



News For And About Residents Of The Palencia Community

Let us remember all our heroes on Memorial Day, May 27th



ST. AUGUSTINE

# PRESS

MAY 2024

## 12th Annual Camp Boggy Creek Tennis Tournament Huge Success

Article & Photos By Marcia Oltz, Palencia Resident

On April 4th-7th more than 140 players from Boynton Beach to Amelia Island competed in some great matches – many reminiscent of those you watch on TV with the professionals. Thursday’s Silent Auction/Raffle preview gave most players time to view the items to bid on Friday and the rest of the weekend. A few matches began on Thursday but Friday at 1:00 p.m. began a rigorous schedule of matches. Some players entered two divisions which sometimes entailed two or more matches per day. Friday evening’s Tennis Pro Exhibition was a fan favorite. It gave players a chance to give some “tennis tips” to our staff professionals! Saturday and Sunday continued with all day match play to advance the winners to either the Finals or the Consolation Finals on Sunday.

“To see our Palencia players from the beginning levels to the most advanced players compete is super cool!” said Tom Salmon, Palencia Tennis Director. “And, knowing that the money raised goes to a fabulous cause is very rewarding. All figures are not in yet but our estimate is \$25,000 to \$30,000 for our charity Camp Boggy Creek,” Salmon added.

All the support from the community with player entries, sponsors, auctions and raffles will contribute to sending many more children with terminal illnesses to camp this year.



## Happy Mother’s Day!



The Palencia Press asked readers to tell us what makes their Mom so special. Abigail Clary, 17, writes “This is my beautiful mommy, Amy Bell! My brothers, Davis, 10 and Dawson, 7 and I are so grateful for her everyday; she is so beyond good to us. Thank you Mom.” “To the world you are a mother, but to your family you are the world.” -Author Unknown.

## The Language of Art, Spoken Through The Brush Of Palencia Resident Lisette Lugo

By Patricia Frederick

From blueprint dreams to vibrant expression, Palencia artist Lisette Lugo’s creativity started at a young age. Her father, Al Lugo, a great inventor, owned a company on the San Francisco Peninsula that trademarked “We Make Ideas Work.” Hence, as a child, she was surrounded by civil engineering and precise mathematic calculations. From the age of seven, she made her own doodles and fed the blueprint machine her designs and mass produced them.

A couple years after graduating with a BFA from the Academy of Art University, San Francisco, she and her husband began building a family construction business. Her strong attraction to art stems from a tragic construction accident, leaving her a single mother to raise two small children. Art became her therapy.

Branching off from the commercial art world, she obtained a BA in Interdisciplinary Studies from the California Institute of Integral Studies (CIIS) in San Francisco, followed by a Master of Fine Arts (MFA), Creative Inquiry program, at CIIS in 2015. While working on her MFA, she spent time in Managua, Nicaragua, doing an independent study researching her ancestry. Seeking the “roots” of her parents, she looked for common ground, the food, the religion, the historical trauma and the colors. She found her love of the color pink unknowingly came from the predominant use of pink in Nicaragua. Now she understands why she was the girl who grew up in a pink house with a pink room and knitted a hot pink bedspread. Her “doodles” from Nicaragua are now being reproduced in her studio, embracing the color pink in combination with her family’s heritage. In her studio you may find concrete, wood, wire, oils, tempera and miscellaneous trinkets.



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I come from a long line of professionals. In fact, my uncle John is a diamond cutter. He mows the lawn at Yankee Stadium. -Henny Youngman

### Words Of Wisdom

"The mustard seed is the smallest of all seeds, yet, when it grows, it is the largest of garden plants and becomes a tree."

"If you have faith as small as a mustard seed, nothing will be impossible for you." -Matthew 13:31,32 & Matthew 17:20

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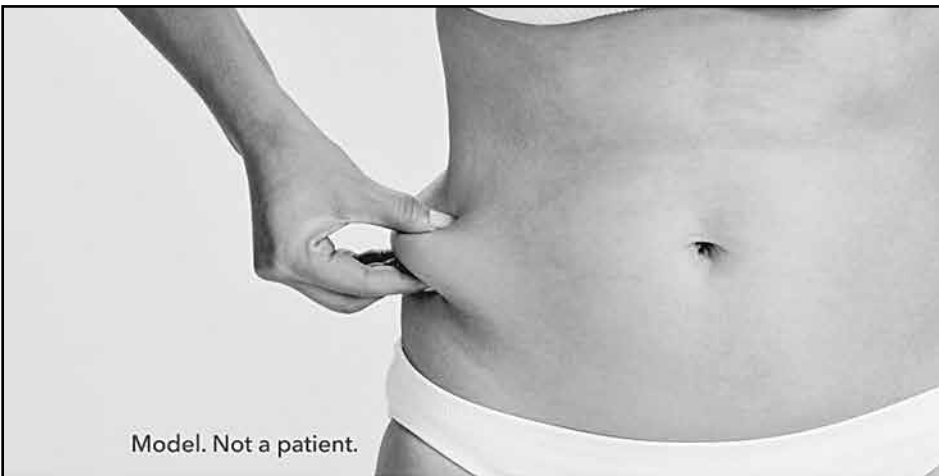


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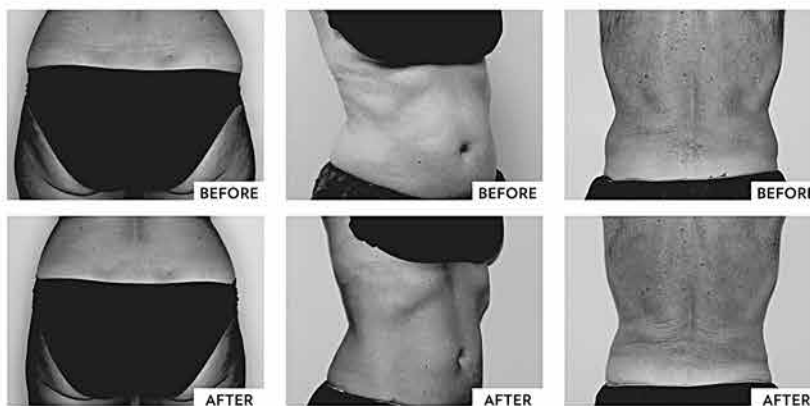
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## Palencia Resident Dr. Craig Hadgis Acquires Orthodontic Practice

Palencia resident Dr. Craig Hadgis has officially taken over the local orthodontic practice which he joined in 2018, now known as Smiles By Dr. Craig Hadgis, Orthodontist.

Dr. Hadgis has over a decade of experience in the orthodontic field including digitally planned orthodontics, Invisalign, Damon, Insignia and LightForce appliance systems. He earned his Bachelor of Science degree in Industrial Engineering and Masters degree in Biomedical Engineering from the University of Michigan. Dr. Hadgis received his Doctorate of Dental Surgery and post DDS degree in Advanced Education in General Dentistry from the University of Detroit Mercy as well as earned his Orthodontic Speciality Certification from the School of Orthodontics at Jacksonville University.

"I am proud to be able to continue to serve the orthodontic needs of the local community with the changeover of our practice, and continue to treat patients of all ages, children, teens and adults." Dr. Hadgis said. "My family and I have strong ties to the St. Augustine area community and we are very grateful to be able to make a difference in the lives of our patients by helping create a healthy and beautiful smile to last a lifetime."

He is certified by the American Board of Orthodontics, is serving as president and treasurer of the St. Augustine Dental Society for the past five years and is a member of the St. Augustine Rotary Club, American Board of Orthodontics, College of Diplomates of the American Board of Orthodontics and American Association of Orthodontists. In



**Dr. Craig Hadgis, Orthodontist**

addition, Dr. Hadgis is also a member of the World Federation of Orthodontists, Southern Association of Orthodontists, Florida Association of Orthodontists, the American Dental Association, Florida Dental Association as well as the Northeast District Dental Association and the Jacksonville Dental Society.

Smiles By Dr. Craig Hadgis, Orthodontist offers a full range of orthodontic treatments at its two offices in St. Augustine and in St. Johns including free orthodontic growth and development examinations recommended no later than age 7 with no referrals necessary, Invisalign and Invisalign Teen, clear aligners as well as Damon Braces, Insignia 3D digital customized braces and LightForce 3D printed clear braces.

Dr. Hadgis, his wife Anne and their children have been Palencia residents since 2018.

## Village Square Art Co-op Art Walk May 4th & 18th

Village Square Art Co-op is having its first art walk.

Participating artists are photographers Amy Myers and Doug Mackenzie featuring photography from animals to breathtaking landscapes. Acrylic artist Lisette Lugo and Sharon Coleman offer abstract paintings full of vibrant colors and unique point of view. Acrylic artists Patti Scott and Trish Frederick round out the collection. Patti paints amazing birds and turtles, while Trish paints land-

scapes, oceans and boats. Come and meet the artist and view their amazing artwork.

The artists will be showing in tandem with Basic Shop Eco Friendly Home Goods Store and will be highlighting pottery artist Lauren Ytterbom.

On top of art, a couple of food trucks will be there, so bring your family out and help support all the wonderful talent and food. Held at 701 Market Street May 4th and May 18th, 5 p.m. to 9 p.m.

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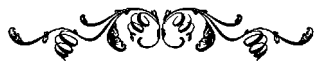
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## Is Your Estate Plan Up To Date?

By Travis A. Smyczynski, CFP®  
Ausdal Financial Partners, Inc.

Many individuals and businesses have paid less in taxes since the Tax Cuts and Jobs Act of 2017 (TCJA) was signed into law in December 2017. If you are not familiar with the TCJA, it doubled the federal estate, gift, and generation-skipping transfer tax exemptions. It also lowered income tax rates and many more benefits, but most of these are scheduled to sunset (or will come to an end) on January 1, 2026. While the end of the TCJA is near and we must plan accordingly, we don't need to wait for a change in law to review our estate plans – personal life events matter, too. The following major life events require updating your estate plan:

### 1. Birth of a child or grandchild

The birth of a child is a major life event that brings joy and newfound responsibilities for parents. Grandparents often have a strong desire to provide for their grandchildren's future, and leaving an inheritance is frequently a top priority. Instead of leaving money directly to a minor grandchild, you should consider naming them as a beneficiary within a trust, contributing to a 529 college savings plan, and as they grow up, giving them the gift of financial literacy to truly benefit them long term.

### 2. Divorce

A divorce represents a significant transition that can have far-reaching consequences for your estate plan. Whether it's your own divorce or the divorce of your adult child. When a marriage ends, it is crucial to review and revise your existing estate plan, including named beneficiaries on bank accounts, life insurance policies, trusts and retirement assets. Overlooking this step might inadvertently grant former spouses or in-laws unintended interests in your assets or decision-making during critical medical events. Considering what ongoing financial obligations you will have after divorce is key before you make any significant revisions to your estate plan.

### 3. Relocating to be near loved ones

Many have reexamined their relationships and the role of family in their lives during the last several years. For some, this prompted a move to be closer to loved ones. Be mindful that moving to a new state can mean differences in laws and regulations, that may affect the original intentions of your estate plan. Additionally, if you plan to pass your primary residence down to a loved one, but have now moved, make sure that your estate documents

reflect your new street address.

### 4. Loss of a spouse or life partner

Losing a partner can have a weighty impact on you and your estate plan. This life event may necessitate changes in beneficiaries, executors and guardianship arrangements. Updating your estate plan ensures that your assets are distributed according to your current wishes and how you want to provide for your loved ones. Consult with a tax advisor to assess exposure to estate taxes after your own passing – this may have changed since your spouse has predeceased you. Additionally, assessing your life insurance needs could help to protect your surviving family's financial well-being.

### Be Intentional in Selecting Representation

No matter what major life event you've gone through, naming trusted individuals in critical roles such as executor, financial power of attorney, healthcare agent and guardian are vital aspects of estate planning. It's an act of trust, love and responsibility toward your own well-being and the future of your loved ones. Openly discuss your wishes with your designees, provide specific guidance and be certain they understand the significance of their roles. Recognize that the person you name to raise your children or make serious medical decisions does not need to be the same individual who oversees your financial affairs. Each appointment requires different skills, level of trust and training, rarely found in a single individual. Who you trust and what matters most to you may have shifted over the last several years, and that is okay. A CERTIFIED FINANCIAL PLANNER™ professional and licensed estate planning attorney can help you navigate the financial and legal aspects of your changing estate plan. A trusted team can serve as an anchor during difficult times.

*Neither the information presented, nor any opinion expressed, constitutes a solicitation for the purchase or sale of any security. Contact Travis A. Smyczynski, CFP®, at 904-395-4665. Offices are located at 701 Market Street, Unit 111, St. Augustine, FL 32095 (in Palencia). Please visit the website at www.SmyczynskiFinancial.com. Securities and advisory services offered through Ausdal Financial Partners, Inc. Member FINRA/SIPC. 5187 Utica Ridge Rd., Davenport, IA 52807. 563-326-2064.*

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## Golf: The Art Of Controlled Chaos!

By Faye Peludat, President and Maria Nilsson, Vice President Women's Golf Association Of Palencia

March was a spectacular month for golfing with the ladies of Palencia WGA all inspired by the Players Championship week at TPC, some volunteered and others were spectators.

Our monthly scramble was themed for the luck of the Irish, and St. Patrick's was well honored by all the beautiful outfits, but only one could take the prize for best dressed and that went to Pat Rose.

The winners of the scramble were in a tie breaker at -15 and determined on count-back 1st place went to Cathy French, Diane



Second Place winners of Divot Invitational scramble -9 Cathy French, Devin, Charisse Foe, Ann Bell.



Teresa Serrano, Louise Starmann, Peg Larson, Maggie Butler, Pat Rose, Rosetta Smith, K. Kriete and Diane Robinson! Well dressed for St Patrick's.



Third Place winners of Divot Invitational scramble -9 Bill, Deidre Wray, Debra Bienert, Rhonda Demeno.



CTP on St Patrick's day scramble. Judy Guarino, Peg Larson, Sue Kansteiner and Peggy Lamneck (missing from photo).



First Place winners of Divot Invitational scramble -12 Noah, Trish Luciano, Peggy Lamneck, Rosetta Smith.

Robinson, Peggy Lamneck and Sue Kansteiner and in 2nd place Faye Peludat, Lorraine Turcotte, Debra Bienert and Jeanne Carr. Congratulations ladies on this awesome play. Closest to the pin was won by Judy Guarino, Peg Larson, Sue Kansteiner and Peggy Lamneck.

Our annual Divot Invitational tournament is very special to the WGA ladies, it is our way of saying thank you to all the golf course maintenance crew for the outstanding quality of work they do throughout the year. We hosted a 9-hole scramble followed by pizza and drinks.

This year the chairperson for this event was Pat Rose and she did a fabulous job with many fun-filled additions and attention to detail. Great raffle, each group was given 3 short strings to assist in the putt used to hole out without counting the stroke, this brought much laughter when leaving a putt short, we also putted on the sixth hole with our driver and got closest to the rake in the fairway of the 9th hole. Congratulations Deidre Wray for showing us how that was done.

A spectacular accomplishment from our President Faye Peludat, she shot a gross 79, breaking 80 for the first time in her golfing career and complimented that with an eagle on 8th hole from 109 yards in.

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# Palencia Womens Golf Association

Continued From Page 6



**Faye Peludat, WGA President, scored an eagle on the 8th hole.**

The Ladies Schooner is an annual WGA tournament for the ladies to play together as member/member. This year the chairpersons for this event were Peggy Lamneck and Barbara McDougall. Hats off to this couple for executing an outstanding tournament.

The tournament was a combo scramble and shamble, 2 flights, which made it very exciting for each 2-lady team. Prizes were given for closest to the pins and for least and most putts on the shamble nine hole. At the closing of the tournament several raffles were drawn to give participants additional prizes.

The overall winner of the 2024 Ladies Schooner goes to Deidre Wray and Maria Nilsson with a score of net 66.

The first-place gross with a score of 78 in first flight goes to Faye Peludat and Lisa Procter. The first-place net with a score of 69 in first flight goes to Peg Larson and Earline Barnes. The first-place gross with a score of 88 in second flight goes to Judy Guarino and Sandy Brandenburgh. The first-place net with a score of 70 in second flight goes to Angel Brueckman and Christie Walters.

Congratulations to all the winners and we thank everyone in their participation and support of all the WGA events.

Golf course.

This was the 3rd Women's interclub Season 2024. The tournament began with 141 clubs competing in their regional area within a six-week season, we made it through the



**The team that made it possible to be at the State Championships was Faye Peludat, Cathy French, Peg Larson (Captain), Trish Luciano and Lisa Procter. Winning the home playoff at Palencia. Thank you, ladies and congratulations!**



**2nd Place winners at 2024 Florida State Championship. Cathy French, Deidre Wray, Lisa Procter, Peg Larson (Captain) Trish Luciano and Maria Nilsson.**

2 rounds of playoffs, and secured the spot for The Palencia Club at the Florida State Championship with 13 total clubs competing for the Florida State Championship.

Our club was represented the first day at Slammer and Squire with Deidre Wray, Lisa Procter, Cathy French and Trish Luciano; they tied second place with an impressive score and more than rose to this challenge of securing 93 Stableford points just 7 shots away from the leading team. The second and final day Palencia Club was represented by Deidre Wray, Maria Nilsson, Lisa Procter and Trish Luciano, they had 99 Stableford points for a total of 192 points for the two days. We remained in second place from the winning team Lake Jovita with 200 points. Congratulations ladies! Much hard work has been put into this season, from all the players to our captain Peg Larson and the support from our Pros and club.



**Southern Storm team lead by Jim White proudly holding the trophy.**

April brought together the annual North vs South challenge blessed with a beautiful sunny day. Congratulations to The Southern Storm for winning their Matchplay against the Northern lights. The total score was 18.5 vs 20.5.

The WGA ladies are extremely excited over qualifying and securing a spot at the FSGA Women's Interclub Championship at World Golf Village Slammer and Squire

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### Ask Carol B

## 10 Medicare Mistakes And How To Avoid Them - Part 3

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

When you sign up for Medicare, you have to make several important decisions, and the rules and choices can be complicated. This is Part 3 and the conclusion of the article about the 10 common mistakes that prospective Medicare enrollees make, and steps you can take to avoid these problems from an AARP article.

### 7. Not Understanding Your Out-Of-Pocket Costs

Although Medicare pays the lion's share of the medical costs for its enrollees, prepare to pay some costs yourself. If you have original Medicare, you can get supplemental Medigap coverage and a separate Part D drug plan to help with many of these expenses. Here's a rundown:

**Premium.** Each part of Medicare may have its own monthly fee. Most people pay no premium for Part A, which covers hospital services. Whether you choose original Medicare or get a Medicare Advantage plan, you'll be responsible for the Part B premium, which is \$174.70 a month for most people in 2024. If you enroll in a Medicare Advantage plan or a Part D plan, you also may owe a monthly premium, depending on the plan you select.

**Deductible.** You may have to pay a set amount before Medicare starts paying for your care. The Part A deductible in 2024 is \$1,632 per benefit period — not annually — and the Part B deductible is \$240 for the year. A benefit period for Part A begins the day you're admitted as an inpatient to a hospital or skilled nursing facility and extends until you haven't received inpatient care in either facility for 60 days. This means you can end up with multiple Part A benefit periods in a year, and each triggers another deductible. Many Part D plans also have deductibles.

**Copayment.** This is a fixed amount you must pay every time you receive a medical service. For example, if you have original Medicare without supplemental coverage, you may have to pay \$408 a day if you're in the hospital for 61 to 90 days during each benefit period in 2024. Part D plans have copays based on the type of drug you need.

**Coinsurance.** You may have to pay a percentage of the cost of a medical visit or service. If you have original Medicare, you generally have to pay 20 percent of the doctor and outpatient charges covered under Part B. Some of the most expensive drugs in Part D plans also may require you to pay a percentage of the cost.

### 8. Waiting Too Long To Buy Medigap Coverage

A Medigap policy can pay some of the out-of-pocket costs that Medicare doesn't cover, such as your Part A hospital deductible and the 20 percent coinsurance in Part B. Private companies sell the policies, which are known by their letter, such as Plan G.

The federal government requires the benefits in each of the different types of Medigap plans to be the same, but premiums can vary.

If you buy a Medigap policy within six months of signing up for Part B when you're 65 or older, insurance companies can't deny you coverage or charge you more if you have health problems. But if you try to buy a plan outside of this window, companies in most states may refuse to sell you a policy or increase your premiums because of preexist-

ing conditions.

Some states have their own rules governing Medigap policies, so if you didn't sign up during your enrollment period, check with your State Health Insurance Assistance Program (SHIP) to ask about state specific Medigap rules.

### 9. Not Checking The Prescription List In A Part D Policy

Whether you're planning to get your prescriptions through a stand-alone Part D plan or Medicare Advantage plan, take some time to learn about the rules, the drugs covered and your costs.

Make sure your plan covers your needed medicines. Each Part D plan has a list of covered drugs, called a formulary. If your drug is not on your plan's formulary, you may have to request an exception, pay for it yourself or file an appeal. And filling some prescriptions may require prior authorization from your insurer to be covered.

In addition to comparing premiums, find out how much you would pay for your prescriptions with each policy. Part D plans have several levels of cost sharing.

You may have a \$10 copay for some medications but a \$35 copay for others. Or you may have to pay 20 percent of the price of the medication. Make sure you know your plan's preferred pharmacies. This is where you can pay lower copayments.

Premiums and coverage can change from year to year. You can switch Part D plans during open enrollment each year, which runs from Oct. 15 to Dec. 7 for coverage starting Jan. 1.

### 10. Assuming You Can't Afford Medicare

Several programs can help people with limited resources pay their Medicare premiums and cost-sharing expenses.

Medicare savings programs help pay the monthly Part B premium and any Part A premium you might have. In some cases, the programs also can help cover the deductibles, coinsurance or copayments. Contact your State Health Insurance Assistance Program (SHIP) to learn if you're eligible. These four Medicare savings programs aren't available in Puerto Rico or the U.S. Virgin Islands, but Medicaid, a joint federal-state or federal-territory program for people with low incomes, may be able to assist.

Extra Help is a federal program that helps pay for some or most of the costs of Medicare Part D prescription drug coverage. Visit the Social Security Administration's website, or call 800-772-1213 to learn if you're eligible for Extra Help and apply. Alternatively, visit Medicare's help with drug costs page for more information.

State pharmaceutical assistance programs are offered in some states to help eligible individuals pay for prescriptions. You can find them using Medicare's online tool or contact your State Health Insurance Assistance Program to learn whether your state has a program.

Feel free to reach out to me if you have any questions or need help transitioning to a new plan. I will continue in the next few months the remaining Medicare Mistakes.

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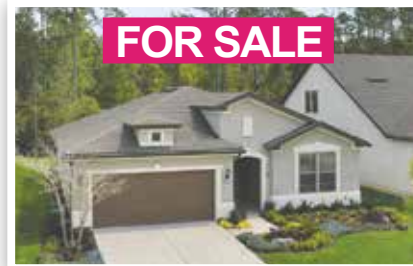
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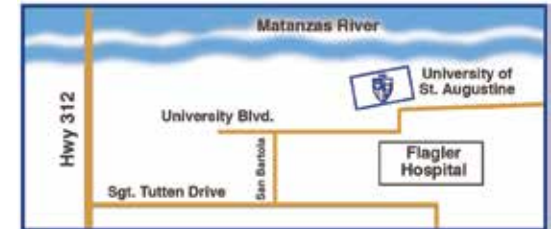


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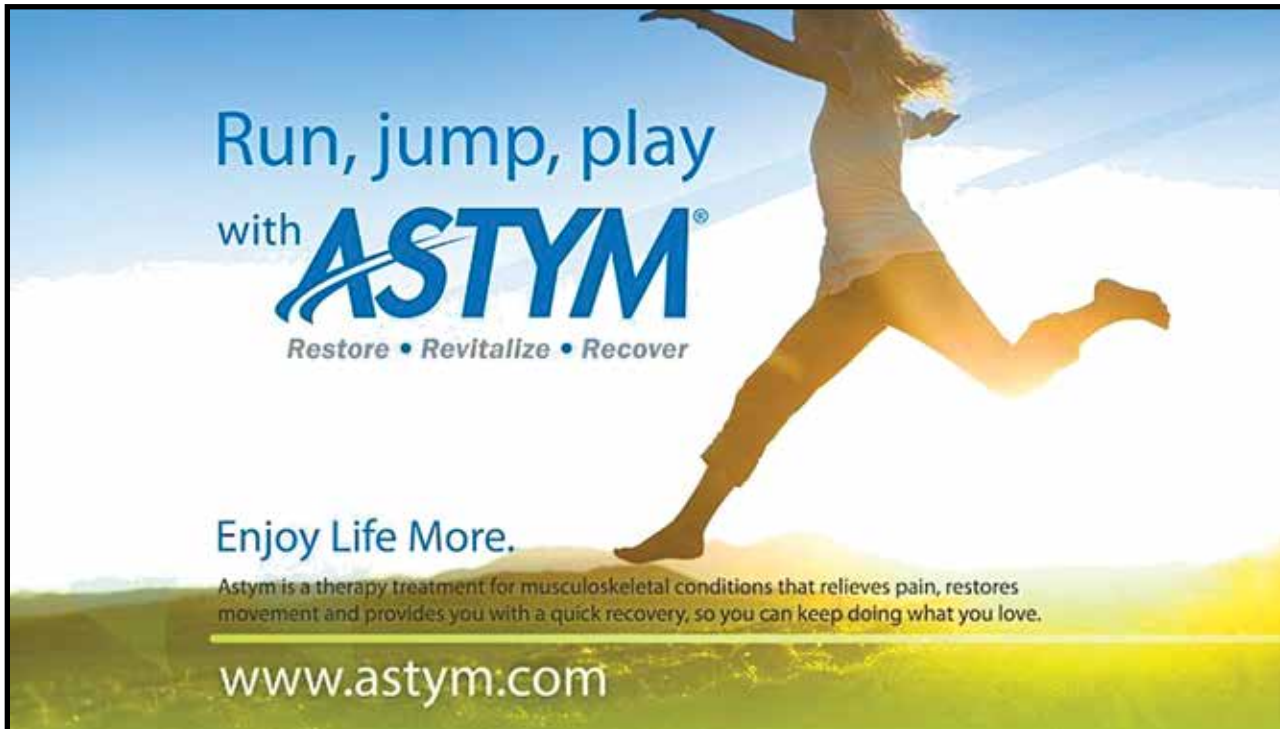
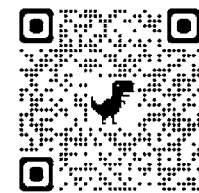
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## Does Your Face Hurt?

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

Facial, jaw or neck pain is no laughing matter. Such pain can be debilitating and often is a result of a temporomandibular joint (TMJ) dysfunction or TMD. Some estimates suggest over 10 million Americans are affected by TMJ dysfunction. It tends to affect women more than men and although the cause is often unknown, it is considered a musculoskeletal disorder that responds to conservative treatments such as physical therapy.

The TMJ is a complex joint connecting the lower jaw (mandible) with the upper jaw (temporal bone). Two convex joint surfaces of the mandible, called condyles, rotate and slide in two concave surfaces within the temporal bone. The joints are filled with fluid and like many other joints, contain a fibrocartilage disc (like the meniscus of the knee). This helps fill the joint space and keeps the joint movement smooth.

The TMJ is a very active joint considering it moves with each spoken word, each bite of food, every yawn, laugh, or clenching of the teeth, day, or night.

The joints are also very powerful with the “muscles of mastication”, Masseter, Temporalis and Pterygoids producing up to 275 lbs, in some cases. With such forces, nightly teeth clenching, or “bruxism”, is often a source of TMJ pain. Signs and symptoms can include radiating pain into the face, jaw or neck, jaw stiffness, limited jaw movement or opening, painful clicking, popping, or grating with jaw movements or locking of the jaw. Many times, these symptoms resolve on their own but if they become reoccurring or are constant, help may be needed.

Initial intervention can include the use of a stabilizing splint or bite guard but sometimes these become devices chewed through. More help may be necessary, particularly if TMJ pain is

coming from the muscles of mastication or something called an “internal derangement” develops. Internal derangement can be a displaced disc, dislocated disc, jaw injury or faulty mechanics within one or both joints. If this is the case, treatment to the joint can help restore proper joint motion, treatment to the muscles can reduce the pain and the forces produced from chewing, talking, or yawning can be distributed in a more balanced manner.

Treatment of TMD usually includes soft tissues manipulation to help relieve muscle tension in the head, neck, and face. Dry needling may be used to eliminate painful trigger points, often followed by stretching and strengthening, which are helpful in restoring muscle balance. The treatment goal is to provide better control movement of the movement in the joints.

In some cases, although the pain may present in the jaw, the neck can be a contributing factor. And, in such cases, postural alignment is considered as well as muscle pain that may refer to the jaw and face.

If you are experiencing pain as described above, perhaps consider talking to your doctor or dentist about receiving physical therapy, or simply call and speak with your physical therapist for additional information.

*Rob Stanborough is a physical therapist serving St. Augustine for over 20 years and has presented both nationally and internationally. He was one of the first PT's to be permitted to use DN in FL and has been doing so since 2017. He has trained others in DN since 2010 as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation, and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on www.firstcoastrehab.com.*



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## School's Out For Summer May 24th

By Sara Seifert, Palencia Resident  
Palencia Elementary PTO

Time has flown too fast; Spring has sprung and the last day of school is around the corner. Palencia Elementary School has end-of-the-year traditions for students, but the 5th graders have the most to celebrate as they walk the halls of PES for the last time as students.

Captain Goodrich and the school's staff want to make sure that the kids have a fantastic send-off with activities planned to make memories for the kids and their families. Graduation is bittersweet but the traditions and activities planned certainly make it more sweet than bitter. A good number of our 5th graders have even attended PES since Kindergarten, and have so many memories with teachers and friends.



Xander Perrone, Erickson Collier, Hudson Taylor, Kirk Rudd, and their 5th grade teacher Mrs. Bruinisma.

William Oleksyn's favorite memories from PES are going to the 5th grade Universal class trip, the class party where they did the whip cream challenge and playing basketball at recess with his friends. While graduation can be a sad time for kids, there's a silver lining to middle school for William, he will be reunited with his most



Last year's graduation rock painted by Bryce Brushworks.

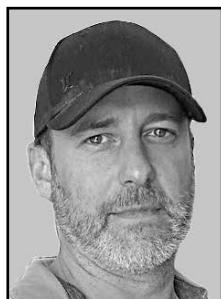
beloved 3rd grade teacher, Mrs. Whitney Fischer, who now teaches at Pacetti Bay Middle School!

PES student, Hudson Taylor, looks fondly back at his days at PES, saying, "My favorite memory is winning the Tropicana Speech Competition and seeing the way my classmates cheered for me. It was so special. I will really miss being at Palencia next school year, but I'm excited to see what's next!"

Lucky 5th graders have a class-wide kick-ball tournament to kick-off festivities. They also have a dance which is held during the school day, a trip to Universal Studios, a graduation ceremony and a special section of the school year-book dedicated to them

from their parents. Love Lines are written by family and loved ones for students and often include childhood photos so the kids have that to look back on in years to come. All these festivities are tied with a bow when they have their last day of school Clap Out! The Clap Out is a procession of 5th graders marching the hallways with other students and teachers high-fiving and clapping for the graduating class. It's high-energy and very emotional finding some kids in tears and others smiling with glee! Whatever the case, it is the perfect send-off to students who have worked so hard during their time at PES and deserve a heartfelt good-bye.

Rising 6th grader, Quinn Nickel said, "I am most looking forward to the 5th grade Clap Out, even though I know I am going to cry the whole time. I always wanted to grow up so fast and now I just want to go back. Middle School is coming so soon." Parents, cue the tears and Taylor Swift.



Mark Ellis

### My cars engine is starting to die while idling at red lights, but it starts right back up. What could be the cause?

Sounds like you may have a clogged fuel filter. With nearly all new cars on the road today powered by fuel injection, keeping the fuel system clean is critical. Tiny grains of sand can clog injectors, leading to engine hesitation and erratic performance. Remember, fuel contaminants can cause engine damage and burn out the fuel pump. Come see us and we'll give your vehicle a thorough inspection.

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## Ask A Certified Master Gardener Raised Beds: Options To Add Beauty To Your Landscape

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

The maintenance and care of our landscape turf is one of the most expensive and time consuming chores we are faced with, in addition to being a lot less satisfying than planting gardens. The cost is high to keep it all going whether you are a DIY or employ a lawn care company.



This article will feature a number of options, more in photos, to inspire you to think about reducing the amount of turf, especially in your back landscapes, and creating both artistic and useful designs with raised bed gardening. Putting in raised beds not only provides a venue for beautiful plants but will break up your vast turf desert. They aren't just for vegetables!

Raised bed gardens can be constructed of any material - brick, stone, or wood, depending on your preference. They can be simple or complex, large, or small, any shape and depth. Local garden centers now sell all the components needed to create any size raised bed, with no work other than assembly.

One photo shows a spiral herb/flower garden. Spirals are not only attractive but create microclimates within the spiral. There is no set rule for either height or width, but a typical spiral is about 6 feet tall, making the tallest in the middle and shorter toward the outer edges. As you build the spiral, add your

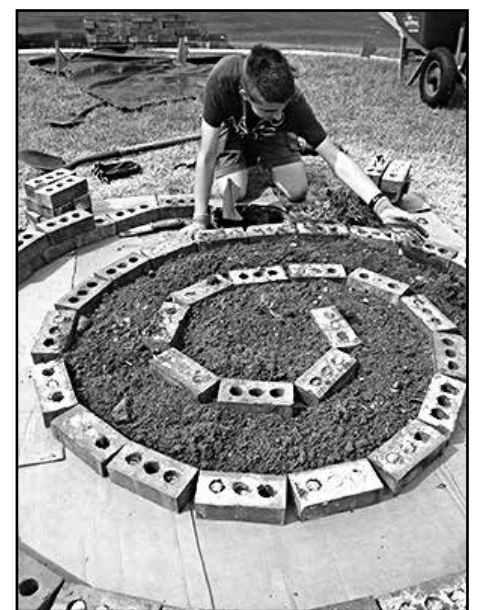


bagged soil to support the walls. Flowers can be grown in one round and herbs in another.

Another option is cinder blocks, an inexpensive way to build a large, raised bed garden to grow any number of vegetables and flowers. You can grow marigolds, for example, in the holes in the blocks to create a beautiful edge around the entire block bed to cover the blocks.

An additional photo shows a backyard makeover that includes two beautiful, raised beds with a semi-circular rock wall behind it. This is again, simply an idea to spark your thinking about possibilities that use wood and stone to create a beautiful design, a venue for flowers, a focal point, and a nice gathering place.

As mentioned in all previous articles, don't be reluctant to try something new in your landscape. Designing an artistic landscape is like any craft project or hobby. And, when you look out your back windows, you will be amazed and delighted with the outdoor painting you have created.



*Do you have gardening questions in which you would like help? I live in Palencia, so please email me at norie.flowers@outlook.com. Facts contained in this article are derived from the University of Florida Institute for Food and Agricultural Sciences (IFAS).*





## A Broken Rule

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

In the world of veterinary medicine, there exists an unspoken rule—a boundary that every practitioner is advised to maintain: the separation between professional detachment and personal attachment. It's a core principle in our training, a safeguard against the emotional toll that comes with caring for our patients. Yet, despite our best intentions, there are moments when the lines blur and a veterinarian finds themselves unexpectedly drawn to a patient.

During my time practicing as a veterinarian, I've encountered countless amazing animals, each with their own unique stories and personalities. That being said, a charming Golden Doodle named Wrigley stood out from the rest. Wrigley was the cherished companion of a wonderful couple, Barb and Bob Steck, who adored her.

At the beginning of my tenure as Wrigley's veterinarian, Dr. Peter Veling (the founder of Palencia Pet Clinic) told me all about Wrigley and the Stecks. He shared how important Wrigley was to our community and to him personally. From the moment I laid eyes on her, with her tail wagging and eyes full of curiosity, I knew there was something special about her. In hindsight, I should have known that with a dog like Wrigley and a family like the Stecks, I would soon find myself violating "the rule."

As Wrigley's veterinarian, I had the honor of witnessing the bond between her

and the Steck family firsthand. But it wasn't just their love for Wrigley that touched my heart—it was the way she touched the lives of everyone in our community. Rain or shine, Wrigley could be seen walking the streets, greeting neighbors with her friendly demeanor and wagging tail. It became a habit for my family to look for her on our way through the neighborhood each morning.

Even as Wrigley's body began to slow with age, her eyes still radiated the same joy and exuberance that I had become accustomed to. Her spirit remained unyielding, a testament to the resilience of the canine heart. Despite the challenges she faced, Wrigley continued to spread love and happiness wherever she went, leaving an indelible mark on the hearts of all who knew her.

As I reflect on my time with Wrigley and the Steck family, I admit that she is one of the patients for which I have willfully violated "the rule." And though the pain of losing her may linger, I am grateful for the opportunity to have been a part of her journey. Wrigley's legacy lives on not only in the hearts of those who knew and loved her, but also in the invaluable lessons she leaves behind. She gives us a reminder to be kind to everyone we encounter, cherish every day we are blessed with, and take advantage of each opportunity to walk through the neighborhood on a sunny day.

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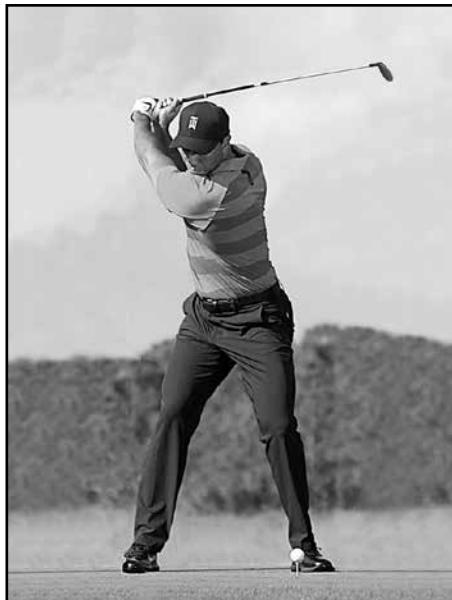
## Quick Golf Tip: Turn Left Shoulder Over Right Leg

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

As golfers, we often look for a simple tip or motion that allows us to achieve a complex move. This is the case with the simple thought of turning your left shoulder fully to where the top of your backswing is parallel to your right leg; that is a full backswing. Can everyone get there? Probably not, but the goal is to slowly turn more with the help of your hips and weight transfer. This is a simple thought that allows you to build power.

**Here are the steps:**

1. Make sure that your alignment and ball position are correct, which will allow you to turn fully
2. Take a nice, slow, low backswing, allowing yourself to turn as much as you feel comfortable; feel the left shoulder over the right leg.
3. Once you have completed your backswing, you can now accelerate through the ball, building up that club head speed we all want. These are three simple thoughts for you to work on the range and little by little; you will build a more powerful backswing. Your backswing doesn't have to be long. You have to feel like that left shoulder, at the top, is as much over your right leg as you can

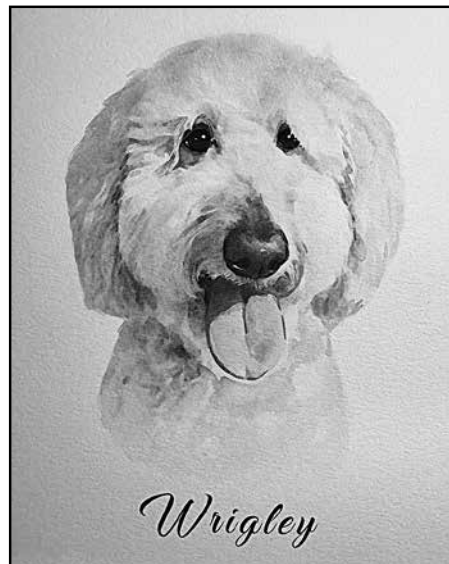


comfortably achieve.

Remember, you don't have to achieve this all at once. Little by little, your flexibility and the comfort of this position at the top will improve - trust it! As always, if you need help with this move, please get in touch with me at laura@laurabaughgolf.com

## A Companion Is Gone, But The Memory Lives On

**Waiting At The Door**  
*I needed a home when we first met, I loved you from the start. You picked me up and took me home, and placed me in your heart. Good times we had together, we shared all life could throw. But years pass all too quickly, my time has come to go. I know how much you miss me; I know your heart is*



*sore. I see the tears that fall when I am not waiting at the door. You always did your best for me, your love was plain to see. For even though it broke your heart you set my spirit free. So please be brave without me, one day we'll meet once more. For when you are called to heaven I'll be waiting at the door.*

From Bob Steck & Family, Palencia Residents

Our apologies for the missing column in last month's issue. Wrigley is gone. Right now we're dealing with a big hole in our heart.

Certainly that's shared by all her friends along the walk, during her wonderful fourteen and a half years. She was born on the Fourth of July, 2009.

We have been blessed, in our family, with the friendship of four great dogs, Muggs, Higgins, Reilly, and Wrigley. It never gets easier to say good-bye. They

may be pets but their hearts are as close to ours as their warmth when they snuggle next to you. They love you unconditionally.

Our many thanks to all the friends, neighbors, family and walkers who have shared their condolences. She was really a great lady from the day we brought her home to Palencia. She left a big paw print on Palencia.

A special thanx to all the staff at the Palencia Vet Clinic for their care and understanding.

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## Why Are We So Divided By Moral And Political Issues? Part 1

By Michael Brown, MSC, LMFT  
904-792-9666

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

Pro-choice or pro-life? Pro-gun control or pro-gun rights? LGBTQIA-affirming or denying? Pro-immigration or anti-immigration? Left or right? Liberal or Conservative? Democrat or Republican? Why are we so divided by moral and political issues? To understand why, we would need to start with an exploration of our common evolutionary heritage. Fortunately, John Haidt (along with countless anthropologists, historians, philosophers, and moral psychologists), has done the groundwork for us in his book.

Haidt develops the analogy that the righteous mind is like a tongue with six taste receptors. According to Haidt, morality is like cuisine: it's a cultural construction, influenced by accidents of environment and history, but it's not so flexible that anything goes. Moral matrices vary, but they all must please righteous minds equipped with the same six social receptors. Haidt calls these receptors moral foundations. According to Haidt's Moral Foundations Theory, there are six psychological systems that compromise the universal foundations of the world's many moral matrices: Care/harm, Liberty/oppression, Fairness/cheating, Loyalty/betrayal, Authority/subversion, and Sanctity/degradation. Haidt's research has shown that liberals and conservatives tend to value and prioritize these moral matrices differently.

The Care/harm foundation has deep evolutionary roots in the adaptive challenge of protecting and caring for children. Today, it has expanded to many more classes of vulnerable populations. The moral matrix of liberals, in America and elsewhere, rests more heavily on the Care foundation than do the matrices of conservatives.

The original triggers of the Fairness/cheating foundations are acts of cooperation or selfishness that people show toward us. When people show signs that they can be trusted to reciprocate,

we feel pleasure, liking, and friendship. When people try to cheat us or take advantage of us, we feel anger, contempt, and even disgust. On the left, the Fairness foundation is expressed in terms of concerns about equality and social justice. On the right, the Fairness foundation is expressed in terms of proportionality—the idea that people should be rewarded in proportion to what they contribute, even if that guarantees unequal outcomes.



The Loyalty/betrayal foundation is part of our innate preparation for meeting the adaptive challenge of forming cohesive coalitions. The original trigger for the Loyalty foundation is anything that tells you who is a team player and who is a traitor. This foundation teaches us to love loyal teammates and to hate traitors. The left tends toward universalism and away from nationalism, so it often has trouble connecting to voters who rely on the Loyalty foundation.

We will continue with the other foundations in the next issue. However, it is important to emphasize that the answer to the question of why we are divided by moral and political issues is not because some people are good and others are evil, but because we have taste receptors or multiple moral foundations and we tend to value and prioritize these foundations differently, as with taste. Therefore, to create greater civic dialogue, we need to expand our palate and consider the value of each of the foundations and interpretations.

*Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Palencia. Michael is currently offering couples, family, and individual therapy in office and via secure video appointments. If you are interested in couples or family therapy, contact Michael at 904-729-9666 or visit [www.happycoupleshealthycommunities.com](http://www.happycoupleshealthycommunities.com).*

## Catholic Charities Golf Tournament May 6th At Marsh Creek Country Club

Join friends for a good cause at Catholic Charities Golf Tournament held Monday, May 6th at the Marsh Creek Country Club. It's a beautiful day of golf at one of St. Augustine's best golf courses which includes a round of 18-hole golf, lunch and celebratory reward ceremony to close the day.



Tickets are \$150 each and all funds raised will benefit Catholic Charities St. Augustine Emergency Assistance programs. Sponsorship options are available for Title Sponsor, Tournament Sponsor, Awards Sponsor, Beverage Cart Sponsor, Putting Contest Sponsor, Closest To The Pin Sponsor and Hole Sponsor.

Contact Tara Provini at [tprovini@ccbstaug.org](mailto:tprovini@ccbstaug.org) or Elisa Bennett at [ebennett@ccbstaug.org](mailto:ebennett@ccbstaug.org) or call 904-829-6300.

## Chris Mastoridis New Athletic Director At Nease High School

Welcome Chris Mastoridis, new Athletic Director at Nease High School. Chris was born in Montreal and developed a love of hockey. His family moved to Florida where Chris graduated from St. Augustine High School and attended Flagler College. At Flagler Mastoridis played baseball for a year while completing his BS in Physical Education and Recreational Management. He later moved to the Northeast and earned his master's at Springfield College in MA.

Chris has a very strong understanding of what it takes to create a successful program, a calm demeanor and is supportive of all the teams, coaches, and Booster Club. His goal for Nease is to be recognized as one of the top places to play in St. Johns County. He has high standards for the coaches, players and teams. He is well aware of the history of Nease High School, and understands that tradition not only lives here, but we also need to invest in adding and polishing that tradition.



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## How Are We Praying, Thinking, Acting Towards Our Neighbors?

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

Dr. William Willimon shares this story; A student rushed home from college to be at the bedside of his grandfather who was very ill, near the end of his life, it was thought. Sure enough when he got there, he found his grandfather in bed, in a weakened state.

He and his grandfather visited, each realizing that it would probably be their last conversation. Then his grandfather said, "Well, Anthony, I'm really feeling weak. Let's pray together before you go."

Anthony grasped his grandfather's hand and began by praying for his grandfather in his illness and suffering, asking God to help him. Then Anthony's grandfather prayed. He prayed, "Lord, keep working with Anthony during his days at college. Always remind him that he is loved by you and cared for by you. And help Anthony, someday, to see that he ought to be a pastor. Amen."

"What did you say?" exclaimed Anthony. "What was that about my being a pastor?"

"Anthony, I was talking to God," his grandfather replied. "I was praying. Besides, I'm very tired now. Thank you for coming to see me. Goodbye." It was the last thing Anthony heard his grandfather say.

Oh, the perils of listening in on someone else's prayer!

Please Read John 17. In this scripture, we are overhearing a prayer of Jesus addressed to God, but also meant to be overheard by us. Verses 20-26 are the part of this long prayer/proclamation that deals with Jesus' intercession for all those who believe through the testimony of the disciples. Therefore, his prayer is

for his disciples then and his disciples now - us.

Just as the Father and the Son are one, so Jesus prays for the unity of the church. The church is the people, not a building, or a name. The church is you and me wherever we find ourselves. Jesus prays for all believers to be one so that the "world may believe that you have sent me."

If the world were to watch and hear of your actions, would they believe in Christ whom God sent?

Jesus said, "A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another." John 13:34

I have reread this passage several times this morning and I have not seen, "only love another as long as the other person loves you." That does not seem to be mentioned in my bible. I also could not find, "only love one another through backbiting, dissension, divisions, and cruel animosity." I could not find that verse.

Our unity, our love for one another, and our peace are gifts of God for which we must pray. They are life and death matters of our Christian life. Therefore, to be a Christian is not simply to cultivate your own solitary little spiritual garden, but it means to worry about your neighbor, to think communally. That's what Jesus does in this prayer. And that is what Jesus calls us to pray for as well.

How are we Praying, thinking, and acting towards our Neighbors?

May the Peace of Christ abide in your homes, and your community.

## St. Augustine Travel Club

The St. Augustine Travel Club will meet on Wednesday, May 8, 3:00 p.m., at the Southeast Branch Public Library, 6670 U.S.1, St. Augustine, 32086. The club will cover England: Castles, Cottages & Countryside Part 1. Touring London's traditional and contemporary sights, followed by beautiful countryside. Questions? Call Peter at 904-797-3736.

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John 15:13

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## Summer Home Maintenance Checklist

Summer is the perfect time to take advantage of the warm weather and get some work done around the house. Help keep your home performing efficiently during the summer by adding these tasks to your home maintenance plan.

**Service your air conditioner.** Regular maintenance can help ensure your air conditioner is working as efficiently as possible during the summer.

**Hose down your exterior air conditioner unit.** Air conditioners tend to collect dirt and debris over time, which reduces efficiency. Use a garden hose to spray the unit with water to remove buildup and help it run more efficiently. Also remove any nearby plants or weeds that could grow inside the unit.

**Look for signs of critters and bugs.** Check garden plants, trees and shrubs for insect infestations. Termites can easily go undetected until considerable damage has been done. Look for telltale signs like flaking wood or mud buildup and tunneling systems in the exterior wood. A professional pest control inspection may be needed.

**Pressure washing.** Spruce up the exterior of your home by pressure washing your sidewalks, porches and driveways. Fences and decks can also use a lower pressure cleaning.

**Trim trees.** Trees supply shady ambience and should be well cared for to avoid potential damage to your home. Keep branches pruned and at a safe distance from power lines and your home to help prevent storm-related damage. Inspect trees for signs of decay, such as cracks or hollowed limbs. Arborists or tree care professionals can help with the cutting and removal of large or high limbs.

**Check gutters and downspouts.** Safely clear all debris from gutters and see that downspouts are still routed properly so wa-

ter drains away from the house.

**Inspect the roof.** While on the ground, step back from your home and inspect the roof for maintenance from all sides to see if shingles are cracked, curled or missing.

**Clean exterior dryer vent.** Clean the outside clothes dryer vent to remove any built-up lint and allow your dryer to work more efficiently.

**Inspect driveways and walkways** for damage. Inspect the pavement for cracks and holes. Remedy them to help prevent accidental slips, trips and falls.

If you see weeds popping up between cracks in the pavement, resist the urge to pull them up. You'll remove the upper part of the weed, but the root system will remain intact and new growth will return. For a cost-effective solution, boil water in a kettle, carefully carry the kettle outside, and pour the water on any weeds to kill them off for the season.

**Garage maintenance.** There are many items that should not be stored in a garage. Hazardous materials such as paint, solvents and chemicals should be kept away from children and disposed of properly. Don't store heat-sensitive or combustible materials in the garage, as the temperature will be rising throughout the season. Consider storing power tools in locked cabinets to help keep away from children.

While these items are easier to perform in the summer, there are more home safety items to look at throughout the year such as having your chimney cleaned and checking on carbon monoxide detectors, fire extinguishers and your smoke detectors.

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