savings To Roth IRA

By Renae Aiple, CRPC, Raymond James Financial Advisor

Parents who have saved for their children's education through a 529 college savings account now have another option for those funds. As of 2024, beneficiaries can transfer unused funds from their 529 account directly to a Roth IRA, tax-free.

This change comes from the SECURE Act 2.0 and aims to address concerns about leftover 529 funds being trapped in the account. Families who saved in a 529 account may have found alternative ways to pay for college or may have overfunded the account for a beneficiary. Previously, if they wanted to withdraw the funds without a penalty, they had to do so as nonqualified withdrawals. This new law allows them to transfer the funds to a Roth IRA instead.

While the industry is still working to clarify some details, such as the set period of time the 529 plan must be established, it is known that the lifetime amount that can be transferred is \$35,000, subject to annual contribution limits. Additionally, the Roth IRA must be in the name of the beneficiary, and the beneficiary must have earnings equal to or greater than the rollover amount.

One benefit of this new law is that income limitations on Roth IRA con-

tributions do not apply to these 529-to-Roth transfers. This means that even higher-income families can potentially take advantage of this opportunity. However, it's important to note that any traditional or Roth IRA contributions made by the beneficiary would count against the \$6,500 annual limit.

Financial advisors are encouraging families to consider this new planning opportunity, especially if they have overfunded a 529 account or have found alternative ways to pay for their child's education. It's recommended to speak with a financial advisor to determine if you meet all of the requirements and if this is the right option for your family.

Overall, this new law provides a valuable option for families concerned about overfunding a 529 account or being penalized for nonqualified withdrawals. It's a win-win situation, offering tax-free benefits and flexibility for parents and students alike.

This content was provided by Raymond James Financial Services for use by Renae Aiple your Raymond James financial advisor at 270 Plaza Blvd., Suite 4, St. Augustine, FL 32086. Phone (904) 839-1760. Member SIPC.

Newcomers of North St. Johns May Luncheon

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) invites members and their guests to join the fun at our May luncheon on Tuesday, May 16, 2023 beginning at 11:00 a.m. at the Double Tree by Hilton, 116 San Marco Avenue; St. Augustine, Florida. Doors open at 10:30 a.m.

Cost for the luncheon and program is \$35 for members and \$40 for guests. All reservations and payments must be received by May 5, 2023. For further information about the luncheon and membership, please go to the NNSJ website at <https://newcomersofnorthstjohns.org>.

Luncheon includes entrée choices of: Honey Bourbon Glazed Salmon accompanied by rice pilaf and steamed

broccoli; Beef Tips in burgundy mushroom sauce served with mashed potatoes and green bean almandine; or San Marco Penne Pasta with spinach, mushrooms and Parmesan cream. All entrées are served with a House Mixed Salad. Dessert is Blueberry Cobbler. A Cash Bar is also available.

During lunch, accomplished pianist Carl Grant will entertain members with a medley of soft ballads and love songs.

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

NNSJ offers a wide variety of activities for you to get acquainted and have fun including smaller lunch groups, Bunco, Canasta, wine socials, golf, Mah Jongg, holiday parties, day trips and cultural events.

St. Augustine Gator Club Beach Clean-Up

The Gator Club of Historic St. Augustine will celebrate International Gator Day Saturday May 20 by sponsoring a Beach Clean-up day at the St. Augustine Beach access ramp. The event will commence at 8:30 a.m. The Gator Club will provide gloves, garbage bags, water, and will give away UF Gator swag! To register or for more information, contact Gator Club president Bud Clarke at bclarke@cspalaw.com or visit the Club's facebook page: <https://www.facebook.com/staugustinegatorclub/>.



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-Thanks, Polly

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What Goes Into A Retirement “Paycheck”?

By Lindsey Taylor, Edward Jones
Financial Advisor

During your working years, you generally know how much money you’re bringing in, so you can budget accordingly. But once you’re retired, it’s a different story. However, with some diligence, you can put together a “paycheck” that can help you meet your income needs.

Where will this paycheck come from? Social Security benefits should replace about 40% of one’s pre-retirement earnings, according to the Social Security Administration, but this figure varies widely based on an individual’s circumstances. Typically, the higher your income before you retire, the lower the percentage will be replaced by Social Security. Private pensions have become much rarer in recent decades, though you might receive one if you worked for a government agency or a large company. But in any case, to fill out your retirement paycheck, you may need to draw heavily on your investment portfolio.

Your portfolio can provide you with income in these ways:

- **Dividends** – When you were working, and you didn’t have to depend on your portfolio for income to the extent you will when you’re retired, you may have reinvested the dividends you received from stocks and stock-based mutual funds, increasing the number of shares you own in these investments.

- **Interest payments** – The interest pay-

ments from bonds and other fixed-income investments, such as certificates of deposit (CDs), can also add to your retirement income.

- **Proceeds from selling investments** – While you will likely need to begin selling investments once you’re retired, you’ll need to be careful not to liquidate your portfolio too quickly. How much can you sell each year? The answer depends on several factors — your age, the size of your portfolio, the amount of income you receive from other sources, your spouse’s income, your retirement lifestyle, and so on. A financial professional can help you determine the amount and type of investment sales that are appropriate for your needs while considering the needs of your portfolio over your lifetime.

One other suggestion: Keep at least a year’s worth of living expenses in cash, in addition to what you may need for emergencies. This liquidity can help keep you from dipping more deeply into your long-term investments than you’d like.

You may be retired for a long time — so take the steps necessary to build a consistent retirement paycheck.

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Upper Crossed Syndrome

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

I have written other columns about the negative effects of poor posture. Good posture is when the force of gravity, pushing down on our bodies, is distributed relatively equally, right to left and front to back. When that is disturbed, joints are stressed, and muscles begin to produce imbalanced forces.

Vladimir Janda, MD (pronounced ‘Yanda’) categorized muscles into two groups: tonic and phasic. Each joint has tonic and phasic muscles. For instance, the arm has tonic biceps and phasic triceps. The leg has tonic hamstrings in the back and phasic quads in the front. The trunk has tonic spine erectors in the back and phasic abdominals in the front. Each group of tonic and phasic muscles should work together. While one produces force the other is inhibited and gives way. The biceps and triceps cannot contract, producing the same amount of force at the same time. If they did, the elbow would not bend. To create elbow bending (flexion), the biceps produce a greater force than the triceps and the triceps give way or are inhibited.

to move forward with seated activities, computer, and phone use, reading, crocheting, or slouching in a deep sunken couch or chair, to name only a few. Unfortunately, when this happens habitually, it may feel fine initially but it is just a matter of time before an Upper Crossed Syndrome develops.

The Upper Crossed Syndrome is a postural syndrome designated by Vladimir Janda. It is a syndrome in the upper quadrant of the body. And when he connected the muscles involved, they crossed the body and formed an “X”. The tonic upper trapezius/levator scapulae in the back and the pectoralis major/minor in the front tighten and shorten, which the phasic neck stabilizers in the front and the scapular stabilizers/depressors in the back become inhibited and weak. This seals the deal of the forward head, rounded shoulder position. The can result in compression of the cervical spine and possibly nerve roots. It can alter the shoulder mechanics, contribute to TMJ problems and more. Problems manifest differently for each person due to their weak link, but the recognizable pattern is the same, nonetheless.

The good news is it can be prevented and often corrected with lifestyle changes, simple stretches, and exercises.

1. Lifestyle changes: simply being mindful of your posture. Get your head up! Look up! (A whole different topic and column but see: <https://www.lookup.org.au/> for an interesting read.) Adjust your computer screen. Change your phone habits. Place pillows under your elbows to raise your arms while reading or crocheting instead of constantly looking down.

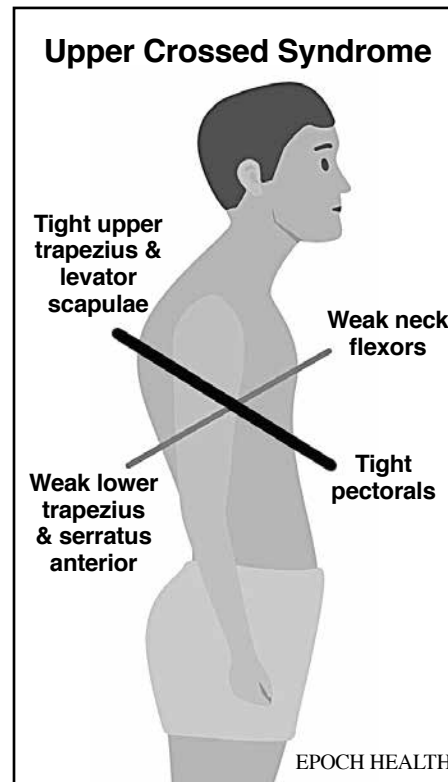
2. Stretch: When you walk through a doorway, place your arms on both sides of the door jam, slowly step through until you feel a gentle stretch.

3. Exercise: Pull your shoulder down and back or acquire an exercise band, loop around a doorknob and row, pulling your arms back and your shoulder blades down and back.

These are basic and can be built upon by your physical therapist, who should be familiar with the upper crossed syndrome. But for now, anyone can apply and start with these basics today.

Next month I’ll explain the Lower Crossed Syndrome.

*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 has been 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.*



When we demonstrate good posture, the balance between tonic and phasic muscles helps us move efficiently. When poor posture occurs and muscle imbalances manifest, tonic muscles begin to increase their tone or tension, becoming tighter and can become shorter. This can often lead to joint limitations and even compression, which is never good. At the same time, the phasic muscles become more and more inhibited and weaker, which is also not good.

On average, the head weighs 8-12 pounds and is meant to sit atop the neck whereby the force of gravity is equally distributed from front to back and right to left. We all know the head can start

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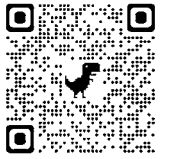
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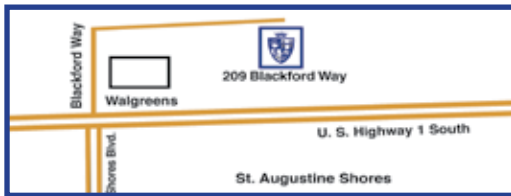


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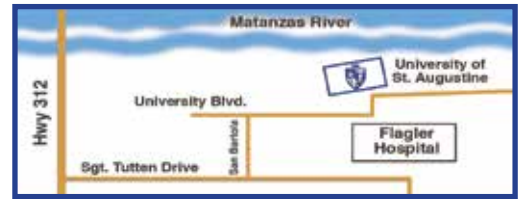


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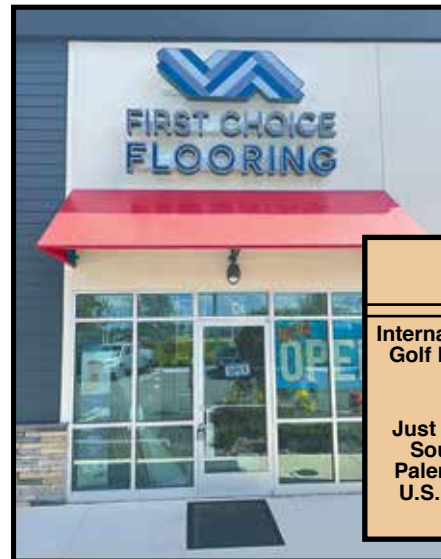
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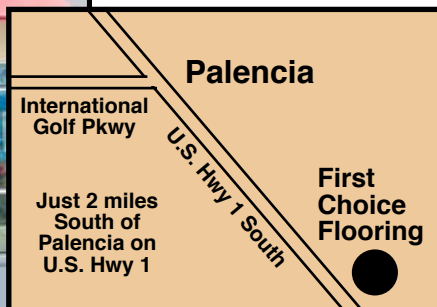
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Ask Carol B

Medicare Questions?

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

I'm considering switching to a Medicare Supplement plan (which can be done any time during the year), but understand I will need to be underwritten, as I don't qualify for a Special Election Period. What are some of the health questions asked?

Please note: The following are a sample of the health questions asked to underwrite a Medicare Supplement policy. Each carrier has its own list of questions, but the following are the most common questions between the carriers. Feel free to reach out to me if you have any questions.

PART A. MEDICAL QUESTIONS- If the answer to any questions in Part A is YES, you are not eligible for coverage. If you answered NO to all questions in this section, please continue to Part B.

1. Are you currently confined, scheduled for admission, or in the last two (2) years have you been confined to a nursing facility or assisted living facility?

2. Do you currently receive home health care services or, in the last two (2) years, have you received home health services for more than three (3) separate periods of care?

3. Do you currently have a terminal illness or are you currently in the hospital, pending hospital admission, or have you been hospitalized more than two (2) times in the last two (2) years?

4. Do you currently receive assistance bathing, transferring, toileting, eating, dressing, or are you bedridden, or have you been recommended by a licensed member of the medical profession or doctor to use the assistance of a wheelchair, walker, or motorized mobility aid?

5. In the last two (2) years have you been treated for (including surgery) or recommended by a licensed member of the medical profession or doctor to have treatment or surgery for the following conditions:

a. internal cancer, leukemia, malignant melanoma, Hodgkin's disease, or lymphoma?

b. angina, atherosclerosis, arteriosclerosis, peripheral vascular disease, heart attack, irregular heartbeat, atrial fibrillation, cardiomyopathy, congestive heart failure, angioplasty, stent placement, carotid artery disease, coronary artery disease (CAD), heart valve surgery, coronary bypass, cardiac pacemaker, implantable or subcutaneous defibrillator? (You should answer NO if your only treatment is with maintenance medication).

c. Parkinson's disease, myasthenia gravis, cerebral palsy, muscular dystrophy, multiple sclerosis (Lou Gehrig's disease)?

d. Paget's disease, rheumatoid arthritis, disabling arthritis, systemic lupus, osteoporosis with fractures, or paralysis?

e. chronic kidney disease, Addison's disease, renal insufficiency, renal failure, any kidney disease requiring dialysis,

pancreatitis, or any condition requiring an organ transplant?

f. diabetes with hypertension requiring three (3) or more hypertension medications to control or diabetes requiring more than 50 units of insulin daily to control?

g. diabetes with: neuropathy, retinopathy, vascular disease, or tobacco use?

h. chronic obstructive pulmonary disease (COPD), chronic obstructive lung disease (COLD), emphysema, chronic bronchitis, or any other chronic lung or respiratory disorder requiring the use of oxygen?

i. major depression, bipolar disorder, schizophrenia, or a paranoid disorder?

j. dementia, senility, Alzheimer's disease, or organic brain disorder?

k. unrepaired aneurysm, hemophilia, anemia requiring repeated blood transfusions, or any other blood disorder?

l. hepatitis (other than hepatitis A), alcohol or drug abuse, cirrhosis of the liver, or other liver disease?

m. stroke or transient ischemic attack (TIA)?

6. At any time have you been treated for or recommended by a licensed member of the medical profession or doctor to have treatment for amputation caused by disease or organ transplant other than corneas?

7. Have medical tests, treatment, therapy, or surgery been recommended by a licensed member of the medical profession or doctor but not performed or is any surgery anticipated? (This excludes mammograms, pap tests, colonoscopies, or Prostate Specific Antigen (PSA) tests which were recommended by a licensed member of the medical profession or doctor for routine screening purposes only)?

8. Have you ever been tested positive for exposure to the Human Immunodeficiency Virus (HIV) Infection or been diagnosed as having Acquired Immune Deficiency Syndrome (AIDS) or AIDS Related Complex (ARC) caused by the Human Immunodeficiency Virus (HIV) infection or other sickness or condition derived from such infection?

PART B. HEIGHT/WEIGHT AND MEDICATIONS - The answers to questions in Part B are subject to the Company's Underwriting review. Please provide complete details as required to the best of your knowledge.

9. Height (ft.-in) Weight (lbs)

10. Please list any prescription medications taken or prescribed by a licensed member of the medical profession or doctor in the past two (2) years.

a. Medications
b. Dates taken
c. Condition taken for
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Palencia Resident Is Author Of Children's Book "The Perfect Angel"

Jillian was pregnant, scared and uncertain of what to do. She turned to the St. Gerard Campus who provided her with room, board, education and daycare for her newborn so she and other teen moms and their babies could keep their job and earn a living. The Alpha-Omega Miracle Home, also in St. Augustine, provides this support for senior widows.

The Perfect Little Angel is a Christian Children's book published by Zondervan/WestBow Press, a subsidiary of Harper Collins and Thomas Nelson. The Perfect Little Angel communicates that children were intricately, meticulously crafted for a purpose and that they were CHOSEN.

Palencia resident Elizabeth Beaton wrote *The Perfect Little Angel* and is promoting it to benefit two local charities. "The St. Gerard Campus and The Alpha-Omega Miracle Home do wonders in St. Augustine," said Beaton.

The purpose of her venture is to build awareness for the need for donations to these programs that support women and children in crisis, spread the word and reach someone who needs help. *The Perfect Little Angel* storybook partners with the Favors in Faith Foundation whose mission is to help individuals in need in the St. Augustine community. It has already provided more than \$7000 in total donations to women and children in crisis since November.

"What if you could communicate to children that they were intricately, meticulously crafted for a purpose?" said Beaton. "What if you could rehearse that notion each night at bedtime with a story that lulls them to sleep, while scripture and self-worth are implanted deep within their hearts? What if you had biblical proof from the scriptures that inspired this story that God had a plan for you before you were born, created you with that plan in mind, dedicated and appointed you for a mission; that God's Creation is not arbitrary?"

The Perfect Little Angel children's book offers families an opportunity to communicate scripture to children in a way they can understand. It communicates the essence of scriptural passages that support the culture of life.

"It offers an opportunity for family members to build tender memories by bringing back the bedtime story in book form, and not on computer or Kindle," added Beaton. "Additionally, it offers an opportunity for children to grasp that God



Palencia resident Elizabeth Beaton wrote *The Perfect Little Angel* to benefit two local charities.

had a plan for them before they were born and created them with that plan in mind; that God CHOSE them, and that their mothers also CHOSE them," said Beaton. "These truths convey a rare sense of self-esteem and self-worth not found in children's literature today."

The Favors in Faith Foundation and *The Perfect Little Angel* are offering a \$100 Mother's Day bank check gift to Palencia readers. How this program works:

Every 20 readers who buy from lizTbeaton.com within the promotion period, now through Mother's Day, will be entered to win a \$100 Mother's Day gift. Simply order a book from lizTbeaton.com during this period and you are automatically entered to win.

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PES Students Excel During 4H Speech Contest

By Tiffany Trivedi, Palencia Resident
Palencia Elementary PTO



On March 8th, Palencia Elementary School hosted the 4-H PES Speeches. This special and extraordinary event highlights the top students from each fourth and fifth grade class and provides them an opportunity to present their impressive speeches to the student body.

PES 5th grade teacher Debby Gardner shared that "this is an exciting educational speaking program demonstrating a student's oral communication skills. Every fourth and fifth grade student at Palencia participated in the classroom speeches. One student in every fourth and fifth grade class is chosen to advance to the school presentations and the winner represents us at the county contest. Each child is given an opportunity to research, organize, practice and present a speech of their choice. The only requirements are that the speech must be original, student written, must be between two and three minutes and the student may not utilize visual aids."

Each student's speech was judged both on composition and presentation. In the composition element the judges evaluated the originality and uniqueness of the student's choice of material, as well as considering if it captured the audience's attention and if the body of their speech was logical. In the presentation element, the judges evaluated whether the students established and maintained eye contact and if the delivery was fluent, smooth and easily understood.

PES has always participated in some form of speech competition, but it has evolved over the years. Gardner shared that "before Covid, our students participated in the Tropicana Speech, but that company dropped their sponsorship during the pandemic. We were excited to find out that the program would be reinstated. This program is underwritten by Florida Power and Light and coordinated locally by our St. Johns County 4-H program for 4th, 5th, and 6th."

After each student presents in their individual classroom and the classroom winner is determined, they then progress to the school presentations. This year the finalists were Annabelle Adams, Lina Andreev, Raegan Campisi, Gabriel Ferencz, Gabriella Fishbeyn, Leighton Gooch, Cardyn Henderson, Camille Lee, Ava Pehr, Vincent Pirano, Bowen Saint, Koelle Sanhueza, Cameron Smith

and Holden Smuckler.

The audience was moved and inspired to hear all the creative topics the students presented. Fourth grade teacher, Tim Duncan, shared that "I love hearing what the students produce for their speeches. Everything from the History of Tacos to Why You Should Own a Dog to highly personal stories of being



The top 3 winners in the PES speech Contest were presented awards by Mrs. Catherine Goodrich, Principal. 1st place winner was Koelle Sanhueza, 2nd place was Camille Lee, 3rd place, was Raegan Campisi.

bullied or needing to overcome some difficulty in their life. You really get to see the students' personalities while giving them the opportunity to be heard."

Ms. Gardner added that "Speaking in front of people is hard, especially when you are nine, ten or eleven years old. This program helps to build confidence that is essential for a child's growth and development, so starting early helps to alleviate their fear over time. Speaking in front of others is a useful skill both in the classroom and eventually in the workplace. We teach our students effective methods for speaking in a persuasive manner and they learn to effectively articulate their thoughts to prove their argument."

After each student was provided the opportunity to present their speech, the judges announced the top 3 winners. In 3rd place, was Raegan Campisi, in 2nd place was Camille Lee and the 1st place winner was Koelle Sanhueza. Koelle will now represent PES in the county contest April 24, 2023.

PES is so proud of all these students and their hard work and creativity. A special thank you to Ms. Gardner and Mr. Duncan for providing these students with the support and inspiration to do their very best...AND a very special congratulations to all the participants and the amazing winners this year! The PTO applauds your efforts.



Mike Weitz

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The 50+ Ladies Group Of Palencia Donate To Florida Urgent Rescue (FUR)

Left to right, Mike Merrill, Executive Director of Florida Urgent Rescue (FUR), with members of the Palencia 50+ Ladies Group, Donna Villarose, and Maureen Martyak who delivered supplies on behalf of the ladies group.



In March of 2023 the 50+ Ladies Group of Palencia hosted their first fundraiser event. This event was hosted by Donna Villarose, co-organizer of the group. Donna chose Florida Urgent Rescue (FUR) because she has a huge passion for animals and loved what this organization stood for, saving animals!

The ladies donated more than \$1,000 in product and gave a monetary donation of over \$1,500 to FUR.

“The FUR Urgent Transport Program has helped rescue hundreds of animals in many hurricanes and natural disasters, and they’ve done multiple rescue missions on the ground in Ukraine and now in Turkey,” said Donna Vil-

larose. “FUR also provides non-emergency transports to relieve pressure on overcrowded shelters.”

As part of their fundraising efforts to acquire a new cargo van, FUR will include names of donors on the side of their van:

Donate \$250 or more, FUR will include your name in their design using “Word Art.”

Donate \$500 or more and your name will be listed twice in larger font.

Donate \$1,000 or more and FUR will also include your name in their “Sponsors” list on their van and website.

The 50+ Ladies Group of Palencia will be listed on the new cargo van.

“Mike Merrill is the founder of FUR and Maureen Martyak and I had the pleasure of meeting him to deliver our donations,” added Villarose. “Additionally, for every monetary donation that is made from now until June 1st the Delores Weaver Foundation will match the donation through the Delores Weav-



Mike Merrill, is shown with a rescued dog found at the edge of Putnam County.

larose. “FUR also provides non-emergency transports to relieve pressure on overcrowded shelters.”

Focusing primarily on rural shelters with limited resources, FUR’s vision is to assist the animals who need the most help.

“One rural shelter they help is behind the county landfill and another consists of 14 ‘outdoor’ kennels at the prison, run by the solid waste department,” said Villarose.

“FUR is in desperate need of a new cargo van,” added Villarose. “They’ve been renting cargo vans for years, but it’s very expensive. During disasters, it’s hard to find rental vans available. During their Hurricane Ian rescue missions, they had to cut down on the number of animals rescued because they couldn’t fit them all in a standard van. Having



Neo, a rescued dog, at the vet before getting a blood transfusion.

er Legacy Fund. You can also become a monthly donor.”

Residents can visit the FUR website at www.floridaurgentrescue.com to see all of the lives the organization has saved. To donate, see below.

— Venmo: @FloridaUrgentRescue
— PayPal: floridaurgentrescue@gmail.com

Monthly donors will be automatically listed in a FUR Van Fundraiser.

For Corporate Sponsors, please contact Donnavillarose@yahoo.com or Floridaurgentrescue@gmail.com, Attn: Mike Merrill.



Stephanie Kinsey, DDS



Stephanie Kinsey, DDS
Palencia Resident

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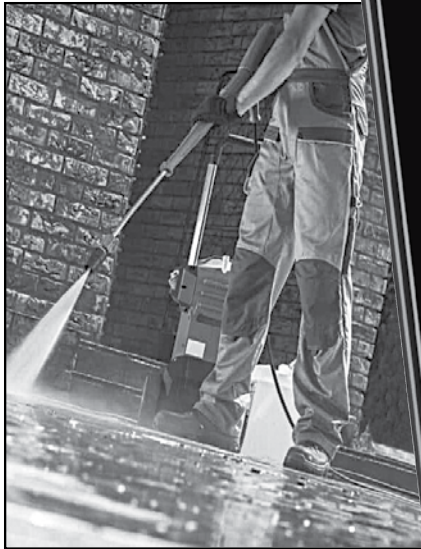
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In The Palencia North Vs. South Challenge The South Came Through With A Big Win

The annual golf competition between the North versus South Challenge was in full swing with both teams getting geared up for this annual competition. The Northern Lights are coming off of a streak of wins and were looking forward to repeating their success, while the Southern Storm team wanted a chance for revenge to win back the trophy. The results were slow coming in and the suspense for what team won took a little time to figure out. It was a very close competition with both teams putting up some impressive scores. Finally, the Southern Storm team was declared the overall winner of this year's challenge.



T.J. Holland, Palencia Pro Shop, Ben Procter, Northern lights co-captain with Rich Luciano (missing from the picture) handed over the team trophy to Jim White, Southern Storm Team Captain during a nice lunch that was enjoyed by all.

At right, The Northern Lights players showed their team spirit with bright colors.



At left, The Southern Storm line-up wore red shirts to show their team unity.

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Ask A Certified Master Gardener Palencia Landscapes With High Alkaline Soil: This Article Is For You!

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

As a result of numerous homeowner visits throughout Palencia over the past several months by a group of certified Master Gardeners, one prominent finding in many of the home landscapes has been problematic soils that are highly alkaline – pH levels of 7.5 - 8 and higher. Soils in this extreme pH level often result in substantial difficulty growing and maintaining healthy plant life, including turf. My article this month is solely dedicated to those homeowners in this category and will explain the alkalinity origins and advice to help manage this type of soil condition.

To begin, and as mentioned in previous articles, pH is the level of acidity or alkalinity in soil.



All plants need a specific pH level to survive and thrive. Ideal pH conditions are around 6 – 6.5 on the pH scale, the soil conditions that exist in most of Florida. If, however, your landscape soil measures 7.5 to 8 or higher on the scale, many plants will have difficulty thriving and, with alkalinity above 8, even surviving. This is because plants are unable to absorb or take in essential nutrients and therefore become deficient in iron, manganese, zinc, boron, and others.

There is no way to permanently lower the pH, so additional soil amendments are needed in your landscapes and on a routine basis to temporarily lower the pH balance to enable plants to live.

Firstly, let's explore a little about the causes of high alkaline levels. **Residential construction activities** are one major reason. Typical construction activities such as land clearing, use of heavy equipment, and importation of fill soils negatively affect soil properties. Building materials rich in calcium carbonate left in the soil after construction are also a contributor.

Secondly, when new homes are built the **topsoil is usually removed and often not added back**. This makes it difficult to determine the properties of the natural soil that existed before construction. Soil may be (1) minimally disturbed (soil profile disturbed but not compacted), (2) moderately disturbed (soil profile disturbed and soil compacted), or (3) completely unusable (soil characteristics or compaction levels that inhibit plant growth).

For those landscapes with pH soil issues, options that are generally recom-

mended are the use of large decorative pots or raised beds which allow the soil to be completely controlled.

If, however, you would like to try and work with and improve the overall alkaline soil in your landscape, there are measures that can be employed on a routine basis to temporarily lower the pH level and provide the environment for plants to survive.

Items to lower the soil pH include the following: organic matter or compost, elemental sulfur, mulching, and the use of acid forming fertilizers typically labeled for azaleas and camellias.

Elemental sulfur is the essential ingredient to lower pH and added prior to plant installation. Elemental sulfur refers to the chemically simple form that is not combined with other elements in compounds (i.e. sulfates, sulfites, or sulfur dioxide). It is incorporated directly into a planting bed to the depth of the root zone of the plants to be established.

When applying sulfur to planted areas, no more than 7 lbs. of sulfur should be applied per 1000 square feet to avoid burning plants.

If your soil is also compacted, try to loosen it up as much as possible to enable air to penetrate the soil. This will prevent roots from soaking up too much water and rotting.

In terms of the time frame, the process will customarily take a few weeks as microorganisms begin to oxidize elemental sulfur. The process is also affected by moisture, soil conditions such as compacted soil, temperature, and the quality of the fertilizers you are using.

A partial root zone treatment can also be done by applying granular sulfur to areas that are already planted. This practice allows the sulfur to lower the pH more quickly and can benefit existing plants. To use the partial root zone treatment, remove soil in the root zone of existing plant material and set it aside. Incorporate sulfur into the excavated soil at the appropriate rate (read labels) and refill the hole with the amended soil.

The organic materials you use will decompose with time and, like sulfur, need repeated applications. So, in addition to sulfur, it is still important to incorporate rich garden soil and compost into your garden areas on a routine basis.

Once you begin using amendments, make sure to have your soil tested after 2 or 3 months to check the alkaline level. This can be done, as mentioned in earlier articles, for free at our St. Johns County Extension Center. Local garden centers now offer soil test kits as well.

Again, this advice is dedicated to those of you with a more difficult journey to a beautiful landscape. It is a process, but it can work, so don't give up! It will be worth all your efforts if you can grow those lovely Mother's Day flowers that you love.

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).

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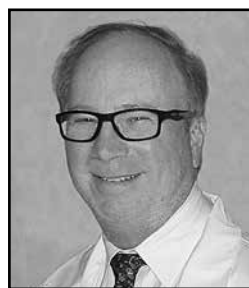
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Happy Couples Healthy Communities Is Growing

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

www.happycoupleshealthycommunities.com

After five and a half years as a solo practice in Marriage and Family Therapy, Happy Couples Healthy Communities is pleased to announce that Andréa Green-Soto, a Registered Marriage and Family Therapy Intern, and Sabrina Rensink, a Master's Student Intern, have joined the practice.

Andréa Green-Soto

Andréa Green-Soto holds a bachelor's degree in Psychology from the University of South Carolina, and a Master of Science



Andréa Green-Soto

in Marriage and Family Counseling/Therapy from Capella University. Andréa, originally from South Carolina, and her family have returned to Northeast Florida after their separation from active duty in 2015. Andréa has been an active member in both the Clay and Duval mental and behavioral health community ever since, but with an emphasis on working with the military and their families. She uses her experience as a military spouse, mother of two, and a bonus teenager, to engage with her clients in an understanding and empathetic manner as they create bonds to build goals and become the best version of themselves. Andréa loves to spend quality time with her husband and children, listening to music, trying new foods and restaurants, and visiting new places whenever she can.

Andréa's specialties include Mental and emotional health disorders (i.e. Depression and anxiety), stress management, grief, blended families, couples/marital issues, LGBTQ, career/employment, adolescent concerns, parental challenges, trauma, military deployments for families, as well as the transition and readjust-

ment back into civilian and family life.

Sabrina Rensink

Sabrina has a Bachelor of Science Degree in Psychology with an emphasis in Mental Health Counseling. She is currently enrolled at Colorado Christian University, working to obtain a master's degree in Marriage and Family Therapy. She has



Sabrina Rensink

been married for over 18 years and has two children, ages 12 and 13.

If you're struggling in life or in your relationships, Sabrina would love to walk alongside you in your journey. She welcomes you to come as you are and will offer empathy and compassion.

Who Sabrina can help:

Individuals: Anxiety/depression, change of life challenges, divorce, grief and loss, work/life balance, dating and relationship problems.

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Adolescents: Social skills and interactions, self-esteem, relationships, academic stress, anxiety, depression.

Families: Parenting, parent-child relationships, in-laws, extended families, boundary and discipline concerns.

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



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Never Wear A Hearing Aid Because If You Do People Will Expect You To Listen To Them

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

Used to be, when I was younger, my ears, nose and eyes were absolutely keen. Now, approaching the big number 14, I find that my senses are sadly failing.

I noticed the same thing seems to be happening to the bagman. Sometimes we have an inability to connect. For the longest time, when I had to make an outside stop, a mere huff, would send a signal. Now, I have to give it a full bark. Not a big deal. But, I find that hearing is the toughest of the senses for other people and pooches to understand.

Lots of times, when I don't hear or respond, it might seem that I'm disobeying! Sure isn't! And it's tough to try to "communicate."

I'm not ignoring the bagpeople. I really love my family and how they care for me. It's becoming a whole new world of quiet. I miss the bird sounds, the frogs, my neighborhood buddies barking, the four-wheelers honking, the big rail tooter.

But most of all, I miss not hearing my bag people talk softly to me on the sofa pillows at night. So I close my



eyes, more often, and try to dream and remember the way it was when I was a young pup. I'm really lucky to have all those great times to keep in my memory.



Improve Your Putting In Four Easy Steps

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

Hello Fellow Golfers,
Improve your putting in just four easy steps.

1. Develop a pre-shot routine and repeat it. This will do two things. It will make sure that you are in the same position every time and if you are nervous, it will allow you to concentrate on the process rather than the result.

2. Make sure your eyes are directly over the ball, that will allow you to see the true line of your putt.

3. Take the putter head back low and slow. Keeping the putter head low on the way back and on the way through that reduces any spin that you might put on your putts.

4. When putting, look at the back of the ball and that will keep you from looking up. You don't want to look up during your putt because your whole body comes up and that makes you very inconsistent. --- In today's golf, the speed at which you hit your putt is very important. Concentrate on your lag putting, getting the right speed allows for stress free second putts. The better you putt, the lower your score!!

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putting stroke repetitive and learning some good drills to get you there please reach out to me at www.laurabaughgolf.com.

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Military Memorials... It's Not A List

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

Memorial Day is a federal holiday in the United States for remembering the people who died while serving in the country's armed forces. The holiday, which is observed every year on the last Monday of May, originated as Decoration Day after the American Civil War in 1868, when the Grand Army of the Republic, an organization of Union veterans founded in Decatur, Illinois, established it as a time

for the nation to decorate the graves of the Union war dead with flowers. By the 20th century, competing Union and Confederate holiday traditions, celebrated on different days, had merged, and Memorial Day eventually extended to honor all Americans who died while in the military service. It marks the unofficial start of the summer vacation season, while Labor Day marks its end. (Wikipedia)

Many people visit cemeteries and memorials, particularly to honor those who have died in military service. Many volunteers place an American flag on each grave in national cemeteries.

Memorial Day is not to be confused with Veterans Day; Memorial Day is a day of remembering the men and women who died while serving, while Veterans Day celebrates the service of all U.S. military veterans.

I remember stepping aboard the USS Arizona Memorial in Pearl Harbor and walking amongst the grave markers in Normandy, the names are a stark reminder of those who gave their lives for our freedom. I could not help but think



of their loved ones who also gave the ultimate sacrifice for our freedom.

I have visited the famous list in Washington D.C., and I remember when they brought the famous list to Jacksonville. Some of us looked at it like it was a list of names. Others walked slowly down the column. There was the woman who went up and put her finger on a name, and she held a child up and put the child's hand on a name. There was a woman there who kissed the wall at a name. An older gentleman in fatigues put his hand on the wall, removed his hat and bowed his head. Another brought a piece of paper and traced the name with a pencil. There were flowers lying beneath the wall. Don't call that a list. It's not a list.

For many, the only memories they have are wrapped up in those names. The twin brother, the sister, a mother or father, a best friend, a bunk mate. It is not a list for them, and it should not be a list for us.

On this Memorial Day let us remember, before we cookout and go to the beach for the traditional start of summer activities, to name, remember and honor those who gave their lives for our freedom.

Almighty God, we remember and give thanks for those who sacrificed their lives for the sake of others. We hold them all in continual remembrance, with hopeful assurance that they are with you in the city whose gates are not shut by day and where there is no night. Lord in your Mercy, hear our prayer. Amen.

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Sunday, December 10 to 17, 2023 on the beautiful new Italian ship MSC Seashore out of Port Canaveral to the Caribbean and Mexico, ports of Ocean Cay (MSC private island and Marine Reserve in the Bahamas), Costa

Maya and Cozumel (Mexico) for a 7-day cruise. Prices start from \$619 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies and Oceanviews are also available at additional cost. Call Peter, St. Augustine Travel Club at (904) 797-3736.

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Selecting A Dog Breeder

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

Bringing a new dog into your family can be an exciting and joyful experience. However, it is important to be cautious when choosing a breeder to ensure that you are getting a healthy and well-cared for puppy. Unfortunately, there are many bad breeders out there who prioritize profit over the well-being of their animals. Here are some tips on how to avoid a dog from a bad breeder:

Do Your Research

Before choosing a breeder, it is important to do your research. Look for reputable breeders who have a track record of producing healthy, happy puppies. Research the breed and its common health issues so that you can ask the breeder questions and be informed when making your decision.

Visit the Breeder

A reputable breeder should be willing to let you visit their facility and see the conditions in which their animals are kept. Look for clean and well-maintained facilities with ample space for the dogs to run and play. If the breeder refuses to let you visit or makes excuses as to why you cannot see the animals, this is a red flag.

Meet the Parents

The behavior and temperament of a puppy's parents can give you a good idea of what your new dog will be like. A good breeder will let you meet the mother and father of the litter and will be able to provide you with information on their temperament,

health, and history.

Ask for References

A good breeder will have happy customers who are willing to serve as references. Ask the breeder for references and contact them to ask about their experience with the breeder and the health and temperament of their dog.

Avoid Puppy Mills and Pet Stores

Puppy mills are large-scale breeding operations that prioritize profit over the well-being of their animals. Dogs in puppy mills are often kept in cramped and unsanitary conditions, and are more likely to suffer from health issues and behavioral problems. Pet stores often get their puppies from puppy mills, so it is best to avoid buying a dog from a pet store.

Trust Your Gut

If something feels off about the breeder or the puppy, trust your gut and look elsewhere. A reputable breeder will be transparent and open about their operation and will want to ensure that their puppies are going to good homes.

Choosing a breeder is an important decision that can have a long-lasting impact on the health and well-being of your new dog. By doing your research, visiting the breeder, checking health certifications, and avoiding puppy mills and pet stores, you can help ensure that you are getting a healthy and happy puppy from a reputable breeder.



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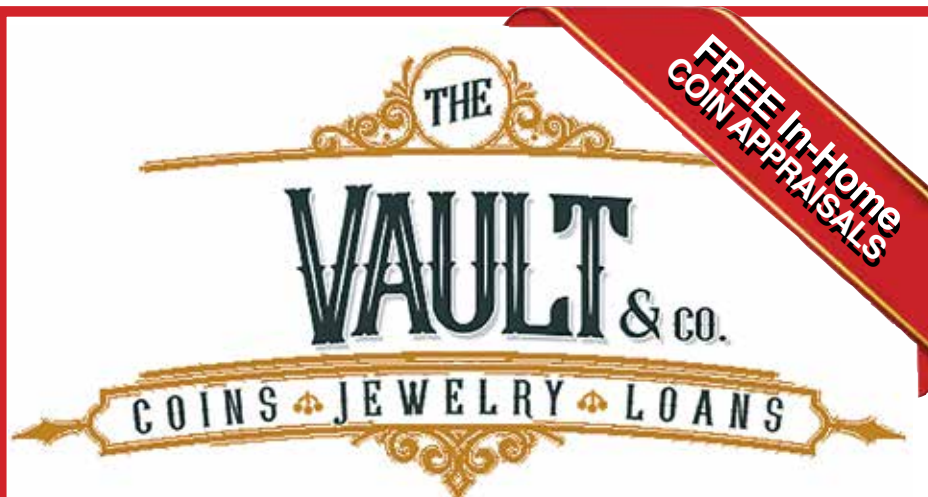
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Swimming And Water Safety Tips - Part 1

Whether taking a dip in a pool or the ocean, adults and kids alike should play it safe.

Swimming is a great activity. Not only are there lots of physical benefits, it's also something the whole family can enjoy. But like a lot of things in life, it also comes with risk. Drowning - according to the Centers for Disease Control and Prevention - is the second leading cause of unintentional injury death for children ages 1 to 14 years, and the fifth leading cause for people of all ages. So water safety should be a concern no matter where you and your family swim.

General water safety

- Enroll children in swimming lessons at an early age. Risk of drowning is decreased by as much as 88% when children aged 1 to 4 years take swimming lessons. Adults can also benefit from refresher courses. Many cities have swimming lessons available through local parks and recreation programs as well as gyms with pools. You can also check with the Red Cross on registering for a swim class in your area.

- Learn Cardiopulmonary Resuscitation (CPR). Knowing how to perform CPR might mean the difference between life and death. Check with the Red Cross about registering for a CPR class in your area.

- Use only U.S. Coast Guard approved life jackets. Young and inexperienced swimmers may want to use a life jacket. Do not use any sort of air-filled or foam toys. They are not designed to keep swimmers safe.

- Children should always be supervised. Whether you're in the backyard, a public pool or at the beach, make sure there is a responsible, designated person to

watch the water when children are swimming. Ignore your phone — it can take five seconds for a child to be submerged and 25 seconds to drown.

- Swim with a buddy. It's a best practice for swimmers of all ages, including adults.

- Avoid alcohol. It impairs your judgment, balance, coordination and your body's ability to stay warm. Avoid it when swimming and supervising children.


- Don't hyperventilate. Swimmers should avoid hyperventilating — breathing faster and/or deeper — before swimming underwater or trying to hold their breath for long periods of time. This can cause them to pass out and drown. It's best to relax and breathe normally when swimming.

- Enter the water feet-first. Serious injuries — including paralysis — can occur from diving head first into unknown water and hitting the bottom. Enter headfirst only when the area is clearly marked for diving and has no obstructions.

- Test the water temperature before you get in. Jumping into cold water can shock your body and elevate your heart rate and blood pressure, and also slow your muscles, making it difficult to swim.

- Have a phone handy. No matter where you are swimming, the ability to call 911 in an emergency could be a lifesaver.

Knowledge is key when it comes to water and pool safety. Educating children from a very young age, and keeping yourself informed, can lead to a lifetime of healthy, safe swimmers. 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.



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