



News For And About Residents Of The Palencia Community

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ST. AUGUSTINE

PRESS

JULY 2023

Palencia Dancers "Light Up" The Stage At Recent Recital



Above, Ryleigh Breuer and Madeline Raab dance to Cotton Eye Joe.

Top right, Sienna Fox, Harper Chilton, Ella Smith, Ryleigh Breuer and Madeline Raab.

Bottom right, Melina Droukas, Maya Truelove, Alex Evans, Gracelyn Kirkland, Hazel Paarlberg, Dia Aryal and Zuri Winters.



Ms. Cheryl's dance and cheer recital was recently held at Pacetti Bay Middle school with a theme this year of "Light up the Stage." These kids practiced each week for months to learn and get used to performing their dance in front of the audience. **See Photos On Page 14**

Palencia Pool Is "Hot Spot" This Summer



Above, Palencia kids, Sofia Kernochan and Noah Naranjo with Lifeguard Aleigh Fowler. Palencia residents of all ages are wasting no time enjoying some pool time this Summer.

New Lawn Care Irrigation Systems Control & Conserve Water... And Save Money!

See Master Gardener Article on Page 15

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Palencia Tennis Team Takes First Place

Palencia Tennis is celebrating a victorious season. The Women's D Team took first place with 79 wins in the Interclub League. Players at this level are rated a 2.5 on the NTRP scale. The hunt for the championship was close, as several clubs were intense competitors for the No. 1 seed.

"It was a tough season, but our ladies fought hard," said team captain Denise Kelly. "We were very determined."

Proving the team's dedication, nine of the 28 matches were complete sweeps. Twenty-three women contributed wins to end the season successfully. Trophies and banners are in the works to honor the team and their achievements.

At left, Even with intense competitors, the Palencia Women's D Team ended the season at First Place with 79 wins.

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FOR SALE - Bunk bed set with mattresses. Twin on top and full on bottom. Great condition. rentibado@gmail.com or charmacedo0@gmail.com. \$600. Price flexible.

3 Lots For Sale

Riverhill subdivision in Welaka, FL. Nearly built-out with all new block homes. Lots- 80 x 120 ft. and 80 x 130 ft. All close to St. Johns River, 5 min. to boat ramp. 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.

St. Augustine Travel Club Goes On Vacation

The St. Augustine Travel Club will take a summer recess for July and August 2023. The club will resume in September through December 2023.

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Words Of Wisdom

Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. Because narrow is the gate and difficult is the way which leads to life, and there are few who find it. - Matthew 7:13-14

The Palencia Press

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Melanie Winchester At Miko Salon Is Now A Certified Goldwell Colorist



Melanie Winchester

Melanie Winchester, stylist at Miko Salon, is now a certified Goldwell Master colorist.

Melanie recently attended the Goldwell Academy in New York where she learned all phases of Goldwell's color line, including permanent, semi-permanent and lightening services. She was awarded a certification as a Goldwell Master Colorist.

Melanie specializes in creating a custom color experience for each client. Melanie is available Monday through Thursday and every other Saturday at Miko Salon, 206 Ashourian Avenue inside Parlor Salon Suites at The Forum on CR210 West. Call 904-576-9695 to make an appointment.

Champs In The Hamps, Nease Golden Panther Boosters Event Is Friday, August 11th

By Kristen Buttacavoli, Nease High School

In an effort to support and foster athletic excellence, the Nease Golden Panther Boosters will be hosting their annual gala on Friday, August 11th at St. Johns Country Club. The event is a nautical theme and will start at 6:00 p.m. Attendees are encouraged to wear nautical-themed attire. Tickets are \$75 per person and can be purchased at www.neaseathletics.com, and tables can also be purchased for \$850, which includes 10 tickets and signage at the table and in the event program. The ticket price includes a three-course meal, photo booth and DJ together with exciting fundraising games.

The primary objective of this event is to raise funds to support the Nease Golden Panther Booster Club and its endeavors. All proceeds from ticket sales, sponsorships, and donations will directly benefit the athletic association, enabling them to provide enhanced training facilities, coaching resources, and other needs for all athletic sports at the school. The current Nease Golden Panther Booster President, Tammie McClafferty is very grateful for the support of the event.

"The annual Gala is one of our larg-

est fundraising events. And, we thank our business sponsors who partner with Nease by providing silent and live auction items," said McClafferty.

Attendees can participate in a silent and live auction where trips, jewelry, and Nease parking spots will be available.

Other games will be accessible where attendees will have exciting prizes up for grabs.

The success of our annual gala relies heavily on the support and participation of the local community. Volunteers will play a vital role in organizing and managing

the event, ensuring its smooth local businesses can contribute by becoming event sponsors or donating prizes.

Table sponsorships can be purchased for \$100 by local business owners. If you are interested in becoming a sponsor or would like to contribute a silent auction item, please get in touch with Meridith Strout at 904-562-0564. This event will sell out, so don't delay and buy your tickets today at www.neaseathletics.com. Please follow us on Facebook and Instagram at "nease athletics" to stay updated with any new information about the event.



2022 GPBC Board - Matt Ohlson, Laurel Madson, Meridith Strout, Mike Kelly, Traci Lewis, Katie Carmody, Tammie McClafferty, Sean McClafferty, Charles Gomes, LeAna Kimball, Ashley Sherman and Amy Sue Long

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Jacksonville Beach Fishing Pier
11 North Third Street Jacksonville Beach, FL 32250, Phone: 904-247-6100. Fireworks begin at 9:00 p.m. over the water.

works begin at 9:00 p.m. Parking is free after 6:00 p.m. More information at www.visitjacksonville.com

Jacksonville Riverfront Plaza
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The Avenues Mall
10300 Southside Blvd. Jacksonville, FL 32256 | Phone: (904) 363-3054. Parking is plentiful and it's completely free. The fireworks start at 9:00 p.m.

New Stylists Join Palencia's Salon MM On Market Street



Julie Vrapi



Shelby Samartan



Erica Alt

Salon MM, located at 581 Market Street in Palencia, has recently added three hair stylists to their team, according to Marcelo Mello, shop owner and stylist.

Julie Vrapi - Julie has been styling hair for more than five years. She specializes in color, highlights and haircuts for both women and men.

Shelby Samartan - A hair styl-

ist from St. Augustine and World Golf Village, Shelby has worked as a stylist since 2019. Her specialties include color and cuts.

Erica Alt - A stylist from Jacksonville Beach, Erica has been designing hair since 2013. Aveda trained, Erica specializes in custom color and highlights, Balayage and cuts for men and women.

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Closing Day Was A Great Year End Celebration

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

It was a beautiful day with great course conditions for our Year End Closing Day Scramble. The event mixed up players with all levels of skills into teams of A, B, C, and D players to ensure each team was balanced. After a fun day of golf, the ladies came in for a great lunch and then participated in the celebration of awards.

The competition was fierce and, at the end of the day, three teams were crowned the winners of the Closing Day scramble. Hats off to the following teams: First Place: Staci Luttrupp, Indy Nelson, Resa Wilcox and Rhonda Demeno. Second Place: Maria Nilsson, Earline Barnes, Joanne Monahan and Diane Holland. Third Place: Tricia Luciano, Diane Robinson, Jeanne Carr and Sue Kansteiner.

We had four holes of competition where four talented ladies won a "Closest to Pin" award. Compliments ladies for successfully placing your golf balls closest to the flag.

As part of the closing day activities, Earline Barnes and Laura Mayo handed over their officer roles to Faye Peludat, WGA President and Maria Nilsson, Vice-President. Congratulations ladies. We know that the WGA will be in good hands with these two very talented ladies. The WGA thanked Earline and Laura for their two years of service; along with Diane Robinson, Play Day Chair for the past year of service as well.

This year, the WGA recognized our two Most Improved Players based on their golf index percentage of improvement and we are happy to announce and recognize Maria Nilsson, 18-Hole Most Improved player and Debra Bienert, 9-Hole Most Improved player. Congratulations ladies for your outstanding performance and overall golf game improvement in the last year. The ladies had a great sense of humor when presented with their Most Improved Crazy Hat award. The WGA also awarded the ladies with cash and a nice bottle of wine for their



Our First Place Team, left to right: Staci Luttrupp, Indy Nelson, Resa Wilcox and Rhonda Demeno.



Our Second Place Team, left to right: Maria Nilsson, Earline Barnes, Joanne Monahan and Diane Holland.



Our Third Place Team, left to right: Tricia Luciano, Diane Robinson and Jeanne Carr. Missing from photo Sue Kansteiner.



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Women's Golf Association Of Palencia

Continued From Page 6



Closest To The Pin, left to right: Chris McCoy, Cary Hanley, Jan Sheeder and Linda Hoffman.

outstanding achievements.

Earline Barnes presented a ten year pin to Darlene Adams at the awards lunch. Audrey Chapman also received a ten year pin as well but was not able to attend the closing day event. We would like to thank both ladies for their support of the WGA over the last ten years.

We would like to present the new WGA board for the 2024/2025 season: Faye Peludat, President; Marge Stancill, Secretary; Sandy Brandenburg, Treasurer; Sandy Frambes, Technology; and Maria Nilsson, Vice-President.

Nancy Allen was given the honor of tossing the dice on Closing day for Kicker Cash. During the luncheon Nancy was recognized for her long term commitment in the WGA and was given a bottle of wine to thank her for her contributions in the WGA. We wish her good luck in her move to Savannah, Georgia to be closer to her family. She will be missed.

Summer League golf is well under way. Co-chairs Barb Jacobi and Linda Hoffman are lining up the matches and will be coaching the Palencia ladies in defending their title over the summer. Good luck ladies.



Left to right: Maria Nilsson, 18-Hole Most Improved Player and Debra Bienert, 9-hole Most Improved Player.



Laura Mayo, Diane Robinson and Earline Barnes.



Tossing the Dice, Diane Robinson, PlayDay Chair and Nancy Allen.



Members of 2024/2025 WGA Board, left to right: Faye Peludat, President, Marge Stancill, Secretary, Sandy Brandenburg, Treasurer, Sandy Frambes, Technology, Maria Nilsson, Vice-President.

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Help Get Your Teen Started With A Roth IRA

By Lindsey Taylor, Edward Jones
Financial Advisor

If you have teenagers who are starting part-time jobs, now may be a great time to introduce them to investing — and one place to begin might be the Roth IRA.

As you may know, a Roth IRA is a popular retirement savings vehicle — its earnings can grow federally tax-free, provided withdrawals aren't taken until the investor is at least 59½ and has had the account five or more years. But because a Roth IRA is funded with after-tax dollars, contributions can be withdrawn at any time, penalty-free, to pay for any expenses — including college. Roth IRA earnings can also be used to help pay for college, although these withdrawals will be taxable. However, if a child is the account owner, a lower tax bracket will likely apply.

In 2023, up to \$6,500 per year can go into your child's Roth IRA, provided the amount contributed doesn't exceed their taxable compensation for the year. In fact, you could match their contributions up to the limit to provide an incentive for your child to invest.

Your child may well find a job at a local restaurant or shop, as these businesses have experienced a shortage of workers the past couple of years. But if you have a family business, you can employ your teen to provide income that can go into a Roth IRA. Furthermore, if the business is one parent's sole proprietorship, or it's a part-

nership in which each partner is the parent, the payments for a child younger than 18 are not subject to Social Security and Medicare taxes. As an employee, your child must perform reasonable tasks necessary for the business and be paid reasonable wages — that is, wages comparable to what you'd pay a regular employee for the same work.

But wherever your child's wages come from, using some of them to help fund a Roth IRA can be a good move. For one thing, it gives you a chance to explain the value of putting time on your side when you invest — simply put, the more years you invest, the greater your chances of accumulating the resources you need to meet your goals. And by helping your teen open a Roth IRA, which holds stocks, mutual funds or virtually any other type of security, you can discuss the different risk/reward characteristics of various types of investments — the kind of basic knowledge that all investors should have.

Once your teen's first paychecks start coming in, consider bringing up the idea of opening a Roth IRA — you may well be opening the door to a lifetime of consistent and informed investing.

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.



Third Party Enrichment Programs Exciting For Kids

By Sara Seifert, Palencia Resident
Palencia Elementary PTO

August is around the corner and before we know it families in Palencia will be sending their kids back to school. While a joyous occasion for most, it also means that soon our little friends will be home around 3 p.m. saying, "Mom, I'm so bored!" Once homework is complete there are many more hours to fill until bedtime so keep reading to learn about after-school activities to keep kids busy and learning even more after school.

One of the more turnkey programs is the Village Extended Day Services program located at Palencia Elementary School. Once kids are dismissed from class they head right on over to the school cafeteria to participate in the extended day program. The program's Operations Director, Donna Belz says, "Our extended day program includes time for homework, arts and crafts, games, science experiments, cooking/food projects, community service, fun challenges and more!"

In addition to the regular extended day program after school, third-party enrichment programs are also available for all students. My son, for example, participated in the sports program on early release day until 3 p.m. As a work-from-home parent, it was very helpful to have that extra hour to get tasks completed on Wednesdays. The sports program is organized through S4 Sports Academy and promotes the Big 4 Sports (football, basketball, baseball, and soccer) while enforcing teamwork, sportsmanship

and perseverance.

If sports are not your child's thing, there are other fun and interesting programs offered like art, coding, Spanish language, robotics, theater and chess. There is something fun for every interest imaginable. For more information on the availability of these programs, applicable fees and schedules, you can visit: villageextendedday.com and look for the Palencia Elementary School tab. "This next school year promises to be very exciting and full of new opportunities for growth, endless learning experiences and lots of FUN for your child," remarks Belz.

Girls on the Run is a national non-profit organization with a goal to empower young girls. The programming, available to female students in grades third through fifth, aims to strengthen social, emotional, physical and behavioral skills to give girls a powerful skill set to take with them through their lives. The program is not a school-sponsored club and so it relies on registration fees, donations and sponsors. Fees vary dependent on household income and is coached by volunteers. For availability please visit: gotrneff.org.

With the new school year approaching, note that Meet the Teacher Night for kindergarten is August 8th from 5:30 p.m. to 7 p.m. Grades 1 through 5 is August 9th from 8 a.m. to 11 a.m. Enjoy the rest of your summer!

Ask Carol B

What Do I Need To Know About Medicare Claims?

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



Several years ago, Congress decided that one of the ways to control Medicare costs was to have all claims filed similarly and, at some future date, electronically filed. So Congress mandated that medical service providers, including doctors, must file Medicare claims directly from their offices for all their Medicare patients.

Medicare Summary Notice

After making a determination on the claim, Medicare will send the insured a statement called a Medicare Summary Notice, or MSN, once every three months.

Insureds should study the MSN carefully and make sure that they received the services, medical equipment, or supplies for which Medicare was billed. If the insured has any questions, he or she should contact the carrier or intermediary listed on the front of the notice. If insureds disagree with a claims decision, they have the right to file an appeal; they should follow the instructions on the notice for filing. In addition, if insureds find and report a charge on the MSN that they did not receive and Medicare paid for, they may be eligible for a reward.

Also, it is important that insureds keep track of their MSNs and the medical claims filed and paid. Sometimes providers bill insureds for more than they are entitled to col-

lect. The total amount due from a patient is not always readily apparent at the time the service is rendered. A provider may ask the insured to pay the co-payment or deductible amounts at the time of the service. This amount is based on the fee the provider expects to receive from Medicare, which may or may not be accurate.

The only way to protect against overpaying a provider on a claim is for insureds to be aware of and to fully understand Medicare's claim decision, and to keep a log of all payments (MSNs) made by Medicare, the insured, and any other insurance carriers involved, such as a Medicare supplement company or Medicare Advantage company. This is no small task—in fact, in the late 1990s, two articles appeared in the New England Journal of Medicine that indicated as high as 90 percent of hospital billings were in error, usually in favor of the hospital. Again, it may be financially rewarding to an insured who finds an MSN error.

Again, I am here to help or explain... at no charge!

Carol@AskCarolB.com Text: 714-930-7165 Direct: 904-648-6488 www.AskCarolB.com FL License #: W756153. Taken from WebCE Medicare, Medicaid and Medicare Supplement 2023.

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Move To Last A Lifetime

By Jim Viti
PT, DPT, MHSc, OCS, MTC, FAAOMPT
First Coast Rehabilitation
(904) 829-3411

Appliances were once built to last. It seems now-a-days everything is built for temporary and easily replaced. Fortunately, many joints of the body can be replaced with a high percentage of success, but many people don't realize the way they move and perform their daily functions can either increase or decrease joint stress. Simple suggestions on how we move, and function can significantly reduce these stresses, maybe enabling them to last longer, and potentially reduce the need for replacement or surgery later in life. Such suggestions include:

1. When getting out of bed in the morning, bend your knees, roll to the side, and sit up sideways. This 'log roll' significantly reduces twisting, shearing and compressive forces in joints of the low back.
2. When sitting in a car, computer or chair at home and work, place a small pillow in the curve of the low back. This reduces pressure within the discs of the low back, supports the back so muscles don't have to work as hard and places the neck in a more neutral position.
3. When standing up after sitting, keep the back straight and lean forward at the hips. This too reduces stress in the

4. When standing for prolonged periods (like in line at the store), place one foot slightly forward of the other and rock slowly back and forth. This keeps the muscles firing, lubricates the joints, and reduces stress on the hips, knees, and spine.
5. When bending and lifting, keep your back straight, bend your hips and knees and do not twist your spine. Turn by moving your feet, not with your back.
6. When getting in the car, sit first then lift and swing your legs in. When getting out of the car, lift and swing both legs, then lean forward at the hips and



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- stand up. This significantly reduces torsion forces on the back, hips, and knees.
7. When performing activities like vacuuming, shoveling, or cutting the lawn, lean forward at your hips and bend your knees, as if you were lunging forward. This reduces the need to bend forward in the low back region, reducing pressure within the discs.



8. Overhead activities can place undue stress on the tendons of the shoulders, so use a stool or ladder to reduce the amount you must reach overhead.
9. Low impact aerobic exercise like walking or cycling improves nutrition to the joints, which improves

overall joint health. Exercise improves cardiovascular function, burns calories, reduces weight gain, and may therefore decrease compression on all joints.

10. Finally, at the end of the day, when it is time to sleep, make sure your pillow supports your head and neck in a level position, both when you are lying on your back or lying on your side. This helps reduce stress on joints, muscles, and nerves of the neck during one of the times you are most immobile.

You only have one back. By simply paying attention to the way you move, it may help it last your entire lifetime. If you are experiencing pain, decreased function of the spine or extremities, or sense you are moving incorrectly - the therapists at First Coast Rehabilitation are the movement specialists who can help you to restore normal pain free motion to whatever joint is involved. Contact us at 904-829-3411 in St. Augustine north or 904-907-1122 in St. Augustine south.

Jim Viti has been treating patients with low back pain for over 30 years. He is board certified in Orthopaedic physical therapy and lectures to physical therapists throughout the United States regarding low back mechanics, injury and treatment.



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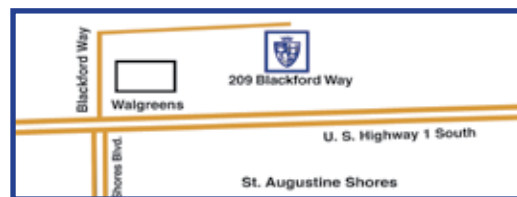


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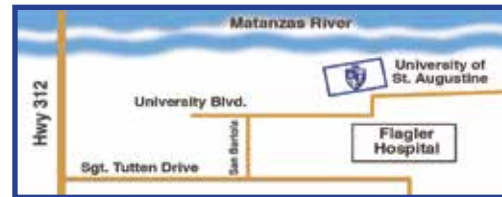


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Cornerstone Barbers Celebrates 2 Years On Market Street



Left to right: Reed Cothren, Rook Torres, Brent Parry and Matt McCool of Cornerstone Barbers.

Cornerstone Barbers, est. 2021, have celebrated a robust and enthusiastic success on Market Street for more than two years.

Owners, Rook Torres and Brent Parry, said, "The unique and interesting cross-section of people in Palencia and surrounding areas has lent to some really cool relationships."

With the addition of Reed and Matt they have over 20 years of experience with training from across the nation and they regularly challenge each other to provide enhancements to the experience they pro-

vide. They've been blessed to be booked out two to four weeks from early in the course and are adding a fourth barber to meet the demand. A common embrace from customers is it's great to have a classic men's barber shop and especially a treat to have one that is professional and positive in what they provide the community. They all enjoy family time outside of work while Reed and Matt have an inclination for guitar. Visit www.cstonebarbers.com to book an appointment or stop by 601 Market Street and, if you're lucky, you may get to hear some live music at the same time!

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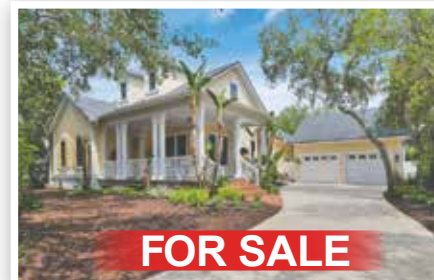
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Your Pie Pizza at Palencia: New Owners Bringing Fresh Flavor To Old Tradition

In the heart of Palencia, Your Pie Pizza has found new owners. We had the pleasure of sitting down with David Beddard, the new owner, and Kim Beddard, the General Manager, to learn more about their journey and their vision for Your Pie Pizza. With a strong connection to the local area and a passion for community involvement, the business partners are determined to create more than just a pizza place—they want to cultivate a space where people can gather, connect and savor the finest flavors.



Kim and David Beddard are the new owners of Your Pie Palencia.

David Beddard, the proud owner of Your Pie Pizza at Palencia, has been a resident of Northeast St. Johns County for over two decades. Alongside him is Kim Beddard, his former wife and the newly appointed General Manager. Having raised their children in the community and built successful businesses in various sectors, David and Kim saw an opportunity to embark on a shared dream of owning a pizza shop. When the chance to purchase the restaurant emerged, they embraced it wholeheartedly.

Kim Beddard's deep appreciation for the community is evident in her words: "We know full well what an incredible community we live in." With a track record of active participation in local organizations and events, the business partners understand

the importance of a gathering place where people can enjoy great food, socialize, and even hold meetings or parties. Your Pie Pizza serves as a natural extension of their love and commitment to their community, providing a cool and inviting atmosphere for everyone to enjoy.

David Beddard brings his extensive entrepreneurial experience to the table. He is an owner of Bright Vision Mortgage, a mortgage broker firm he co-founded in 2006. He has other active businesses in food, real estate and commercial fishing. Kim Beddard, previously involved in mortgage operations, found herself longing for a career change. Her passion for the food industry was reignited, drawing on her previous work with technology companies and restaurant vendors. Together, their complementary skills and shared enthusiasm make for a dynamic team.

Your Pie Showcases Palencia Artists

Your Pie Pizza at Palencia has become a showcase for local artists. The store has collaborated with artist Amy Platt to display her artwork in the restaurant, adding a touch of creativity to the ambiance. Moreover, Kim Beddard is actively seeking out other talented artists in the community, offering a platform to exhibit their work free of charge. By embracing local talent, Your Pie Pizza becomes a true reflection of the vibrant and artistic community it serves.



Kim Beddard welcomes artist Amy Platt who is exhibiting her work in the restaurant.

Beyond serving exceptional food, Your Pie Pizza is dedicated to making a positive impact. The restaurant hosts "Dine and Donate" charity events on select Sundays, where 10% of the day's sales are donated to a sponsored local charity or non-profit. Palencia Elementary PTO, local schools' sports teams and clubs and Epicure, a charity supporting the food insecure, have all benefitted from these events.

Your Pie Pizza has redesigned the back

dining area which can now host birthday parties, group meetings or large parties - reservations are accepted by calling the restaurant. And, just to make things even more fun for the community, Music Bingo is now being played on Wednesday nights from 6 p.m. to 8 p.m.

"If you haven't been to Your Pie in a while, we welcome you in to give us another try," says Kim. "We've worked really hard to make sure the store is clean and bright, that the staff have received enhanced training and the overall experience for our customers has been elevated." For delivery, just go to YourPie.com/locations/st-augustine-palencia and select "delivery." The food has no upcharge like you'd see with third-party apps - it just uses the third-parties to find a delivery driver. To inquire about birthday parties, catering or hosting a Dine and Donate for your favorite charity, contact Kim Beddard at the store 904-547-2437.

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Palencia Dancers “Light Up” The Stage At Recent Recital

Ms. Cheryl's dance and cheer recital was recently held at Pacetti Bay Middle school with a theme this year of “Light up the Stage.”

These kids practiced each week for months to learn and get used to performing their dance in front of the audience. The hard work, team effort and dedication is something that is part of the dance life.

“Everyone was amazing on stage and looked gorgeous all dressed up,” said instructor Cheryl Blythe. “What a fun dance season with such a great group of kids and parents.”



At left, A group behind stage waiting to go on as Hawaiians. Left to right, Zuri Winters, Dia Aryal, Melina Droukas and Alex Evans.

At right, Creative movement to songs “Raise Your Glass” and “Say Nothing At All” were Maya Bhatia, Jenna De-Sena, Haley Willingham, Molly Miller and Chelsea Henry.



At left, The youngest group of dancers performed “Under the Sea.” Cal-lie Hadgis, Claire O'Brien, Ainsley Wilcox, Emma Kokolias, Jubilee Dawidowicz and Ariana Desai.

Palencia Club Memorial Day Tournament Honors Our Heros

The Palencia Club hosted a Memorial Day tournament to honor and remember those who gave the ultimate sacrifice of their lives to protect our country and provide security for all of us. Golfers honored our hero's with red, white and blue golf attire and American Flags on all of the holes. A moment of silence was also observed and led by Jerry Peludat.

Golfers were organized into 3 flights of Red White and Blue. Congratulations goes out to all of the winning teams.

Closest to the pin winners were: Maria Cavanaugh, Hole #3, Carol Netzer, Hole #15 and Beau Netzer, Hole #15. The two longest Putt Winners were Beau Netzer, Hole #9 and Tom Ward on Hole #18.

Some other key achievements by flight include:

Red Flight: Eagle – Larry Baker-Hole #4. Birdies: Danny Wilson-Hole #1, Kayleigh Baker-Hole #14.

White Flight: Birdies: Carol Netzer-Hole #12, Linda Hoffman-Hole #6, Brian Downs-Hole #9.

Blue Flight Birdies: Mark Sierra-Holes 17&18, Bill Stancil-Holes #7&13, Barb McDougall-Hole #15, Jeffrey Du-fresne-Hole #4.



Red Team Gross Team Winners, left to right: Tom Ward, David Keller, Don Hulse and Chad Pereira.



Red Flight Net Team Winners, left to right: Danny Wilson, Monique Perna, Larry Baker and Kayleigh Baker.



Blue Flight Gross Team Winners, left to right: Bill Stancill, Marge Stancill, Ray Schmidt and Bill Bodenweber.



White Flight Gross Team Winners, left to right: Terry Shaw, Frank Sheeder, Marty Cunningham and Greg Coleman.



Blue Flight Net Team Winners, left to right: Rob Lamneck, Peggy Lamneck, Barb McDougall and Pete McDougall.



White Flight Team Net Winners, left to right: Beau Netzer, Carol Netzer, Howard Hoffman and Linda Hoffman.

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Mike Weitz

The manufacturer says that my new car requires “premium unleaded” gas. Will I damage the engine if I burn “regular” unleaded gas in my car?

Sounds like your new car has a high compression engine. High compression engines can cause the fuel mixture to detonate too early, before the spark fires, causing pre-ignition (knocking and pinging). This is bad for the engine. High octane gas has a higher ignition point which eliminates knocking. Using regular gas could void the manufacturer’s warranty.

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Ask A Certified Master Gardener New Lawn Care Irrigation Systems Control And Conserve Water ...And Save Money!

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

Water conservation in Florida is imperative for all of us as more than 50% of our water consumption is dedicated to our outdoor lawn and gardens. As in many cases in Palencia, when we over water our lawns, we are not only harming our turf and plants, but wasting a valuable freshwater resource. In addition, soil nutrients and pesticides leach into our underground aquifer, damaging water quality and increasing the growth of harmful algae.

As mentioned in previous articles, there are a number of reliable devices available now that offer homeowners the ability to completely control irrigation through modern wireless devices that pair with an app linked directly to a cell phone.



The new companies that offer wireless irrigation systems and accompanying apps all provide the same controls. Major companies out now are: Hunter, Rain Bird, Orbit, and Rachio. While information on all of these systems can be found by Google searching by name, this article will focus on one irrigation system, the Hunter PRO-C 400, to explain how it functions. The Hunter system is specifically designed for any Lennar home built after 2015 and easy to install.

If you have an Arthur Rutenberg, Pulte, or other built home, and don't already know what type of irrigation system you have, just check your irrigation control panel for the name. It is likely one of those mentioned above and will offer the same great irrigation management options as the Hunter Pro.

Newer Lennar homes currently have come with the original Hunter manual irrigation flow meters. They are the most basic grade of the Hunter meter and often don't function properly as a result. They manually regulate preferred day and time/minutes of watering. Over the years, many of my readers have complained about the rain sensors not working, including mine. This led me to start exploring what new and better devices might be on the market for homeowners.

The Hunter PRO-C 400 system was manufactured in 2014. Information and a video on this upgrade is available at Pro-HC Professional Grade Wi-Fi Irrigation Controller (hunterindustries.com). The app is free, but there is a cost for the control panel.

I purchased the upgrade and app about a year ago. It was easy to install and operates directly from a cell phone, laptop, or tablet. You simply remove the old flow meter control panel and slip in the new one – no rewiring required for this system.

The Hunter system, like others, uses complex algorithms, satellite data, physical weather stations nearby, atmospheric data from airplanes, and pressure readings from mobile phones to calculate a comprehensive, accurate history for our location.

The Hunter system website information is divided into categories that you program for your individual landscape needs: Zones and Programs; Watering Triggers; Sensors; Control Settings; and Reports.

- **Zones and Programs:** Each irrigation area is divided into zones the same as your current manual control system. You can program each zone for its own individual watering length, time of day, and day of the week. It also provides the percentage of water saved each week.

- **Watering Triggers:** This is where you manage watering based on weather forecast data pulled from 4 weather stations in our area. For example, you can set the control not to water when the forecast temperature is below 45 degrees, or, conversely, water 30% more when forecast temperature is above 95%. You can set the controls not to water if wind speed is higher than 19 mph, and most importantly, set the controls not to water when the chance of rain is higher than 80%.

- **Sensors:** This control supports your rain sensors by adding a soil moisture sensor and a separate control for water flow.

- **Control Setting:** This page as the name implies describes your personal settings: serial number, status, app model, install date, type of software and programming mode.

- **Reports:** This is an important page which shows an actual calendar with your watering schedule, your rolling average on water usage in minutes and percentage of water savings for the last 7 days. It also provides weather station information for this time period (rain, humidity, wind, and cloud conditions). This information reinforces the accurate setting of your controls.

All of this information can be saved in individual reports so that you can compare your weekly water usage month to month and year to year.

All of the wireless apps mentioned in this article do much of the same thing: they allow you to completely control your water usage from any location just by clicking on your cell phone app. If you are traveling, you can change any setting if an unexpected weather event happens, and we know this is a common Florida phenomenon.

For even the most tech hesitant individuals, don't hesitate to look into one of these systems. They are simple to install, provide an extensive array of options and information, save money, and, most importantly, ensure that you are using your water resources responsibly. And they work!

Do you have landscape and/or gardening questions on which you would like help? I live in Palencia, so please email me at norie.flowers@outlook.com.

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Let Your Partner Influence You

By Michael Brown, MSC, LMFT
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Bill was considering buying a used jet ski. He test-rode it and he really liked it. Before making the deal, however, he wanted a mechanic to take a look at it. "Why?" asked John, the seller. "It's in great shape, hardly used, and I can tell that you really like it."

"True," said Bill, "but I promised my wife that I wouldn't buy a jet ski without having it inspected first."

John gave Bill a withering look. "You let your wife tell you how to buy a jet ski?"

Sure," said Bill. "Don't you?"

"Well, no. I don't—didn't," said Bill, grabbing his empty ring finger. "I'm divorced."

"Well," Bill said. "Maybe that's why."

Dr. John Gottman's research found that if a man does not accept influence from his partner, there is an 81 percent chance that his marriage will self-destruct. However, men who do accept influence from their partner tend to have happier marriages. In his long-term study of 130 newlywed couples, whom he followed for nine years, he found that, even in the first few months of marriage, men who allowed their wives to influence them had happier relationships and were less likely to eventually divorce than men who resisted their wives' influence.

It's certainly just as important for wives to accept influence from their husbands and to treat them with honor and respect. However, John Gottman's data indicate that the vast majority of wives—even in unstable marriages—already do that. This doesn't mean that they don't get angry and even contemptuous with their husbands. It just means that they let their husbands influence their decision making by taking their opinions and feelings into account. However, too often, men do not return the favor.

To arrive at these findings, Dr. John Gottman looked intently at what happened when the newlyweds in the study discussed an area of conflict and when they talked about the history of their romance. When he analyzed the data, he was struck by a significant gender difference. Although a wife would sometimes express anger or another negative emotion toward her husband, she rarely responded to him by increasing the negativity. Usually she tried to tone it down or matched it. For example, if a husband said, "You're not listening to me!" the wife would say something like, "Sorry, I'm listening now" (a repair that ratchets down the negativity) or "I'm finding it hard to listen to you!" which matched her husband's anger but didn't go beyond it.

However, 65 percent of the men did not take either of these approaches. Instead, their response escalated their wives' negativity by

trotting out one of what John Gottman calls "the Four Horsemen of the Apocalypse" (the four major indicators of separation or divorce): criticism, defensiveness, contempt, or stonewalling.

Rather than acknowledging his wife's feelings, this kind of husband is using the four horsemen to drown her out, to obliterate her point of view. One way or another, this approach leads to instability in the marriage. Even if the husband doesn't react this way very often, there's still an 81 percent chance that he's damaging the relationship.

Although it certainly is important for both men and women to try to keep the four horsemen from taking over in times of conflict, it is especially important that men be aware of the danger to their marriage when they escalate negativity his way. For some reason, when a wife uses the four horsemen in the same manner, the marriage does not usually become more unstable. Whatever the reason for the gender disparity, the data indicate that husbands are far more likely than their wives to use the four horsemen to escalate a marital disagreement. And when they do, they are also more likely to put their marriage at risk.

Perhaps the fundamental difference between husbands who accept influence and those who don't is that the former have learned that often in life you need to yield in order to win. When you drive through any busy city, you find frustrating traffic jams or construction that block your rightful passage. You can approach this in one of two ways. The first is to stop, become righteously indignant, and insist that the offending obstacle move. The other is to drive around it.

The basic principle of the martial art Aikido is to move with the opponent, but to stay balanced. What you have to do to win is to get your partner to start saying yes, and the only way to do that is to yield to those parts of your partner's point of view and argument that seem reasonable to you. What happens then—when both of you start yielding—is that the problem starts to become something that both of you are working on together.

Reference: Gottman, J., & Silver, N. (1999, 2015). *The Seven Principles for Making Marriage Work*. New York: NY: Three Rivers.

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Bartram Park. If you are interested in couples or family therapy, contact Michael at 904-289-2954 or visit www.happycoupleshealthycommunities.com.

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Naps Seriously In Jeopardy

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

Man oh man! It's that time of year again. The wee one's are coming. And you know what, they're not "wee" any longer. And that means lots of excitement and special things to do. And my naps are seriously in jeopardy! But I love seeing the "grands," both boys and girls and their Dads. And, we just had my cousin, "Woody" here for a few days. A sheep-a-doodle! A youngster, barely two, and he was really super, and also considerate of the senior lady pooch, me.

We had lots of fun showing Woody Palencia and touring the old city and the beach. A whirlwind visit. No long naps. But now, Woody is back in Pennsylvania and I'm catching up, resting comfortably in preparation for the grandkids. The bagman and lady are stocking the frig and getting all the sleeping boxes ready for their arrival.

But you know, and this sounds awful...when they leave, the quiet, ahhhh, the quiet. And then, I can really get some great nap time. And maybe, just maybe, I'll dream about their next visit.



According to Wrigley and Woody, "Love is a four-legged word.."



How Do You Start Your Golf Swing?

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

Hello Fellow Golfers,
How Do You Start Your Golf Swing?

Do you have a "still start" or do you have a start with "timing and rhythm"? Some great golfers start with their club on the ground and sweep it away and low and slow, like Brooks Koepke and Adam Scott. While other great golfers have their golf club slightly airborne, almost hovering the ground like Jack Nicklaus and Ricky Fowler. There are pros and cons for both.

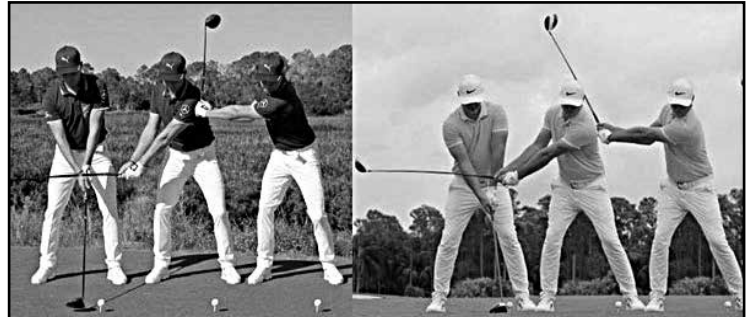
The "pro" for starting your swing at a standstill... it allows you to build a coil and truly feel the transition and power move to your right side. The "con" for starting at a standstill... it lacks the rhythm of an athlete in motion.

The "pro" for starting your golf swing in motion is, just that you're not starting from

a standstill you're starting in motion ready to go. The "con" is you cannot feel your body truly build power to the right side, from the very beginning... that nice slow move to build your backswing and power.

So, the big question is, do you want to start your golf swing from a still position or a position in motion?

The great news is there's no wrong answer. My suggestion is you try both and then decide which one is best for you. Once you decide...commit to that decision! If you need some help deciding, come see me and we will make



the decision together. www.LauraBaughgolf.com.

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Independence! Freedom!

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

Tell the Next Generation! The Fourth of July weekend, Independence Day, is coming soon. Psalm 48 sounds a lot like the exuberant language we hear during this holiday about declaring our independence from the British.

In schools, stories are told of the midnight ride of Paul Revere, of the dumping of tea in Boston Harbor, of the Minutemen, of the speeches of Patrick Henry, of the writing of the Declaration of Independence. All these things preserve for the "next generation" (v. 14) the glory, the bravery, the mighty exploits of those early colonists who fought and, in many cases, died to establish "liberty and justice for all." That's what this psalm is doing: celebrating God's mighty exploits. And it is also a recommitment of the people to acknowledge God as "our guide forever" (v. 14). One reason the local church exists is to "tell the next generation that this is God, our God forever and ever" (vv. 13-14).

As Americans, we must be reminded of the mighty deeds and acts of our forefathers and foremothers who secured our liberty. In the same way, we must continue to remind ourselves that God, who has been our guide in the past, will be our guide in the future.

Psalm 48 is the third of three (46-48) psalms that appear to be a hymnic response to deliverance from an enemy. Many scholars believe that the writer may be Isaiah and the historical reference may be the failed assault of Sennacherib of Assyria (see Isaiah 37) in which 185,000 Assyrians were struck down, apparently by the hand of the Lord. In any case, the psalm exults in the salvation and preserva-

tion of Mount Zion, or Jerusalem, and the writer goes to great lengths to exaggerate its strength, its beauty, its size and more. Such rhetorical excess is forgivable when given in the afterglow of a miraculous deliverance, and it speaks to the joy one has when victory has been plucked from the jaws of defeat.

Let us continue to tell the "His-story" to the next generation so they will come to appreciate the freedom we have as Americans and the freedom we have in Christ. May this be our prayer as we celebrate the birthday of this great nation.

God of grace and glory, as we celebrate the birth of our nation in just a few days, it is with grateful hearts that we remember our ancestors. We give thanks for all the people who have fought for and defended our freedom throughout the years. We remember, as well, those whom we harmed as we built our country. We ask your guidance as we continue to learn how to live together as a country made up of people of many different nationalities. We are blessed with an amazing variety of geography across our land, the awesome redwoods, our coastlines, vast plains, majestic mountains and deserts. Help us protect each of these different environments so the generations to come can enjoy their beauty.

Help us not take our freedom for granted -- remembering that there are still too many people throughout the world who don't share the luxuries of freedom we consider basic rights, such as speech and religion. May we ever remember, though, our most precious freedom: "For freedom, Christ has set us free." Thanks be to God. Amen.

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Polly Swindull

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Fun in the Sun: Keeping Your Pets Safe from Heatstroke!

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

As the summer heat starts to sizzle, it's time to gear up and make sure our furry companions stay cool and safe. We're thrilled to be your go-to veterinarians, and today I want to talk to you about a topic that's especially pertinent to this time of year: heatstroke.

Picture this: It's a beautiful summer day, and you're out throwing the ball with your furry pal, Max. The sun is shining, the birds are chirping, and Max is wagging his tail with pure joy as he chases the ball back and forth. But as the temperature rises, you notice Max panting excessively and looking exhausted. He lays down and refuses to stand, becoming increasingly agitated. In a matter of minutes his tongue is purple and he is in distress. That's when you realize he might be suffering from heatstroke.

Heatstroke is a serious condition that can occur when a pet's body temperature rises to dangerous levels. Because dogs can't sweat, it can happen quicker than you might think, especially in hot and humid weather. The good news is, with a little knowledge and preparation, we can prevent it from happening. Here are some tips to keep in mind:

1. Hydration is key: Just like us, pets need plenty of water to stay hydrated. Always carry a water bottle and a portable bowl when you're out and about with your furry friend. Offer water breaks frequently and make sure it's fresh and cool. Oh, and don't forget to pack a treat or two!

2. Time it right: Avoid taking your pets out during the hottest parts of the day. Early mornings and evenings are the ideal times for walks and playtime when the temperature is cooler. The pavement can get scorching hot, so check it with your hand before taking your pup for a stroll. If it's too hot for your hand, it's too hot for their paws.

3. Shade and ventilation: Create shady spots in your yard or patio by using umbrellas, tarps, or even a pet-friendly tent. Ensure proper ventilation in your home, especially if you leave your pet indoors. You can also use cooling mats or wet towels for them to lie on, providing a refreshing escape from the heat.

Remember, prevention is key when it comes to heatstroke. However, if you suspect your pet is experiencing symptoms such as excessive panting, lethargy, or drooling, it's crucial to act fast. Move them to a cool area, offer water, and wet their body with a damp towel. Then, contact your veterinarian immediately for further guidance.

Let's make this summer a blast for our furry companions by keeping them safe from heatstroke. By following these simple tips, you're ensuring a season filled with joy, adventure, and wagging tails!

If you have any questions or need further advice, don't hesitate to reach out to us at Palencia Pet Clinic. We're here to help you and your pets have a pawsome summer!



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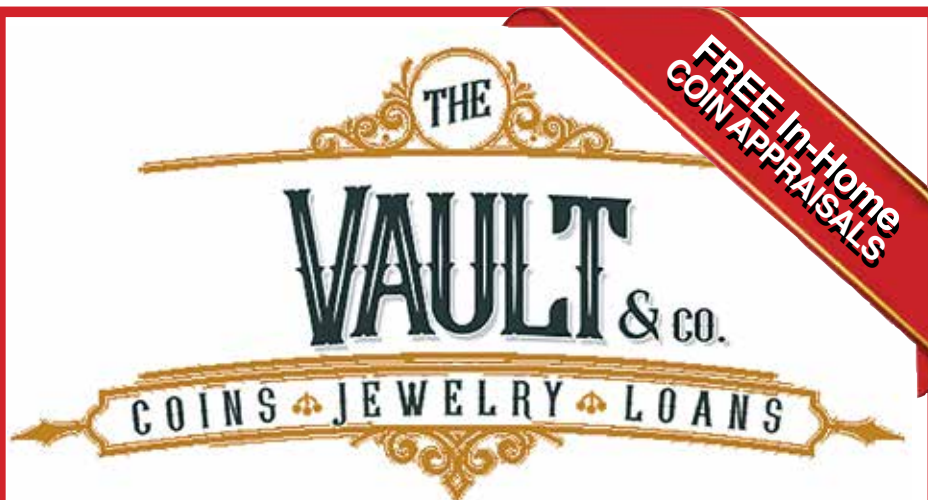
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Dip Your Toes In The Water With Our Swimming And Water Safety Tips - Part 2 of 3

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.

Swimming pools

- Secure with appropriate barriers. It's best to install a four-foot or taller fence around backyard pools and use self-closing and self-latching gates that open away from the pool.

- Consider safety alarms. If your house opens directly into the pool area, you may want to install a door alarm or self-closing door. Using a surface wave or underwater alarm will also give you added protection from accidental falls into the pool.

- If a child is missing, always check the pool first. If a child has fallen into the pool, every second counts in preventing an accidental drowning.

- Empty portable pools when not in

use. Children can drown in as little as one inch of water. Make sure all portable inflatable and baby pools are drained and put away immediately after use.

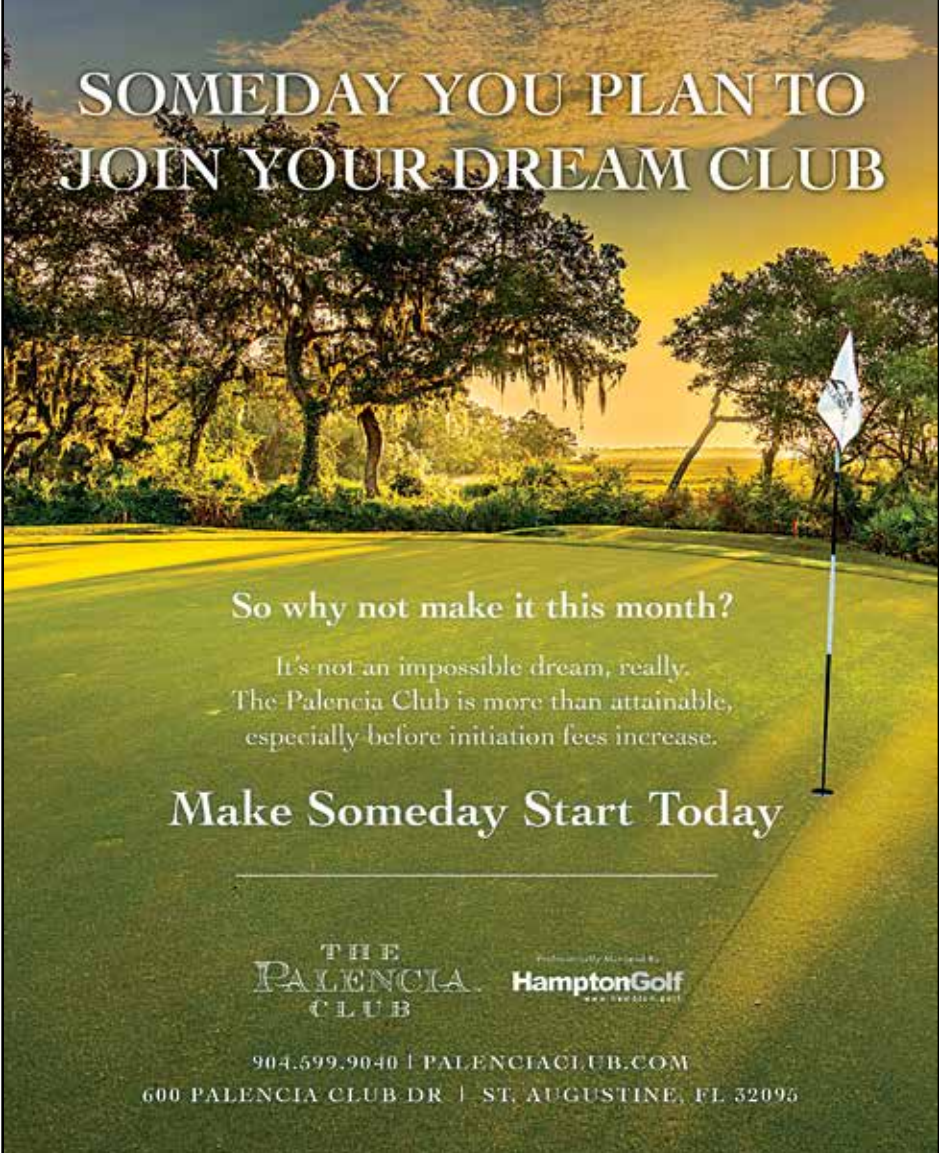
- Remove toys from the pool when it is not in use. They can attract young children into the pool. It's best to keep them stored out of sight.

- Keep a safety kit handy. A first aid kit that includes a pair of scissors to cut hair, clothing or a pool cover should be kept within reach in case of an emergency. Lifesaving equipment such as life rings and reaching poles are also recommended.

- Stay away from pool drains. Limbs, hair or clothing can become entangled if a drain is faulty. If you suspect they may not be functioning properly, ask your pool service provider to inspect them. Pool Safety has detailed information on preventing drain entrapments.

- Follow posted safety rules. These usually include no running, pushing or dunking.

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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