

Beware!  
Friday The 13th is in September



# Palencia



ST. AUGUSTINE

# PRESS

SEPTEMBER 2024

## PES Has Kindergarten Meet-Up At Palencia Park



Rising Kindergarteners excited and ready for school. Background, left to right, Mrs. Banks, Mrs. Gagnon and Mrs. Catherine "Captain" Goodrich, PES Principal.

Palencia Elementary School and its PTO are definitely setting a positive tone for the new school year. Hosting the recent Kindergarten Meet-Up was a thoughtful initiative to help incoming Kindergarteners feel more at ease about starting school. Meeting "Captain" Catherine Goodrich at Palencia Park and enjoying frozen popsicles was a fun and reassuring experience for both the children and their families. Efforts like these play a crucial role in easing the transition into elementary school and alleviating any nerves that the little ones might have as they embark on this new journey. See article on Page 6.

## Palencia Gears Up For See The Girl Tennis Tournament



Palencia residents and tennis lovers Samantha Davis, Sara Seifert, Meagon Zellor and Sarah Ferrar-Bruker prepare for the See The Girl tournament September 21st-22nd at the Palencia Tennis Center. The tournament is open to men and women, 18 and over. See full article on Page 16.

## Palencia Residents Take The Stage For "Anastasia" Musical

Palencia resident and costumer Sandra Casatelli has volunteered as costume provider for the St. Johns County Center for the Arts play "Anastasia" which will be held September 26th -29th at St. Augustine High School auditorium. The beloved musical brings to life the legendary story of the lost Russian princess and includes a cast of 80 talented students.

"It's huge costuming for me," said Casatelli. "And, we're earth friendly, keeping clothes out of landfills, etc. I got donations from our neighbors who gifted lots of things from curtains to clothes. The black dress shown in the picture is one of the Duchesses' dresses. That took three dresses, one velvet jacket and velvet skirt and lots of appliqué flowers to make, and a Russian skirt was made from curtains donated by a neighbor." To purchase tickets, visit sjcca.org. See article on Page 19.

Photo, left to right, Palencia residents Emily Walczak, Kait Warrell, Sandra Casatelli, costumer, Heidi Miller, (twin sister Hannah Miller not shown) and Jake Harris.



PRSR STD  
US POSTAGE PAID  
JACKSONVILLE, FL  
PERMIT # 315

The Palencia Press  
52 Tuscan Way, Suite 202  
PMB 162  
St. Augustine, FL 32092






**Beautiful and highly upgraded Pool Home in Silverleaf.**  
192 Silver Pine Drive \$769,000



Dick Cammy Larry

**ENGEL & VÖLKERS®**  
**RAY TEAM**

904-806-3489  
cammy.ray@evrealestate.com  
www.rayteam.evrealestate.com

*Palencia Resident Owned*








**GREAT GOLF CARTS**  
**GREAT SERVICE**  
**GREAT PEOPLE**

**Pick Up & Delivery**

**904-810-1006**  
5960 U.S. 1 NORTH  
St. AUGUSTINE, FL 32095  
WWW.GOLFCARTSOFSTAUGUSTINE.COM

Financing Available  
Scan to Apply






**DR CRAIG HADGIS**  
**ORTHODONTIST**

**TWO STATE-OF-THE-ART LOCATIONS**

**ST AUGUSTINE**  
US-1

**ST JOHNS**  
Race Track Road




Dr. Craig Hadgis  
Palencia Resident

Board Certified Orthodontist  
**Free Initial Visit**

Voted Best Orthodontist St Augustine and St Johns

904.79.SMILE (797.6453)  
www.DrCraigOrtho.com



# Labor Day Sale

Sept 3rd-6th

- Design-Build
- Kitchens & Baths
- Turnkey Design
- Home Furnishings
- Cabinetry
- Flooring



**Store Hours**

Mon-Wed, Fri  
10am - 6pm

Thursday  
10am - 8pm

Saturday  
By Appointment Only

Sunday Closed

Featuring  
**WELLBORN CABINET**



**DONNA MANCINI**  
INTERIORS & FLOORING

904-810-2027



**Shop Virtually at DMIANDF.com/shop**  
Just 4 miles North of Palencia at 141 Hilden Rd. #202



## Palencia Community Classified Ads

**FOR SALE - IBICO Metal Binding Machine**, like new condition, \$100 obo. Create beautiful presentations up to 425 pages depending on the size of comb used. Call or text (904) 806-8883.

### St. Augustine Travel Club

Our St. Augustine Travel Club will return on Wednesday, September 11 at 3:00 pm at the Southeast Branch Library. The subject will be Germany and Belgium. The Travel Club is a free event. We welcome our regular attendees and newcomers. Any questions, please call Peter Dytrych at 904-797-3736.

### St. Augustine Travel Club Cruise

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 at (904) 797-3736.

#### PIANO TUNING

Wim Brees, RPT. Semi-retired with 45 years of experience.  
Piano tuner for Univ. of N. Florida  
Emanuel Ax, Olga Ker, Misha Dichter, Peter Nero, Roger Williams, Dolly Parton, The Beach Boys.  
Call/Text 904-615-7816

#### Dog Training S.I.T.

Training begins as early as 6 weeks! Dogs of any age can be trained to be the companion you have always imagined. I also train dogs for therapy or service work.  
Kathy Tracy, PDT, CASI  
ktracy101@gmail.com, 904-707-0470  
CGC Evaluator, Pet Therapy ATD

#### Annette's Pet Sitting

Mature Loving Care In Your Home  
Multi-Daily Visits, Dog Walking  
Overnight Stays  
904-540-1923  
annettelovespets@gmail.com

## The Palencia Press

52 Tuscan Way, Suite 202 - PMB 162  
St. Augustine, FL 32092  
Email: thepaper@comcast.net  
www.palenciapress.com

**Advertising Hotline**  
**904-436-5887**

The *Palencia Press* is published by an independent publisher and is not affiliated with the Palencia developer, Marshall Creek Community Development District or any Palencia management company or homeowners association. Acceptance of advertising does not constitute an endorsement or approval of any product or services. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the *Palencia Press*. All articles are subject to editing.  
**Acknowledgements:** This issue was designed using resources from Freepik.com.

#### PIANO - GUITAR - VOICE

Music teacher provides lessons in Piano, Guitar, and Voice. 25 Years teaching experience.  
Nic Patterson 904-366-9665  
www.nicpattersonmusic.com

#### OM Studios International

Summer/Fall 2024  
Music Lessons and Study Programs  
K-12 / Adult / Family  
Director of Musical Studies  
Dean Allan Slickis  
904.333.4346  
omstudios.org

#### ANCHOR HOME BIBLE STUDY

In depth study of the Bible, typically topical, from an Apologetics view. Resident teacher has over 30 years Bible teaching experience.

We meet monthly every 1st and 3rd Thursday at 191 Enrede Lane, Palencia North  
For information call 904-342-0777

#### Words Of Wisdom

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go. - Joshua 1:9

## What's Aging You?



- 1 age spots 2 acne scars 3 sun damage 4 rosacea  
5 uneven skintone 6 hair removal 7 wrinkles

We have the solution.

# CYNOSURE

## ICON LASER

CALL TO SCHEDULE A CONSULTATION

Anh Vu, M.D.

BOARD CERTIFIED PLASTIC SURGEON

(904) 245-1320 · WWW.ANHVUMD.COM

301 HEALTH PARK BLVD., SUITE 109, ST. AUGUSTINE, FL

BOTOX & JUVEDERM · FACE & NECK LIFTS · TUMMY TUCKS  
BREAST AUGMENTATIONS · VASER LIPO

NEOGRAFT® HAIR TRANSPLANT · COOLSCULPT® · ICON® LASER CENTER

 a remarkable  
**Résumé**

**Sarah Jewell**

Certified Professional Résumé Writer  
Certified Career Management Coach

**904.824.3608**

sjewell@aremarkableresume.com  
www.linkedin.com/in/sjewell

**www.aremarkableresume.com**  
BBB Accredited Business

Résumés  
Cover Letters  
Career & Interview  
Coaching  
Professional Bios  
Linkedin Profiles  
Career Assessments



## Another Sharpe Property For Sale In The Florida Keys



Concrete 2-bedroom home with concrete floors. Open Water Sunset views and great boating. Located 22 Miles from Key West. \$1,150,000. Two lots next door available for sale for additional price.



**Beata Sharpe**  
305-395-8711  
**Capt. Jim Sharpe, Jr.**  
305-395-8712  
Email: Bsharpe13@gmail.com

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



105 Nature Walk Parkway  
St. Augustine FL 32092



## Algorithms

By Terry Shaw,  
Palencia POA President

What a very enigmatic and modern word that I have wanted to use in some sort of communication since I first heard the term.

The only reason I can write about algorithms is through my using AI, in my case, Aged Interpretation, aka wisdom of the ages/aged.

What do algorithms have to do with the Palencia POA? Well, let's look at the definition: "A finite set of unambiguous instructions that, given some set of initial conditions, can be performed in a prescribed sequence to achieve a certain goal and that has a recognizable set of end conditions."

Okay, maybe re-reading the definition several times will help.

How do algorithms fit? Well let's break it down to understand.

"A finite set of unambiguous instructions"...our Palencia Rules Regulations Architectural Guidelines, Covenants Condition's and Restrictions; "that given a set of initial conditions"...our beautiful Palencia that we want to maintain; "can be performed in a prescribed sequence to achieve a certain goal"...our CAM and POA working with you to keep all homes in the required and best appearance; "and that has a recognizable set of end conditions"...retaining the beauty of Palencia and our home values.

How easy was that!

So how do you find the information needed to help you, the property owner, to best follow our regulations?

For the Marshall Creek Property Owners you can find some of the information in the initial 2006 Palencia Rules Regulations and Architectural Guidelines manual which is currently being updated. Most people don't have this manual any longer but you can find all of our documents on our management company, Vesta, website. To get the app, go to your App Store, type in Enumerate Engage and download the app to your device. You will need to fill in the necessary data, give your email address and create a password. Once on the site you will see dates for the next POA meeting, news, meeting minutes, etc. Under "Resources" you will find Documents, Architectural Documents, Governing Documents, etc. and other forms and information.

My apologies to Sweetwater property owners. I forgot to include your contact information in my previous articles. Your Community Association Manager (CAM) is Betty Lyttle she works for Leland Management and you can contact her at 904-646-3542. Your HOA President is Paul Gibbs and his email is palencianorthhoavp@gmail.com. Although I am the Marshall Creek POA president my articles

are for the betterment of our entire community.

Your Marshall Creek POA is happy to announce that we just forwarded \$68,000 to the MCCDD for the repair to the pier at the end of our boardwalk, now it is complete and our beautiful nature walk is whole again. We are looking forward to continue working hand in hand with our MCCDD.

We are looking into other community enhancing projects to make our community better, support the beauty and family oriented lifestyle that Palencia offers. If you have suggestions for new amenities or community enhancing ideas please let me know directly or send to our CAM Sarah Guzman at [sguzman@vestapropertyservices.com](mailto:sguzman@vestapropertyservices.com).

Two final thoughts:  
First, please remember when you get a Notice of Violation letter it is your POA and CAM working to help you see issues that you have become visually anesthetized to (see my last Palencia Press article). Don't be upset, just contact Sarah; if there is a misunderstanding she can adjust the violation. We aren't perfect, but if there is a problem that needs repair, email Sarah and let her know that you are fixing the issue and provide a time table.

Second, our community only works by your efforts. Your CDD's and POA's SERVE YOU but we can work 100% better with your involvement. Get to the meetings! The dates and times are emailed to you well in advance. Get to know your Board members and voice your concerns, likes and opinions. We truly would love to see your smiling, and even unsmiling, faces at our meetings. Help us help you! By doing this you complete the algorithms goal of "recognizable set of end conditions."



## Jill Stonier

BEAUTY STUDIO

- Facials
- Hydrafacials
- Wedding & Event Make-up Application
- Make-Up Lessons
- Spray Tanning
- Skin Care and Make-up For All Your Needs



Jill Stonier, Palencia resident

Visit Our Studio In Palencia At  
591 Market Street  
904-599-2272  
or email [jill@jillstonier.com](mailto:jill@jillstonier.com)

Visit Our Website  
[JillStonier.com](http://JillStonier.com)



591 Market Street, Palencia



Free Estimates

- Cabinets
- Closets
- Shelves
- Doors and more




References Available

(904)  
315-8550

**Jorge Damonte:**  
**Master Carpenter \* Interior Woodwork**  
[www.JHSCustoms.com](http://www.JHSCustoms.com)

Lic. # ST-7256

# Businesses In The Heart Of Palencia Market Street District




**ALANTES**  
 • CAPITAL RAISING  
 • MERGERS & ACQUISITIONS  
 • STRATEGIC ADVISORY

Alantes Corporate Finance specializes in capital raises and strategic advisory for small to middle market businesses across the nation. Our team prides itself on our ability to provide unique solutions for all of your business needs. Whether you're looking to acquire a new company or additional working capital for operations, Alantes is your trusted source for business growth and expansion.


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

**Make Your Travel Dreams A Reality**



- Ocean & River Cruising
- Tours & Packages
- Family Travel
- Group Travel

[adamstravelcompany.com](http://adamstravelcompany.com)  
 904-392-0248



**Barbara McDougall**  
 Psychological Testing  
 904-269-8200

Dr. Barbara McDougall is a Florida Licensed Clinical Psychologist who has been in private practice since 2005. Focus of services include psychological and neuropsychological testing to assess for a variety of disorders including ADHD, autism, dementia, mood disorders.

701 Market Street, Suite 105  
[www.drbarb.org](http://www.drbarb.org)



**A DOGGY DETAIL SHOPPE**  
 Bark of the Town  
 Pet Spa

Dog Grooming  
 904-907-5100

641 Market Street  
 In Palencia

Market Street and Village Square Shops and Businesses		
Business Name	Service	Contact
A Degree Above	HVAC Servicing	904-293-1030
Accomplish MSP	Managed IT Services	accomplishmsp.com
Ace Handyman, Franchise Office	Handyman and Home Care	904-217-6119
ADW Diabetes - Pharmacy	Specialty Pharmacy	adwdiabetes.com
All About Screens	Window/Screen Repair	904-587-9095
Ameriprise Financial	Financial Planning	904-720-4235
Andy Homes	Real Estate Investment	andyhomesflorida.com
Answer Aide	Phone Answering Services	answeraide.com
Architecture 101	Architectural Consulting	a101.design
Alantes Corporate Finance, LLC	Capital raising, acquisitions	alantes.com
Adams Travel Company	Travel Agency	904-392-0248
Barbara McDougall	Counseling	904-269-8200
Bark of the Town	Dog Grooming	904-907-5100
Basic Shop	Homegoods & Gifts	shopbasicshop.com
Beaches Adult Soccer League	Adult Soccer Leagues	basl.com
Blissful Health, LLC	In Home Medical Care	blissfulhealthllc.com
Brushwood Media Group	Celebrity Representation	brushwoodmedianetwork.com
Business Builders	Marketing Agency	businessbldr.com
Center for Neurofitness	Brain Training & Neurofeedback	904-584-4210
Coldwell Banker	Realty Office	904-601-5000
Comanco, Inc - Regional Office	Industrial Membrane Engineers	comanco.com
Consortium Solution Services	Business Intelligence Consultation	consortiumsolutionservices.com
CORE Connections Therapy, LLC	Speech & Language Therapy	coreconnectionstherapyfl.com
Cornerstone Barbers	Barber Shop - Classic	904-466-3380
Cornerstone Financial	Financial Planning	904-476-1536
Cottage Homes	Builder Design Center	cottagehomecompany.com
Bold City Studios	Photo Studio	hello@boldcityboudior.com
Credacc Technologies US Inc.	Software-as-a-Service (SaaS)	credacc.com
Danzar	Dance Apparel	904-473-7401
DataBean	Clinical Trials Organization	databean.com
Dustbusters	Residential Cleaning	904-708-8770
Erin Meehan - Broker	Custom Real Estate Brokerage	904-599-3971
Fisher Tousey Law	Real Estate Law	904-819-6959
Focal Point Solutions Group	Customized IT Solutions	cloudsafe.com
Grand Welcome St. Augustine	Vacation Rental Management	904-679-6557
Graze Craze	Charcuterie Bistro	904-490-9777
Huntington Learning Center	Tutoring & Test Prep	904-819-6901
In-Line Pilates	Fitness	inlinpilatesfitness.com
Insurance Guides of Florida	Business Insurance Consulting	904-599-0237
Interiors by Studio A	Interior Design	interiorsbystudioa.com
Isle of Luxe, Inc.	Skincare Products	isleofluxe.com
J Johnson Law Firm, PLLC	Personal Injury Law	904-441-8447
J&W Construction - Sheegog	Roofing	sheegogcontracting.com
Jill Stonier	Make-up and Aesthetics	904-599-2272
John Felix Toro, Esq	Civil Law	904-600-1716

Market Street and Village Square Shops and Businesses		
Business Name	Service	Contact
Land Sea & Mat Counseling	Mental Health Counseling	904-640-8897
Laura F. Morgan	Estate and General Law	904-982-1304
Lendmarx	Data and Financial Technology	lendmarx.com
Lickety Split	Plumbing, Electrical & HVAC	904-888-8200
Magnolia Oaks Clothing Company	Online Family Clothing Boutique	magnoliaoaksclothingco.com
Meritus	Business IT Solutions	meritusbusinesssolutions.com
Motley Enterprises, Inc.	Pool Cleaning and Maintenance	904-671-0440
Mudflower Design, Inc.	Marketing and Web Design	mudflower.com
National Youth Advocacy Partners	Adoption Agency	904-443-9240
Nevin Engineering	Civil Engineering	904-728-8722
New American Funding	Financial Planning	904-506-0744
Oceanside Law	Arbitration	904-460-3300
Omnicore	Business IT Services	917-664-5834
Orasis Pharmaceuticals	Ocular Pharmaceuticals	orasis-pharma.com
P.A. Aquino & Co.	Accounting and Bookkeeping	904-808-2234
Paper Street, LLC	Specialized Photography	302-544-0463
PMP Media, LLC	Physical Health Consultation	https://drpeeke.com/
Ponte Vedra Plastic Surgery	Plastic Surgery	pvcosmeticsurgery.com
Pro Massage	Massage Spa	904-540-1198
Purely Digital Marketing	Marketing Agency & Web Design	purelydigitalmarketing.com
Raven Weight Loss - Clinic	Weight Loss Clinic	ravenweightloss.com
Refresh & Renew Painting, Inc.	Residential & Commercial Painting	904-352-2265
Richard Q. Lewis, Esq	Family and Estate Law	904-201-3981
Rock Pine Partners, Inc.	Advisory & Consulting	rockpinepartners.com
Salon MM - Marcelo Mello	Salon - Brazil & NY Inspired	thesalonmm.com
Salt Life Food Shack	Restaurant Corporate Office	saltlifefoodshack.com
Serenity Nutrition - Julie Avery	Nutrition and Lactation Services	myserenitynutrition.com
Share Space - The Coworking Club	Private & Virtual Offices	sharespacepalencia.com
Smyczynski Financial	Financial Planning	smyczynskifinancial.com
SocialDrip	Social Media Management	socialdrip.co
Sophie Spa	Nail Salon	904-429-1292
Spearleader	Personal Training & Fitness	904-654-0353
Summit Properties International	Broker Taly Brinzey, BK3473814	spifirstcoast.com
System 4 Cleaning & Facilities Mngmt	Commercial Cleaning	904-906-6400
Tactical Firearms Training Center	Firearms Training	904-629-3490
Tax Office of Peter Gillman	Tax Preparation	yourtaxmaster.com
Terra Lux Consulting	Custom Real Estate Consult	terraluxhomes.com
The Tolan Group - Corporate Office	Recruiting Agency	thetolangroup.com
Thrive Medical	Medical Billing Services	atlanticealthalliance.com
Tori Stauffer	Photography	toristauffer.com
Triedata, Inc.	Government IT Services	triedata.com
Village Day	Aftercare Services	904-377-1806
Vista Reinsurance	Insurance for Insurance Companies	904-829-8668
XLR8 Capital	Business Financing	xlr8.capital





**Asian - European  
& Domestic  
Car  
Specialists**



# Feldman Auto Repair

Like Us On 



**At Feldman Auto Repair, we're not just a repair shop; we're your partners in keeping your vehicle running smoothly.**

**Mark Ellis**  
has a passion for automobiles and a commitment to exceptional customer service.

**3816 N. U.S.1 • St. Augustine  
(904) 217-0865  
www.feldmanautorepair.com**

**We Specialize In:**  
Engine Diagnostics/Driveability  
Brakes • Front Ends • Tune-Ups • Timing Belts/Chains  
• C/V Boots & Axles • Tires • General Maintenance



## We Sell Tires With FREE Lifetime Tire Rotation!

<p><b>MAINTENANCE LIGHT RESET</b></p> <p><b>We Reset All Maintenance &amp; Service Lights On All Vehicles</b> Feldman Auto Repair</p>	<p><b>ENGINE LIGHT DIAGNOSTICS</b></p> <p><b>\$115<sup>00</sup></b> <small>Some addl. diagnostic charges may apply</small></p> <p>Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior purchases. Offer Expires 9-30-24</small></p>	<p><b>TIRE AND BRAKE INSPECTION</b></p> <p><b>Free</b></p> <p>Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior purchases. Offer Expires 9-30-24</small></p>	<p><b>ROAD TRIP SAFETY CHECK</b></p> <p><b>\$25<sup>00</sup></b> <small>21-Point Safety and Service Inspection</small></p> <p>Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior purchases. Offer Expires 9-30-24</small></p>
<p><b>AIR CONDITIONING SERVICE</b></p> <p><b>\$169<sup>95</sup></b> <small>Includes • Evacuate and Recharge system • UV Dye • Check entire system</small></p> <p>Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior purchases. Offer Expires 9-30-24</small></p>	<p><b>SERVICE SPECIAL</b></p> <p><b>\$10<sup>00</sup> OFF</b> <small>Retail Or Service Of \$100 Or More. Most Vehicles.</small></p> <p>Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior purchases. Offer Expires 9-30-24</small></p>	<p><b>COOLING SYSTEM SERVICE</b></p> <p><b>\$74<sup>95</sup></b> <small>Plus Fluid • Check entire system</small></p> <p>Feldman Auto Repair <small>With this coupon. Not valid with other offers or prior purchases. Offer Expires 9-30-24</small></p>	<p><b>WE PROVIDE SERVICE FOR ALL MAKES &amp; MODELS</b></p> <ul style="list-style-type: none"> <li>• Asian</li> <li>• European</li> <li>• Domestic</li> </ul> <p>Feldman Auto Repair</p>

\* Some Cars Slightly Higher



## PTO Hopes To Make New School Year An Exciting One

By Sara Seifert, Palencia Resident  
Palencia Elementary PTO

Many changes are associated with a new school year: new teachers, a new school in some cases, friends and grade levels. Another change occurring will be new leadership with Palencia Elementary School's PTO. Lindy Lollar will take the reins from Victoria Rosenbaum as PTO President after serving as her Vice President last year and Lindsey Holmes will be the new Vice President, learning the ropes before taking over for Lindy next year.

One of their first new initiatives was the Kindergarten Meet-and-Greet at Palencia Park in July. New students and their families were able to meet Captain Goodrich as well as kindergarten teachers, Mrs. Banks, Mrs. Gagnon and Mrs. Huster who generously gave up a few hours of their

is also the co-chair for the See The Girl Tennis Tournament held at the Palencia Tennis Center which raises funds to support young women who are in need of supportive environments through policy, research, and advocacy- a cause close to her heart.

Says Lollar, "As we embark on another exciting school year ahead, I am filled with optimism and pride. Our community thrives on the dedication and collaboration of our families, staff and students and so, together, we are building a nurturing and innovative environment where every child can flourish. Let's make this year unforgettable!"



PTO President Lindy Lollar and Vice President Lindsey Holmes at the annual Meet The Teacher day at Palencia Elementary School.

Lindsey Holmes is an educator, having worked as a Kindergarten teacher for many years just outside Dal-

summer to say hello and calm any nerves the little ones might have had. Popsicles were handed out by Lindy and Lindsey and the kids and families had a blast!

Also new for the PTO this year will be a Family Corn Hole Tournament, Mom/Son Day at the Jacksonville Jumbo Shrimp, Challenge Island STEM Night and more!

With a background as a Speech-Language Pathologist M.ed, CCC-SLP, Lindy Lollar knows her way around a school and understands the importance of a cohesive school environment. Having practiced in an educational setting for many years, she understands what is important in terms of allocating PTO funds and which fundraisers will be a success for the school community. In addition to being the busy mom of two girls, Lindy

also gives her insight into school leadership and she will certainly use her experience to advance the PTO. A mom of two boys, Lindsey is happy to take a larger part of the PTO this year. "I am super excited to be a part of our PTO this year! I hope to help foster an inviting environment where everyone feels welcome and connected to the school so we can achieve our goals and support our amazing teachers and students!"

Together the new duo of Lindy and Lindsey hope to make the 2024/2025 school year a fun and exciting one for both kids and faculty! As always, the PTO is excited to welcome new volunteers and members this year - please don't be shy and check out a meeting or sign up to volunteer.

# "I only want cremation." Call For Price

**Flagler Memorial Cremation Society**  
**(904)797-4990 or (904)669-1809**

Veteran Owned & Operated  
Family Business

# The Southern Gardener LLC

**904-377-1887**  
*Lawn Maintenance  
Landscape Design & Installation  
Licensed & Insured*  
TheSouthernGardener@gmail.com



*"Doing the common things uncommonly well."*



## Are You Living Your Best Retirement?

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

In retirement, you have more time than you've ever had in your life. You also have less time than you've ever had in your life. This paradox requires a different mind-set in retirement if you want to live your very best life after you stop working. We have been trained to become experts at playing the long game, emphasizing tomorrow over today, and often sacrificing the present and our health for the future. Saving instead of spending. Working longer now so you can enjoy the fruits of your labor later. Putting off travel, expenses, and enjoyment so you can reap the rewards in retirement. If you had success in your career and finances, it's likely because you played the long game. This is the formula we've been taught for achievement. Tomorrow's success is built on today's sacrifice.

What can you do today to improve your tomorrow? If you want to live your best life in retirement, don't play the long game; play the short game. Playing the short game means abandoning the belief that you must delay gratification. You're retired! What are you delaying it for? Stop thinking you have enough time. You don't. Don't put the important things off. Whatever it is you want to do, achieve or experience, get on it!

Here are some tips for making the most of your retirement years:

**1. Shift your budget.** Frontload your retirement by doing as much as you can in your early years. Your time is limited. You don't know how much you have or if you'll feel healthy or have the energy later. This means traveling, going on adventures and taking up hobbies now. If you have a limited amount of funds (and don't we all?), this means allocating more of those to your early retirement years. You will want to work with a CERTIFIED FINANCIAL PLANNER™ professional to ensure you are not spending more than you can afford, but when in doubt, budget more for fun, travel and adventure now versus later.

**2. Invest in yourself.** The greatest asset you have in retirement is not your IRA but your health. Your goal in retirement is to stay as energetic, mobile, pain-free and healthy for as long as possible. This requires effort (think exercise), discipline (think nutrition) and often money. I can't think of a

better use of money than to improve health. Invest in exercise equipment or a trainer. Purchase supplements or other nutritional aides. Take classes, go on retreats and do whatever it takes to stay healthy.

**3. Gift instead of bequeath.** Don't leave a legacy; live a legacy. You've worked hard, sacrificed and saved for decades. If you have the financial resources, instead of leaving your kids and loved ones an inheritance after you pass away, use your money to help them improve their lives today. Help a loved one buy a house. Pay for the grandkid's tuition. Invest in their start-up. Go on adventures together while you are still healthy enough to do so.

**4. Consider Donation Strategies.** If you have owned appreciated stock shares for more than a year, you can donate the shares outright to charity and reap a variety of benefits. Both you and the charity may be able to avoid capital-gains taxes and you can deduct the fair market value of the asset on your next tax return. Also, if you must take a required minimum distribution (RMD) from your IRA this year and you plan to make a charitable contribution from the income anyway, ask your local CFP® professional about qualified charitable distribution (QCD) strategies. The QCD option allows you to make a gift directly from your IRA to an eligible charity (up to \$100,000 a year) and gain a few extra perks.

Retirees need to stop playing the long game as if next year or even tomorrow is guaranteed. Instead, you need to start playing the short game. Think in terms of decades but act in terms of days. Working with a CFP® professional can help you make sure your finances are arranged to help you live your best life during retirement.

*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](http://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.*

## Financial Planning Tailored To Your Needs!

Our team is dedicated to supporting you in identifying and prioritizing your financial goals and needs. We provide personalized advice, consistent planning, and strive to bring value to our clients. We aim to boost your confidence in reaching your financial goals.



**Daniel J. Smyczynski, CFP®**  
**Travis A. Smyczynski, CFP®**

701 Market St., Suite 111 Palencia • St. Augustine, FL 32095  
904-395-4665 • Email: [TravisSmyczynski@afpadvisor.com](mailto:TravisSmyczynski@afpadvisor.com)  
[www.smyczynskifinancial.com](http://www.smyczynskifinancial.com)

Securities and investment advisory services offered through Ausdal Financial Partners, Inc. Member FINRA/SIPC. 5187 Utica Ridge Rd., Davenport, IA 52807. 563-326-2064. [www.ausdal.com](http://www.ausdal.com) Tax and estate planning should not be construed as legal or accounting advice. Please consult with your tax advisor and/or attorney

THE CO-WORKING CLUB

# SHARE SPACE

PALENCIA ✕ FL



### Executive Or Team Offices

Fashioned with large executive furnishings or multiple desks for an upscale experience or flexibility in use. Complimented by a fully stocked cafe, additional workspace in the lounge and outdoor working areas. Prices start at \$900/month.

### Virtual Office

Commercial business office address that meets regulatory, city, county and state requirements. Neat opportunity for Google My Business or Apple Business Connect geolocation central to Northeast Florida and St. Johns County. An array of businesses in the Market Street district to network with. Discounted booking of day office or conference room. Prices start at \$75/month

### Coworking

Micro-Offices and workstations for professionals wanting to work close yet out of the home. Prices start at \$175/month

Share Space offers an upscale, professional and clean experience to help you focus in doing your best work. Our cafe is fully stocked with complimentary treats so you don't get "hangry" when too busy to step away to one of the many Palencia dining options. Great tasteful option whether you plan to occupy or simply need a legitimate place to hang your license. Underground gated garage parking or furnished executive residential rental options also available.

Visit [sharespacepalencia.com](http://sharespacepalencia.com) or call 904-701-0881  
Conveniently located in Village Square at 701 Market Street



## UPGRADE YOUR LAWN!



• Landscape • Irrigation • Lighting

[www.YANKEE CLIPPER IRRIGATION.com](http://www.YANKEE CLIPPER IRRIGATION.com)

Decorative Stone

Sprinkler Repair & Install

Water Pump

Yard Clean-ups

Landscape Night Lighting

Call Now! (904)461-5479



We've Got The Equipment For Any Job!

**AFFORDABLE FULL SERVICE**  
34+ Yrs Serving St. Johns





**Coastal Tree Service**  
**904-285-6427**

**Your Complete  
Tree Care  
Specialist**

*ISA Certified Arborist*

**Specializing In  
Dangerous Trees**




- Tree Preservation
- Tree Removal
- Pruning
- Trimming
- Transplanting
- Storm Clean Up
- Stump Grinding
- Crane Service
- Bucket Truck
- Debris Hauling
- Excavations
- Land Clearing
- Arborist Consultations
- And Much More!






**www.coastaltree.com 904-285-6427**

## An Open Letter From the Marshall Creek CDD Chairperson

By Rich Luciano, Palencia Resident



Rich Luciano

I have received a few questions from residents and some Palencia HOAs as to the 2025 CDD rate increase. To those residents and HOA leaders, I have personally communicated portions of the following

information, with follow up calls or face-to-face discussions to answer any further questions they may have.

Let me begin with some definitions and background, for those new to Palencia:

• Palencia has HOAs, POAs, and CDDs:  
1. HOAs (Home Owner Associations)..... are usually responsible for their property maintenance. There are approximately 16 HOAs at Palencia.

2. POA (Palencia Owners Association)... which is responsible for architectural reviews/approvals and for enforcing those standards.

3. CDD (Community Development Districts).....are responsible for the community's common areas which includes the roads, pools, tennis, amenity center, pickleball courts, fitness center, guard gates, ponds, etc. CDDs have no responsibility for anyone's personal property, including HOA properties, or for enforcing personal property standards.

4. Each of the above entities may have fees that homeowners pay.

• Your tax bill is comprised of two fees:  
• a debt service fee (which is repayment of the money the original community developer borrowed to build your community's infrastructure)

• an Operations/Maintenance CDD fee (which is to pay for the Operations/Maintenance of the items in #3 above)

• In 2025, Marshall Creek CDD is budgeting for an annual increase in your Operations/Maintenance fee of approximately \$128 if you live "behind the gate," and \$183 if you live "outside the gate." That is the first increase since 2021.

The primary contributor to this year's Marshall Creek increase are:

• Expense increases due primarily to inflation over the past 4 years

• An unexpected \$300,000 FEMA bill (FEMA gave us over \$300,000 approx. 5 years ago to replace our boardwalk which was damaged by hurricanes. We used that money to repair the boardwalk. Now, FEMA wants the money back).

• As the community ages, infrastructure expenses increase. The CDD either funds those expenses from revenues or from past surpluses. We tend to fund large infrastructure projects from surpluses and smaller infrastructure projects through revenue. (For instance, the repairs to the drain at the corner of Publix and Palencia Village Drive were

funded from revenue. If we need to repave a road, it would most likely be funded from reserves/surplus).

• A fiscally responsible commitment by the CDD to conservatively budget and conservatively spend, which historically has resulted in small annual surpluses. Surpluses and reserves are used to replenish infrastructure and to be prepared for unexpected events. I am proud to say, our current Marshall Creek surpluses/reserves are in good financial shape to repair/replace our 20+ year old infrastructure as it progresses through its useful life.

A few other pieces of information:

• Palencia is two communities, Palencia South (Marshall Creek) and Palencia North, some also refer to it as "Lennar" (Sweetwater). Each community has a CDD.

• To be overly simplistic, talk to the CDD when you have comments about the community common property. Talk to the HOA and/or POA when you want to discuss private property (your home, condo, home of a neighbor, etc).

• The Palencia amenities are owned by a CDD, either Marshall Creek CDD or Sweetwater CDD:

• Sweetwater owns the Fitness Center, Fitness Pool, Pickleball Courts, and a few other items

• Marshall Creek owns the Amenity Center, Tennis Facility, Amenity Pools, Boardwalk and pier, and a few other items

• Although each CDD is responsible for the decisions on the amenities they own, the two CDDs do collaborate on many decisions, such as amenity rules.

• Sweetwater homeowners comprise 33% of the households in Palencia and Marshall Creek homeowners comprise 67% of the households.

• The above "33/67" is important to note, as all of the amenity expenses are split "33/67", where Marshall Creek CDD pays 67% of all of the amenity expenses and Sweetwater CDD pays 33%. For example:

• If Marshall Creek CDD makes a decision to refurbish a pool slide for \$21K, Marshall Creek CDD pays 67%, \$14K, and Sweetwater CDD pays 33%, \$7K.

• If Sweetwater CDD makes a decision to buy a \$15K fitness center air conditioner, the same holds true, Marshall Creek CDD pays 67%, \$10K and Sweetwater CDD pays 33%, \$5K.

The CDD operates with a goal "to take actions that will contribute to increasing our property values and quality of living." These goals manifest themselves into CDD operational actions which are to "budget conservatively and spend wisely."

If anyone has any questions or comments, always feel free to reach out to me, to any board member, or to Vesta, the Marshall Creek Property management company.

Make it a great day !

RichLuciano.CDD@gmail.com

## We do so much more than balance your books!

Let us help you avoid interest, penalties, and fees by assisting with your bookkeeping.

"You can count on tax deadlines, and you can count on us."

-Jennie Morris



**904**  
**BOOKKEEPING**

- Freelance Digital Bookkeeper
- Certified QuickBooks Pro Advisor
- QuickBooks Training Available
- Specializing in Data Cleanup for Tax Preparation



www.904bookkeeping.com **904.357.0801** jennie@904bookkeeping.com

## Hot Off The Press!

Check out the current issue of the Palencia Press even before it hits mailboxes. Visit [www.palenciapress.com](http://www.palenciapress.com) and sign-up to get the latest issue delivered right to your in-box.

Need advertising information? Contact us at 904-436-5387



## Piano Pleasures Music Studio

Piano lessons for all ages and all levels

**Sue Amkraut**  
**(407) 310-3582**

Lessons in my studio or online  
St. Augustine, Florida

[www.pianopleasuresmusicstudio.com](http://www.pianopleasuresmusicstudio.com)  
and Piano Pleasures Music Studio (on Google)

Member of Federation of Music Clubs & National Piano Guild







LUXURY SPECIALISTS  
REAL ESTATE ADVISORS

# COMPASS

601 A1A North, Ponte Vedra Beach, FL 32082



Crickett Huff  
CELL 904.728.3333  
crickett.huff@compass.com  
www.crickettthuff.com



Amy Young  
CELL 561.317.9039  
amy.young@compass.com  
Serving South Florida

OVER \$18.5 MILLION  
IN SALES IN '23



## Have a great school year!



1200 S OCEAN BLVD #10E  
BOCA RATON  
Cloisters Beach Tower  
2 BR | 2 BA | 1,230 SF  
Ocean View | Updated Kitchen  
Offered at \$699,800



185 TREE SIDE LANE  
Pinnacle Model in Del Webb  
3 BR | 3 BA | 2,762 SF  
Office/Flex | Sunroom | Preserve Lot  
Approximately \$125,300 of Upgrades  
SOLD \$829,000



123 TREE SIDE LANE  
Pinnacle Model in Del Webb  
3 BR | 3 BA | 2,770 SF  
Office/Flex | Sunroom | Preserve Lot  
Approximately \$50,000 of Upgrades  
Offered at \$815,000

### LIST WITH CRICKETT

*When you list your home with me, I will pay your first \$500 towards your staging costs with Carla Reed Lifestyles!*

**Homes that are beautifully staged tend to sell faster than a house that is not!**

Compass is a licensed real estate broker. All material is intended for informational purposes only and is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. No statement is made as to the accuracy of any description or measurements (including square footage). This is not intended to solicit property already listed. No financial or legal advice provided. Equal Housing Opportunity.



# ALEXANDER DENTAL

## LOCALLY & FAMILY-OWNED

### ALL DENTAL SERVICES IN ONE CONVENIENT LOCATION

- ✓ IV SEDATION
- ✓ INVISIBLE BRACES
- ✓ IMPLANTS & VENEERS
- ✓ EXTRACTIONS & ROOT CANALS
- ✓ ORAL SURGERY & PERIODONTICS
- ✓ WHITE FILLINGS & CEREC SAME DAY CROWNS

134 REGISTRY BLVD, ST.AUGUSTINE 904-940-5757

Scan to book >>  
your visit



OPEN 7AM-7PM & SATURDAYS

www.alexanderdental.com



## Growing Healthy Smiles

- Exams & Digital X-rays
- Dental Fillings
- Sealants
- Dental Cleanings
- Sedation Options




Dr. Marisol Bolivar, DMD  
Pediatric Dentist

**250 Paseo Reyes Drive • Palencia  
(904) 429-3387**

# Straight Answers No High Pressure



**CALL TODAY FOR**

- RESIDENTIAL
- COMMERCIAL

*“We carry a complete line of Water Treatment Systems to meet your needs and your budget!”*

Family Owned & Operated Since 1989

Ask Us About Salt Delivery Or Rental Systems!

**REMOVE**

IRON • BACTERIA • SULPHUR • SALTS  
COLOR • LEAD • HARDNESS AND ODOR



**AFFORDABLE WATER**  
CONDITIONING • SOFTENING • PURIFICATION

License #W-32

**FREE WATER TESTING**  
**3760 Kori Rd • 904-262-0197**



**4 Bed, 3 1/2 Bath  
2952 sf Cul-de-sac  
Pool Home**

Quiet cul-de-sac. Step out onto your covered lanai to the pool deck, look across the water at the wild birds and have deer come up to your fence looking for a snack. Downstairs main suite, large bonus room for entertaining. \$699,000.



**4 Bed, 4 1/2 Bath  
3,353 sf, Over Half  
Acre In Palencia**

Treehouse Circle where the trees are large & shady, Treehouse Park is across the street and traffic is minimal. .54 acres with 130+ feet of lake frontage overlooking preserve. Hardwood floors, 3-Car Garage. \$1,250,000.

**Anita Millar** CRS, GRI, SRES, RSPS  
Broker / Owner  
20 Years & counting!  
“We don’t just take you for a ride... We deliver results!”  
**904-509-8622**



**2024 FIVE STAR REAL ESTATE AGENT**  
Anita Millar  
**RAMSEY TRUSTED**

**Proudly Selling Palencia Since 2004**



**ROYAL HIGHLANDER**  
REAL ESTATE CONSULTANTS, LLC

www.anitamillar.com

**GOLF COURSE PROPERTIES**

**WATERFRONT HOMES**

**EQUESTRIAN PROPERTIES**

**NEW CONSTRUCTION**

**ACTIVE ADULT 55+**



**A SAFE HAVEN FOR YOUR AUTOMOTIVE LEGACY**

Are you in search of the perfect sanctuary for your cherished automotive treasures? Look no further than Auto Toy Vault, where we redefine auto storage in North FL, setting the standard for excellence.

**Secure Your Spot Today**  
 (904) 525-9881  
 AutoToyVault.com




**palencia**dental  
*Smile With Confidence*  
**Stephanie Kinsey, DDS**



Stephanie Kinsey, DDS  
 Palencia Resident

**Smile With Confidence For Your Next Facebook Post!**

Call us today to discuss your options to attain a smile you can't wait to share!

- Smile Rejuvenation
- Laser Therapy
- Sedation Dentistry
- TMJ
- Gum Therapy
- Dental Implants
- Facial Aesthetics
- Whitening
- Dentures
- Treatment for Migraines

**Call 904.826.4343**



**159 Palencia Village Drive, Suite 109**  
 • Next To Starbucks

[info@palenciadental.com](mailto:info@palenciadental.com)  
[www.palenciadental.com](http://www.palenciadental.com)


**INCREASE YOUR MOBILITY**

**STRETCH ZONE**  
 STRETCH. WORK. PLAY. REPEAT.

- + **FEEL** LIGHTER & YOUNGER
- + **RELIEVE** STIFFNESS & SORENESS
- + **ENHANCE** PHYSICAL & ATHLETIC PERFORMANCE
- + **INCREASE** & MAINTAIN RANGE OF MOTION

**BOOK YOUR FIRST STRETCH FREE**

**STRETCH ZONE | ST. AUGUSTINE NORTH**  
 7458 US-1 N, Suite 106, St. Augustine, FL 32095  
 (904) 217-7171





The Power of One...  
 Making a difference in our profession, in our community,  
 and in the lives of our patients,  
 one patient at a time.



One Patient - One Therapist - One Plan - One Goal



**Bryan Olson**  
 Physical Therapist  
 Manual Therapist  
 Dry Needling  
 Balance / Vestibular  
 Specialist & Sports Rehab



**Jim Viti**  
 Physical Therapist/ Fellow  
 Manual Therapist  
 Certified Orthopaedic  
 & Spine Specialist



**Bobbi Blancq**  
 Physical Therapist  
 Manual Therapist  
 Lymphedema &  
 Vestibular Specialist



**Matthew Sheitz**  
 Physical Therapist  
 Manual Therapist  
 Dry Needling  
 Vestibular Specialist



**Kaleb Griffol**  
 Physical Therapist  
 Manual Therapist  
 Orthopaedic &  
 Sports Rehab



**Jocelyn DiFolco**  
 Physical Therapist  
 TMJ & Manual Therapist  
 Balance & Vestibular  
 Specialist - Fall Prevention



**Rob Stanborough**  
 Physical Therapist/ Fellow  
 Manual Therapist  
 Dry Needling  
 Orthopaedic & Chronic  
 Pain Specialist

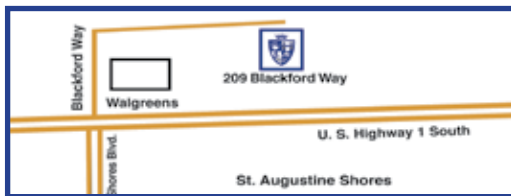


**Nick Guardia**  
 Physical Therapist  
 Orthopaedic &  
 Sports Rehab  
 Vestibular Specialist



**Cheryl Wynn**  
 Physical Therapist  
 Manual Therapist  
 Vestibular Specialist

209 Blackford Way / St. Augustine, FL 32086  
 Ph: (904) 907-1122 / Fx: (904) 907-1123



**Beverly Bass**  
 Occupational Therapist  
 Certified Hand Therapist  
 Certified Lymphedema  
 Specialist



**Jamie Vernaglia**  
 Physical Therapist  
 Manual Therapist  
 Vestibular Specialist

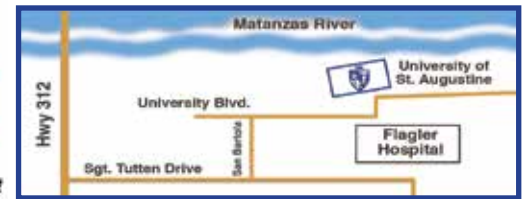


**Beth Olson**  
 Physical Therapist  
 Manual Therapist  
 Women's Health &  
 Pelvic Floor Pain Specialist



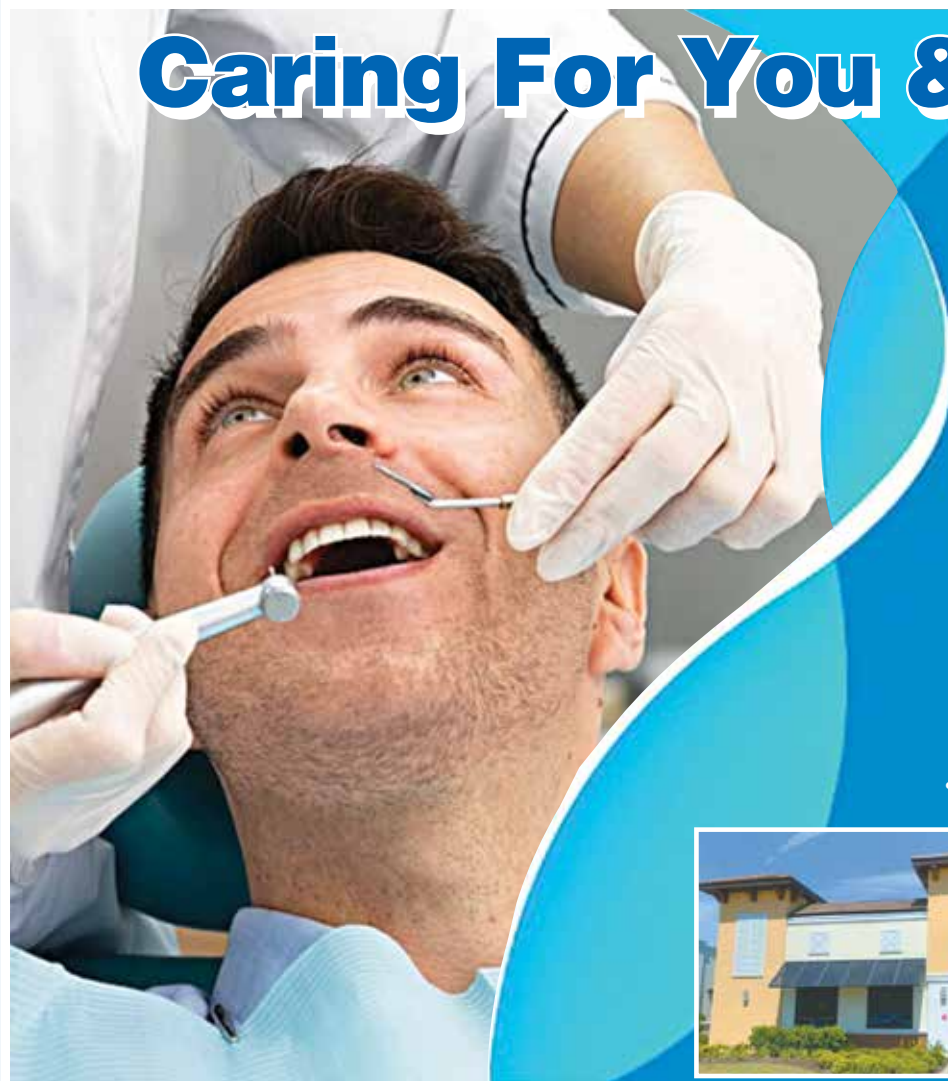
**Meg Robinson**  
 Occupational Therapist  
 Certified Hand Therapist

1 University Blvd / St. Augustine, FL 32086  
 Ph: (904) 829-3411 / Fx: (904) 829-3412



-Physical/Occupational Therapy -Dry Needling -Certified Hand Therapy -Manual Therapy -Lymphedema Therapy -Orthopaedics & Neuro Therapy  
 -TMJ Therapy -Vestibular & Balance Therapy -Women's Health & Pelvic Floor Therapy and more

# Caring For You & Your Smile



- 5 Fabulous Hygienists with over 85 years of combined Dental Hygiene experience
- State of the Art Technology including 2 Digital Scanners
  - Same Day Emergencies
- Beautiful crowns, bridges, veneers & tooth colored fillings
  - Dentures and partials
  - Restoration of implants
  - Invisalign • Botox & Fillers
  - Non-surgical gum therapy
- Night guards for clenching and grinding
  - Anti-snoring appliances
- Most extractions • Root canals
  - Laughing gas for relaxation
- Blankets, headphones & TV for your comfort



**Dr. LaHaise**



**Dr. Kabra**



**Dr. Duprey**



904-429-3446 • 305 Paseo Vereda Drive, Palencia • www.avilesdentalcare.com





## What Is Blood Flow Restriction

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

Blood Flow Restriction, or BFR exercise is not new. In fact, as with many treatments, even penicillin, it was discovered by accident. Yoshiaki Sato, a Japanese exercise enthusiast noticed swelling in his leg after prolonged kneeling and recognized the same feeling in his legs he experienced while working out. From this experience, he developed what he called KAATSU, or "training with added pressure." He applied these principles to his own rehabilitation in 1973 after experiencing severe injury to his legs and made a wonderful recovery.

Forwarding, his methods became popular in the body building community of the 1970's, which led to preliminary research up through the 90's. This was followed by a research explosion in the early 2000's as the technique increased in popularity. It gained increased notoriety from professional sports and related media coverage.

Fortunately, for us today, the research has produced a sizeable body of knowledge, and brought more consistency to equipment standards and treatment protocols. And although BFR is not a cure-all, nothing is, there is a strong scientific basis for using BFR treatments, not just in sports but also in rehabilitation.

Muscle strength and hypertrophy, or any tissue, depends on progressive loading. Targeted tissue is challenged by increasing loads producing mechanical tension, muscle microtrauma and metabolic stress. In return, the body adapts with increased density or increased strength. Historically, progressive loading meant using high loads (>80% 1 max rep or 80% of what can be lifted 1x), repeating to the point of fatigue/failure. But higher loads have also meant injury to both the healthy athlete and those trying to heal through rehabilitation. But what if the same results could be achieved, generating the same positive adaptations using much lower loads? If applied correctly, BFR, using exercise loads 20-30% 1 max rep, can produce similar results – muscle fatigue, increased metabolites, and increased growth hormone – with less chance of tissue damage.

Without getting too technical, but in case you were curious, these results are achieved by partially and temporarily restricting blood flow with pressurized cuffs. The restriction promotes an inflammatory response similarly seen using heavy weights. The inflammatory response causes the production of myokines, which are cytokines produced in skeletal muscle. One specific cytokine, interleukin 6 (IL-6), is responsible for the acute phase of protein synthesis. And what is of particular interest, muscle damage is not required to bring about increased levels of IL-6. Additionally, it is hypothesized that muscle fatigue from BFR triggers a higher motor unit recruitment earlier in the exercise, which results in greater muscle activation, similarly produced when using higher loads.

What are the downside and safety considerations? Your therapists should do a thorough examination, including a medical history, to ensure BFR is indicated for your condition. But if indicated and if applied correctly, the most common side effect is muscle soreness as with most types of exercise.

BFR is a proven training option for the athlete but is also making waves in rehabilitation. It may be a viable tool to help you with your recovery and healing. Hopefully with the little bit of information provided in this column you can do some of your own research, bring questions to your healthcare provider or call us at First Coast Rehabilitation north US 1: (904) 829-3411 or south US 1: (904) 907-1122.

*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 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.*



## Snake Bites In Pets

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

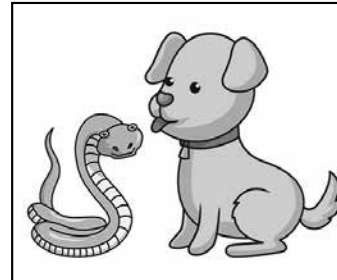
Northeast Florida's landscapes are shared by pets and wildlife, including snakes. While most local snakes are non-venomous, venomous species can pose serious risks. Here's how to keep your pets safe.

In our area, the main venomous snakes are Eastern Diamondback Rattlesnakes, Pygmy Rattlesnakes, Cottonmouths (Water Moccasins), and Coral Snakes. Eastern Diamondbacks are found in pine forests, palmetto stands, and coastal scrub. Pygmy Rattlesnakes prefer pine flatwoods, scrub, and dry prairies. Cottonmouths are typically near rivers, lakes, and swamps, while Coral Snakes tend to stay hidden in leaf litter or underground.

If your pet is bitten, immediate identification and treatment are crucial. If it is safe (and the snake is accessible) try to take a photo of the snake to aid in identification. Common signs of a snake bite include swelling and bruising at the bite site, pain and lethargy, drooling and weakness, and visible puncture wounds that may bleed excessively. If you suspect a snake bite, it's important to stay calm and keep your pet as still as possible to prevent venom spread. Avoid home remedies like

sucking out venom or applying ice, and seek veterinary care immediately.

At Palencia Pet Clinic we are equipped to handle snake bite emergencies. Treatment often involves antivenom administration, pain management, and supportive care. Our goal is to stabilize your pet and prevent complications such as tissue damage or infection.



Preventing snake bites involves being vigilant and proactive. When walking your dog, keep them on a leash and avoid areas with tall grass or underbrush where snakes may hide. Maintain your yard by trimming bushes and grass and removing debris to reduce snake habitats.

Supervise outdoor activities, especially in snake-prone areas, and consider snake avoidance training for dogs to teach them to avoid snakes.

Snake bites are a serious risk, but with awareness and quick action, you can mitigate these dangers. Stay vigilant, educate yourself about the local species of snakes, and never hesitate to seek veterinary assistance if you suspect a venomous snake bite. With these tips, you can ensure that your pets remain safe and healthy while enjoying our amazing outdoor spaces.




Eyebrows,  
Eyeliner  
and Lips  
all year  
long!

**Call Terri at 917.584.8863**

*Nouveau Image* [www.nouveaupc.com](http://www.nouveaupc.com) 

**Permanent Makeup** 

319 W Town Pl., St. Augustine, FL 32092 [terri\\_permanentmakeup](mailto:terri_permanentmakeup)  
13 Years Experience



# PALENCIA

• pet clinic •


**Dr. Jacob Vencil, Dr. Matthew Young, Dr. Sarah Franz, Dr. Olivia Valente and Dr. Michelle Logan are experienced veterinarians who have a passion for your pet's health, including senior pet care.**

- Wellness Care
- Digital X-rays
- Pet Dentistry
- Advanced Anesthetic Monitoring
- Pre and Post Surgery Pain Control

- Laser Orthopedic Surgery
- Laser Soft Tissue Surgery
- PennHip X-rays
- Neutering
- Humane Laser Declawing
- Pain Control Therapy for Long Term Pain Management

Monday thru Thursday 8:00 a.m. to 6:00 p.m.  
Friday 8:00 a.m. to 5:30 p.m.  
Saturday 8:00 a.m. to Noon

**7430 U.S. Highway 1 North, St. Augustine**  
**904-824-1622**  
Email: [palenciapetvet@gmail.com](mailto:palenciapetvet@gmail.com)







## Stay Cool And Golf Like A Pro

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

We have all heard the term PGA Pro but what does that really mean? Many believe that the term 'PGA Pro' tells us the golfer played on the Pro Tour. However, this is often not the case. In fact, PGA Professionals have a wide range of opportunities, from coaching to administration, marketing, research, management, teaching, and more. Most are never on tour but do often play in other tournaments. Palencia has a number of PGA professionals working among us in various roles to further the game of golf.

So how does one achieve PGA Pro status? Two options are available, either through an apprenticeship program or by attending university. Whichever path is chosen, the applicant must pass the Playing Ability Test (PAT) which is a 36-hole score within 15 shots of the course rating where it is played. For example, if the course rating is 72, the target score for the 36 holes would be 159 ( $72 \times 2 \text{ rounds} = 144 + 15 = 159$ ). Fewer than 20% of those who attempt the PAT are successful but they can try, try again! The journey to a PGA Pro is a long one, especially if you consider all the hours of practice and the games of golf that have been played to achieve the required skill!

The latest news for Palencia women's golf is the play of the ladies summer league. Four matches were played in July with the first taking place on a sultry July 2nd. The ladies endured extreme heat, an abundance of bugs, and limited restroom comforts. One team member fell ill from heat stroke, but the team pressed on to finish with 25 points preserving their lead in Area 1. It was such a draining experience, we forgot to



Members of July 16 team.



Members of July 23 team.



Members of July 30 team.

take a picture! So we want to acknowledge the players Faye Peludat, Carol Netzer, Debra Bienert, Pat Rose, Peggy Lamneck, and Maggie Butler.

With a bye the next week, the remaining three matches were played on the home course at Palencia. Once again on a very hot day, Palencia met The Conservatory at home and was rewarded with 30.5 points for their hard work. With the completion of the match, Palencia was just a half of point out of the lead for their area.

As the heat continued, the July 23rd match brought Jacksonville Golf

Continued On Page 15



Ask A Certified Master Gardener

## Hurricane Readiness

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

This hurricane season could potentially be a very challenging one. We have already had two hurricanes earlier than expected and, with climate change, the National Oceanic and Atmospheric Administration (NOAA) suggests there may be more on the way.

NOAA forecasters at the Climate Prediction Center expect above-normal hurricane activity in the Atlantic basin this year which began June 1 and runs to November 30. They estimate an 85% chance of an above-normal season, a 10% chance of a near-normal season and a 5% chance of a below-normal season.

NOAA is forecasting 25 total named storms (winds of 39 mph or higher). Of those, 12 are forecast to become hurricanes (winds of 74 mph or higher), including 6 major hurricanes (category 3, 4 or 5, with winds of 111 mph or higher).

The upcoming Atlantic hurricane above-normal activity is due to a convergence of factors – near record warm Atlantic Ocean temperatures, La Nina conditions in the Pacific, and reduced Atlantic trade winds – major drivers of tropical activity.

Now is the time to think about preparing your landscape for severe weather, especially as it relates to trees, potentially the most damaging to a home. Most of this information is intuitive, but good yearly reminders.

On tree defense, if you haven't already, start removing any dead or broken branches. Stake leaning trees and all newly planted trees. Prune branches that overhang any structures and prune your trees with a healthy central leader. Codominant tree trunks translate into a weaker tree. A tree with two or more trunks or stems of equal size originating from the same point on the tree is said to have co-dominant stems. Co-dominant stems may develop bark inclusions, which are weak unions between branches, and are then susceptible to breakage.

For all palm trees, only remove dead leaves (those completely brown) and never prune above the 3:00 and 9:00 hands on a clock. Overly pruned palm trees then become vulnerable to wind during storm events. Palm trees, especially Sabal palm, the official state tree of Florida, is particularly wind resistant. But, resistant if pruned correctly!

Continuing on the issue of tree vul-



nerability, older trees with decayed root systems, stem decay, or large dead branches, are more vulnerable to hurricanes. Decay, a major reason for tree failure, is caused by fungus that weakens wood. Cracks, seams, butt swell, dead branch stubs and large, older wounds suggest internal decay. They are weak points on a trunk and increase the likelihood of tree failure. Mushrooms at the base of the tree trunk might also indicate root problems.

A slower-moving storm with a lot of precipitation results in more water accumulation in the soil around trees with less friction among roots to hold trees up. In addition, trees in shallow soils are more prone to blow over than trees rooted more deeply.

On other tips, check to be sure that the street gutters in front of your home are clean and clear so rain water can flow freely and result in less flooding.

Before a storm, photographs of your landscape are useful documentation, especially if you have good insurance. Place a person in the photograph to show the size of your trees before the storm.

Lastly, remember to move smaller potted plants, pool chairs and other independent objects indoors so they won't become projectiles during severe wind.

All of these safeguards will be especially pertinent during this hurricane season if NOAA predications are accurate. They are simple to implement and will help protect your landscape and home. Stay Safe!

*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) and the National Oceanic and Atmospheric Administration (NOAA).*



Mark Ellis

### Looks like the water pump on my car is leaking something pink.

That's your antifreeze leaking out of the weep hole in your water pump. Water pumps have a built in weep hole that lets you know when your water pump's internal seals have failed. It's time to start thinking about replacing the pump. Don't wait too long to get this fixed or you may be sitting on the side of the road waiting for a tow truck.

At Feldman Auto Repair we have been keeping the roads safe for over 30 years. Visit us at 3816 N. U.S.1. There is no job too large or too small.

**FELDMAN AUTO REPAIR CALL 217-0865**





## 8 Surprising Things Medicare Doesn't Cover (Part 3)

How to afford the expenses you might encounter

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

"8 Surprising Things Medicare Doesn't Cover" continues from last month.

### 7. PRESCRIPTION MEDICATIONS

You can't count on parts A and B of Medicare to cover your prescription medicines. While original Medicare pays for some medications you receive in a hospital or doctor's office, it generally doesn't cover prescription drugs you take yourself.

The fix: If you have original Medicare, you can get stand-alone Part D prescription drug coverage from a private insurer to help cover your drug costs. Alternatively, you can purchase a Medicare Advantage plan that provides both medical and drug coverage.

Another option: People with limited income can get help with Part D premiums, deductibles and copayments through Medicare's Extra Help program. Some states and drug companies offer pharmaceutical assistance programs for people with Part D coverage, too.

### 8. DEDUCTIBLES AND COPAYMENTS

Even when Medicare covers your medical expenses, you'll still have out-of-pocket costs. In 2024, if you're hospitalized, you'll have to pay a \$1,632 Part A hospital deductible for each benefit period, which begins when you're admitted as an inpatient to a hospital and lasts until you haven't received inpatient care in either a hospital or skilled nursing facility for 60 days.

Medicare pays for the first 60 days in the hospital for each benefit period, but you have to pay a portion of the cost after that — a \$408 daily coinsurance charge for days 61 to 90 in 2024. After 90 days, you're billed a \$816 daily coinsurance

charge for up to 60 days, which can be used only once in your lifetime. Once you've used up those 60 days, you have to pay the full cost of hospitalization.

After you've left the hospital and have days remaining in your benefit period, original Medicare will pay for your first 20 days in a skilled nursing facility, too. You'll have to pay \$204 a day for days 21 to 100 in 2024 and the full cost after that. Medicare Advantage plans have to provide at least that much hospitalization and skilled nursing facility coverage.

In 2024, the Part B deductible is \$240, and you usually have to pay 20 percent of the costs of doctor visits and outpatient care.

The fix: If you have original Medicare, a Medigap policy from a private insurer can cover many of these expenses.

Another option: You can buy your medical and drug coverage from a private insurer through a Medicare Advantage plan. These federally regulated plans must cover at least as many services as traditional Medicare but have different copayments and deductibles. They also have limits on out-of-pocket costs, a calculation that doesn't include premiums. In 2024, federal regulations required Medicare Advantage plans to cap out-of-pocket costs at \$8,850 for in-network providers and \$13,300 when covered in-network and out-of-network costs are totaled.

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).

## Stay Cool And Golf Like A Pro

Continued From Page 14

Area 1 Palencia Club		Area 2 Eagle Harbor GC		Area 3 San Jose CC		Area 4 Fleming Island GC		Area 5 The Plantation	
Palencia	290.5	Eagle Harbor	280	San Jose CC	293.5	Fleming Island GC	281	Plantation	282.5
Jacksonville GCC	276	Sawgrass CC	277	GC S Hampton	289.5	Marsh Landing	275	PonteVedra IC	282
Hammock Beach	273	St.Johns G&CC	272	Deerwood	270	Deercreek	271	Jax Beach GC	272.5
King & Bear	260.5	St.Johns GC	261.5	Amelia Island LP	254	GC of Amelia	264.5	Atlantic Beach	259
Stillwater CC	250	Amelia National	259.5	Amelia River/Fern	243	Cimarrone	258.5	GC N Hampton	254

and Country Club to Palencia. The ladies from Palencia recorded 29.5 points against the 24.5 points earned by Jacksonville Golf and Country Club. This win propelled Palencia back into the lead in Area 1 with just one match to go!

The final match was played with King and Bear at Palencia and the la-

dies from Palencia did not disappoint. Palencia pulled off a remarkable win taking 32 points vs King and Bear's 22. Palencia is headed to the playoffs with their first match on Thursday, August 2nd, at Deerwood against Ponte Vedra Inn and Club. These are exciting times; stay tuned!

## Medicare

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.



Ask  
Carol B

### Health Insurance (Under 65)

If you are in need of health insurance, whether short-term or through the Marketplace, I am happy to help you find a plan that fits your needs.

## Carol Bogart

A Palencia Resident and  
Your Personal Health Insurance Advocate

Phone 904-648-6488

Email Carol@AskCarolB.com

License # FL W756153  
Licensed in Multiple States

## Water Problems? Ask Polly!



Polly Swindull

I've been concerned with recent Boil Water Notices. Is there something I can do to protect my family's drinking water?

Boil Water Notices should be a concern for everyone on municipal supplied water. You can never be too safe when it comes to your family's drinking water. The best defense against the presence of bacteria that cause a boil water notice is a whole house UV Filter that will eliminate 99.9% of bacteria. This will protect all of your water consumption throughout the home, not just your drinking water.

EAST COAST WELLS & WATER TREATMENT CALL 824-6630

"Our family serving yours since 1915"



CRAIG  
FUNERAL HOME • CREMATORY • MEMORIAL PARK  
(904) 824-1672

www.CraigFuneralHome.com



## Palencia See The Girl Tennis Tournament To Help At Risk Girls

By Sara Seifert, Palencia Resident

The 3rd annual See the Girl Charity Tennis Tournament will take place at our very own Palencia Tennis Center on September 21st-22nd. Open to men and women, 18 and over, with rankings 2.5 to 4.0, the tournament is looking to break last year's record of 111 registered players.

Attracting tennis players from all over the Northeast Florida area, the tournament aims to bring awareness and funds to Delores Barr Weaver Policy Center or See the Girl. The organization is based out of Jacksonville, FL,

ited therapeutic counseling services for girls and their families, which heals the family as a whole. The practices being implemented by the Policy Center are being modeled by other states due to their success in Florida. Georgetown Law School has now even partnered with the Policy Center to review juvenile justice reforms due to the successful results the Policy Center has had with turning girls' lives around. With donations and through events like the tennis tournament, the important work being done to change young girls' lives can continue.

The 2-day tennis tournament kicks off on Saturday morning with lots of fun activities planned to keep the players engaged and energized. Lunches will be served to players and volunteers both days with a food-truck dinner Saturday evening. In addition, the Saturday evening portion of the event will include an exhibition match with Palencia's very own tennis professionals, raffle drawings, a silent auction and more. Proceeds from player registrations, drawings and silent auction will benefit See the Girl.

This event would not be possible without the support of Palencia resident Scott Miller who owns and operates 904 Tennis, the tournament's title sponsor. Scott has generously donated the backend organization and score-keeping for the event which is invaluable to the organizers. The tournament is also possible thanks to the generosity of the Palencia Tennis Center who allow the use of their facility for the weekend. Please reach out to Lindy Lollar or Jennifer Lee to become a corporate sponsor, to donate items for silent auction or if you have any questions (Jennifer. Swan.Lee@gmail.com)

To register to play, please visit [www.seethegirl.org/tennis/](http://www.seethegirl.org/tennis/) The cost per player is \$99 which includes a special shirt, food and drinks throughout the weekend and the knowledge that you made a difference by playing the beautiful game of tennis.



but does work throughout the State and the country educating key stakeholders on girl centered practices and policies that will allow girls to see their potential and believe in themselves. The Policy Center works with young women who are victims of sex trafficking, victims of abuse, and works to provide free after school programs for girls at risk. The Policy Center offers unlim-

## Loss of State Funding Means Music Therapy Program In Schools Needs Alternative Support

For almost two decades, Sound Connections® has offered music therapy to students free of charge in St. Johns County, but the remaining \$61,000 required to provide this benefit to four Title 1 schools was cut as part of the State of Florida's defunding of arts programs. However, this well-loved outreach of First Coast Cultural Center will continue to serve more than 500 students, trusting that the much-needed funds will be obtained through grants and financial support from individuals, foundations, and corporations, especially in the St. Augustine area.

"First Coast Cultural Center has been offering music therapy since 2006. We know it is beneficial in improving self-esteem. It can decrease anxiety and it can help improve communication skills," says Donna Guzzo, FCCC President and CEO. "We now hear from former students who are young adults that have graduated and have not forgotten the program."

To donate or sponsor a student or for more program details, visit Sound Connections® at: [SoundConnections.org](http://SoundConnections.org) (firstcoastculturalcenter.org). Individual music therapy sessions are also available at FCCC for a fee.

## DeBonair Dog Mobile Grooming



904-272-6064

First time clients \$20 Off full groom

# WATER SOFTENERS BY

## East Coast Wells & Pumps

- Wells
- Pumps



- Softeners
- Filtration
- Chlorine & Hardness Removal
- Bacteria Removal

David & Polly - Lifetime Residents

PROTECT YOUR HOME AND FAMILY TODAY!




# 824-6630

www.EastCoastWells.com

Florida License #7232


Licensed  
Bonded  
Insured

\* Mention This Ad And Receive  
FREE Salt For One Year With New Installation




## ADVANCED UROLOGY

INSTITUTE




Howard Epstein, M.D.  
FACS, Board Certified


- BPH
- Erectile Dysfunction
- Bladder Cancer
- Kidney Cancer
- Kidney Stones
- Overactive Bladder
- Prostate Cancer
- Urinary Incontinence
- Vasectomy
- Space Oar




Bill Vanasupa, D.O.  
Board Certified



Katherine Gardner  
NP-C



Dean Zimmermann  
PA-C



Jonathan Baron  
PA-C

(904) 824-1450

240 SOUTHPARK CIRCLE EAST ST. AUGUSTINE, FL 32086





## Quick Golf Tip: Add Clubhead Speed To Your Golf Swing!

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

Let's Think Wide, Narrow, Wide!

1. Take the club away with the straight left arm as wide as you can while keeping your eye on the golf ball that will give you width. Then, go ahead and turn your hips and shoulders back to support that straight left arm.

2. Once you have completed your backswing then, you can bring the club next to your body to allow your core strength to be a very important part of your power.

3. The final step is to accelerate as you hit the golf ball, always hitting past the golf ball, creating width once again. Hit out toward your target developing that full extension all the way through towards your target. Wide, Narrow, Wide - just like a whip, build your clubhead speed.

Increased clubhead speed = more distance!

Feel confident and committed - you can do this.

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.

If you would like help on your journey, please reach out to me at laura@laurabaughgolf.com

## Palencia Resident Juan Estrella: Creating The Extraordinary, Inspiring The World

By Patricia Frederick, Palencia Resident

"My name is Juan and I am an artist." That says it all now. For most of Palencia artist Juan Estrella's life, art was a hobby. "No more," he says.

Juan was born in the Dominican Republic and immigrated to the United States in 1976. He resided in Manhattan before finishing his high school education in Rochester, NY. He received an appointment to the United States Military Academy at West Point and graduated with a Nuclear Engineering Bachelor of Science degree and was commissioned as an Armor officer (Tank Platoon Leader). He is a veteran of Desert Storm and has worked in corporate America since leaving the service.

Juan is passionate about fitness. He has qualified for both the Ironman World Championship in Kona, Hawaii in 2022, and recently the Boston Marathon.

Juan is a self-taught artist. He constantly strives to improve his technique and composition with a goal of photo-realism using charcoal and graphite. He experimented with other mediums — pastels, acrylic, pen and ink — but he likes the challenge of figuring out tones using pencils.

Most of Juan's focus is on animals, portraits and flowers. The more detail the better. He spends hours capturing the unique twinkle, quirk, crinkle or smirk of his subjects. His goal is to connect his subject to those



who view his art and evoke an emotional response from the viewer. In one instance, he knew he succeeded when a friend cried when he saw Juan's drawing of his friend's pet.

Juan enjoys creating a series of works. His African series started with an elephant Matriarch and moved on to other popular African animals. He is currently working on a period series drawing famous actors from the 1950-1960 era including Clint Eastwood, Chuck Connors, Marilyn Monroe, and a young Elvis.

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

# Lou Sobh's Honda OF THE Avenues

## GIANT Service Savings for all of Palencia from Jacksonville's Award Winning Honda Dealer!

**Four-Time PRESIDENT'S AWARD Winner**

**11333 PHILIPS HWY (904)-370-1300**

SERVICE OPEN 6 DAYS A WEEK! Mon-Fri 7-7, Sat 7-5, Closed Sun

**# Jacksonville's Honda Dealer**

**No. 1 Nine Years**  
New retail Honda sales 2008-2016 from American Honda Motor Co., Inc.

**The Honda Giant!**

### Lube, Oil & Filter Change!

## \$69.95

PLUS TAX & SHOP FEES

Replace up to 5 quarts of Full Synthetic Oil and install new oil filter

Expires 10/5/24. Valid at Honda of the Avenues only.

### 4-Wheel Alignment Special

## \$99.95

PLUS TAX & SHOP FEES

Must Be Presented At Time Of Service Write-Up

Expires 10/5/24. Valid at Honda of the Avenues only.

### Maintenance Package

## Show Your Vehicle Some Love

# \$229.95\*

Package Includes:

- Oil and Filter Change • Rotate and Balance Tires
- Full Inspection (Brakes, Battery, Fluids) • Engine Air Filter
- Four Wheel Alignment • Wiper inserts (2)

\*Plus tax, supplies & environmental fees. Up to 5 quarts oil. Some models may be higher. Expires 10/5/24. Valid at Honda of the Avenues only.

Schedule Service online at [hondaoftheavenues.com](http://hondaoftheavenues.com)





## Encouraging Youth Today

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

In 2017 one of our youths, (Macey Conrad), an 8th grader at the time, was challenged and touched by a youth program at the Village Church. Our Youth Pastor's wife, Deb Bowers, challenged the youth to find some way to give back to their school. Macey took this seriously and went to talk with Principal Jay Willets. While she suggested a few ideas, none of those really fit, but being the persistent young woman that she is, she asked, "What can we do?" Mr. Willets said, "Shoes. We need shoes for kids who don't have them." The first year, we collected not only shoes, but clothing items and school supplies. This gave rise to the idea of a school supply closet that teachers can go to when they identify a student who is in need. Macey returned to her youth group and shared the idea and it became our mission for our annual Vacation Bible School. While the original project was at Pacetti Bay Middle School, we have now added Picolata Crossing, Tocoi Creek High School and Osceola Elementary. Now in our 8th year, we have donated over \$40,000 in checks and supplies. This year each of those schools will receive a check for \$2,000 as well as supplies.

In 2008 the Village Church began our Boy Scout Troop under the direction of then Scoutmaster Jeff Tillman. In 2024 we have Troop #875 (Boys), Troop #9875 (Girls), as well as a Cub Pack #875. Countless young men and women have grown through their experiences with Scouting. Nineteen (19) of those young people have obtained the rank

of Eagle Scout. Some of their projects can be seen at Whitney Marine Lab, the Village Church and the Florida School for the Deaf and Blind to name a few. Every Tuesday night the Village Church is Scouting Central for the World Golf Village Area.

Tom Bowers, our Youth Pastor, began volunteering in the library at Pacetti Bay over 16 years ago. During the school year on Wednesdays you might see him walking a mile with a group of students from Pacetti Bay to the Village Church. They gather from Mill Creek Academy and Pacetti Bay to play, do homework, eat snacks and to hear a Christ-centered message from Pastor Tom or one of the other leaders. Speaking of adult leaders, we have great adults pouring the love of Christ into the lives of these young people. No matter what age you are, you can make a difference!

So often we unfortunately hear negative stories of young people in our community. But I share these stories with you to let you know we have great young people in St. Johns County. From where I sit, I see far more who are being great community leaders. We have many great opportunities for youth in this area, not only at The Village Church but at any of the many churches in the area.

I often hear people say, "Young people are our future." In reality, young people are our present. May we all encourage, support and build up the young people around us as they continue their life's journey.



"INTERDENOMINATIONAL"  
CHRISTIAN CHURCH

www.wgv.church  
904-940-6768

Worship Center at 4229 Pacetti Rd, St. Augustine

Weekly Worship Services:  
Sunday at 9:00 a.m. & 11:00 a.m.



Senior Pastor  
Alan J. Liphart, M. Div.  
Associate Pastor  
Michael Legaspi, M.A.  
Youth Pastor  
Tom Bowers

When peace, like a river, attendeth my way, when sorrows like sea billows roll; Whatever my lot, you have taught me to say, "It is well, it is well, with my soul!"



Whether your life is peaceful or in turmoil... Is it well with your soul?



# CROSSWATER CHRISTIAN ACADEMY

**ENROLL NOW**

CALL FOR MORE INFO  
**904-824-9800**

VISIT OUR WEBSITE  
[Crosswaterchurch.net/academy](http://Crosswaterchurch.net/academy)

Open Enrollment Up Through VPK ✓  
Low Class Ratios ✓  
Christian Environment ✓  
VPK Option Coming in 2025 ✓



211 Davis Park Road  
Ponte Vedra, FL 32081  
904-824-9800

Sunday Service Times  
9:00 am & 10:45 am  
[crosswaterchurch.net](http://crosswaterchurch.net)



[www.OLGC-Church.org](http://www.OLGC-Church.org)



**Mass Schedule**

**MON- FRI**  
8:15AM

**SATURDAY VIGIL**  
4:00PM

**SUNDAY**  
8:00AM | 10:00AM | 12:00PM

**Confession**  
**SATURDAY**  
3:15PM to 3:45PM

**Holy Days & Holidays**  
See website



**Our Lady of Good Counsel  
CATHOLIC CHURCH**

A Community of Disciples  
Called to walk the way  
of Christ Jesus.

*Come join us!*  
**5950 State Road 16  
St. Augustine, FL 32092  
(904) 824-8688**

West on International Golf Drive to  
State Road 16 and turn right.  
Go one mile to church on right.



## “Anastasia” Musical Includes Many Talented Palencia Residents On Stage



Palencia residents Emily Walczak, Kait Warrell, Heidi Miller and Jake Harris are part of the local production of “Anastasia.” Heidi Miller made the pink head pieces for the cast. She is also working on head pieces for the Russian dancers.

“Anastasia” takes the stage at the St. Johns County Center for the Arts in September at St. Augustine High School. The dazzling performance will be held from September 26th to September 29th. Evening shows will be held at 7:00 p.m. with a special matinee performance at 2:00 p.m. on Sunday, September 29th.

Directed by Ms. Katy Polk, with costumes created by Palencia resident Sandra Casatelli, this production promises to be a captivating experience for audiences of all ages. The musical will transport viewers to the grandeur of imperial Russia and the exhilarating journey of Anastasia as she discovers her true identity.

Tickets for “Anastasia” are on sale now. With a vibrant cast and intricate technical elements, this production is expected to be a highlight of the year’s arts calendar.

Among the cast of 80 talented students and a dedicated team of 20 technicians, Palencia residents Emily Walczak, Kait Warrell, Heidi Miller, Hannah Miller and Jake Harris are part of the production. Emily and Heidi are technicians who help with stage management, lighting and sound. Kait, Jake and Hannah sing and act in the musical.

For more information and to purchase tickets, please visit [sjcca.org](http://sjcca.org)

## Newcomers Of North St. Johns September Luncheon At Cimarrone Golf Club

By Michele Oliver

Newcomers of North Saint Johns (NNSJ) invites any resident of the St. Johns County area who is interested in joining NNSJ, is a member or is a guest of a member, to our September luncheon on Tuesday, September 17th to be held at the Cimarrone Golf Club, 2800 Cimarrone Blvd., Jacksonville. Doors will open at 10:30 a.m. with the meeting beginning at 11:00 a.m.

Cost for the luncheon and program is \$35 for members and \$40 for guests. All reservations must be received by September 9th. For further information about the luncheon and membership, please go to the NNSJ website at

<https://newcomersofnorthstjohns.org>.

“This is our first luncheon of the season and we’re thrilled to be back together and catch up on news,” said Co-President Priscilla Cobbs. “As part of the meeting, our members and guests will have the opportunity to learn more about all the special events and activities we offer. From informative lunches to card games and Mah-jong, Book Club and Golf outings, monthly Wine Socials and much more.”

Luncheon choices include Grilled Mahi, Chicken Piccata or Veggie Pasta. All entrées include a Mixed Salad. Dessert is Cheesecake. Cash Bar also available.



Cimarrone Golf Club

**Need advertising information?  
Contact us at 904-436-5887**

**Check out the current issue of the Palencia Press even before it hits mailboxes. Visit [www.palenciapress.com](http://www.palenciapress.com)**

**Transform your smile and your confidence with a complimentary consultation!**

**Unleash your TRDMK Smile, new confidence, and improved oral health with braces or invisalign. Dr. Henry has two decades of hands on experience transforming smiles and gives personal one-on-one attention to every patient.**

**904-429-0095**  
**HenryAdvancedOrthodontics.com**  
491 Prosperity Lake Dr. Suite 301 • St. Augustine, FL 32092

## Avoid Probate

**Use a Lady Bird Deed to Transfer Your Home to Beneficiaries**  
**\$325 Flat Fee\* (mention this ad)**

**Serving Your Legal Needs, Personally And Professionally**

**Wills, Trusts, Durable Power of Attorneys, Health Care Surrogates, Living Wills, Pre/Post Nuptial Agreements, Probate and Trust Administration**

**(904) 351-0212 call or text**  
**[brittany@bfk-law.com](mailto:brittany@bfk-law.com)**

1510 N. Ponce De Leon Blvd., Suite B  
St. Augustine, Florida 32084

\*Flat fee rate guaranteed thru 10-01-2024



## Teaching Your Kids Emergency Preparedness

Weather emergencies may scare your kids, but helping them understand what to expect can help reduce the stress.

Carefully go over your family emergency plan and teach them how to stay safe and be prepared — whatever the disaster.

### Getting your family prepared for a disaster

Consider completing the following with your family now so severe weather doesn't catch you off guard.

**Create an emergency supplies kit.** Include a three-day supply of water, nonperishable food, flashlights, blankets and kid-friendly activities in your kit.

**Practice your emergency plan.** Include two evacuation routes, a safe room and two different meet-up locations — and see that kids can run through it calmly.

**Run through the basics.** Kids should know how to call 911, identify themselves, identify their location, reach emergency contacts and get to predetermined safe locations.

**Prepare for a power outage.** Discuss what to do during a power outage, such as electrical and food safety.

### Teach your kids about the various severe weather conditions

**Tornado:** If you are in the path of a tornado, go into a tornado safe place. This is typically the lowest level of the building. Stay away from windows, doors and outside walls. If you are outside with no nearby shelter, lie down in a low-lying area & protect your head.

**Severe thunderstorm:** Be prepared if a severe storm is heading your way. If a storm is sudden, go indoors if you see lightning or hear thunder. Don't use items that plug into electrical outlets and avoid using running water, as faucets can conduct electricity.

**Earthquake:** Practice the "Drop, Cover and Hold On" method, and learn to recog-

nize safe places in each room at home and at school.

**Hurricane:** When you know a hurricane is expected, prepare your home for the possibility of impact. During the storm, stay away from glass windows and doors, and be ready to follow hurricane evacuation instructions from emergency officials if necessary.

**Flooding:** Don't go into flooded areas. Just six inches of moving water can knock you off your feet, and standing floodwater could be contaminated or contain sharp objects.

### Talk about what to do after the emergency

Teaching kids about emergencies includes knowing how to react after the disaster or situation.

**Expressing emotions:** Children need to know it is okay to ask questions or talk about what has happened for them to further understand it. Be aware of how you react, as chances are your children will react similarly.

**Stick to a routine:** Sticking to a routine such as bedtimes, activities, chores and family time can help keep life stable and familiar for you and your children.

**Adapting to change:** Depending on the emergency or disaster, sticking to a routine may not be as easy. By explaining what is happening and keeping your children updated, this may allow them to better adjust and be prepared for any upcoming change.

Spending time on emergency preparedness for kids may help them feel more ready and safer when severe weather is expected.

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, life and business insurance needs.



SOMEDAY YOU PLAN TO  
JOIN YOUR DREAM CLUB

So why not make it this month?

It's not an impossible dream, really.  
The Palencia Club is more than attainable,  
especially before initiation fees increase.

Make Someday Start Today

THE  
PALENCIA  
CLUB

Professionally Managed By  
HamptonGolf  
www.hampton-golf.com

904.599.9040 | PALENCIACLUB.COM  
600 PALENCIA CLUB DR | ST. AUGUSTINE, FL 32095



**Craig Dewhurst**  
24-Year Agent and Palencia Resident

www.craigdewhurst.com  
904-940-9740



# Have a great school year!

*Community is important to me.  
That's why I proudly support  
Palencia Elementary School  
as a business partner.  
Wishing the students, parents,  
faculty and staff a safe and fun  
new school year. Go Pirates!*