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PALENCIA PRESS

JUNE 2024

Palencia Group Demonstrates At World Tai Chi Day



On a serene morning in Jacksonville, Tai Chi enthusiasts from the area gathered to celebrate the ancient practice of Tai Chi. Among them stood the Palencia Tai Chi group, a dedicated assembly of practitioners, ready to showcase their skills and unite in the spirit of harmony and wellness. The occasion? World Tai Chi Day, an annual event observed by millions worldwide, aimed at promoting the profound benefits of Tai Chi for both physical and mental well-being. Tai chi classes are offered on a regular schedule at the Palencia Fitness Center and are free to Palencia residents. See Complete Story On Page 16.

Palencia Bark & Stroll For A ‘Pawsitive’ Cause



Palencia is gearing up for a day filled with wagging tails, happy faces and a whole lot of compassion. On Sunday, June 2nd at 9:00 a.m. Market Street will transform into the epicenter of furry festivities as Bark & Stroll takes center stage, inviting families and their four-legged companions to join in on the fun for a cause close to their hearts. Kicking off with a 5K Fun Run/Walk with or without your dog, the community fundraiser will benefit Florida Urgent Rescue (F.U.R), a non-profit tirelessly dedicated to rescuing and rehabilitating animals facing neglect, abuse, or abandonment. Bark & Stroll includes events for kids as well as their canine friends, a tiny tots walk, cheerleaders and a photo booth for kids. Prize raffle, silent auction, bake sale, dog adoption and a pickleball tournament is scheduled. In addition, the Tri-State Canine Response Therapy Dogs will be on-hand to demonstrate their expertise. It will be a fun-filled day for the whole family.

Palencia Tennis Season Wraps Up With Off-Court Celebrations

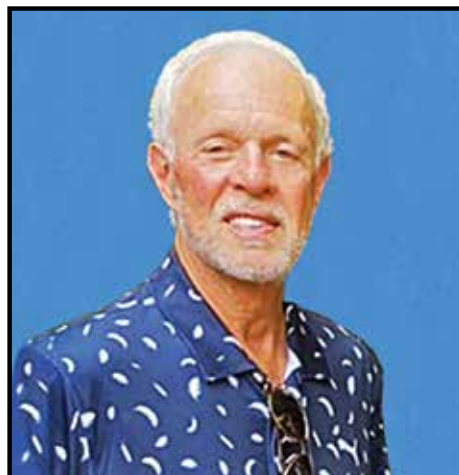


By Marcia Oltz, Palencia Resident

The Palencia women’s tennis teams have all completed their matches for the season with celebrations off the courts! They acknowledged friendships and they showered their coaches and comrades with appreciation gifts and lunches. The teams are already shopping for new uniforms and filling rosters for the new season beginning in August. This summer several camps will be held to welcome new players and work on skills that will provide even more wins next year!

Building A Community That We Can Be Proud Of

By Terry Shaw, Palencia POA President



Hello to fellow Palencia residents. I am Terry Shaw your new PPOA (Palencia Property Owners Association) president. Over the following months of my term I want to provide updates to all in the community on what is occurring, answer questions and how to avoid any type of violations and fines.

For those of you old enough to remember the 1967 Paul Newman movie “Cool Hand Luke” where he was on a chain gang in the south, this is for you. The captain of the chain gang, actor Strother Martin would say when one of the inmates did something he did not approve of, “it appears we have a failor to comunakate,” his words not my misspelling. Well, going forward I hope to adequately communicate with all of you in our great community.

We had election results for three POA board seats. Don Rehberg, who stepped in last year when we had an opening, was re-elected and continues to act as our treasurer. Don had also served on the Governing Documents Committee with me. Genevieve (Gen) Mongon who is our new secretary and previously was head of the CEC, Covenant Enforcement Committee, and Bill Sherr who is the new Director. Bill was previously in the military as a combat advisor and now is in the Florida National Guard. Tim White, the previous secretary, is now vice president and I am president.

I also want to introduce our management company Vesta. The general manager is Heather Beladi, and our new CAM (Community Association Manager) is Sarah Guzman. Heather has done an outstanding job helping our Board and fixing issues. Sarah has returned to us and has extensive knowledge and background in community management and has already shown to be invaluable.

Now you know us and we want to get to know you. That is easily done by attending our monthly meetings held on the fourth Wednesday of each month at 5:30 p.m. in the Palencia Amenity Center. No reservation is needed, just come by so we can meet you and hear any thoughts

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St. Augustine Travel Club

The St. Augustine Travel Club will hold their next gathering on Wednesday, June 12th at 3:00 p.m., 6670 U.S.-1. The group will cover the same region as May with more travels in England, Castles, Cottages, and Countryside. The Club is free and no registration is necessary. Questions? Call Peter Dytrych at (904) 797-3736.

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The Palencia Press

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Palencia Resident Sharon Coleman: Coloring The World, One Brushstroke At A Time

By Patricia Frederick, Palencia Resident

Palencia artist Sharon Coleman has been surrounded by original art all her life. Her parents were artists, who also collected art from many California artists and she and her parents often visited art shows and art museums.

She has been painting off and on since 2000 and became very active during Covid, painting, selling and promoting herself and her artwork. She has had a few different careers in her life, but now considers herself a full-time artist.

She started her artistic career first with charcoals, then oils and finally settled on acrylic. Her artwork comes from places she visited, her own photography and the overall beauty of Florida.

Sharon chooses her subjects based on feelings she gets when looking at a photo, whether it is energetic or serene. She likes to explore the emotive qualities of color, hues, contrasts and the vibrant essence of nature. She translates that into abstract and representational art. And, for Sharon, capturing color is everything.

From the ever-changing hues of a sun-



rise or sunset, the energy of crashing waves or the contrast of white clouds against a brilliant sky, her artwork is a celebration of the beauty around us. She invites those who view her art to immerse themselves in the radiant world of color, hoping her art brings joy to people as much as she enjoys painting it.

Sharon lives in Palencia with her husband and a new puppy. She has three grown children and six grandchildren.

Building A Community That We Can Be Proud Of

Continued From Page 1

or concerns you might have, both good and not so good.

Although we have a lot going on that needs some elucidation, I feel this first article needs to cover some common questions. First, the difference between the POA (property owners association) and the CDD (community development district).

The POA has all responsibilities associated with homes and the owners property which includes lawns, landscaping, tree trimming, removal and replanting, home exterior repairs and additions, roofs and general upkeep. If there is a need to upkeep your property in some way, our CAM will send an initial friendly violation reminder to ask you to repair or upkeep your property. If ignored, then a second warning letter is sent. If the property owner does not make the correction, does not contact the Vesta office or Sarah, then this matter goes to Covenant Enforcement for possible fining. If you do repair the problem immediately contact the Vesta office and let them know the problem is resolved. If there is a bigger issue that needs a contractor, call the Vesta office to tell them the timeline for repairs. Remember our goal is not to fine homeowners but to correct the violations keeping the entire community in the best most beautiful manner possible. Your annual POA fees are \$125.00.

This is important: Any big renovations or changes to the exterior of your property, the homeowner MUST FIRST CONTACT

THE ARB (Architectural Review Board) to fill out the change application prior to work being done. Otherwise you might be fined and the work done, if not within our community guidelines, might need to be removed. ALWAYS contact the ARB prior to work.

The MCCDD (Marshall Creek Community Development District) which comprises the areas from North Loop and all regions south, is responsible for all the common areas e.g. landscaping, planting trees, flowers and their maintenance. Also cleaning common area sidewalks, gutters, street repairs, retention ponds and many other common area upkeep. They also are responsible for the swimming pools, amenity center, tennis and old pickle ball courts. The CDD is actually a government entity and has many legal responsibilities and requirements. The CDD fees are part of your yearly tax bill.

So any questions or issues with your personal home goes to the POA but issues with the common/public areas go to the CDD.

Hopefully this answers some questions but if you have more that are homeowner related contact the Vesta office 1-904-747-0181 or send an email to our CAM Sarah at sguzman@vestapropertyservices.com.

If you have CDD related questions, contact Jodi Moore the CDD manager at jmoore@vestapropertyservices.com

P.S. If you never saw "Cool Hand Luke" it is worth streaming. An oldie but goodie!

Jill Stonier

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Will Your Taxes Go Down In Retirement?

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

Tax Myth:

“Taking taxes one year at a time is enough, especially because I know my taxes will go down in retirement.”

Taking taxes one year at a time is not enough if you want to ensure you set yourself up for retirement (or even leave a legacy). Plus, taxes don't always go down in retirement. If you've done well to plan your retirement, and you've saved a chunk of money, then don't assume your overall income will drop after you retire. For many people, it actually goes up. This is especially true because many people begin saving for retirement later than they should, and they put away a huge proportion of their income during the latter half of their career. And generally speaking, when your income increases, your taxes will too.

Additionally, taxes almost never go down in general. Think of it this way: Tax rates can only do one of three things. They can go up, they can stay the same, or they can go down. So ask yourself, are you worried tax rates will go down? Over the course of your lifetime, have tax rates in general, and the taxes you pay personally, gone up or down? What makes you think it will be different for your retirement? The fact that taxes tend to increase forms one factor. The other factor comes from retiring itself. When we retire, it naturally shuffles our sources of income. Typically, our main source of income comes from a W-2 or 1099, and when we retire, that goes away. Now our main source of income comes from our retirement savings or gains from other investments. When your income gets more complex, your tax situation gets more complex too.

Another factor: Many people move when they retire. Different states (or even countries) have different tax rules. But how many of us have taken the time to understand how moving to Florida (or the retirement spot of our choice) will affect our tax situation? Thankfully, you have the ability to prepare now, whether retirement feels like a far-off dream or it's less than a year away.

Here are two things you can do to prepare yourself:

1. Don't assume things will get simpler.

Instead, educate yourself. The first step involves your mindset. Your tax situation will probably not get simpler when you retire. It certainly won't be simpler the first year while you make adjustments to your income, plan distributions, and potentially move. Regardless of whether you face more or less complexity, you can educate yourself now, so you're ready when the day comes. As any retired person will tell you, the day is coming faster than you think.

2. Begin planning now, even your potential destination. You have choices to make about how, when, and where you pay taxes if you want to win over your lifetime. That includes planning into your retirement days. Do you know what your sources of income will be once you retire? Do you know where you plan to live and how it will affect your taxes? You don't need to have an exact plan as far as income sources or your precise geographical location decades from now, but you should have an idea. It could help to make a list of top destinations and take the time to learn about their tax rules. Additionally, you should know whether your savings and investments will support you once you clock out for the last time. Don't just take it year by year, and don't assume that your financial life will get simpler once you retire.

The heart of the matter is this: We all need to plan for our taxes, instead of just preparing them year in and year out. If we prepare adequately, retiring won't be a headache but a joyful moment capping off our career and financial plan. If we do this, we can aim to lower our lifetime tax obligations, and help to be more confident in retirement. Talk to a professional who understands the importance of tax and retirement planning specific to your needs.

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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O Captain! My Captain!

By Sara Seifert, Palencia Resident
Palencia Elementary PTO

Palencia Elementary School's principal, Catherine Goodrich, or Captain Goodrich as she is fondly referred to by students, parents and faculty is the fearless leader of our school. If the school is a ship, she is certainly the trusted captain who makes sure everything runs accordingly, the passengers are happy and that the sailing is smooth.

As this school year closes, we thought it would be a good time to get to know Captain Goodrich through questions and answers. The path to leadership in education is interesting to me and hope that you all find it to be as well.

Q. You have mentioned that you were an elementary school teacher. What made you transition to the administration side and become a principal?

Actually, I began my early childhood education career in the private childcare sector, working with infants through preschoolers. The two-year-olds were my favorite because of their spunk and how their vocabulary literally multiplied right in front of you from day to day. My father worked for American Bankers Insurance Group in Miami and I began volunteering at their on-site childcare center when I was only 12 years old. My daddy was a senior executive at the company, which meant we arrived early and stayed late. (Those long hours paved the way for my current role as principal.)

When I was attending Florida State University, pursuing my bachelor's in early childhood education, I worked at LaPetite Academy as well as two elementary schools' extended day programs. Those experiences were invaluable! Upon graduating, I was selected to be the Director of the Department of Education's on-site childcare center. I moved to the Jacksonville area in 1994 and continued to work as a childcare administrator until I accepted a 2nd grade teaching position at Timberlin Creek Elementary school in 2005. Over the years at Timberlin Creek Elementary, I served as 2nd grade teacher, 3rd grade teacher, Instructional Literacy Coach, and Assistant Principal. I also went back to school and earned my master's degree in Educational Leadership during these years. For those who have principal aspirations, the school district encourages their leaders to have varied experiences. I was grateful to serve as Osceola Elementary's Assistant Principal for two years, and to work at St. Johns County Schools' district office for a year, before coming to Palencia Elementary as Assistant Principal in 2016.

Q. What has been the most rewarding part of the 2023-24 school year in your role as principal?

Oh, it's hard to pinpoint just one thing. Watching our 5th graders participate in end of the year special events is always exciting and joyful. A good number of these students started at PES as 5- or 6-year-olds. We met 55 of our NEW kindergarteners last week, and that was beyond precious. When I reflect on what I am most proud of this year, it is when our teachers and families come together to help the children during the tough times. How we treat each other has the potential to make or break a school community. I am thankful for the home-school connections we have built.

Q. What are you most looking forward

to in the coming school year?

Palencia Elementary School will open two PreK classrooms in the 24-25 school year! We will serve students with disabilities, as well as typically developing 4-year-olds. I feel like this will be a full circle moment in my career, looking after little ones again. I can't wait.

Q. In your opinion, what benefit(s) does the PTO bring to Palencia Elementary School?

I would certainly exceed this article's word count limit if I were to list all the benefits our PTO brings to our school. All kidding aside, the members of our PTO often get to know the inner



Catherine Goodrich, Principal

workings of our school better than most other parents. This level of understanding yields increased trust, confidence, and a desire to help the school meet continuous improvement and enhancement goals. PTO members readily see our staff's teamwork, expertise, and dedication in action, and that, in turn, motivates them to want to be a part of our "crew." At Palencia Elementary, we believe and live our school's vision statement of 100%. We are ALL working for 100% of our students' success.

Q. Do you think it's harder to be a parent whose child is entering Kindergarten, going to school for the first time, or a parent with a child graduating elementary school and going to middle school? Do you have any advice for kindergarten parents?

Oh, this is a great question. I think BOTH can be hard as a parent. With both transitions, it is natural to feel nervous about what is to come. When I was pregnant with my second son (and my first son was still a toddler at the time), I asked a dear friend's mother if it was hard to have two children close together in age. Her response was something I will always remember. She said, "Oh, you grow accustomed to it." I suppose I was expecting a yes or no answer, so when I heard that reply I really paused and pondered that a good while. Twenty-three years later, I still think about those words. With so many changes in life, it can be a challenge or a bit unnerving at first, but in time you "grow accustomed to it." My advice for parents with children entering Kindergarten is to take a genuine interest in and make efforts to get to know your child's teacher and the school. Read emails from the school, get involved at school as your schedule allows, and work to form relationships with those that comprise our school community. Together, we are greater than we are as individuals.

Q. What is something you could tell families of your PES students that they may not already know?

I love what I do! Sure, most days are exhausting, but the joy I see in the children as they grow and learn, and the laughter I share with staff and parents as we navigate each day, make up for it tenfold.

However, most people probably already know that about me. Let's see, (I'm thinking) ...here's one! I had a rare opportunity when I was 16 years old. I was in a dance company that was invited to perform overseas. The trip was arranged and led by a tour guide. One day, we had breakfast in Denmark, lunch in Sweden, and dinner in Poland. Ha! That was a pretty cool experience.

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You May Ask – What Is An Espalier?

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

An "espalier," (pronounced "es-pal-YAY") is a plant trained to grow in a flat plane against a wall, fence, or trellis. The word espalier also describes the technique itself. It was first developed by the Romans, but later refined by Europeans into a higher art form.

An espalier is a living sculpture in the garden and is especially, as mentioned, effective against a blank wall or fence as an alternative to a monotonous row of shrubs. An espalier is also a good choice for a narrow area where spreading shrubs or trees cannot be easily maintained. With landscape spaces becoming smaller around homes, an espalier is an alternative that holds a great deal of appeal.

Virtually any plant can be grown on an espalier, but some plants and trees that do exceptionally well include: almost any fruit tree, but especially Climbing Fig, Natal plum, Loquat, as well as Jasmine, Allamanda, Camelias, Gardenia, Juniper, Red Bud, and Pyracantha (Fire Thorn).

Formal espaliers usually need a framework for support. The framework also provides a guide for training branches and serves to create the illusion of a complete espalier long before a plant is trained to a particular pattern. Wooden trellises should be constructed of rot-resistant woods such as cypress, cedar, redwood, or pressure-treated lumber. The support framework should be placed next to a wall or fence before installing the plant.

Once you have selected a plant, pattern, and support framework, the next step is plant installation. Dig a hole one foot wider than the root ball of the plant. Back-fill the hole with enough soil so that the plant sits in the hole with top of the root ball level with the top of the hole. Firm the soil in the bottom of the hole to prevent settling. Gently place the plant straight in the hole and fill around the roots with soil. Water thoroughly while planting to remove air pockets. Apply a 2- to 3-inch organic mulch to conserve moisture and help to control weeds.

The training technique used will depend on the pattern selected and the number of laterals on the plant. Carefully bend the branches into the desired positions

and tie them into place. Remove all unwanted laterals or branches. If a design with a dominant main shoot is used, do not cut the top of the main shoot until the desired height is reached. A design with pronounced lateral growth requires that the terminal be cut at the level of the first branching, usually 15 to 18 inches from the ground.

To maintain an espalier, prune, and tie new shoots to conform to the desired pat-



tern. Prune all stray branches that grow outward at right angles to the flat surface and those that grow beyond the boundaries of the desired pattern. Be careful to prune flowering shrubs and trees during the proper season.

Some garden centers sell plants that are already trained for an espalier, so don't hesitate to ask about them. Espalier gardening might sound complicated, but as long as you follow some simple instructions, it really isn't difficult. It is a matter of harnessing the required patience to work with the plant of your choice and the structure you choose and then train branches from the tree at horizontal angles. If you google the word "espalier," you will see many different plant options and structures you can choose from. Be inspired in your landscape canvas and don't be hesitant to try this new, artistic option!

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)



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Health Insurance Coverage Thru COBRA

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

Do I need to sign up for Medicare if my former employer's coverage continues under COBRA?

Yes, you need to sign up for both Medicare Parts A and B if you're 65 or older, even if you continue your employer's health insurance through COBRA after you leave your job. Otherwise, you could end up with late enrollment penalties and coverage gaps.

COBRA stands for the Consolidated Omnibus Budget Reconciliation Act of 1985, a federal law that requires companies with 20 or more employees to let them continue their group health insurance coverage for up to 18 months after they or their spouse leaves their job. Sometimes COBRA coverage can continue for up to 36 months for certain family members. Many states have similar laws for employers with fewer than 20 employees.

Your coverage won't change under COBRA but expect your premiums to jump, because you will now pay both the employer's and the employee's share of the costs. Employers generally pay 70 to 80 percent of the premiums for their current employees.

Medicare works differently with COBRA, depending on whether you first signed up for COBRA before or after age 65.

What happens if my COBRA coverage started before 65?

If you become eligible for Medicare after you've signed up for COBRA, your COBRA benefits will end when you turn 65, no matter how many months of COBRA coverage you were offered.

You'll need to sign up for Medicare during your initial enrollment period, which begins three months before the month you turn 65 and ends three months after your birthday month.

How does Medicare work with COBRA after age 65?

If you leave your job after you turn 65, you aren't prohibited from signing up for COBRA, but you could end up with late enrollment penalties and coverage gaps if you don't sign up for Medicare when you do.

You can delay signing up for Medicare without penalty only if you or your spouse is still working and have health insurance from a current employer. Even though COBRA is the same coverage as

you had when working, it acts differently under Medicare rules because you or your spouse are no longer actively working in that job.

If you postponed signing up for Medicare past 65 because you or your spouse was still working, you qualify for a special enrollment period any time while working in that job and for up to eight months afterward. You should enroll in Medicare Part A and Part B before the end of that special enrollment period. If you don't, you may have to pay a late enrollment penalty and you may have to wait until the general enrollment period, Jan. 1 to March 31, to sign up for Part B.

You may also have coverage gaps. When you're 65 or older and you and your spouse are no longer working, Medicare pays your health care claims first, and your other coverage — whether COBRA, a Medigap policy or retiree coverage — pays for expenses and services that Medicare doesn't cover. The secondary coverage may pay for Medicare's deductibles, copayments and other out-of-pocket costs.

But if you don't sign up for Medicare, the secondary coverage may not pay any claims. It's important to sign up for Medicare before — or soon after — the employment ends so that you don't end up with coverage gaps.

Keep in mind

Prescription drug coverage. The rules are different for Medicare Part D prescription plans. If you have COBRA or retiree drug coverage that is at least as good as Part D, which Medicare considers "creditable coverage," you don't need to enroll in Part D as long as you have that coverage, even if it's not from a current employer. Ask your plan if the coverage is creditable.

After losing that coverage, you'll have 62 days to enroll in Part D without a late enrollment penalty.

Medigap plans. You can buy any Medigap policy in your area, regardless of your health, within six months of enrolling in Medicare Part B. Otherwise, Medigap insurers can reject you for coverage or charge more if you have preexisting conditions. Within 63 days of losing health insurance that provides secondary coverage to Medicare, such as COBRA, you have a guaranteed issue right.

However, in most states, this means that you must exhaust COBRA coverage (meaning that you may have to pay for the full 18 months of COBRA) before you're given this guaranteed issue right, if more than six months have passed since you signed up for Medicare Part B. When first deciding whether to supplement Medicare with COBRA or Medigap, compare the cost of both options and keep this time frame in mind.

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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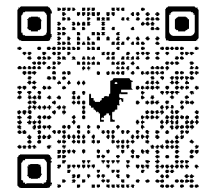
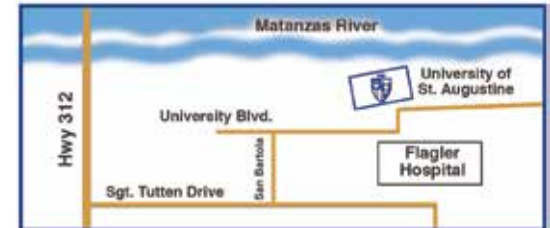


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Pain Following Mastectomy Or Lumpectomy

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

At First Coast Rehabilitation we treat a variety of orthopaedic and neurological dysfunctions head to toe. We treat head/neck pain, shoulder pain, wrist and hand, back, hips, knees, ankles and feet, balance, debility, lymphedema, pelvic pain, headaches, chronic pain, TMJ and more. We also have a history of treating those surviving cancer. In fact, we've see many women who experienced pain following either a mastectomy or lumpectomy.

A few years ago, following a mastectomy, a patient stated, "I'm alive but in pain. Don't get me wrong, I'm happy to be alive, but this pain is unrelenting." She had no pain but learned of her diagnosis based on a routine exam. Following her surgery, she had excoriating pain after everything had healed. She had developed trigger points, hyperirritable spots in the muscle.

Myofascial Trigger points can develop with many diagnoses: chronic low back pain, neck/shoulder pain, headaches and even fibromyalgia, to name a few. They develop after trauma or when the muscle is overloaded, both of which happened in my patient's case. She experienced tissue trauma from the surgery and muscle overload from muscle guarding. Such trauma and/or muscle overload puts both muscle and nervous system under intense, repeated or sustained stresses leading to hypersensitivity.

A research article published in 2010 by Torres Lacomba examined 116 women following breast cancer surgery over a twelve-month period. He found most who developed myofascial trigger points did so within the first six months. This was followed by another study conducted by Caesar Fernando-lao, who examined 64 women for 12 months and compared findings from those who underwent a lumpectomy to those who endured a total mastectomy. He found there was no difference. Both developed painful

trigger points regardless of the extent of the surgery.

Certainly, there is a lot going on leading up to, during, and after the time of such procedures. I can only imagine the stress levels when anyone first learns cancer is involved. Initially, myofascial trigger points are not and should not be a top priority. But after surgery they should be considered as on-going sources of pain. Other things can also cause pain – incisions, scar tissue, and axillary web syndrome but in the absence of these, myofascial trigger points can be easily diagnosed, treated, palpated and eliminated.

If you are 1, 3, 6 months post op and still having pain, it may be worthwhile to have a physical therapy examination. It should include a palpation exam of the muscles in the upper quadrant to identify myofascial trigger points. The therapists at First Coast Rehabilitation are well versed in such exams and may be able to help. Don't endure the pain if it can be helped.

- Torres Lacomba, et al. Incidence of Myofascial Pain Syndrome in Breast Cancer Surgery: A Prospective Study Clin J Pain, 26, 320-325, 2010

- Fernández-lao, C. et al. Development of active myofascial trigger points in neck and shoulder musculature is similar after lumpectomy or mastectomy surgery for breast cancer. J Bodyw Mov Ther, 16, 183-190, 2012

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

Palencia's Kathy Evans And Kristie Gauntt At NTRP Championships

Palencia Tennis Center members Kathy Evans, right, and Kristie Gauntt placed 3rd in the USTA NTRP National Championships on April 19 and 20 in Pelham, Alabama. The tennis duo finished with a 5-1 record.



Mark Ellis

How to identify your vehicle's fluids by color and consistency...

Wet spots under your vehicle deserve attention. While a puddle of clear water may be normal condensation from your vehicle's air conditioner, a dark brown or black oil puddle indicates you're leaking oil which could be the result of a bad seal or gasket. Yellowish green, pastel blue or orange color means you have an antifreeze leak. Check hoses, radiator and water pump. Red oily spots under your vehicle indicates a power-steering or transmission fluid leak.

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“The Final Stretch” An Exciting Year For Golf

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

WGA - ladies golf association is coming to the final stretch, and it has been a very exciting year for golf, lots of headlines were made from our ladies and great accomplishments achieved in County and Florida State. Palencia ladies have taken their golf to another level.

The two-woman Matchplay, that has been running in two flights since February

strong players to win their respective flight. This year, Cathy French and Deidre Wray were the winners of flight 1 and Maria Cavanaugh and Robyn Crosfield were the winners of flight 2. The final match was won by Maria Cavanaugh and Robyn Crosfield. Congratulations on your win.

Beaches Ladies Golf association is an organization of 220 women golfers from the

First Coast Area. Each year a two-day tournament is held to determine the 2024 Anniversary Cup Champion. The women competed at Deerwood Country Club and Stillwater Golf Club. That award goes to our own Judy Guarino. Congratulations on your accomplishment for 2024.

We were so blessed this year playing two beautiful days at our

2024 Club Champion Tournament. Many thanks go to our pros, Matt Carroll, Head Golf Professional, Drew Walker and Kim Jakobs, Assistant Golf Professionals for organizing such an exciting tournament. A special thanks to all participants for making it an exceptional event. Also, the maintenance crew for great golfing conditions and the Club for the delicious food.

The defending club champion Monique Perna, to no surprise, has done it again with a six-shot lead, scoring a total gross of 166. Congratulations to you for your outstanding performance!

We crowned several other winners in our club championship. Faye Peludat as Senior net Champion, Ladies Division with an impressive net score of 148; and Barb Jacobi as Super Senior net winner with a wonderful score of 150. Maria Nilsson took the overall low net ladies division Championship with a score of 150. This year’s Club Championship was well supported by 87 players. Congratulations to all the winners.



2024 Ladies Club Champion - Monique Perna.



Barb Jacobi - Super Senior Club Champion.



Faye Peludat - Senior Club Champion 2024.



Maria Nilsson - Overall Low Net Club Champion.



Final Matchplay- Robyn Crosfield, Maria Cavanaugh, Cathy French and Deidre Wray.



2024 Anniversary Cup Champion- Judy Guarino.

has come to the final match where winners of flight 1 compete against winners of flight 2. These ladies have competed against very

We would like to welcome three new members to our WGA association, Judith Luke, Charisse Foy and Milen Planas. Thank you, ladies, for your support and hope you enjoy our events. Our next issue will reveal the Queen of Clubs, winner of our annual qualifying event for both 9- and 18-hole golfers. Very exciting to see which two women shall be crowned the 2023-2024

Queen of Clubs. Our results of closing day and our election of the new officers for our WGA shall be highlighted as well.

Bob Rotella explains golf in a simple manner: “Golf is about how well you accept, respond to and score with your misses much more than it is a game of your perfect shots. Enjoy golfing! It’s a privilege and a blessing.”

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Understanding SGLT2 Inhibitors and Bexacat

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

This month, let's delve into a relatively new class of medications called SGLT2 inhibitors and their potential impact on pet health.

SGLT2 inhibitors have garnered attention in human medicine for their efficacy in managing diabetes. They work by blocking the reabsorption of glucose in the kidneys, leading to increased glucose excretion in the urine. While primarily used in humans, there has been growing interest in exploring their applicability in veterinary medicine, particularly in managing diabetes mellitus in dogs and cats that are not favorable candidates to receive insulin injections (shots).

Currently, this class of drugs is being used very successfully in many cats. Unfortunately, the SGLT2 inhibitors that have been tested so far in dogs have not been successful.

Bexagliflozin, marketed under the name Bexacat, stands out as one of the prominent SGLT2 inhibitors in veterinary medicine. While it holds promise in managing diabetes in cats, it's crucial to understand that not every diabetic cat is a candidate for this medication.

Bexacat isn't a one-size-fits-all solution. It's tailored for diabetic cats with specific criteria: those who haven't un-

dergone insulin treatment, are free of concurrent pancreatitis, and can undergo diligent monitoring.

Close observation and regular testing are essential for cats on Bexacat. This proactive approach ensures we catch any changes in their condition early and adjust treatment accordingly. While Bexacat is a popular choice, individual circumstances may warrant transitioning to insulin therapy. Flexibility in our approach allows us to prioritize the well-being of our feline patients.

Personalized and collaborative care are just as important as managing diabetes with insulin. Each diabetic cat is unique, and their treatment plan should reflect that. Tailoring our approach to their individual needs is key to successful management. Effective diabetes management requires teamwork between pet owners and veterinary professionals. By working together, we can optimize outcomes and provide the best possible care for our feline companions.

In summary, Bexacat offers a valuable tool in our arsenal against feline diabetes. With careful consideration and proactive monitoring, we can harness its potential to improve the health and quality of life of our beloved feline patients.

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Quick Golf Tip: Balance In Your Golf Swing

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

Balance is not just a component but a crucial element of your golf swing. It's the key that unlocks your potential to build and transfer power, leading to longer and more consistent shots. Emphasizing the benefits of balance can ignite a sense of motivation and eagerness in golfers to improve their swing performance.

The place to start to improve your balance is at your setup.

You should be in an athlete position at your setup, with your weight 60% on your lead side and 40% on your trail side. Your weight should be in the middle of your feet, not on your toes and not on your heels! You should feel balanced and strong. Most golfers have a stance about shoulder width, but the main factor is that you feel athletic. Now, keeping your eye on the golf ball you can transfer your shoulders, hips, and weight back and through. Because of good balance, you will be able to have a consistent rhythm and sequence, providing power to your contact. This may sound simple, and I hope it does, but this is your foundation for building a great golf swing. Let's be balanced and athletic!



If you're ready to improve your balance and power, I am here to assist you. Please don't hesitate to reach out to me at www.laurabaughgolf.com. Your journey to a better golf swing is important to me, and I'm here to support you every step of the way.

Palencia Group Attends World Tai Chi Day

By Ron Cullum, Palencia Resident and Tai Chi instructor



On the last Saturday morning in April at 10 a.m. local time, people from some eighty countries around the world gather and do Tai Chi together. It all begins in Pacific Oceania just beyond the International Date Line and moves through New Zealand, Australia, Asia, Africa, Europe, and then on to North and South America, finally ending on the Hawaiian Islands. A rolling wave of Tai Chi encircles the earth on that Saturday morning, and it is one of the few peaceful and unifying world-wide events that we know.

On April 27th this year, Palencia's Tai Chi group participated in a very special event in Jacksonville along with several other Tai Chi groups from the area. The Tai Chi for Health and Wellness group hosted the outdoor event at The Foundation Academy on San Pablo Road and some 80-90 Tai Chi enthusiasts from the Jacksonville area were in attendance. There were demonstrations of various

styles of Tai Chi and exercises called qi-gong (chee-kung) to enhance our life energy. The 10-member Palencia Tai Chi group led everyone in an exercise called "Turning The Wheel" and then performed a demonstration of Chen-style Tai Chi. At the beginning and again at the end of the event everyone stood in a large circle symbolizing unity through "One World, One Breath," the World Tai Chi Day theme.

Tai chi classes are offered on a regular schedule at the Palencia Fitness Center and are free to Palencia residents. If you've seen a group of people in Palencia Park on a weekend morning moving together in slow, flowing motions, it is most likely the Palencia Tai Chi group. Tai Chi in the Park is free and open to all, so you might want to come out and have a taste of Tai Chi. Tai Chi is a long and winding journey with many health benefits and you would be welcomed at any of our gatherings.

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Why Are We So Divided By Moral And Political Issues? Part 2

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

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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. According to social psychologist John Haidt (*The Righteous Mind: Why Good People are Divided by Politics and Religion*, 2012), 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. 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.

In our last column, we explored the first three moral matrices. In this column, we will explore the next three: Loyalty/betrayal, Authority/subversion, and Sanctity/degradation.

The Liberty/oppression foundation evolved in response to the adaptive challenge of living in small groups with individuals who would, if given the chance, dominate, bully and constrain others. The original triggers therefore include signs of attempted domination. The current triggers include almost anything that is perceived as imposing illegitimate restraints on one's liberty, including government (from the perspective of the American right). For liberals—who are more universalistic and who rely more heavily upon the Care/harm found—the Liberty/oppression foundation is employed in the service of underdogs, victims and powerless groups everywhere. For conservatives—who tend to be more parochial—the Liberty/oppression foundation and the hatred of tyranny supports many of the tenets of economic conservatism: don't tread on me, don't tread on my business and don't tread on my nation.

The Authority/subversion foundation is based on the evolutionary role of authority in creating moral order. The current triggers of the Authority/subversion foundation include anything that is construed as an act of obedience, disobedience, respect, disrespect, submission, or rebellion, regarding authorities perceived to be legitimate. Current triggers also include acts that are seen to subvert the traditions, institutions, or values that are perceived to provide stability. As with the Loyalty foundation, it is much

easier for the political right to build on this foundation than it is on the left, which often defines itself in part by its opposition to hierarchy, inequality and power. However, considering the January 6, 2021, insurrection at the U.S. Capitol, one would have to question the loyalty of far-right groups to democracy and democratic institutions.

The Sanctity/degradation foundation evolved initially in response to the adaptive challenge of what Paul Rozin coined as the "omnivore's dilemma:" omnivores must seek out and explore new potential foods while remaining wary of them until they are proven safe. Omnivores therefore go through life with two competing motives: neophilia (an attraction to new things) and neophobia (a fear of new things). People vary in terms of which motive is stronger. Liberals score higher on measures of neophilia (also known as "openness to experience"). Conservatives are higher on neophobia; they prefer to stick to what's tried and true, and they care a lot more about guarding borders, boundaries, and traditions.

The Sanctity/degradation foundation evolved from the omnivore's dilemma to the broader challenge of avoiding pathogens, parasites, and other threats that spread by physical touch or proximity (think about how this was activated during the COVID-19 pandemic). The original triggers include smells, sights and other sensory patterns that predict the presence of dangerous pathogens in objects or people. The current triggers are extraordinarily variable and expandable across cultures and eras. A common and direct expansion is to out-group members, particularly toward immigrants. Plagues, epidemics, and new diseases are often brought in by foreigners—as are many new ideas, goods, and technologies—so societies face an analogue of the omnivore's dilemma, balancing xenophobia and xenophilia.

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.

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



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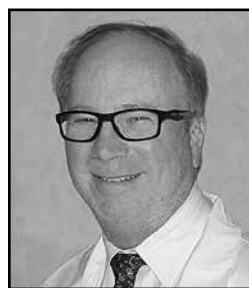
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Looking For Approval From Our Fathers

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

A father's influence in his child's life is critical to their view of the God the Father. Much like the moon blocks the sun in an eclipse, our earthly fathers block how we see and experience the Heavenly Father as He really is. Why is that?

We look for our approval from our fathers. We want to be told we are enough. All kids do. If we don't get that approval, we can spend a lifetime in emotional disorder without even knowing it, seeking after it and never receiving it. Many men deny their emotions about their experiences with their fathers and pretend it's not there. It can be a very scary path to uncover "father hurt" in our hearts. It takes enormous emotional courage to process our pain from childhood. This unresolved pain, though, impacts our marriage, our kids and eventually our grandkids for generations to come.

I experienced my own "father eclipse" years ago. I know a lot about God, what the Bible says about who He is, His grace and His forgiveness. I have a Master's degree stuck between my ears. Unfortunately, this is all head knowledge. God wants a dynamic relationship with His creation. He wants our hearts, not correct answers to Bible verses, or to make sure we are behaving right. There was a time that whenever I had to deal with my internal pain of unhealthy choices, I pictured God standing there disappointed in me with his arms folded and saying, "When are you going to get it right, Mike?" in essence I am seeing my earthly father's disapproval. It

has taken some time for me to wipe the face of my father off the face of God.

That's not who the Father is to me today. It's taken a lot of work and internal awareness to remove my "father eclipse" and feel the deep and abiding love of my daddy or Abba Father! He delights in you and me. He looks down and says, "That's my boy! My Beloved Son, Mike!" (Matt. 3:17). Since we have Jesus Christ residing inside us, the Father sees us as beloved sons and daughters!

The problem is... We don't believe it! We are more comfortable with the lesser perceptions or even denying the possibilities that there is a God who is our heavenly Father. It's about becoming aware of your upbringing and what went on in your family of origin and the role of your father. When you look at him as another broken man who doesn't know what he doesn't know and is only living out of his own unknown pain - you begin to understand why you see life the way you do, and why your worldview of God, yourself, and others is tainted.

We don't live out of our true identity because there is a surplus of experiences and perceptions of our earthly father that wound us and stigmatize us fathers.

As hard as we try as fathers to parent and reflect Christ in every way to our kids and raise them "right," we are not perfect. This Father's Day give yourself the gift of coming out of hiding and embrace the identity the Father has set before you.



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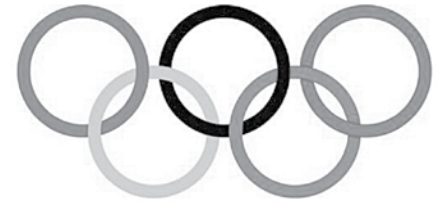
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Hebrews 12:1b-2a

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Severe Weather Safety Tips

During severe weather events like hurricanes and tornadoes, winds can reach speeds greater than 100 miles per hour. High winds can damage homes and property, and cause flying debris and broken glass which could cause potential injury. Proper planning may help save you from injury and inconvenience when severe weather strikes. Prepare your family by creating a disaster preparedness plan, including a survival kit and an evacuation plan.

Stay informed

Listen and watch for weather updates and advisories. Getting up-to-the-minute information is an important part of staying safe. Tune in to a NOAA Weather Radio, battery-powered radio or cell phone for updates and mobile alerts.

Take warnings seriously. Thunderstorm, tornado and hurricane warnings should be taken very seriously, as they mean that severe weather has been spotted and is on its way.

Find shelter

Take shelter in a safe location - move to the middle of your home, away from windows and glass doors.

Evacuate manufactured homes during severe winds. They are easily overturned by high winds, and flying debris can puncture their light frames and exteriors.

Consider building a safe room - an area of your home that has been reinforced to provide protection from broken glass and flying debris. An experienced contractor can build a safe room with a reinforced roof, walls and ceilings in a new or existing home.

Protect your property

Garage or store vehicles you plan to leave behind. If you don't have a garage, move them to higher ground, in case of flooding.

Place garbage cans, patio furniture, grills and other potentially wind-borne objects inside your home or garage.

Board up windows and glass doors with shutters or plywood to minimize damage from broken glass.

Secure and shut off your outdoor pool. Turn off the circuit breaker to your outdoor pool and remove the motor to prevent damage.

Prune tree branches that might break off during the storm and either hurt someone or cause damage to your home or vehicles.

If you can rent or purchase a generator, it might help keep refrigerators, freezers and lights on. A powerful storm can knock out power to your home for days, even weeks.

If you are instructed to evacuate, go to a shelter as directed by local authorities and lock doors and windows before you go, bring your survival kit and other supplies. Let friends and relatives know where you plan to be.

What you can do to prepare

Organize important papers. Gather and store them off-site, in a bank safe-deposit box or some other secure location in plastic, sealable bags on a high shelf.

Create a home inventory. Having a list of your possessions will expedite insurance claims after the storm. Keep it with your important papers off-site. It's much easier to file a claim with an existing inventory rather than trying to create one during the stressful post-storm period.

Put together an emergency kit. Suggested items are water, non-perishable food, first aid, medication, tools and personal hygiene. These items can come in handy if you have to leave your home and temporarily move into a public shelter. See next month's article for more in-depth information about emergency kits.

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