



Palencia



ST. AUGUSTINE

PRESS

AUGUST 2024

Swim Across America Event In Palencia August 24th



You can make an impact in the fight against cancer. Join neighbors by registering to swim at the Swim Across America (SAA) fundraising event at the Palencia lap pool on Saturday, August 24th. All Palencia residents and members of the Cyclones Swim Team are invited to swim and raise money. The funds raised go directly to support life-saving cancer research and clinical trials. Register as an individual swimmer, as part of a team, or as a volunteer. Visit www.swimacrossamerica.org/cyclones2024. By clicking on that link, you can also donate to your favorite swimmer or team. If you're a Palencia resident and you're not available on the 24th, you also can register and swim another day. Tentative Event Schedule on August 24th is 9 a.m. to noon.

Swim Across America has earned Guidestar Platinum status, the highest level of recognition of transparency for non-profits. The money raised by SAA has led to several major medical breakthroughs in cancer treatments. Come on out and help make a difference!

Palencia Hurricane Safety Tips and Resources



Hurricanes are among nature's most powerful and destructive phenomena. On average, 12 tropical storms, 6 of which become hurricanes form over the Atlantic Ocean, Caribbean Sea, or Gulf of Mexico during the hurricane season which runs from June 1st to November 30th each year. Over a typical 2-year period, the U.S. coastline is struck by an average of 3 hurricanes, one of which is classified as a major hurricane (winds of 111 mph or greater). Increase your chance of survival by knowing what actions to take when a hurricane approaches and when the storm is in your area. **...See Article On Page 20**

Palencia Tennis Has Its Own Version Of Wimbledon

By Marcia Oltz, Palencia Resident

The tennis center invited all tennis fans out to a Wimbledon Whites & Woods social on July 13th. All participants were encouraged to wear all white tennis apparel (as they have done at the oldest and most prestigious tennis tournament in the world - since 1877). Players tried wooden racquets, which were used in the original events in England. It was fun to watch as many had never even heard of wood racquets (which are much heavier and have a smaller frame than those they play with today). The 2024 Wimbledon men's singles draw winner will get a \$3.4 million, cash prize.

Palencia resident Tom Miller (inset) tries the traditional strawberries and cream at the Palencia Wimbledon event.



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The St. Augustine Travel Club will again be sailing the seas on Sunday, December 8-15, 2024 on the beautiful Italian ship MSC SEASHORE out of Port Canaveral to the Caribbean and Mexico, to the ports of Ocean Cay (MSC private island and Marine Reserve in the Bahamas), Costa Maya and Cozumel (Mexico) for a 7-day cruise. Prices start from \$799 per person, double occupancy. Book now with a \$199 p.p. deposit. Call Peter, St. Augustine Travel Club at (904) 797-3736.

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 - Matthew 21:24-27


The Palencia Press

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Thought For The Day

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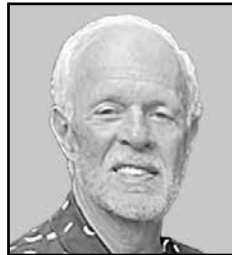
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Visual Anesthesia

By Terry Shaw,
Palencia POA President

Before I explain the above introduction I have a question for all trivia buffs. Who said "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." Hint, movie

If you guessed the 1986 movie *Ferris Buehlers Day Off* you would be correct.

So how does that play into visual anesthesia? Let me explain the term. Where normal anesthesia puts you to sleep or makes you groggy and unaware of your surroundings, visual anesthesia results in you missing what is going on around you even when alert and awake. This develops over time, when you see something many times a day for weeks, months and years then you no longer pay attention, you become anesthetized.

The new house you built or bought five, ten or more years ago that was pristine with perfect landscaping etc. becomes your visual anesthetic point of view. Now the lawn has dead spots, sidewalk has mold or grass between the pavers, roof is moldy, doors need paint-

ing, you get where I am coming from. Well who can see grass grow or paint fade...right? So our Community Association Manager drives through the community, spots your house from a



fresh perspective, and you get a first friendly violation letter. WHAT, not my house, no way! Don't be offended; it is the Palencia Property Owners Association coming to the rescue with a fresh set of eyes and is for everyone's benefit.

We are an aging community and we need to keep maintenance updated. The next time you leave your house or return home, stop at the end of your driveway and ask yourself this question: "If I was in the market for a new home and looked at this house, what would I want repaired, replaced or cleaned before buying?" A little annual touch up can save you a major expense later...and a letter from the POA.

Yes, life does move pretty fast. So stop and look around to enjoy the beauty of Palencia and your own home but also look for the few needed touch ups to get your home back to its original beautiful appearance.

Palencia Tennis Has A Team For Everyone

By Marcia Oltz, Palencia Resident

Teams will be in full swing beginning in August at the Palencia Tennis Center. There are three competitive opportunities for A players, two for B, three for C and one for D players plus a men's 3.0 and a men's 3.5 team that play weekly on home courts and away. The kids still have lots of summer play and their full BTS schedule will be available the first week of August. If you are interested in playing, please contact Tom Salmon at the Tennis Center 904-853-4012.



Just some of the men, women and young people that participate on the various tennis teams in Palencia.

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Palencia Resident Laura Boilini: Artistic Expression Without Limits

By Patricia Frederick, Palencia Resident

Palencia artist Laura Boilini has loved creating and viewing art since she was a child. With an older sister, who is a professional artist, and parents that encouraged the arts, it's no wonder why Laura's artistic abilities took her life in that direction. Laura taught art for six years in Indiana, then moved into educational administration. Her art took a backseat for many years.

When she moved to Florida with her husband Kirk, they built an art studio in their home and she started back creating what she loves, art. Working in oils and acrylics her subjects run from seascapes, scenery in general, abstract and flowers. She tends to be a "thick painter" layering colors, creating depth and movement.

Lately she has found herself painting on unusual surfaces, like oyster shells, palm pieces, and even a large piece of plastic. She cleaned up the plastic, which she then used for a scene of the blue bridge and skyline of Jacksonville. Art makes Laura happy, and when someone acquires her art, she feels honored.

If her art wasn't enough, she is a professor for the University of North Florida (UNF) in the area of art. She has bachelor degrees in elementary education, art education and leadership from Valparaiso

University. She also has two masters and a Ph.D from Purdue University. She occasionally teaches art and when she does, she does not have all of her students paint the same scene. Instead, she has each student pick a photo that speaks to them from her collection and then assists the students to capture the scene as they see it. This way the budding artists aren't constricted to what the teacher thinks they should paint.

For more information about Palencia Art and the artists you can visit our website at <http://palenciaart.com>



Nease is Ready To Fuel Your Football Passion Games Start Friday, August 16th

By Kristen Buttacavoli

For most, summers consist of beach days, barbecues and many other refreshing activities. For a hardworking group of student athletes at Nease High School, this summer has been about training hard and getting ready to entertain and impress their peers, families, and communities during the 2024 football season. The Nease Panthers are gearing up for an exciting upcoming year. After a phenomenal season last year, the Nease football team is ready to conquer their opponents in six home games and five away games. Coming off the recent district champion season, fans are excited to see what is in store



for this year. Unlike most years, the iconic "Battle of the Bridge" will be the season home opener, and an absolute must-see for everyone! Come out to the den and root for your Panthers this fall!

HOME GAMES

- (Tickets can only be purchased on Go Fan at www.gofan.co)
- August 23rd against Ponte Vedra 7:00 pm
 - September 6th against Ridge Community 7:00 pm
 - September 13th against Fletcher 7:00 pm
 - September 27th against Buchholz 7:00 pm
 - October 11th against Bartram Trail (Homecoming) 7:00 pm
 - October 18th against Atlantic Coast 7:00 pm

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***ALL GAMES 7PM START**





What Is Your Appetite For Risk?

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

We have all learned in life that there are certain areas where we can safely go and areas that we should avoid. Not to say that bad things are always happening in areas where we know we shouldn't spend much time, but the more time we spend there, that's when the likelihood of trouble or disaster can arise. And when we think about our financial lives, most people's goal is to reduce the likelihood of risks in as many areas as possible, such as – consistent retirement income, unforeseen death, economic troubles, family unity around personal wishes, and many more.

As a financial planner, I am often asked about risk and what keeps me up at night. This question seems all the more relevant today with the soft-landing economy and the stock market near record highs. It is important to recognize that the risk to investors isn't simply the danger of some negative market event, but it is more correlated to the probability of that event and your exposure to it. How you are positioned to deal with the likelihood of market volatility is what truly matters for your financial peace of mind.

One of the lessons of the 21st century so far is that the biggest risk to markets and the economy are events that we truly couldn't predict. Such as, 9-11, the Covid pandemic, and Lehman Brothers taking down the entire global financial system. And looking at 2024, it appears that potential risks could fall into one of five broad buckets. Economic trends, policy mistakes, geopolitical tension, natural disasters, and overvaluation. It appears that the Fed's goal of a soft landing continues at least into 2025, but that is yet to be determined since real non-durable goods spending is trending on the decline, consumer sentiment is still very low, plus credit card and auto loan delinquency rates are rising.

It should be noted that there are also forces working for the benefit of the economy. Year-over-year wage growth has outpaced inflation for over a year. The economy has produced more than 2.7 million new jobs over the past year. Household net worth grew by \$11 trillion

in 2023 and has already grown more than 50% of that number so far in 2024. And should the Fed cut interest rates in the near term, that could be another boost to the stock and bond markets.

Today, the top 10 stocks in the S&P 500 account for an astonishing 37% of overall market capitalization, and US stocks account for 64% of global stock market capitalization. There may not be that much risk to financial markets in all the concerns of today's economy, but that comes down to each investor's needs and personal investment allocation. Passive index funds have the same heightened exposure to top heavy mega cap tech stocks as the S&P itself. Which means having personal assets spread out into high quality investment strategies and allocated properly to your risk tolerance level has never been more important.

This is a great time to reevaluate the proper balance of risk within your financial portfolio and to also look at the value of tax-smart investing. With the ever-adapting financial landscape, there are more options out there than ever before, and with a top-heavy market, rebalancing could be of the utmost importance to the long-term success of personal financial growth. Have you thought about an investment reallocation recently? Are you concerned about the future implications of your financial portfolio? It is important that you consider these questions and take the proper actions needed. A CERTIFIED FINANCIAL PLANNER™ professional will be able to help you understand your risk profile and how to best set up your investment portfolio and overall financial picture.

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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Putting The Fun In Fundraising!

By Sara Seifert, Palencia Resident
Palencia Elementary PTO

Here we go again! It's back to school time which means kids will be back to their regularly scheduled programming at school and parents will get a welcome reprieve (at least from 8 a.m. to 3 p.m.). The new school year is also the start of a new chapter for students and families at Palencia Elementary School and our PTO.

Kicking off the school year was the PTO sponsored Kindergarten Meet-Up in July which allowed incoming Kindergarteners to meet Captain Catherine Goodrich at Palencia Park with refreshing popsicles that hopefully calmed some nerves for the little ones entering elementary school for the first time.

The first big PTO fundraiser for the 2024-2025 year is Boosterthon, a two-week long extravaganza of daily prizes, and activities culminating in a spirit building Fun Run at the school field. Next up is Mom/Son Day followed by many more events throughout the school year hopefully making it a year to remember.

Below is a full calendar of PTO events for the upcoming school year. As always, we appreciate the support of our school community and welcome everybody who is interested in learning more stop by a meeting for a coffee and conversation. More details can be found on www.palenciapiratespto.com

Palencia Pirates PTO Calendar Of Events

- M 08-12-24 First Day of School
- F 08-16-24 Tears & Cheers - 1st PTO Meeting
- W 09-04-24 PTO Meeting
- F 09-06-24 Boosterthon Fun Run**
- Su 09-22-24 Mom/Son Day
- W 10-02-24 PTO Meeting
- M 10-7-24 Fore! the Kids Golf Tournament**
- TH 10-17-24 Family Bingo Night
- W 11-06-24 PTO Meeting
- W 11-20-24 Grandparent Card Exchange
- W 12-04-24 Challenge Island STEM Night
- W 12-04-24 PTO Meeting
- W 01-8-25 PTO Meeting
- Sa 01-25-25 Jax Icemen Family Night
- W 02-05-25 PTO Meeting
- Sa 02-22-25 Daddy/Daughter Dance
- W 03-05-25 PTO Meeting
- TH 03-06-25 Family Bingo Night
- W 04-02-25 PTO Meeting
- F 04-04-25 Online Auction (3 days)**
- Su 04-06-25 Family Corn Hole Tournament**
- T 04-22-25 Earth Day | Be the Change Week
- M 05-05-25 Teacher Appreciation Week
- W 05-07-25 PTO Meeting
- TH 05-30-25 Last Day of School



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Ask A Certified Master Gardener Gardening For Wellness

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

This article focuses on recognizing the many benefits of incorporating gardening activities into your lifestyle. Let's dive into some facts.

The National Center for Biotechnology published a report in 2019 on a study done with senior individuals who performed low to moderate intensity gardening. The study provided measurable evidence of the therapeutic advantages of gardening for memory, as well as improvements in physical functional ability, muscle strength, and flexibility.

In 2011, the Journal of Environmental Horticulture (JEH), among many others, reported on their current research studies that summarized data on the emotional and mental health benefits of plants. Some of the benefits reported were reduced anxiety and stress, enhanced memory retention, increased creativity, reduced effects of dementia, and even improved self-esteem.

Most of us know that gardening is a good form of exercise but may not know just how much we benefit. Here are some data on calorie burn for just 30 minutes in your garden:

- digging and shoveling: around 150 calories.
- trimming shrubs: around 182 calories. (parallels weight lifting)
- raking leaves: around 162 calories.
- mowing the lawn: around 182 calories.

"Healthy lifestyle," "victory garden," and "blue zone" are familiar terms to many. Each involves a holistic approach to human well-being. After World War I, many service members were treated using horticulture therapy methods. During the early stages of the COVID-19 pandemic, individuals and families turned to gardening as a source of supplemental food and physical and emotional wellness.

Distinct regional world communities that integrate gardening into their daily lives are known as "blue zones," with California, the sole blue zone in the United States. People who live in the blue zones reach the age of 100 ten times as often as others in the United States (Buettner and Skemp 2016). Heart disease has been the leading cause of death in the United States for decades, followed by cancer (CDC 2012). Blue-zone centenarians have a lower prevalence of these and other chronic health issues. In the blue zone of Ikaria,

Greece, for example, the heart disease rate is half the rate seen in the United States, with 20% fewer incidences of cancer. More remarkable, the rate of dementia in Ikaria is almost nonexistent (Buettner and Skemp 2016).

Nine factors contribute to the Blue Zone population health and longevity but researchers have coined the two main factors - "move naturally" and "plant slant." The term "move naturally" refers to engaging in low-intensity activities often, such as walking and gardening. People in Blue Zones do not necessarily have a health club membership; instead, they integrate exercise into their daily activities. Blue Zone people all grow fresh foods in their gardens, and "the kitchen garden is an extension of the food preparation area" (Buettner 2015).

"Plant slant" is defined by blue zone followers who consume an abundance of plant foods - fruits, vegetables, whole grains, and nuts, and a variety of beans (Greger 2017). The link between plant food consumption and health is due to the high fiber and antioxidant content only found in plant foods. Antioxidants are powerful plant chemicals linked to the prevention of heart disease, cancer, inflammation, and myriad chronic illnesses (Aune et al. 2017). Yet, despite the pronounced benefits of fruit and vegetable consumption, only one in ten Americans consume enough of these foods each day (CDC 2017).

If children are involved in the gardening process, they will actually eat what they grow, as they see their projects come alive. Introduce them to this healthy lifestyle, one they will continue through adulthood as they begin to love fresh food.

If you haven't ventured into the gym outside your window to take advantage of the health enhancing benefits that await, consider adding gardening to your lifestyle plan.

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), the National Center for Biotechnology, the Journal of Environmental Horticulture and the Center for Disease Control.



Palencia Residents! Send Us Your Newsworthy Notes

Are there any anniversaries marriages, engagements, military members, school or athletic awards in your family? Drop us a note about your family's good news along with a photo, if available. Email your information to: thepaper@comcast.net. Information received by the 10th of the month will be included in the following month's issue.

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Does your pet melt hearts with its sweetness? Get ready to showcase their charm in the St. Augustine Humane Society upcoming 2025 Pin Up Paws calendar, themed "Sweet Things." St. Augustine is on the hunt for the most endearing pets to grace the cover and fill the months with irresistible cuteness. Submit your beloved companion following the guidelines, and then rally support for votes. Will your sweet pet steal the spotlight as the Humane Society calendar cover star or become a beloved face of a month? Winners will receive a professional photo shoot with world renowned photographer, Addison Fitzgerald. Each \$1 Donation equals one Vote. All donations benefit the lifesaving programs of the St. Augustine Humane Society. See the Rules page at www.staughumane.com. The 2025 Pin Up Paws - Sweet Things Calendar will be revealed at the Pin Up Paws Party on Thursday, October 24, 2024. The PUP Party is always fun, and this year with a Sweet Things theme. Look forward to a delicious dinner, live music, silent auction, wine pull, and more. The 2024 Pin Up Paws party will be held at the beautiful White Room, downtown St. Augustine. Questions? Contact Carolyn Smith at admin1@staughumane.org or 904-829-2737x110.

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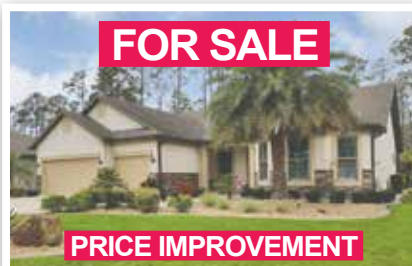
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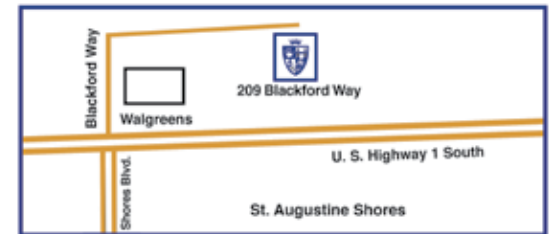
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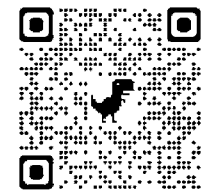
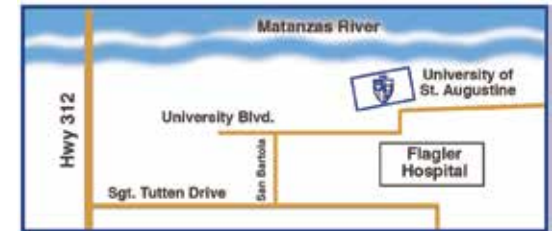


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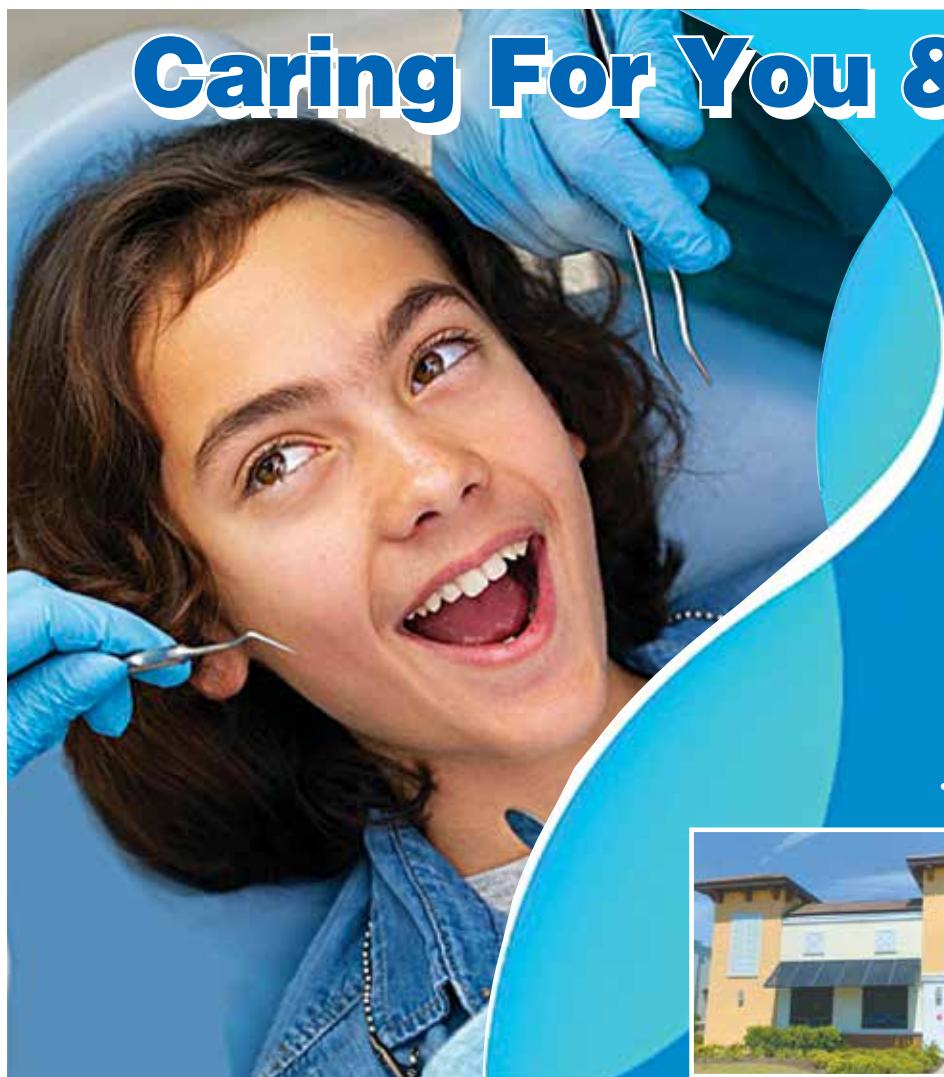


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Functional Exercise

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
First Coast Rehabilitation
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While recently traveling to attend a conference, I found myself sitting in the airport people watching. As I watched people move, I couldn't help but wonder about their dysfunction. I saw many, young and old, struggle trying to put their luggage in the overhead bin.

One of the interventions we use at First Coast Rehabilitation is functional exercise. We use functional exercise because it's the way the body learns – in patterns, which are present our whole life.

There are lots of different ways to exercise. You can exercise for endurance, strength, to promote healing, or even increase mobility or flexibility. Each type includes specific guidelines and parameters used to achieve optional performance and maximum benefit. But if your goal is to improve your function, i.e. ability to perform a specific activity such as running, standing from a chair, picking something up from the floor, walking for half a day while sightseeing, picking up your luggage or carrying your child, working toward that task is best. It sounds simple enough, but it may not.

Functional exercise is built on a neurological and physiological principle called training specificity. If you want to be a good golfer – play golf, not tennis (you can play tennis too, but you should golf). If you want to be able to play pickleball, then play pickleball. Again, it sounds simple enough but sometimes executing the activity or a portion thereof may be hindered due to injury, poor conditioning, or some other factor.

At First Coast Rehabilitation, we will break the function, or activity, down to its most basic components in order to initiate extremely specific and isolated exercises with the goal of putting it all back together again into a functional exercise.

Again, it seems like common sense and simple enough, but dissecting the function into isolated movements before putting it back together again can be done in many different ways. Nevertheless, the goal should be to ultimately perform the function.

An everyday example could be reaching to pick something up – luggage or clothing. Such tasks require core sta-

bility, ankle, knee and hip mobility and strength, as well as balance. The act of picking something up, whether overhead or just to waist level, can be broken down in many ways, but hip and core strength would be a good place to start. Exercises may include reaching forward from a chair and then from a Swiss ball. Lunges could be used to also strengthen the lower extremities and back. Eventually, reaching for objects outside the base of support could be used to challenge balance, gradually moving lower and lower toward the floor. And if overhead is needed, a similar process can be developed for the trunk and upper extremity muscles.

This applies to not just everyday activities but can apply to “higher level” activities. We have many surfers in St. Augustine, which requires core stabilization, and balance, as well as lower and upper body strength. The activity could be broken down in many ways, but core stabilization would most likely be a good place to start. Exercises may include rotation or diagonal strengthening, progressing to multidirectional perturbations (challenging forces from outside the body) to standing on a mobile surface mimicking surfing.

Although these are extremely brief and incomplete examples, it is what 500 words or less will allow. The take home message is, don't just exercise, exercise with purpose and intent. Exercise with function in mind, utilizing training specificity. If you are going to exercise, make sure you're exercising or training in a manner consistent with your goals. Break it down to build it back up. Much can be done on your own but if you need help, we can get you started.

Rob Stanborough is a physical therapist serving St. Augustine for nearly 20 years and has presented both nationally and internationally. He was one of the first PT's to be permitted to use DN in FL and 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.



Mark Ellis

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Precision Golfing, Unforgettable Memories

By Cathy French, President
and Debra Bienert, Vice President
Women's Golf Association Of Palencia

With the heat of the summer upon us, the summer league players are in full swing! The summer league was started to fill the void for women golfers when area clubs and the Jacksonville Women's Golf Association took the summer off. Many golfers in Northeast Florida thank Emily Brown for never taking no for an answer and pursuing her dream of a summer league. And so it was with Emily's passion for golf and tenacious personality that in 1976 the Jacksonville Area Summer Team match play season began.

Emily worked closely with club pros and eventually received the cooperation of dozens of clubs to give up 3 tee times each Tuesday for a 10 week season. But her work wasn't finished yet. She began negotiating the golfer friendly pricing of golf cart only fees that are still enjoyed today. Over 27 private and semi-private clubs participate! Emily continues her support through her involvement in rules clinics and serving on the advisory committee for nearly five decades.

For the past two years, Palencia WGA has won the summer league championship and are looking to defend, but not without stiff compe-



Palencia team against Stillwater.



Palencia team against The Conservatory.



Palencia team against Jax Golf & Country Club.

tion from the other clubs. Matches are played with teams in your area and the top finisher in each area qualifies for the championship round along with three other finishers who earned the most points. The eight teams will play for the championship.

Area competition requires each team play the other competitors in their area twice, once on their own course and once on the away course. The first match brought Stillwater to Palencia where Palencia posted a win with 31.5 points to 22.5 points. Our next three matches were away. Palencia posted a victory against The Conservatory with a point score of 28-26. The match against Jacksonville Golf and Country Club (Jax G&CC) was very close and Palencia earned 26.5 points to 27.5 points by Jax G&CC. Our last match in the month of June was with Slammer & Squire and Palencia acquired 33.5 points to 20.5 points for Slammer & Squire. Current standings are shown here.

A rematch with Stillwater on their course is scheduled for early July and then we will welcome the other club rematches to our course here in Palencia. Should be exciting!

At right, the Championship Trophy Palencia is seeking for the Third Time.



Palencia team against Slammer & Squire.



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	Area 1	Area 2	Area 3	Area 4	Area 5
	POINTS TO DATE				
Palencia	146.5	Eagle Harbor 147.5	San Jose CC 142	Cimarrone. 140.5	Ponte Vedra IC 145.
JGCC	142	Sawgrass CC 146	GC S Hampton 139	Fleming Island 139.5	Atlantic Beach CC 136.5
Hammock Beach	136	St. Johns Golf C 130.5	Deerwood 137.5	Deercreek 134.5	Jax Beach 136.5
Stillwater	127.5	St. Johns G&CC 127.5	Amelia Island LP 105.5*	Marsh Landing 132.5	Plantation 133
King & Bear	123	Amelia National 123.5	Amelia River/Fern 97*	Golf Club Amelia 128	GC N Hampton 124
			* 4 match only total make up match 6/27		



Managing Feline Arthritis

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

This month, we're focusing on a common yet often overlooked condition in our feline friends: arthritis. Yes, just like us, cats can suffer from this chronic, degenerative joint disease, which can significantly impact their quality of life. The good news? With the right approach, we can help manage their pain and keep them purring happily.

Spotting the Signs

One of the trickiest parts about feline arthritis is recognizing the symptoms. Cats are masters at hiding their discomfort, so what we might dismiss as "just getting older" could actually be arthritis. Look out for signs such as decreased activity, reluctance to jump or climb, stiffness, and changes in grooming habits. Behavioral shifts, like becoming more irritable or spending less time around you can also indicate that something's amiss.

If you suspect your cat has arthritis, a trip to the vet is essential. A thorough examination, possibly including X-rays, will confirm the diagnosis. Once arthritis is identified, several medical treatments can help manage the condition:

1. Pain Relief: NSAIDs are often prescribed to reduce inflammation and ease pain. Regular monitoring is crucial to avoid potential side effects.

2. Solensia: Administered as a monthly injection, Solensia targets and neutralizes a key protein involved in pain signaling, providing relief and im-

proving mobility for many cats. Its high level of safety make it a promising addition to our toolbox

3. Corticosteroids: These can be used for severe pain, although long-term use is usually limited due to possible adverse effects.

Making Home Comfortable

Small changes at home can make a big difference for an arthritic cat. Here are a few tips to enhance their comfort and mobility:

1. Weight Management: A balanced diet and maintaining a healthy weight are vital. Excess weight puts extra pressure on already painful joints. Discuss diet options with your veterinarian.

2. Accessible Living: Soft, supportive bedding and easy access to food, water, and litter boxes can reduce the strain on their joints. Consider adding steps or ramps to help them reach their favorite spots.

3. Gentle Exercise: Encourage low-impact activities to maintain joint flexibility and muscle strength. Short, gentle play sessions work best.

With early recognition and a comprehensive management plan, we can help our cats navigate aging comfortably. Regular vet visits and a supportive home environment will keep them feeling their best. Let's keep our cats purring and playful, ensuring they enjoy every moment of their lives with us.



Add Distance To Your Golf Game In 3 Steps

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

You can add distance to your golf game by following these three easy steps.

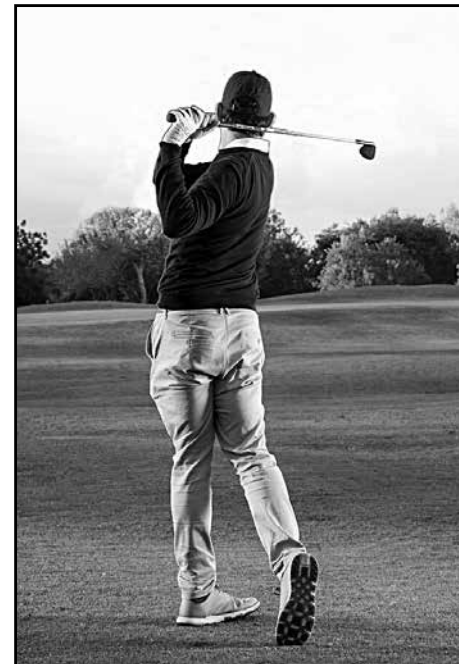
1. Start with your alignment—make sure your shoulders, hips, and feet are aligned with your target. Knowing you are in the right position will allow you to relax, trust your instincts, and be aggressive.

2. Complete your backswing. No matter how big or small your backswing is, make sure you complete it. Your backswing is all about building power—do not rush it.

3. The final and necessary ingredient to adding distance to your golf shot is don't hit "at the ball." Always hit "past the ball." If you hit the ball, you will be accelerating through and when you're finished, make sure your heart is facing your target.

If you're having trouble getting all your power through to the finish, then at address, turn your left foot out so that it's easier to get your hips and shoulders all the way through—that is one move that all long-drive champions do—they flare out their left foot so that they can get their power through!

Remember, you have the potential to improve your golf game! If you have any questions or encounter any



problems, please email laura@laurabaughgolf.com. We're here to help you unleash your full potential.

Remember, an unsuccessful round of golf like any event in life is an opportunity to learn and grow. Look at it in a positive way and your next round will be a phenomenal success! – Laura Baugh

Marshall Creek CDD Fishing Reminder

Fishing or otherwise trespassing in the limited common area in Marshall Creek CDD is not permitted (this is the area between the rear of a home and the lake). Walking, swimming, or boating in the lakes is not permitted. The St. Johns County Sheriff's department will now issue citations and may issue arrest warrants for violation of this trespass ordinance. Fishing is only permitted in the Marshall Creek CDD common areas and the county park pond off Palencia Village Drive. Thank you for helping us help the privacy of our neighbors.



Village Square Art Co-Op Directory

The members of the Palencia Art Co-Op work in various mediums, including painting, collage, drawing, photography and mixed media. Each artist celebrates their own style and is happy to answer questions and engage in conversations about their art. All are welcome to commission work. Come visit the gallery at Village Square, 701 Market Street or check out the art co-op website at <http://palenciaart.com>.



Artisan	Profession	Contact	Email
Laura Boilini	Acrylic Artist	260-460-0636	boilinill@outlook.com
Sharon Coleman	Acrylic Artist		smcolemanart@gmail.com
Juan Estrella	Charcoal artist	904-838-4482	jestrella@pilotpen.com
Patricia Frederick	Acrylic Artist	702-561-3537	Plfrederick55@gmail.com
Steven Griffin	Photographer		paperstreetllc@use.startmail.com
Marcela Hampel	Watercolor artist	330-398-5271	marcelagabriela@hotmail.com
Lisette Lugo	Acrylic Artist	650-766-8538	Lovetopaint38@yahoo.com
Doug Mackenzie	Photographer	608-865-9848	Doug.mackenzie@att.net
Amy Myers	Photographer	608-335-3006	oueldebouflady@yahoo.com
David Porter	Oil maritime artist	214-755-9803	



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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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Water Problems? Ask Polly!

Dear Polly, I am concerned about neighboring properties and their use of reclaimed water for their irrigation. Can this have an effect on my water and my family? What can I do to protect my water source?



Polly Swindull

As water conservation has become a top of mind awareness issue, governing agencies have created ways of conserving and recycling water to use for irrigation purposes. Reclaimed water treatment plants have been engineered to remove contaminants from waste water for irrigation usage. The DEP has set forth guidelines to regulate the quality of water that is required for irrigation use as well as preventing contamination of surface and ground water sources. With that being said, there is chatter that one day reclaimed water will be used for household supply. I believe that water treatment, specifically purification systems, will be an essential part of everyday life.

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8 Surprising Things Medicare Doesn't Cover (Part 2)

How to afford the expenses you might encounter

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

Government-sponsored health care doesn't mean free. As you learn more about Medicare's rules, you'll find that entire areas of care that you might have gotten used to as part of your insurance package at work aren't covered at all. Plus, you'll have to pay premiums, deductibles, copayments and coinsurance like you've had in your job's insurance plans.

4. MEDICAL EXPENSES WHEN TRAVELING OUTSIDE THE U.S.

If you get sick while traveling abroad, you may get stuck with big bills. Medicare usually doesn't cover health care costs when you take trips outside the United States. These expenses can be particularly high if you need emergency air transportation to a hospital.

The fix: Several types of Medicare supplement plans, known as Medigap policies, offer some foreign travel coverage. They typically cover 80 percent of the charges for emergency care outside the U.S. with a lifetime limit of \$50,000. Some Medicare Advantage plans provide limited coverage for emergency care outside the U.S.

Check with your plan before traveling.

Another option: Buy a travel insurance policy for your trip. It may cover emergency health care and medical evacuation while you're abroad. Not all travel insurance policies provide health care coverage, and many exclude preexisting conditions. Check the details before selecting a policy.

5. COSMETIC SURGERY

Medicare doesn't generally cover elective cosmetic surgery, such as face-lifts or tummy tucks. It will cover plastic surgery in the event of an accidental injury.

The fix: You'll have to dip into your savings if you want to have cosmetic surgery. Yes, some plastic surgeons offer finance plans through medical lenders, but interest rates will be closer to credit card rates than what you're getting at the bank.

Another option: Medicare may cover a procedure that's generally considered cosmetic if you need it because of an injury or to improve the function of a malformed body part. For example, Medicare may cover rhinoplasty (a nose job) if you get prior authorization from a doctor who says the surgery is necessary because you're having trouble breathing. Medicare also covers breast prostheses if you had breast cancer and a mastectomy. And it covers bariatric surgery when you have certain medical

conditions related to morbid obesity.

6. NURSING HOME CARE

Long-term care is one of the largest expenses you may face as you get older, and it's one of Medicare's biggest gaps. Medicare pays for limited stays in skilled nursing facilities — for example, if you have a hip replacement and need inpatient physical therapy for several weeks. But it generally doesn't pay for nursing home costs if you primarily need help with the activities of daily living, such as bathing, dressing and eating.

Long-term care costs can add up quickly: The median cost of a private room in a nursing home is now more than \$108,000, according to the 2021 Genworth Cost of Care Study. The median cost of a year in an assisted living facility or 40 hours a week of home care is about \$55,000.

The fix: A long-term care insurance policy can help cover these expenses for some people. This type of policy can help pay for care in an assisted living facility, nursing home or your own home.

To qualify for benefits, you usually need help with

two out of six activities of daily living, such as bathing, dressing or eating, or evidence of cognitive impairment. However, it can be difficult to qualify for long-term care insurance, particularly if you already have health issues, and the premiums for these policies have been rising over the past several years.

Another option: Buy a policy that combines long-term care and life insurance, though the price can be steep. This type of policy pays your heirs a death benefit if you don't need long-term care.

Also an option: Medicaid, a joint federal-state program that provides health coverage for people with low incomes, may pay for these costs if you meet the asset and income requirements and have very little savings. If you qualify, you may be required to use certain Medicaid-eligible facilities.

No matter how you decide to cover these potential expenses, it's important to consider the costs in your retirement planning.

Feel free to reach out to me if you have any questions or need help transitioning to a new plan.

Email: Carol@AskCarolB.com
Text: 714-930-7165 Direct: 904-648-6488 www.AskCarolB.com FL License #: W756153 FL. (Information from AARP Medicare Essentials).

Part 3 of "8 Surprising things Medicare Doesn't Cover" next month.





Beware Of Negative Sentiment Override

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

www.happycoupleshealthycommunities.com

When your partner directs negative affect towards you, do you find yourself saying to yourself something like, "My partner is in a bad mood. He (or she) is so selfish. I am not going to be controlled and manipulated by my partner's mean traits."? If so, you may be caught in negative sentiment override.

In the state of negative sentiment override, we do not give our negative-affect partner the benefit of the doubt. Our negative sentiments about our partner override any momentary positivity of the partner. We may even take neutral statements from our partner as if they were hostile attacks.

Dr. John Gottman found that when couples don't attune to each other emotionally and they dismiss each other's pain, they fail to build up what he calls an emotional bank account, a reserve of good will in the relationship that can be drawn upon during difficult times in order to repair interactions. "Running on empty" emotionally in the relationship puts us into negative sentiment override, and we are unable to repair negative interactions.

The consequence is that negative affect during conflict becomes an absorbing state, and negativity is like stepping into a quicksand bog—no matter how much you wriggle, you sink deeper into negative affect. We then find ourselves in "the Roach Motel" model of negativity—it's easy to check in (to negative emotions, and they get reciprocated), and it's hard to check out.

The opposite of negative sentiment override is the positive perspective or positive sentiment override. In the state of positive sentiment override, partners give their negative-affect partner the benefit of the doubt. They say to themselves something like, "My partner is in a bad mood. He (or she) must be stressed out." Their positive sentiments about their partner override momentary negativity of the partner. They take even

negative statements as if they were indications that the partner needs comfort and support.

The trick is, if you are caught in negative sentiment override, you cannot make yourself have a positive perspective: you either do or you don't. You can tell yourself, "I'm going to have a more positive perspective on my partner and my relationship today," but it probably won't last very long. The first misunderstanding or miscommunication that you have, your intention will probably go out the window and you will find yourself back in negative sentiment override.

The way to get to the positive perspective is to build your emotional bank account by building your intimate knowledge of your partner and your relationship (building Love Maps), sharing fondness and admiration (i.e., telling your partner the ways that you are fond of them and the things that you admire about them), turning towards each other's bids for connection, and attuning to each other emotionally when there is no conflict. Therefore, if you find yourself in a state of negative sentiment override, work on your friendship and your emotional connection, and, then, you may find yourself moving out of the Roach Motel, having money in your emotional bank account, and having a more positive perspective on your partner and your relationship.

Michael Brown is a Licensed Marriage and Family Therapist, Certified Gottman Therapist, Couples Workshop Leader, and Clinical Trainer in private practice in Palencia. He is currently offering both in-office and secure video appointments. If you would like to learn more about repair or for couples or family therapy or to attend a couples' workshop, contact Michael at 904-792-9666 or visit www.happycoupleshealthycommunities.com.



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Palencia Hurricane Safety Tips and Resources

Over a typical 2-year period, the U.S. coastline is struck by an average of 3 hurricanes, one of which is classified as a major hurricane (winds of 111 mph or greater). By knowing what actions to take when a hurricane approaches, and when the storm is in your area, as well as what to do after a hurricane leaves your area, you can increase your chance of survival.



Hurricane Hazards

While hurricanes pose the greatest threat to life and property, tropical storms and tropical depressions also can be devastating. The primary hazards from tropical cyclones (which include tropical depressions, tropical storms, and hurricanes) are storm surge flooding, inland flooding from heavy rains, destructive winds, tornadoes, and high surf and rip currents.

- Storm surge is the abnormal rise of water generated by a storm's winds. This hazard is historically the leading cause of hurricane related deaths in the United States.

- Storm surge and large battering



waves can result in loss of life and cause massive destruction along the coast.

Storm surge can travel several miles inland, especially along bays, rivers, and estuaries.

- Flooding from heavy rains is the second leading cause of fatalities from landfalling tropical cyclones. Widespread torrential rains associated with these storms often cause flooding hundreds of miles inland. This flooding can persist for several days after a storm has dissipated.

- Winds from a hurricane can destroy buildings and manufactured homes. Signs, roofing material, and other items left outside can become flying missiles during hurricanes.

- Tornadoes can accompany landfalling tropical cyclones. These tornadoes typically occur in rain bands well away from the center of the storm.

What Determines the Movement of Tropical Cyclones?

Tropical cyclones – to a first approxi-

mation – can be thought of as being steered by the surrounding environmental flow throughout the depth of the troposphere (from the surface to about 12 km or 8 mi). Dr. Neil Frank, former director of the U.S. National Hurricane Center, used the analogy that the movement of hurricanes is like a leaf being steered by the currents in the stream, except that for with a hurricane the stream has no set boundaries.

In the tropical latitudes (typically equatorward of 20°-25°N or S), tropical cyclones usually move toward the west with a slight poleward component. This is because there exists an axis of high pressure called the subtropical ridge that extends east-west poleward of the storm. On the equatorward side of the subtropical ridge, general easterly winds prevail. However, if the subtropical ridge is weak – often times due to a trough in the jet stream – the tropical cyclone may turn poleward and then recurve back toward the east. On the poleward side of the subtropical ridge, westerly winds prevail thus steering the tropical cyclone back to the east. These westerly winds are the same ones that typically bring extratropical cyclones with their cold and warm fronts from west to east.

What is the 'dirty side' of a storm? Why Are a Hurricane's Winds Higher on its Right Side?

Tropical cyclones tend to be symmetrical. This means the winds should be the same in all quadrants at a given distance from the center. However, most hurricanes



are moving, and the storm's motion will be added to or subtracted from those winds creating an asymmetric structure. The side where the motion is added to the winds is called the "dirty side" as the weather is rougher and more dangerous there.

The "right side" is in reference to the storm's direction of movement in the Northern Hemisphere. If a hurricane is moving to the west, the right side would be to the north of the storm, if it is heading north, then the right side would be to the east of the storm. In the Southern Hemisphere, this is reversed since a tropical cyclone's winds spiral around its center clockwise there as opposed to counterclockwise in the Northern Hemisphere. So south of the Equator the "dirty side" is the "left side" of the cyclone.

For example, a hurricane with 90mph winds moving at 10mph would have a 100mph wind speed on the forward-moving side and 80 mph on the side with the backward motion.

Continued On Page 22

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Teaching Kids To Count Is Fine, Teaching Them What Counts Is Best

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

The start of a new school year comes with many interpretations and expectations depending on whether you are a parent, grandparent or even a student. Any time we turn the page to a new season or life circumstance there is introspection. In other words, we pause and consider what season we are in and what we are leaving for what is ahead. We are reminded of the brevity of time. We also look back over our failures, mistakes, and missed opportunities, and vow that we will make better use of our time during the coming year. We should take time to be pleasant, to smile, to extend the small courtesies to those around us and to show love to our family. All these are opportunities. But there is one thing I can always pursue. "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied." Matthew 6:33. Pursue righteousness and God will let you catch it!

What happens when you are hungry and even more so, what happens when you are thirsty? That's pretty much all you can think of, right? Especially when you get really hungry and thirsty. It consumes you. It controls you. Imagine that—an all-consuming desire to be righteous that comes from within and controls us. We cannot live without food or water. Likewise, Jesus is telling us to have this all-consuming desire for righteousness because we know that we cannot live without it.

Jesus is talking about an inner yearning. May our hearts burn with desire for righteousness! May our souls be dying with the desire to be righteous. That is a challenge because it's an attitude of the heart.

Here's the principle: If you fill your heart up with worldly things, that won't leave any room in your heart for the hunger for righteousness. And on the flip side, if you fill your heart up with righteousness, there will be no room in your heart for worldly things.

Look at the beautiful promise of God again: "They shall be satisfied." What an amazing promise! Your soul shall be satisfied. "But seek first the kingdom of God and his righteousness, and all these things will be added to you." Jesus wants you to know today that when your soul longs after him, it will be satisfied. Not just mostly satisfied, or sometimes satisfied, but 100% satisfaction. Like after having the best dinner of your life.

And for each person, that satisfaction will be different. Some people will need peace in their hearts. Others will need love. Others will need grace. But you know that God knows exactly what you need. And he will satisfy that need.

Now go fill your souls! Spend some time with God now asking him to give you a hunger and thirst for him and for the righteousness that pleases him.



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Power Outages: During And After Hurricanes

Emergencies can happen. When they do, the best strategy is to already have a plan in place. This includes knowing the proper food and water safety precautions to take if hurricanes - or other flooding/power outages - do occur.

When the Power Goes Out...

Here are basic tips for food safety:

- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.
 - The refrigerator will keep food cold for about 4 hours if it is unopened.
 - A full freezer will keep the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.
 - Buy dry or block ice to keep the refrigerator as cold as possible if the

power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18 cubic foot, fully-stocked freezer cold for two days.

- If you plan to eat refrigerated or frozen meat, poultry, fish or eggs while it is still at safe temperatures, it's important that each item is thoroughly cooked to its proper temperature to assure that any foodborne bacteria that may be present are destroyed. However, if at any point the food was above 40 °F for 2 hours or more — discard it.
 - Wash fruits and vegetables with water from a safe source before eating.
 - For infants, try to use prepared, canned baby formula that requires no added water. When using concentrated or powdered formulas, prepare with bottled water if the local water source



is potentially contaminated.

Once Power Is Restored...

You'll need to determine the safety of your food. Here's how:

- If an appliance thermometer was kept in the freezer, check the temperature

when the power comes back on. If the freezer thermometer reads 40 °F or below, the food is safe and may be refrozen.

- If a thermometer has not been kept in the freezer, check each package of food to determine its safety. You can't rely on appearance or odor. If the food still contains ice crystals or is 40 °F or below, it is safe to refreeze or cook.

- Refrigerated food should be safe as long as the power was out for no more than 4 hours and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40 °F for two hours or more.

Remember, perishable food such as meat, poultry, seafood, milk, and eggs that are not kept adequately refrigerated or frozen may cause illness if consumed, even when they are thoroughly cooked.

Source: NOAA

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Our Students. Our Schools. Our Future.

- ✓ Mother of two children in the St. Johns County School District *committed to putting students first.*
- ✓ 20 Years as a professional educator and former Teacher of the Year with *experience that counts.*
- ✓ Long time *education advocate* residing in St. Johns County for over 24 years.
- ✓ Committed to *cultivating meaningful partnerships* by engaging parents, educators, school leaders and community members to tackle the challenges facing our schools.
- ✓ Dedicated to fiscal responsibility, common sense, and following the law - *putting students over politics.*





Hometown Conservative

Roy ALAIMO

FOR ST. JOHNS COUNTY COMMISSION

APPOINTED *by* GOVERNOR DESANTIS

Paid for by Roy Alaimo, Republican, for St. Johns County Commission.

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 ★ FOR FLORIDA HOUSE ★

ELECTION DAY
AUGUST 20th

CONSERVATIVE REPUBLICAN
FOR STATE HOUSE
IN ST. JOHNS COUNTY
 DISTRICT 18

- ✓ **PROTECTING ST. JOHNS FAMILIES**
- ✓ **STOPPING THE HARM OF ILLEGAL IMMIGRATION**
- ✓ **BACKING OUR LAW ENFORCEMENT AND FIRST RESPONDERS**
- ✓ **IMPROVING INFRASTRUCTURE AND ROADS**
- ✓ **EDUCATIONAL CHOICE AND OPPORTUNITY**
- ✓ **PROVIDING MORE COMPETITION**
- ✓ **LOWERING INSURANCE COSTS PROTECTING OUR SPECIAL QUALITY OF LIFE**



PAID BY NICK PRIMROSE, REPUBLICAN, FOR STATE REPRESENTATIVE DISTRICT 18.

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Emergency Kit Supplies To Include

A disaster or emergency could leave you without power and/or help for several days, so take the steps to be prepared with an emergency kit. You can use a storage bin, large backpack or duffel bag to store your items so that you can easily grab or move them.

Home Emergency Kit

The basics of any emergency kit should include water and food. The American Red Cross recommends one gallon of water per person, per day and suggests a three-day supply for evacuations and a two-week supply for sheltering at home.

Non-perishable, easy-to-prepare foods should go into your kit. When preparing a kit, Ready.gov suggests considering: canned meats, fruits and vegetables, pasteurized milk and fruit juices, protein or fruit bars, dry cereal or granola, peanut butter, dried fruit, high energy food like canned lentils, canned beans or crackers.

Consider any special dietary needs for infants, children and adults when planning your food and check your kit every six months for expired foods.

Additional items include: A first-aid kit with a variety of bandages for minor cuts, gauze dressing pads, bandage rolls, first-aid tape, face masks, antibiotic ointment, tweezers and scissors. Medications including a seven-day supply of all prescription medication as well as pain relievers, stomach remedies and allergy medicines.

Equipment such as a multi-tool could come in handy during an emergency and the Red Cross suggests having a battery or crank-powered radio, flashlight, extra batteries, can opener, duct tape, a whistle, sanitation and personal hygiene items, cellphone chargers, extra cash, blankets or sleeping bags.

Documents can also be vital to have in an emergency including copies of medication lists and pertinent medical information,

proof of address, passports or other forms of ID and copies of birth certificates and insurance policies.

Car Emergency Kit

Whether you have simply run into trouble on the road, live where you could encounter weather hazards or you are evacuating from a disaster area, you should include an emergency kit for your car.

Some basic items to consider for your vehicle should include water and food, a first-aid kit and extra supplies for medical conditions, blankets and a phone charger. Also local and regional road maps, basic tool set, flashlight, car emergency devices (road flares and reflectors), garbage bags, toilet paper, paper towels, gas can, jumper cables, and towline.

Weather can also create safety challenges that require more emergency car items or special driving skills. And always keep your tires and vehicle maintained.


Pet Emergency Kit

A disaster kit is also essential for your furry family members. Preparing a pet kit for them is important for their well-being, too. Include food, water, vaccination information and leashes.

Hurricane Emergency Kit

In our area, prone to thunderstorms, tornadoes or hurricanes, not only is an emergency kit vital, but so is a hurricane evacuation plan. Also, keep in mind that items needed for sheltering in place will be a little different than the items needed if you decide to evacuate. For sheltering in place, the basic home emergency kit listed above will provide a starting point for items you may need.

Your Palencia neighbor, and local State Farm Agent Craig Dewhurst cares about you and our community. Call him at 904-940-9740 for all your auto, home, and life insurance needs.



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