



News For And About Residents Of The Palencia Community

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# PALENCIA PRESS

JUNE 2023

## Make A Splash! Palencia Cyclones Hold Annual Swim-A-Thon



Palencia was once again the site for the St. Augustine Cyclones swim team's recent annual Swim A Thon. The event was sponsored by the St. Augustine Cyclones Booster Club, according to the team's Head Coach Frank Holleman and Site Coach Sara McDaniel. The Swim A Thon consists of team members receiving pledges and donations from family, friends, neighbors and local businesses. A part of the proceeds from the Swim A Thon will also be donated to the USA Swimming Foundation. The Cyclones are a competitive year-round swim team for ages six to 18 years old. For more information on the St. Augustine Cyclones visit <https://www.gomotionapp.com/team/flstac/page/home> to learn about membership, upcoming events and how you can help sponsor the team.

## Celebrating Palencia Dads



Left to right, Alexis Selby McDaniel, Buck Selby and Darlene Selby.

In honor of all our dads, the *Palencia Press* would like to share a Father's Day tribute sent in by Palencia resident Alexis McDaniel. "When my father didn't have my hand, he had my back," said Alexis. "My father is a retired pharmacist from West Virginia. He visits the old city several times a year and loves seeing the beach and downtown area. Some people don't believe in heroes but they haven't met my dad. My father gave me the greatest gift anyone could give another person, he believed in me."

## Palencia Residents Help Local Food Pantry Thru Community Drive

Palencia residents have been substantial supporters of Our Lady of Good Counsel Food Pantry. Three drop off donation locations include the Sweetwater Swim & Fitness Center, 1865 N Loop Parkway; Palencia Amenity Center 625 Palencia Club Drive; and The UPS Store (in Palencia Commons). Palencia residents can contribute by dropping off the following food items: 15 oz. canned beans (pork & beans, navy, pinto, kidney, lima), 15 oz. canned vegetables (corn, carrots, green beans, pinto, kidney, lima), 15 to 18 oz. jars of peanut butter (no glass or open containers please). Monetary donations are also welcome with checks made payable to OLG. In the memo line please write "food pantry" and mail to Molly Goins-Cox 136 La Mesa Drive, St. Augustine, FL 32095.

At right, Palencia residents Carrie Hulka and Miriam Gangi drop off food at the donation box located at the Palencia Amenity Center.



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## Palencia Community Classified Ads

**FOR SALE** - Cast Iron Olympic Barbell Plates. 4 - 25 lbs. and 2 - 10 lbs. plates equaling 120 lbs. \$175.00 or best offer. Call Jerry 443-377-0113.

### Architect

The Palencia Property Owners Association is seeking a volunteer Architect to serve on the New Build Architectural Review Board. If interested, please contact Heather Beladi at hbeladi@vestapropertyservices.com.

**JIGSAW PUZZLES** - Palencia resident interested in trading Jigsaw Puzzles. Any size, any media. Call Sheryl at 904-907-4780.

### 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

"You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven. -Matthew 5:14-16

## The Palencia Press

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591 Market Street, Palencia

## Nease High School Welcomes New Coaches

By Kathy Wachala, Nease High School Golden Booster

Our new coaches at Nease High School have something in common, they all love their sport, and they love sharing that with our athletes.



**Jason Hatcher,  
Baseball Head  
Coach**

Coach Hatcher is originally from Virginia Beach, VA where he started as a head Coach right out of college, the first half in Virginia before coming to Florida. He has been coaching for over 25 years. He coached Nease from 2013-2018, when Nease became the 2017 State Champions! He returned to Nease last year from Bartram HS and we are proud to have him back!



**Coach Brooke  
Lovelace, Head  
Cheer Coach**

Coach Lovelace was born and raised in St. Augustine. She is currently a 2nd grade teacher at Valley Ridge Academy. She coached at Zone Cheer All-Stars prior to joining Nease. This will be her third season with the Nease Cheer program, and she continues to expand and build the program. The Nease cheer program includes a Varsity and JV team, in addition to a traditional competition team.



**Coach Dylann  
Swisley, Head  
Track & Field,  
Women & Men**

Coach Swisley is originally from Sacramento, CA. She has a Masters in Sports Management from Texas A&M. Since sports tend to be more competitive in the South and her mother was already here, she decided to move to Florida. She contacted multiple schools, but Nease was her top pick. She is very proud to be associated with Nease and proud of the athletes she calls "solid gold" from the inside out!



**Coach Jordann  
Pierluissi – Nease  
Head Dance  
Coach**

Coach Pierluissi was born and raised in Ocala, FL. She comes to Nease after building a top tier program at The Villages Charter School, winning a National Title with Dance Team Union in 2020 and then starting the Dance Team at Beachside

HS. She has traveled the country in an RV with her husband and returned to stay in the St. Augustine area, her favorite! She is also a National Choreographer Consultant for Bre Choreography Management Agency and a National Judge for Dance Team Union.



**Coach Sean  
Schoeneman,  
Head Women's  
& Men's Weight  
Lifting Coach**

Coach Schoeneman is originally from Canton, Ohio. After a 10-year career as a Navy Submariner, he settled in Jacksonville. He coached Olympic Weightlifting and CrossFit for 10 years before joining Nease as the weightlifting coach. After taking over the program at Nease, and being the 4th Coach in five years, building the kids' trust was initially challenging. But as their lifts and technique progressed, he earned their buy-in.



**Head Coach  
Vinny Stolp,  
Women's Softball**

Coach Vinny is originally from Guam. He moved to Jacksonville, FL where he graduated high school at Robert E. Lee and joined the military. After 24 years in the military, he retired and moved back to Jacksonville. Vinny has four daughters, who all play women's fastpitch softball. Coach Vinny has been around softball for over 25 years. He has coached at various levels of softball from recreational league to middle school and high school varsity level. Coach Vinny would like to see his girls grow as a team, win or lose.



**David Schmutz,  
Head Coach  
Women's Golf**

Coach Schmutz is originally from New Jersey where he and his family shared a love for golf. He went to college at Florida State and remained in Florida. He has played professional golf and is a golf instructor. His passion for the game of golf is what he tries to share with his team. He also enjoys watching his team's skills grow over time. After three coaches in three years, his greatest challenge was proving that he was here to stay and grow the program. He has navigated this very well as the team had a successful year and their prospects for this coming year are particularly good.

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## From Rio De Janeiro To Palencia's Market Street, Stylist Marcelo Mello Brings Hair Styling Perfection To Newly Opened Salon

Palencia's Market Street is the new home for Salon MM, a full service salon for all types of hair that specializes in cuts, color, Balayage, Brazilian Blowout and extensions.

Salon MM's owner Marcelo Mello, originally from the Rio De Janeiro area of Brazil, has 25 years of cosmetology experience with certifications from Brazilian Master Stylists as well as Sassoon. Mello previously operated his own salon in Rio De Janeiro before moving to New York City where he worked as a cosmetologist for five years.

Mello says what makes Salon MM stand out among other hair salons is that they listen to their clients.

"We ask about lifestyle and desired look," said Mello. "We make suggestions as to what we think might compliment a person's look."

Mello was also a hair stylist at a well respected Nocatee Salon and after two years, started his own successful one chair practice until finding what he says is the perfect location in Palencia Village.



**Hairstylist Marcelo Mello interacts with a new client at his recently opened shop at 581 Market Street in Palencia.**

"As soon as I drove down Market Street, met a few of the people and toured the salon space, I knew this is where I wanted to be," Mello explained. "I love the sense of community and hope the service and vibe in my salon helps people feel good about themselves and their experience in Palencia Village."

Salon MM is located at 581 Market Street. Visit <https://thesalonmm.com/> for more information about Salon MM and Marcelo Mello.

Salon MM believes that happy, creative energy and exceptional, friendly service is what makes a hair salon exceed all expectations; so escape to Salon MM and indulge yourself and your hair with people who are passionate about making you look great and feel fantastic.



**581 Market Street • Palencia • Text 631-923-8545**

## Newcomers Of North St. Johns Donates Books To St. Johns County Public Library System

By Michele Oliver

Members of the Newcomers of North St. Johns generously donated more than 70 children's books to the St. Johns County Public Library System. Additionally, more than \$230 in cash donations were also collected for the library.

"We were thrilled to be able to collect such a wonderful variety of children's books during our annual drive," said Co-President Pat Lett. "We almost doubled the number of books collected last year. Thanks to our members' generosity, kids in our area will be able to keep up their reading skills during the summer."

Michele Oliver, co-vice-president, delivered the books and in-kind donations to Andrew J. Calvert, Youth Ser-



**Newcomers of North St. Johns members Janice Lucy and Margo Berzito.**

vices Librarian, after the Club's March luncheon.

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Angies list  
(See our Reviews)

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Continued On Page 0

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## Spring Season Is In Full Swing

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

The annual Queen of Clubs event is always a lot of fun. All players start off on the first hole, and hole by hole a player is eliminated. It's an event that the ladies come out and cheer the members of the court on to win. The competition is fierce but afterwards the ladies all come in to celebrate the new lady being crowned the Queen Of Clubs. A special thanks to our reigning queen, Resa Wilcox for managing overall player qualification and end of the year event. We would like to congratulate our new Queen of Clubs Winner, Sue Lomba. We would also like to congratulate all of the members who



**Queens Court, left to right, Linda Hoffman, Earline Barnes, Resa Wilcox (reigning queen), Faye Pedulat, Sue Lomba (new queen) Barb McDougall, Staci Luttrupp, Diane Robinson, Deidre Wray (runner up), Lisa Procter. Missing Pat Rose.**

qualified for the Queens court. Accolades to our two flight team winners of the Ladies Match Play. Over the course of the last four months, these ladies competed against a lot of strong teams to win their respective flights. The final match was a nail biter, coming down to the last hole of the match when Maria Nilsson and her partner Penny Lynn won the 18th hole. Both teams came in and celebrated this win! Well done ladies.



**Sue Lomba 2023 Queen, Resa Wilcox 2022 Queen.**



**Resa Wilcox hands Deidre Wray Runner up gift.**

Cindy Gates and Linda Carucci, our co-chairs for our first WGA Inaugural Leaning Tree Invitational did a fantastic job in running this event with 80 players registered from 26 local clubs. On the day of the event, Mother Nature was just not cooperating. 70 ladies showed up and braved the weather, put on their rain gear and went out to try and play a round of golf. After 8 holes, the event was called and ladies came in to dry off and enjoy a nice lunch. Cindy and Linda were quick on their feet and created a festive event by raffling off many great gifts and prizes by flight. All of the ladies had a fun time and were excited when the Pro Shop worked with our co-chairs to offer a replay date for all of the ladies that paid and tried to play. Thank you Cindy and Linda for all of your hard work. A big shout out to the Palencia Pro Shop, Matt Carroll, Kim Jacobs,



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# Women's Golf Association Of Palencia

Continued From Page 6

Katie Goodwin and the entire Palencia staff for all of their help with this event.

This month, our PlayDay chair ran a new game to have all of our ladies track putts on two different days of competition to see who is the best putter. Our putter winners were Tricia Luciano and Linda Hoffman. Congratulations ladies on having such a good short game.

Some of our 9 hole players attended the rescheduled 9-hole inter-club event at the Jacksonville country golf club and had a really good time with their luau theme.

Our next issue will highlight the results of our closing day and election of our new officers for the coming year.



Cindy Gates awards 50/50 winner of raffle Eva Pazan of World Golf Village.



Lisa Burgess, Holly Healy, Resa Wilcox and Linda Trunick enjoying lunch.



Maria Nilsson, Teresa Serrano, Sue Lomba, Penny Lynn - Match-Play, Flight Winners.



Maria Nilsson and Penny Lynn, Overall Match-Play Winners.



Teresa Serrano & Sue Lomba, Runner-up.



Kim Jacobs and co-chairs Cindy Gates and Linda Carucci.



Louise Starmann and Jennifer O'Connor enjoying the Luau themed golf event.

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## Can You Benefit From A 529 Plan?

By Lindsey Taylor, Edward Jones  
Financial Advisor

Another school year is coming to a close. And if you have young children, they're now a year closer to heading off to college or some other type of post-secondary education or training.

And that can be considerable. During the 2022-23 school year, the average estimated annual cost (tuition, fees, room and board, books, supplies, transportation and other personal expenses) was nearly \$28,000 for public four-year in-state schools and more than \$57,000 for private nonprofit four-year schools.

A 529 plan offers several key benefits. First of all, your earnings can grow tax deferred and your withdrawals are federally tax free when used for qualified education expenses. You may be eligible to invest in a 529 plan in most states, but depending on where you live, you may be able to deduct your contributions from your state income tax or possibly receive a state tax credit for investing in your home state's 529 plan.

And 529 plans aren't just for college. You may be able to use one to pay K-12 expenses, up to \$10,000 per student per year. (However, not all states comply with this 529 expansion for K-12, so you might not be able to claim deductions and your withdrawals could be subject to state tax penalties.)

A 529 plan can also be used to pay for most expenses connected to apprenticeship programs registered with the U.S. Department of Labor.

Furthermore, you can now withdraw funds from a 529 plan to repay qualified federal private and student loans, up to \$10,000 for each 529 plan beneficiary and another \$10,000 for each of the beneficiary's siblings.

But what if you've named a child as a 529 plan beneficiary and that child doesn't want to pursue any type of advanced education? If this happens, you, as the account owner, are free to name another family member as beneficiary.

And beginning in 2024, you may have even more flexibility if a child foregoes college or other post-secondary education. Due to the passing of the Secure Act 2.0 in December 2022, unused 529 plan funds of up to \$35,000 may be eligible to roll over to a Roth IRA of the designated beneficiary.

A 529 plan has a lot to offer — and it might be something to consider for your family's future.

Withdrawals used for expenses other than qualified education expenses may be subject to federal and state taxes, plus a 10% penalty. Make sure to discuss the potential financial aid impacts with a financial aid professional.

Edward Jones, its financial advisors and employees cannot provide tax or legal advice.

*This content was provided by Edward Jones for use by Lindsey Taylor, your Edward Jones financial advisor at 389 Paseo Reyes Drive St. Augustine, FL 32095. Member SIPC.*



## Lower Crossed Syndrome

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

Vladimir Janda, MD (pronounced 'Yanda') coined the postural pattern, Upper Crossed Syndrome (see last month's column) as well as the Lower Crossed syndrome. Like the Upper Crossed syndrome, the Lower Crossed Syndrome involves muscles categorized into two groups: tonic and phasic. For the most part, these muscles work together to provide controlled mobility and stability to each joint. But when they don't work together, problems can arise. For instance, the lower quadrant has tonic psoas (pronounced with a silent "p") and tonic erector spinae. Also working the lower quadrant are the phasic abdominals and phasic gluteal musculature. When these muscles work together, the result is a mobile, yet stable unit between the spine, pelvis, and hip. If imbalances occur, and they often do, the over exerting force produced by the tonic muscles will inhibit, or shut down, phasic.

When we demonstrate good posture, the balance between tonic and phasic muscles help us move efficiently. When poor posture occurs and muscle imbalances manifest, the tonic muscles will continually increase their tone or tension, becoming gradually tighter and shorter as long as they are left addressed. Such tightening can lead to movement limitations and joint compression, which is never good, especially in the spine. Joint compression can lead to osteophytes, stenosis, and nerve root irritation. At the same time the tonic muscles are shortening, the phasic muscles are becoming in-

creasingly weaker due to inhibition, further contributing to the imbalance. When this occurs, both must be addressed.

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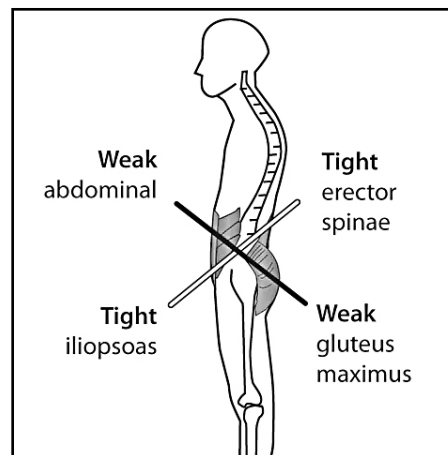
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### Lower Crossed Syndrome



creasingly weaker due to inhibition, further contributing to the imbalance. When this occurs, both must be addressed.

creasingly weaker due to inhibition, further contributing to the imbalance. When this occurs, both must be addressed.

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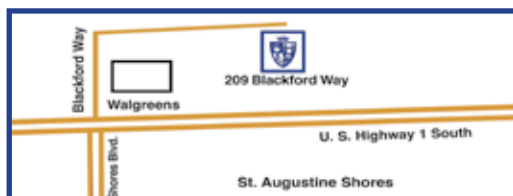


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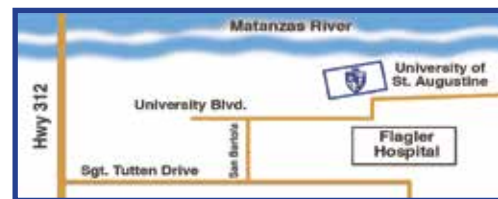


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Announcing the arrival of Dr. Duprey's twin boys, Brooks and Beckham, born April 13th. Dr. Duprey will be returning to work in August.



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## Fundraising Efforts Paying Off At Palencia Elementary

By Sara Seifert, Palencia Resident  
Palencia Elementary PTO

As we all know, the most anticipated part of an elementary student's day is recess. Recess allows kids to get their wiggles out with sports, play with their friends, and enjoy the fresh air.

For families new to the area, the Palencia Elementary School PTO works tirelessly to raise money to offer our children and faculty the best experiences in school. Past fundraising projects include smart-boards for classrooms, expanding the Treasure Island playground, as well as the shading apparatus for the resource courts. As early as the 2019-2020 school year, the PES PTO president and Board met to discuss future fundraising projects and the need for an improved playground and recreation space for students became apparent. The largest play space on campus had only six swings and a large dirt field for students to utilize during recess, which was less than ideal for a very large student body. A lot had changed since the school's inception in 2012, including increased enrollment as well as the revocation to use the Palencia pirate park playground which previously served as one of two PES recess spaces.

Once the decision was made to allocate PTO's fundraising budget to the playground, PTO leaders hit the ground running on several major stages of a large scale project: idea formation, project planning, due diligence and providing all stakeholders an opportunity for input. Palencia resident and PES parent, Andy Smith, recommended the local landscape architectural firm Ervin Lovett Miller "ELM" who were experts in the space. PTO leaders then reached out to set up a meeting and ultimately negotiated a special rate to make it happen. After several meetings between ELM, SJCS administration, school staff, invested parents and students, a master plan was created that currently serves as the blueprint of phases for the playground areas throughout campus. The small investment in ELM proved to be worth every

penny as their master plan maximizes every square foot of field space giving more opportunities for children to play at once.

Phase 1 is almost complete after basketball courts and four Foursquare courts were installed and opened on May 1st of this year. This phase cost the PTO \$148,000 which is no small amount but still not enough to complete the entire project over all its phases.

In addition to the PTO's contribution in the 2022-2023 school year, the school was also generously allocated an additional \$124,000 from the SJCS. With that contribution from the district, Phase 2 will be to build a 16-person swing set including two ADA (Americans with Disabilities Act) swings so that all PES students can swing their hearts out. This was a huge savings for the PTO and the swing area is scheduled to be completed over the summer so when students return in August, half of the field will be complete. As such, Jennifer Lee, 2022-2023 PTO president says, "Our focus for the next few years will be to raise funds for turf so we can cover the entire dirt area with a solid, safe surface for kids to utilize during recess. The PES PTO did also buy three gaga ball pits with money raised to keep the students entertained while we wait on funds and approval for turf."

Principal Catherine Goodrich remarked, "Watching several classes of fifth grade students swarm the new play space was an incredible moment that I will always remember. The children were filled with so much joy and pure excitement. Past PTO leaders, fundraising chairs, and I have been talking about and actively planning for these improvements for years. This has been a group effort, long in the making. I am grateful beyond measure to serve a community that prioritizes children in such an amazing way."

Perhaps the best part of this entire endeavor is that the PES kids are able to see the PTO's fundraising dollars at work for them.



Originally an open field, the area was turned into a soft playground.

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# Palencia Club Championship Winners Tee It High And Let It Fly!

By Laura Mayo, Palencia Resident

We are happy to announce the winners of the 2023 Palencia Club Championship. It was an exciting and fierce two days of competition where, in the end, new winners were crowned for the different flights of competition. Congratulations to all of the winners.

In our ladies division, Barb McDougall went to her bank before the competition and was talking to Trey, the teller

about her upcoming competition and he told her to take his lucky stone to help bring her luck. He told Barb that he was sure that the stone would bring her good luck because he has had nothing but good luck since receiving the stone. After the Palencia Club Championship tournament, Barb went back to see Trey to give him back his lucky stone and to thank him for helping her out and celebrate in her win.



Trey and Barb celebrating her win. Trey loaned Barb McDougall his "lucky stone" to give her an advantage over the competition.



Barb McDougall - 2023 Senior Club Champion.



Monique Perna - 2023 Overall Gross Champion.



Steve Fineran - 2023 Champion Flight Division.



Faye Peladut - 2023 Overall Net Champion.



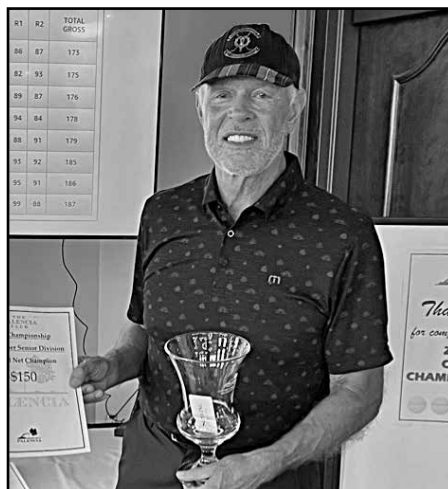
Jason Piriano - Competitive Flight Division Champion.



Tom Ward, Senior Gross Champion.



Hector Sikes, Senior Net Champion.



Terry Shaw, Super Senior Net Champion.



John Larson, Super Senior Gross Champ.

## St. Augustine City Commission Proclaims "Jewish Heritage Month"

The St. Augustine City Commission recently proclaimed May 2023 as "St. Augustine Jewish Heritage Month."

Jewish American Heritage Month (JAHM) is an annual recognition and celebration of American Jews' achievements and contributions to the United States of America during the month of May.

President George W. Bush first proclaimed the month on April 20, 2006, as a result of cooperation with Sen. Arlen Specter (R-PA), as well as the Jewish Museum of Florida. Since then, annual proclamations have been made by Presidents Bush, Obama, Trump, and Biden.

In 2020 the National Museum of American Jewish History in Philadelphia repositioned Jewish American Heritage Month to empower communities across the country to celebrate the inspiring history of Jewish people in America; educate diverse public audiences about Jewish culture; and spark crucial conversations about the American Jewish present and future.



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Mike Weitz

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**Plant Options For Our Hottest Months**

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

As we head into the hottest months of the year, our Florida landscapes can still be home to a variety of interesting plants. This article will focus on those plants best suited to heat, as well as those that do well in partial shade and ground cover options for the “hard to grow” areas.

Before you jump into planting, think about the specific growing conditions in your landscape. Consider how much sun or shade your yard receives and how well-drained the site might be. Those with marsh landscapes will want to look for plants that can tolerate wetter conditions, and high winds and at least some level of salt. For residents irrigating with well water, keep in mind that this water can also contain high levels of salt.

As mentioned in previous articles, be sure to know the pH conditions of your soil



as all plants have specific requirements. If you know that your soil is highly alkaline, please refer back to my May article to learn how to lower the pH so that your plants will survive this more difficult soil condition.

After you've taken into account your site conditions, think about colors, forms and textures to create your own distinct visual landscape.

In sunny areas of your landscape, you might consider the plants listed below that are adaptable to hot summer temperatures:

- Vincas, Crinums, Cannas, Pentas, Scarlet Salvias, Coleus, Melapodium, Marigolds, Mandevillas, Torenia, Lobelia (especially good in acidic soil), Wax Begonias, Cleomes, Blanket Flowers, Turmeric, and Zinnias.

Succulents of all varieties are especially suitable for hot dry temperatures. They don't require much care, thrive in any type of soil, and, as succulents, are drought resistant.

In shadier areas of your landscape, plants that do well include:

- Begonias, Blue Ginger, Bromeliads, Caladiums, Crossandra, Ferns, Leopard Plant, Mahonia, Oakleaf Hydrangea, Ornamental Gingers, Peacock Ginger, Persian Shield and Sanchezia.

You likely have areas in your landscape where turf simply won't grow. Under trees, for example, think about planting a groundcover that does well in low-light conditions. Here are some good options to consider:

- Asiatic jasmine is a fast-spreading, densely growing groundcover that will thrive in sun or shade. This plant requires very little maintenance or fertilizer and just occasional edge trimming. It's also salt tolerant, making it a great groundcover for marsh areas.

- Cast Iron plant is another option, an evergreen perennial with glossy green leaves that is also cold hardy.

- Mondo grass is a member of the lily family. This grass has blade-like slender leaves that curve back toward the ground, giving this plant the appearance of turf-grass.

- Swamp fern is a Florida native that is particularly well-suited for areas that are shaded and moist. This upright fern can actually grow 4 feet in height. For a little extra visual interest, the new growth on this plant is coppery pink which then becomes dark green with age.

While shady areas can be considered problematic, there are quite a few options out there —more than listed here. A problem spot in your garden, therefore, is also an opportunity to try something new.

For more information on any type of plant, remember the Florida Plant Guide app explained in my April article. The guide offers all the specifics you need to know on soil pH, drought and salt tolerance, size, toxicity, and sun/shade needs. The link again to this helpful app is:

<https://ffl.ifas.ufl.edu/resources/apps/plant-guide/>

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

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## My Relationship Feels Stale Is That A Reason To Separate Or Divorce?

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

[www.happycoupleshealthycommunities.com](http://www.happycoupleshealthycommunities.com)

You may be thinking, "What do I do if I love my partner, but I am no longer in love with him (or her)?" Perhaps you no longer feel the same excitement and passion that you did early on in the relationship.

In over 40 years of research with over 3,000 couples, Dr. John Gottman found that there are three natural phases of love in a lifetime (these are explained in Chapter 3 of his 2015 book *Principia Amoris*). There are also what he calls "choice points" in the life course when love may either progress to a deeper place or deteriorate. Perhaps you are at one of those choice points.

The first phase of love is called Limerence, or "falling in love." This phase is thrilling. This is the phase of initial, intense attraction where we can't stop thinking about each other, we dream and ruminate about each other and the potential of how great our life together might be, we connect, we have so much in common, we are obsessed with each other, and we long to kiss, hold, touch, and join with each other.

The choice point in this phase is largely governed by a cascade of "in-love" hormones and neurotransmitters that is highly selective and multifaceted. There are few and only certain people in the world that can activate that cascade in us. Chief among the hormones that govern this stage is oxytocin, the hormone responsible for attachment. However, oxytocin also shuts down the fear system in the brain, thereby impairing our judgment and enabling us to disregard the "red flags" that may be appearing in the relationship.

This leads to the second phase of love: building trust. After an initial commitment and after the limerence cascade of hormones wears off, we begin to see the red flags and perhaps to have some buyer's remorse. We begin to wonder if we made a mistake. According to John Gottman, the big questions of this phase are, "Will you be there for me? Can I trust you? Can I count on you to have my back?"

The answers to these questions are the basis of developing a secure or insecure attachment to your romantic partner. According to John Gottman's research, the first two years of a new relationship are the years of the most fighting as couples struggle to work out the issue of trust.

The third phase of love is about building true commitment and loyalty. The choice point here is about either (1) cherishing one another and nurturing gratitude for what you have with each other, or (2) nurturing resentment for what you think is missing. According to John Gottman, "This third phase is

about making a deeper love last a lifetime, or slowly nurturing betrayal."

It is at this choice point that I believe many relationships flounder. Increasingly, I see couples coming to my office who have chosen to nurture resentment for what they think is missing rather than cherishing one another and nurturing gratitude for what they have with each other.

If you find yourself in this situation, I would encourage you to be more intentional about cherishing one another and nurturing gratitude. You might want to take a look at John Gottman's bestselling book, *The Seven Principles for Making Marriage Work* (2015) or John and Julie Gottman's book, *Eight Dates: Essential Conversations for a Lifetime of Love* (2019), and do some of the exercises in them together. You could also use the Gottman Card Decks app, which is available for free on the App Store or Google Play Store. You could also attend an Art and Science of Love Weekend Workshop for Couples (I offer them here in Jacksonville at least six times a year and you can find them on my website at [www.happycoupleshealthycommunities.com](http://www.happycoupleshealthycommunities.com)). You might also want to consider doing some couples therapy.

I recently saw a couple at this choice point. They had been married about five years and were married and were deciding whether to start a family. They had been college sweethearts and first loves and were doubting about the future of their relationship. After a couple of months of therapy in which we worked on enhancing their friendship and intimacy, modifying their conflict management, and creating shared meaning, they reported significant improvement in their relationship and decided that they were ready to start a family.

If we know anything about good relationships, it is that they take work. It takes work just to maintain a good relationship, and more work to enhance it. If you are concerned that your relationship is stale and that you are no longer in love with your partner, I would encourage you to do some of the work of maintaining and enhancing your relationship before you make a decision whether or not to end it. My hope for you is that you will make a deeper love that will last a lifetime.

*Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Bartram Park. Contact Michael at 904-289-2954 or visit [www.happycoupleshealthycommunities.com](http://www.happycoupleshealthycommunities.com).*



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## Counting Birds

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

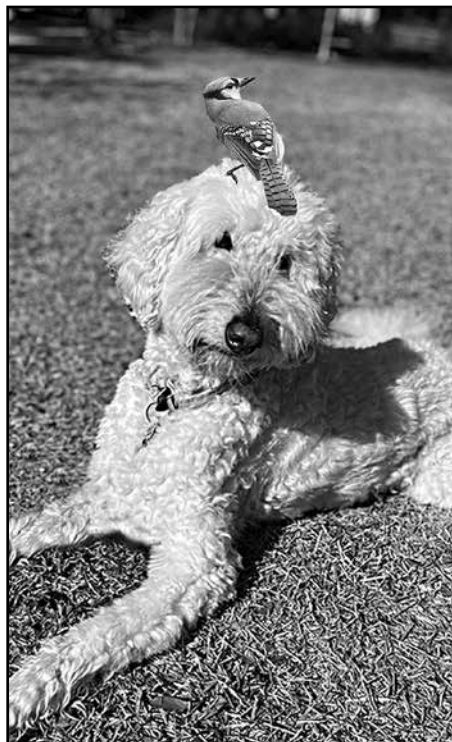
Been a bit of a break for the past two weeks! Both the bag man and lady are taking some kind of a layoff from the long walk. Not feeling so well. But, they seem to be getting better.

Hopefully we'll be back in the swing of things soon so we can see all the other walkers. I really miss making the round-a-bout with my buddy, Doolley, and his bag man, Tom.

We've been checking out all the birds lately. The bird people from the Audubon house come out to the ball whacking course and count all the different kinds of feathered fliers every month.

I heard the bag man say they saw 25 different kinds of birds! Neat names — Rails, Storks, Egrets, Herons, Ospreys, Kites, Hawks, Flycatchers, Martins, Gnatcatchers, Wrens, Mockingbirds, Bluebirds, Grackles, Cardinals... And I thought there were a lot of pooches.

A little bird told me "Once you have tasted flight, you will forever walk the earth with your eyes turned skyward, for there you have been, and there you will always long to return." Keep your eyes to the sky and see how many you can spy.



A bird in the hand is worth two in the bush... But, don't count your chickens before they hatch.



## How To Start Golf

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

So, you've decided to start playing golf - where do you start?

First you will need basic golf equipment. It might be a pre-owned set of clubs or an entry-level new set of clubs. Once you have a set of golf clubs, you want to develop a simple and repetitive golf swing. There are five basic fundamentals for your long game and then you will progress to the short game. The best way to do this is with a local PGA or LPGA professional, that way you don't have to unlearn bad habits. You will start on the range and learn these five fundamentals and then progress to the golf course. It's just that easy! Here are the five basic fundamentals:

1. The grip
2. Stance and Alignment
3. Loading the right side
4. Covering or watching the golf ball being hit
5. Transferring all your power through to your follow-through

If these five fundamentals are done correctly, your golf game will be simple



and repetitive yet a very powerful move. Even as a season player, it's always good to re-check your fundamentals once a year.

The short game is a more creative endeavor and is fun to develop. Putting is very important - two things to remember on putting:

1. Keep your putter head low and slow on the way back and low through
2. Don't look up too soon to see where the ball goes. Trust it!

So, choose a comfortable golf appropriate outfit. You will probably need a golf glove but it's not mandatory and you're ready to start your golf journey!

If you'd like to start, please reach out to me at [www.laurabaughgolf.com](http://www.laurabaughgolf.com)

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## A Remembrance... Tuesday, June 6, 1944. D-Day

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

Sixty-thousand Allied troops were landing along a 50-mile stretch of coastline to fight Nazi Germany on the beaches of Normandy, France. More than 5,000 ships and 13,000 aircraft were deployed in the invasion to bring an end to the Third Reich.

The invasion is known by the famous nickname "D-Day" but few people know the origin of the term or what the "D" stood for. Many argue with a variety of meanings like "disembarkation," "departure" to "decision" to "doomsday." According to U.S. military, "D-Day" was an Army designation used to indicate the start date for specific field operations. This shorthand helped prevent actual mission dates from falling into enemy hands. For all practical purposes the "D" does not have a specific meaning. Let us remember the courageous invasion and heroic sacrifices of the Allied forces.

God has a coded name as well linked in the Old Testament (Exodus 3:14). The Holy Name of God was considered too sacred to be spoken. YHWH is the early name for God in the religion of the Jews. Over time, a substitute term

for "my Lord" was "Adonai."

While it is interesting that God was considered so holy that His name couldn't even be spoken, it is amazing that Holy God can be known to each and everyone of us. While we are not Holy, God is. This reveals something about the character of God, that while He is all powerful, all knowing and creator of all, He makes himself available to his creation.

This means something special about you and me that God thought it was paramount that He should be available to Humankind. Fully knowable on a cognitive level I don't think possible, but knowable on a personal and faith level Jesus says... "If you knew me, you would know my father as well, from now on, you do know him and have seen him." John 14:7.

The most famous of the question of the Westminster Catechism is: What is the Chief end of Man? The Answer: Man's chief end is to glorify God, and enjoy him forever. That can only happen if we place our faith, our trust in the person of God's representative, His son Jesus Christ.

Grace and Peace.



### St. Augustine Travel Club

The St. Augustine Travel Club meets on Wednesday, June 14, at 3:00 p.m. at the Southeast Library, U.S. 1 near SR 206. The topic will be Ireland Coast to Coast - two countries, one people with history of struggles and troubles, yet sharing the joy of life. Known for lush landscapes dotted with medieval castles, history, culture and locals full of friendli-

ness and warm welcome of visitors.

For those of you who do not know about the club, it is formatted as an arm-chair travel presentation with a brief lecture and a video highlighting areas around the world, with focus mostly on Europe, but also other parts of the world. Questions? Please call Peter Dytch at (904) 797-3736.

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gratitude despite our  
circumstances, we  
are at peace.*



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since as members of  
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called to peace.  
And be thankful.**

**-Colossians 3:15**



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## Sago Palm Toxicity

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

As pet owners, we love our furry friends and want to ensure that they remain healthy and happy. Unfortunately, there are many things that can be harmful to our faithful companions, including certain plants. One of the most dangerous plants for dogs is the Sago Palm. In this article, we will explore the dangers of Sago Palm toxicity and how to keep your dog safe.

The Sago Palm, also known as *Cycas revoluta*, is a popular ornamental plant that is native to Japan. It is often used in landscaping and can be found in many parts of the world. While the plant is aesthetically pleasing, it is highly toxic to dogs and can cause serious health problems.

The entire Sago Palm plant is toxic, but the seeds or nuts are the most dangerous part. These nuts contain a toxin called cycasin, which can cause severe liver damage and even death if ingested by a dog. Even a small amount of the plant can be deadly, with just one or two seeds being enough to cause serious harm.

Symptoms of Sago Palm toxicity in dogs include vomiting, diarrhea, lethargy, loss of appetite, abdominal pain, and jaundice. These symptoms can occur within a few hours of ingestion or may not appear until several days later.

If you suspect that your dog has ingested any part of a Sago Palm, it is important to seek veterinary care immediately.

Treatment for Sago Palm toxicity in dogs can be difficult and expensive. The first step is to induce vomiting to remove any remaining plant material from the stomach. Activated charcoal may also be administered to help absorb any remaining toxins. In severe cases, hospitalization may be required for supportive care, including intravenous fluids, liver protectants, and other medications.

Prevention is key when it comes to protecting your dog from Sago Palm toxicity. If you have a Sago Palm in your yard or home, make sure it is out of reach of your dog. This includes removing any fallen leaves or nuts from the ground. If you are unsure if a plant is toxic, it is best to err on the side of caution and keep it away from your dog.

In addition to Sago Palms, there are many other common plants that are toxic to dogs. Some of these include lilies, azaleas, daffodils, and tulips. If you have any plants in your home or yard, it is important to research them to make sure they are safe for your dog. By taking these steps, you can help keep your dog happy and healthy for years to come!



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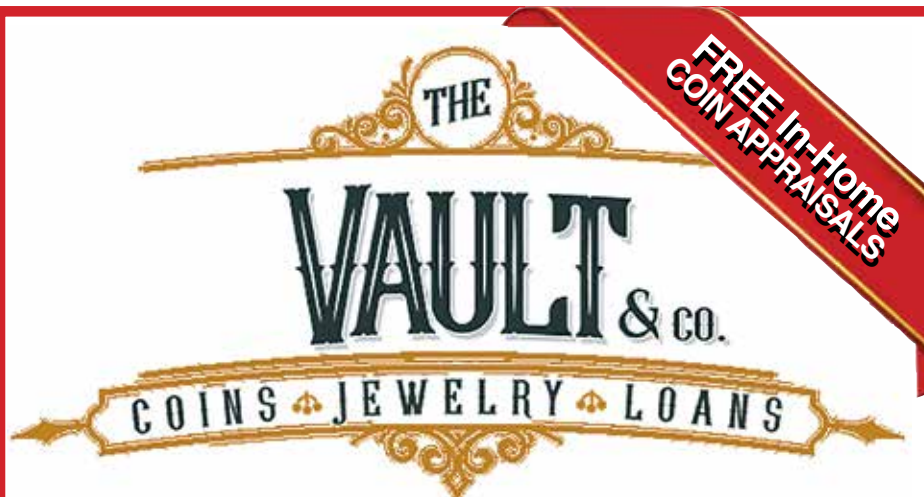
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## New Florida Golf Cart Law Effective 10-1-23

In May, both the Florida House and Senate passed Bill HB949/SB1290 that will raise the age and requirements to legally operate a golf cart on Florida public roads and the Bill will head to the Governor's desk for his signature. Local State Representative Cyndi Stevenson was the House sponsor of the Bill and said she proposed the bill because of concerns raised by the St. Johns County Sheriff's Office about children suffering injuries while using golf carts. There have been numerous serious accidents here in Palencia and Nocatee; as well as other communities within St Johns County.

### What does the bill require?

Florida residents who are 18 or younger must obtain a learner's permit or driver's license before they may legally drive a golf cart; raising the current law from age 14 to at least age 15 with a Learner's Permit effective 10-1-23.

Florida residents older than 18 must carry a state-issued ID while operating one. Golf carts with Florida Tags on them must adhere to the same laws as motor vehicles.

### Golf cart safety tips

Your guide to staying safe, wherever your golf cart takes you.

Golf carts aren't just for golfing these days. They're also a convenient way to get around the Palencia community (where allowed); they're big at campgrounds, festivals, and events; and some areas are even allowing them on trails normally reserved for hiking and biking. And while it can be a lot of fun to drive, it's important to remember that a golf cart is not a toy, and golf cart safety should be taken seriously.

### Golf cart safety basics

- Read the owner's manual for important safety information and to get to know your vehicle.

- During lightning, stay away from your

golf cart and golf clubs.

- Only carry the number of passengers you have seats or seat belts for.

- Operate a cart from the driver's seat ONLY.

- Always fully engage the parking brake and remove the key before leaving the vehicle.

### While you're driving

- Obey and follow all traffic rules.

- Keep feet, legs, hands, and arms inside vehicle at all times.

- Make sure the direction selector is in the correct position before accelerating.

- Always bring the golf cart to a full stop before shifting direction.

- Slow down before and during turns.

- Check behind you before operating in reverse.

- Always yield to pedestrians.

- Use seatbelts, if available.

- Do not text and drive the golf cart.

- Do not allow anyone to stand in a moving golf cart.

- Do not drive the cart while intoxicated.

### Adapting to your terrain

- Use extra care and reduced speed when driving in poor conditions or on poor surfaces.

- Avoid extremely rough terrain.

- Don't drive fast downhill, and avoid steep slopes.

- Be aware that sudden stops or change of direction could make you lose control of the vehicle.

Whether you're driving a gas or electric golf cart on the course or off, staying safe should always be a priority. And if you have questions about insurance coverage for your golf cart or any other recreational vehicle, your Palencia neighbor and local State Farm® agent Craig Dewhurst is here to help. Call 904-940-9740 for all your auto, home and life insurance needs.



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