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2022

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St. Augustine OBSERVER

NEWS INFORMATION FOR & ABOUT RESIDENTS OF SOUTHERN ST. JOHNS COUNTY FL

Romanza Festivale 2022

by Tatiana Diaz

St Augustine South Reflections

by Ruth Hope, SASIA Secretary



The annual Romanza Festivale is back in St. Augustine from April 29 through May 15, 2022. The two-week long festival hosts musical and dance productions presenting the most talented in St. Augustine.

This year's headliners include Leonard Bernstein and his opera "Trouble in Tahiti," Akia Uwanda in "Tribute to the Ladies of New Jazz and Soul," Dance Kaleidoscope, music by Mama Blue, and the "Music of Albert Syeles - An Evening Musicale."

Romanza promotes and produces cultural events that showcase St. Augustine's vibrant living culture that enhance the quality of life for residents and create a positive lasting impression of the Nation's Most Romantic City. St. Augustine's St. Patrick's Day Parade, St. Augustine Celtic Music and Heritage Festival, St. Augustine's Romanza Festivale of the Arts are annual showcase of the arts in Northeast Florida.

Romanza Festivale is a collaborative production by dozens of independent cultural organizations and businesses in St. Augustine, Florida. With over 100 high-quality concerts, plays, tours, and more over 10 days, with mostly small audiences, St. Augustine's Romanza Festivale of the Arts is the "Un-festival" avoiding huge crowds all at once in a single space.

Romanza draws attention to St. Augustine's burgeoning arts, culture, and heritage community through an unprecedented program and major marketing campaign. Romanza's "St. Augustine Celtic Music & Heritage Festival" in March is centered in the City's large "events field" with authentic music, cultural offerings, highland games, and vendors. The St. Patrick's Day Parade is the only one in Northeast Florida.

For showtimes, tickets, and location information on all of the events during Romanza Festivale, visit www.romanzaestivale.com.

This spring, St Augustine South has begun dusting off the cobwebs, and getting out and socializing again after the restrictions imposed and self-imposed by the SARS CoV2 epidemic have eased. It's so good to meet neighbors again at community events.



Spring began with the launch of our Composting Project, in partnership with EpicCure, an all-volunteer organization dedicated to reducing hunger in St Johns County by ending food waste, redistributing excess food from stores and supermarkets, and promoting composting. Anyone can sign up to contribute green kitchen waste and garden trimmings to the composter. Many families with young children signed up and brought their little ones to learn about composting, starting good habits young! Although some neighbors compost at home, many are dumping food waste in their trash, from where it goes off to the Tillman Landfill and contributes to methane production and climate warming. A better way to dispose of your green food waste – vegetable matter, coffee grounds, and eggshells, but not dairy or meat – is to compost it. You can collect your green food waste in a 5 gallon hardware store bucket with a lid, and bring it to the composter on Sundays between 3pm and 5pm. Inquiries to Cora by email awastefreeamerica@gmail.com.

The weather was less sunny, and also cooler for our first Plant and Seed Swap of the year, but it was still pleasant. A large number of participants turned up very early, probably as they had seen the weather forecast: they were wise. The rain started at 1pm and was heavy by 1.30pm as this writer was planting the few left over plants in the SASIA Clubhouse garden! This gathering attracts gardeners from Anastasia Island and Lincolnvillle, as well as St Augustine South and nearby neighborhoods. We talk gardens – successes and challenges – offer tips and tricks, and share our cuttings and seedlings. (See page 11)



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St. Augustine Observer
1965 A1A South #120
St. Augustine, FL 32080-6509

Culture has a new home - The Waterworks



The Waterworks was built in 1898 as the pumping station for St. Augustine's first water utility and remained in service until a new water plant opened in 1927 on West King Street. The site was then developed into Davenport Park and the building was adapted for use as the City's Little Theatre, then a home for the St. Augustine Arts Club, and later as the St. Augustine Garden Club.

It was closed in 2005 for safety concerns and the city secured grant funding to stabilize and refurbish the building. The Waterworks was added to the National Register of Historic Places in 2014 for significance at the local level by association with Jo Conn Guild, a nationally significant engineer, and F.A. Hollingsworth, one of St. Augustine's most prominent architects.

A collaboration between the St. Johns Cultural Council and the City of St. Augustine, The Waterworks will dramatically increase access to arts, culture, and heritage programming for residents and visitors, and provide much-needed space for local organizations to meet and host community events.

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St. Augustine Observer

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The purpose of the St. Augustine Observer is to serve residents of St. Augustine area Communities.

First priority will be given to reporting news and activities of the residents of the St. Augustine local communities, and other news and events that directly affects the St. Augustine area. Second priority will be given to articles of general interest as space permits.

Information should be received by the 15th of the month in order to appear in the following month's

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issue. Articles or information may be sent to the St. Augustine Observer, 1965 A1A South #120, St. Augustine Florida 32080-6509. Information may also be e-mailed to clifflogsdon@att.net.

All materials submitted to the Observer is subject to editing. Publishing of submitted letters and information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the Observer.

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St. Augustine Shores Community Calendar

The Shores Service Corporation
Shores Homeowners Association
(904) 794-2000

www.staugshores.org

Shores Monthly Meetings

- **Shores Service Corporation** monthly meetings are held on the second Thursday of each month. Virtual Meetings are at 6 p.m. at the Riverview Club due to the COVID-19 virus until further notice.

- **Conquistador Condominium** Board meetings are held on the fourth Monday of each month at 6 p.m. at the Riverview Club.

- **Fairview Condominium** Board meetings are held on the second Tuesday of every other month at 4 p.m. at the Fairview Condo club house.

- **Greens Condominium** Board meetings will vary. Contact Jeff Edwards at Sovereign-Jacobs at 904-461-5556.

- **Casa Bella Condominium** Board Meetings are 3rd Mondays of each month at 6pm. Meeting location will be determined & posted on bulletin board 48 hours prior to each meeting. (March 21, April 18, May 16, June 20, July 18, August 15, September 19, October 17, November 21, December 19). For Information contact John Glisson at 904-461-5556.

St. Augustine South Community Calendar

St. Augustine South Improvement Assoc.
709 Royal Rd. St Augustine, 32086

email: info@staugsouth.com

www.staugsouth.com

(904) 615-6916

SASIA Meeting 3rd Wed at 7PM

Please join us and bring your ideas on how to improve our wonderful neighborhood! Connect with us on our Facebook.com and NextDoor.com pages: St. Augustine South Improvement Association.

Residents interested in joining SASIA, please complete the application on the new SASIA website - <https://staugsouth.com/join-sasia>

Meetings at Clubhouse

Line Dancing: Join instructors Diane and JJ for a beginning level class on Wednesdays 1:00 - 2:30 pm. All age ranges are invited to join. A \$5.00 donation is requested.

Cane Self Defense Classes: Each Tuesday and Thursday at 10 am at the Saint Augustine South Clubhouse located at 709 Royal Rd. Class time will be around 30 minutes. Space

is limited so you MUST register for these classes by text (904) 377-3390 or email KatieMorahanTaiChi@gmail.com

Tai Chi - please contact instructor Katie Monahan for information on when and where she is offering Donation-based Tai Chi classes. Text (904) 377-3390 or email KatieMonahanTaiChi@gmail.com

2022 SASIA Officers & Board Members

President - Jerri Sue Dawson
1st V.P. - Nicolette Soucy
2nd V.P. - Doris Taylor
Secretary - Ruth Hope
Treasurer - Margo Geer

Mike Oliver
Robert Kennedy
Oonna & Mick Jones (role share)
Ingrid Jones
Alan Chappell

Community Classifieds

The Observer offers free community classified listings for USPS selected addresses in Southern St. Johns County and paid subscriptions. Classified ads will not be printed without a name, address and phone number included with the request. 5 items or less should be sent. Free ads are not for Business or Personal Service ads. Placement is not Guaranteed.

Business, Service, seeking work, etc. may be placed in the classified section: (1-4 lines) \$5, (5-8 lines) \$10, (9-12 lines) \$15, (13-16 lines) \$20. These Ads should be paid in advance before placed. Send your listing and payment, if required, to Observer, 1965 A1A South #120, St. Augustine, 32080-6509. You may email your ad to clifflogsdon@att.net. Deadline for all listings or ads is the 15th of every month for the next monthly issue.

FOR SALE: PRIDE Lift Chair. New. Brown leather. Paid \$1600.00 asking \$1000.00. Call Jill Fisler at 856-305-8086.

FOR SALE: ALL-CLAD Hard anodized PFOA-free non-stick cookware, compatible w/all cooktops, dishwasher safe, clear, tempered glass lids. 8" & 10" fry pans; 4-qt saute w/lid; 8-qt Dutch oven w/lid; 3.5-qt saucepan w/lid; (2) 2.5-qt saucepan w/lids. Excellent condition, used for less than one month. \$350 or best offer. Call or text Jean at (904) 687-8485.

FOR SALE: 951 Singer antique commercial sewing machine. very good working cond. asking \$ 200.00 o.b.o. Call 904-788-2522.

FOR SALE: 4' X 8' Open mesh floor utility trailer with ramp mesh gate. \$350. Call 904-806-5560.

FOR SALE: 1. Schwinn bike-26" female \$25. 2. Massage table w/ accessories \$65. 3. Crawfoot round dining table \$50. 4. 4 solid oak painted chairs \$40. 5. newer pool sand filter \$40. Call 860-514-1325.

FOR SALE: Raleigh mens's Venture bike 7 speed and Townie women's Electra bike 7 speed. Excellent shape. \$75 each or both for \$100. Call 904-217-8707.

FOR SALE: 1. Lamp table combo \$20. 2. Fishing poles \$5. 3. Scuba Fins \$5. 4. Antique Travel Trunk \$50. 5. \$5 - \$50. Call 904-417-3210.

FOR SALE: Handicap Scooter Rack. Aluminum, used once to transport scooter. \$225. Please call Susie 631-566-4992.

FOR SALE: 1. GE Appliances RPWFE refrigerator WATER FILTER 3-pack: brand new unopened; straight from GE Parts Distribution Center \$100. 2. VIVE brand alternating pressure pad for bedridden patients; includes nylon mattress pad and electric pump system. Supports up to 300 lbs. New one lists for \$75 on Amazon, this one was only used 1 week and is in top condition now available for \$40. Call 904-794-1299 for more information.

WANTED: Shores Resident needs Rides for short trips to the grocery, Drug Store, etc. on Friday, Saturday, and Sundays. Please call 904-806-0054.

WANTED: Roommate wanted to share home \$750 includes everything. \$700 with 6 month lease. It is furnished. \$300 deposit. Contact Trish at 860-514-1325.

WANTED: Cleaning person wanted for light duties & handyman in the Shores. Please call 904-687-3362.

WANTED: Silver Coins, Gold and Jewelry at great prices. Call Mike at 904-501-1449.

WANTED: I buy old record collections. I am not a re-seller but a serious listener. Your records will go to a good home. Call John 904-325-9802.



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St. Augustine Shores & South News & Events

Shores Riverview Club Activities May 2022

May DANCES RSVP required: Call 904-794-2000 or at www.staugshores.org/dance-rsvp. **BYOB* Guests: \$15.00/pp**
Dance Club Members FREE – **Open seating**

EARLY SOCIAL Tim Rippey
Saturday, May 7th
7:00 pm to 10:00 pm

MAIN SOCIAL Debbie Owen & Tony T
Sunday, May 22nd
6:00 pm to 9:00 pm

GUESTS \$5/pp/class

Exercise Class Led by Marcia **Tuesdays and Thursdays at 9:00 am.**

Barre Workout Class led by Mary, **Tuesdays at 5:30 pm.** Classic Barre is dance-based fitness class designed to sculpt, stretch, and strengthen. Please wear sneakers or supportive fitness shoes and bring a yoga mat and water. Class size is limited.

Tai-Chi Class led by Robin, **Tuesdays at 5:00 pm.** Learn the principles of Tai Chi and help your overall health and well-being!

Chair Yoga Class led by Nancy, **Mondays, Wednesdays & Fridays at 10:45 am.** A gentler form of yoga for those whom balance is an issue.

Yoga Class led by Nancy, **Mondays, Wednesdays & Fridays at 9:00 am.** Class is geared to all levels. Bring a non-skid mat & wear comfortable clothing.

Evening Yoga Class led by Annamarie, **Wednesdays at 5:30 pm.**

Line Dancing Class led by Jinny, **Mondays at 6:30 pm and Wednesdays at 1:00 pm.**

Art Group Class led by Una, **Wednesdays at 1:30-4 pm.** Bring your current project and share expertise and ideas on all aspects of drawing/painting, including composition, perspective, color, mediums, etc.

Dance Class Class led by Shawn, **Mondays at 1-2pm.** Bring your dancing shoes and a partner!

Dance Synergy Class led by Mary, **Thursdays at 10:30.** Learn the fundamentals of dance while strengthening your core.



Upcoming
Early Social
Nostalgia
Saturday, June 4th
7-10pm



Events
Main Social
Traces of Gold
Friday June 24th
7-10pm

St. Augustine Shores Service Corporation's Annual Membership Meeting

Date: Friday, May 6th, 2022

Time: 10:00 am (Door open at 8:00am)

Place: Main Hall at the Riverview Club

790 Christina Dr St. Augustine FL 32086

Temple Bet Yam BINGO & PIZZA NIGHT

BINGO & PIZZA NIGHT IS HERE! This fun and food event is once again open to the community. It will be held at Temple Bet Yam, 2055 Wildwood Dr., on May 7th at 6:00 PM. For a \$15 per person cover, enjoy a full night of bingo, cash prizes, and a complete pizza dinner. Contact Carol Levy at 954-895-7332 or carollevy1951@yahoo.com for information and reservation. Make checks payable to Temple Bet Yam, PO Box 860098, St Augustine FL 32086 and note 'Bingo-Pizza' in the memo. Your reservation must be received by May 4th.



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Shores Communications Corner News & Information from the Shores Service Corp.

Flying Saucers Over Aragon Park

The eagle-eyed among local Shores residents may recently have spotted flying saucers in the vicinity of Aragon (North Holiday Lake) park. But before anyone starts to worry, the flying objects have been identified and it can be confirmed that they pose no risk – in fact, they are a very welcome new feature that will be taking up residence in the park.

The St. Augustine Shores Corporation has teamed up with local enthusiasts to bring disc golf to the park as a new amenity for residents. At the time of writing, target baskets are starting to appear around the park and by the time this article goes to print the tee pads should have been laid and an information kiosk will soon be installed near the car park area off Aragon Ave. – coincidentally the start point for the course!

Much credit goes to Charlie Hill who conceived of the idea, planned the course, stimulated significant local support, and brought it to the Corporation Board for approval. He continues to push the project forward and his enthusiasm is contagious.

P.S. If you happen to spot any flying saucers significantly larger than 12 inches in diameter, we may have to consider preparing for “first contact”!

St. Augustine Shores Corporation Annual Membership Meeting

In early April, an information package concerning the annual membership meeting of the corporation will have been sent out to all members at their address of record. All Shores property owners in good standing are automatically members of the corporation. The package contains the agenda for the meeting that will be held at 10AM on Friday, May 6, 2022. If you are unable to attend in person, please return your proxy form so that there will be enough attendees to make a quorum. Also included in the package is a ballot to allow you to vote for your choices for board membership. This needs to be returned to the Riverview Club office before 4PM on Thursday, May 5, 2022.

We look forward to meeting you on May 6th.

St. Augustine Shores Service Corp.
790 Christina Drive | St. Augustine, FL 32086
904.794.2000 www.staugshores.org

SASIA News and Calendar of Events

by Ruth Hope, SASIA Board

Never miss an event! SASIA is emailing a monthly newsletter and reminders before community events Everyone—living in St Augustine South or not—can sign up for the SASIA Newsletter, and book a Clubhouse rental. Residents can join SASIA and pay dues on the SASIA website www.staugsouth.com.

St Augustine South Cookbook, SASIA is compiling and publishing a great little cookbook of neighbors' favorite recipes. We ask you to contribute up to 4 of your favorite recipes for inclusion in the Cookbook by April 30. Further information and the form to complete for each recipe is on www.staugsouth.com/sasia-cookbook.

The St Augustine South Calendar of Events is posted and updated on the new website.

Upcoming Events

- **Spring Arts & Crafts Fair** - Saturday, May 7th
- **SASIA General Meeting** – Wednesday, May 18th 7pm
- **Food Truck Friday** - Heart & Soul Food BBQ - Friday, May 13th 5pm –7pm
- **Garden Tour** - May/June TBA
- **SASIA General Meeting** – Wednesday, June 15th 7pm
- **Food Truck Friday** - Friday, July 8th & Friday, August 12th- Trucks TBA
- **No SASIA General Meetings in July and August**
- **Fall Festival** - Saturday, October 29th
- **Fall Arts & Crafts Fair** - Saturday, November 5th
- **Holiday Celebration with Santa** - Saturday, December 10th

All events are held in the SASIA Clubhouse or grounds at 709 Royal Road. If you want to contact the SASIA Board, or have inquiries about the Clubhouse, park or neighborhood please email info@staugsouth.com.

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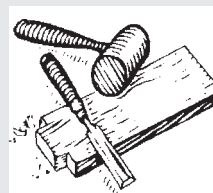
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Shores References Available

St. Augustine Ballet presents Peter and the Wolf and Don Quixote Suite May 21st

St. Augustine Ballet presents Peter and the Wolf and Don Quixote Suite on Saturday, May 21 — with two performances at 1:30 p.m. and 7 p.m. in Lewis Auditorium at Flagler College. Tickets are available at saintaugustineballet.org

Local dance students from St. Johns, Duval and Flagler counties are featured in the performance, under the direction of Luis Abella, Executive and Artistic Director of Saint Augustine Ballet, the producer of the annual Nutcracker for the past 13 years.

Special guest Daniel Hilbert is the narrator, an attorney with Canan Law in St. Augustine. Hilbert is known for his podcast called The Things I Like on The 904 Now App, in which he interviews local business owners and nonprofits.

Peter and the Wolf was previously staged in May 2012 by Saint Augustine Ballet in Kirk Memorial Auditorium on the campus of the Florida School of the Deaf and the Blind.

“We are so excited to be able to re-stage this ballet 10 years later in our wonderful community,” said Luis Abella, Executive Director and founder of Saint Augustine Ballet. “We are thrilled to share these performances with our audiences from near and far.”

(continued page 7)

Shores United Methodist High Tea & Crafts

The Sunset Circle at Shores United Methodist Church is hosting its annual “High Tea & Crafts” on Saturday, May 7, between 10 a.m. and 2 p.m. This very popular, free event will allow participants to sample a variety of traditional tea sandwiches, desserts, coffee and tea AND to learn a new craft or two. Areas will be set aside for crafting different items that could be used as gifts. The event is free, and reservations are appreciated but not necessary. Call the church office at 797-4416 to save your seat!

The High Tea & Crafts will be held in the Christian Education Building on the church’s campus. There is plenty of free and accessible parking. Shores United Methodist Church is located at 724 Shores Blvd, between the Shores Golf Course and Hartley Elementary. Rev. Carolyn Westlake is the pastor. www.shoresumc.org



County COVID-19 Testing Site Closed

Effective 4 p.m. on Friday, Apr. 22, the NOMI Health COVID-19 testing site at the St. Johns County Wind Mitigation Building will no longer be operational due to a lack of sufficient federal funding.

Since early March, daily testing numbers at the county site have been steadily declining, averaging less than 100 tests a day. This is a result of widespread testing availability in the private sector, the Federal program that mails free COVID-19 tests to individuals, and a decrease in COVID-19 infections.

The following locations continue to offer COVID-19 testing in St. Johns County:

- AVECINA Medical (Fruit Cove) - <https://avecina.com/location/julington-creek>
- CareSpot Urgent Care (All SJC Locations) - <https://www.carespot.com/locations/florida/jacksonville/>
- CVS (All SJC Locations) - <https://www.cvs.com/minuteclinic/clinic-locator/fl/st-augustine/coronavirus-testing.html>
- MedOne Urgent Care (St. Augustine) - <https://medoneatsaintaugustine.com/>
- Walgreens (All SJC Locations) - <https://www.walgreens.com/findcare/covidui/covid19/testing>

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St. Augustine, FL 32086
904.794.2000

2022 Gamble Rogers Music Festival May 6th-8th



The Gamble Rogers Music Festival will take place May 6-8, 2022 at the Colonial Oak Music Park in downtown St. Augustine, Florida. The festival celebrates recording artist Gamble Rogers who died trying to save a drowning swimmer in 1991.

Along with three full days of great music, the Gamble Rogers Music Festival will offer plenty of food and drink available at the Colonial Quarter’s

restaurants and beverage sales areas, a jam area, merchandise and more.

New this year, the Riberia Gardens stage, located across the street from Colonial Oak Music Park, will feature youth-friendly performances and activities including a ukulele workshop, storytelling, hands-on music making, and family-friendly music.

Tickets are \$60 for the 3-day event; \$20 for Friday, May 6; \$30 for all-day Saturday, May 7; and \$20 for Sunday, May 8. Purchase tickets at gamblerogersfest.org



Spring Dates	Band	Type of Music
May 25th	The Grapes of Roth	Classic & Alternative Rock
June 1st	Rob Peck & Friends	Rock, Blues & More
June 8th	Josh Stewart Band	Americana
June 15th	Ain't Too Proud	R & B - Pop - Dance
June 22nd	Paul Lundgren Band	Rock - Pop
June 29th	Slang	80's & 90's Pop - Rock
Fall Dates		
August 17th	The Committee	Pop - Rock - Dance
August 24th	Soulfire	Disco - Pop - Dance
August 31st	Amy Alysia & Soul Operation	R & B, Jazz, Blues
September 7th	Romona & The Riot	Jazz - Blues - Dance
September 14th	Those Guys	Classic & Southern Rock
September 21st	All Star Jam	Eceitic Mix

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SASIA

St. Augustine South Improvement Association

High School Scholarships

SASIA is accepting financial grant applications for graduating high school seniors who are residents of St. Augustine South to assist in further education.

Monthly Newsletter

Are you interested in events happening in SAS? Subscribe to our monthly newsletter and stay up-to-date. Membership is not required, all residents are invited.

Visit staugsouth.com for details

The Wildflower Meadow Group

by Cindy Taylor

In March the wildflower meadow group hiked in Princess Place and the next weekend went to the Garden and Wildflower Festival in Deland. I wasn't able to go to Deland and have no pictures but heard it was bigger than last year's festival.

The hike in Princess Place turned out to be longer than we expected because a creek flooded the path back to our starting place. You never know what you're going to find when you walk in the woods. Fortunately, there are usually "walk-arounds", we found another path, and saw what we otherwise might not have seen. We then had a picnic near the quiet of some great live oaks.

In the meadow spring flowers are in bloom and we're still working to keep the non-native grasses from inundating them. It seems a never-ending job but, for some reason, I have hope that someday the wildflowers will inundate the non-native plants. Currently blooming are spiderwort, coral bean, coreopsis, blackberry, rock rose, showy primrose, morning primrose, black root, Indian plantain, twin flower, fleabane, field sorrel, Spanish needles, false dandelion, wild onion, powder puff, toad flax, and lyre leaf sage. Also "blooming" early in the morning are doilies that spiders make to catch the dew and, oh yeh, to catch their breakfast too. I wish there was space to show all the pictures here . . . but there isn't

We meet at the meadow near the Riverview clubhouse at about 8:30 the first Saturday of each month and usually work for a couple of hours. We also try to have a hike once a month. We're an informal group without officers or dues and hope you will

join us. You can join us for hikes only, work in the meadow only, or both.

Call Cindy at 904-797-3931 or Marlene at 305-968-0447 for more information. If we can't answer, leave a message and we'll call you back. Also feel free to call if you're interested in sharing your photos of the meadow.



Peter and the Wolf and Don Quixote Suite

(continued from page 5)

Act 1 features Peter and the Wolf, a "symphonic fairy tale" by composer Sergei Prokofiev. The ballet features a narrator and a young boy named Peter who lives with his grandfather in a small country house surrounded by meadows, a pond and the woods. Peter's three best friends are a little bird who has a nest near Peter's home, a duck who likes to splash in the nearby pond at the edge of the woods, and a playful cat who is forever chasing his own tail! This is the perfect ballet for all ages.

Act 2 features the Don Quixote Suite: The Dream, a ballet based on episodes taken from the famous novel Don Quixote de la Mancha by Miguel de Cervantes. In the Dream sequence, Don Quixote has an enchanted dream about beautiful maidens in which the image of Kitri symbolizes his Dulcinea.

Show times are 1:30 p.m. and 7 p.m. Saturday, May 21. Tickets are \$35, \$45 to \$50, available at santaugustineballet.com or by calling 855-222-2849.

St. Augustine Ballet offers performance opportunities to dancers from St. Augustine, St. Johns County and the surrounding area. The Saint Augustine Ballet is a nonprofit performing arts organization founded in 2010. For more details, go to santaugustineballet.org.



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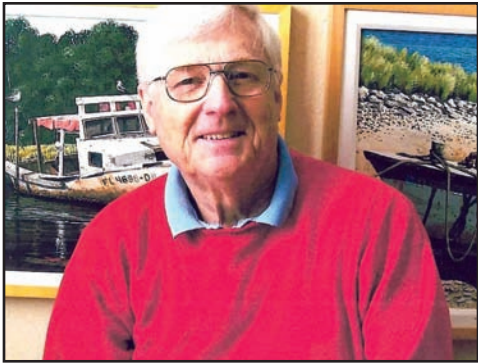
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by Paul Slava



First Friday, May 6th will Feature Artist of the Month, Sam Kates and his Coastal Florida Landscapes.

Sam Kates retired in 2002 after over three decades as a director of history, natural science and fine art museums and institutions in Florida, Tennessee and Alabama. While he is still called upon to jury and judge art shows and festivals, most of his time is now spent in the studio painting coastal scenes that are reminiscent of the old Florida that was still prevalent during the 1940-50's when he was a child. He fondly remembers spending summers with his grandparents in New Smyrna Beach where huge sand dunes still existed and fleets of shrimp boats crowded the local docks.

Sketching trips to Cedar Key in 1957 inspired his first paintings of working boats and shorelines. He describes his

current style and techniques as "painterly realism," full of detail to document his subjects but very dependent on light and shadows that give his works extraordinary depth and definition. While his pictures are composed on site and reflect actual scenes and boats, the paintings are created in the studio at his home in St. Augustine, FL.

Sam was born in Orlando, Florida in 1940 and grew up in Gainesville. He is an alumnus of Florida State University. He currently resides in St. Augustine. Email-samkates@bellsouth.net

See his opening as well as a Brand New Member's Show on Friday, May 6th starting at 5:00pm. The show will run through the month.

Something FREE for the Kids on Saturday, May 7th from 10am to 12pm is our Mother's Day Crafts Event. All

supplies are included just bring your child from ages 4 thru 11 to The Studio and they will go home with a beautiful gift for Mom! Contact Carole Foster at 904-797-3067 to register.

The Art Studio is located at 370 A1A Beach Blvd. in the St. John's County Pier Park and is open 7 days a week from 12pm to 5pm. We are a 501(c)(3) Non-Profit organization that brings Art and Culture to the community and offers classes, special events, exhibitions and rental space. For more information visit us at www.beachartstudio.org, Facebook or call 904-295-4428.



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"Diaries of a Shores Grand-Dad"

by Dirk Schroeder

I have written in past Issues about how quickly things change, even from the time that I write and submit the Diaries to the time The Observer is in your hands. Who would have thought that we would have had the Ukrainian War, Gas Prices over \$4/Gallon and so much more happening. The war, as a stand-alone event, could have and could still escalate into a broader scale war.

Among the reasons given by the Russians for the invasion: the Eastward expansion of NATO, Ukraine is not recognized as a legitimate country, the Ukrainians were committing genocide against ethnic Russians and that there were concerns over nuclear and biological weapons. Say what you will, but before we go all out political, let's step back in time and remember just one former USSR citizen. How about Alexandr Solzhenitsyn. He had sent a letter to a friend in which he criticized his government and was found out by the government (somebody read his private mail). They arrested him and jailed him for 8 years in the Gulag. I would like to share this quote from him so that we can put all of the politics aside - "The line separating good and evil passes not through states, nor between classes, nor between political parties either -- but right through every human heart -- and through all human hearts. This line shifts. Inside

us, it oscillates with the years. And even within hearts overwhelmed by evil, one small bridgehead of good is retained."

The average citizen is a sum of their collective thoughts and none of us is above another. You may be elected to lead. You may have more material wealth. You may believe that you have power over others. But in your heart, you have to look inside your heart, to find your self. Inside of us, we are all just average citizens of our world. Solzhenitsyn said, "I wanted to be a memory; the memory of a people doomed to tragedy." This is what happens when average citizens are controlled and manipulated, punished for dissenting thoughts - a depressing outlook. Is it a part of every society? More so than ever before. Is it a part of your world? I hope not. If good hearts are allowed to be overwhelmed by evil then you are doomed to tragedy. You may have your reasons (or excuses) for your actions, your choices to make; they will flow through your heart to be etched to become your memory.

With Easter having just been celebrated all around the world, let us hope that the good heart, the one absolved of sin because of one ultimate sacrifice, flourishes in all of us. What will your memory be: dark and tragic or bright and uplifting? On that note, I wish you all, as always, a Sunshine State of Mind.

Latin American Festival Coming May 7th

On May 7, 2022, the Ancient City's original Latin American Festival returns to Francis Field! Experience a day full of beautiful culture, music, dance, food, workshops, performances, activities, and so much more. The main stage will feature music and dance groups throughout the day with a mixture of styles from across Latin America. Watch five artists paint murals throughout the day and vote for your favorite.



What festival is complete without food? Authentic Latin American food trucks and vendors will be on site to showcase the distinctive style and range of Latin food. The marketplace has been expanded from 48 to 75 vendors selling international crafts, textiles, and other merchandise.

Look forward to games like soccer darts, tejo, Aztec Ball Game, piñatas, dominos, and more. Bring your dancing

shoes and dive deeper into the culture while local and regional acts celebrate the rhythm of Latin America with performances and dance workshops.

Tickets are \$10 for general admission and \$60 for VIP which includes meet & greets, stage access, private tables under the canopy, private bathrooms, VIP bar, Latin American-inspired hors d'oeuvres by a local chef, and even more activities and performances. To contact email info@unidosenlamusica.com or 516-322-0211.

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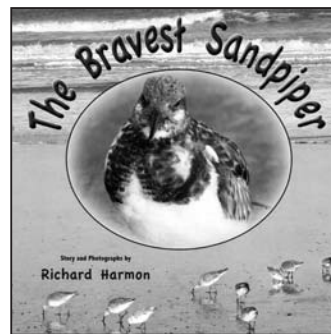
(continued from page 1)



No one leaves empty handed. Everyone is invited to also join the St Augustine South Gardening Group, on NextDoor. This group is open to anyone interested in gardening, not only gardeners in St Augustine South.

SASIA's big event of the season is the Spring Festival which this year commemorated SASIA's 63rd anniversary. SASIA offered a cookout, live music, and a bounce house and fun activities for children. Faces were painted and eggs hunted. Everyone had a fabulous time.

Before signing off for another month, I must return briefly to an earlier theme of St Augustine South Reflections: feral roosters! There are far more feral roosters and feral chickens in St Augustine than Robert AKA Chicken Bird, Mr Roo and Doodle! A neighbor in Lincolnville has adopted a feral rooster and is seeking advice and peer support from my son. Upper Diamond - a neighborhood close in on the north side of SR 207 has a feral chicken population that must rival Ybor City's feral chickens. Although, the local flock may not have been around for more than 100 years, it is large and includes quite a number of roosters. Many of Upper Diamond's neighbors like their feral flock and sleep through any nighttime cockadoodling. Unfortunately, not everyone can sleep through and tempers fray with sleep deprivation. One wonders just how the feral fowl of Ybor City, Florida have thrived for more than a century.



"Take a walk on a neighborhood path or a local park trail. You never know what you're going to see. Maybe another life looking back at you: a friendly dog, a tail-flicking squirrel, or a perched hawk. I gives them a change from their natural activities and you from some ongoing concerns. That hawk suely won't give you any tought; however, its life is one that you can think about, appreciae, and respect.

Every once in a while, go off the path, stop, and notice the wildlife around you. Take a long look at that bird or animal and knw it's a life to be appreciated. We say we should protect wildlife and their habitats.

Alas, humans always seen to want another swath of

that wilderness to build more housing or commercial development."

Richard Harmon is a Shores resident. His book "The Bravest Sandpiper" developed at the Shores pier behind the Riverview Club. Several area residents supported the development of the book.

"The Bravest Sandpiper" can be found locally at the St. Augustine Visitor Center, Flagler Hospital Gilft Shop, and other local gift shops. Also found on Amazon, Barnes & Nobel, Discovery Books, and others.



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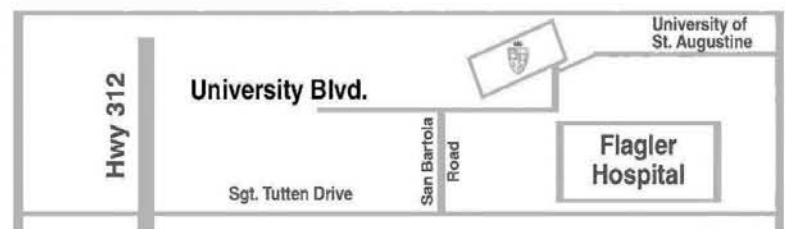
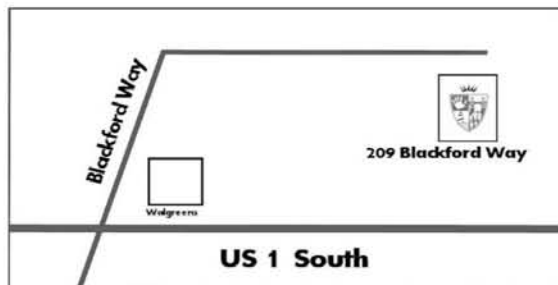


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Dry Needling Q & A

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

I have written on Dry Needling (DN) before but continue to receive questions regarding this intervention. The purpose of this column is to answer as many of those questions in the space allowed (500 words or less) but more info can be found on our website or can be answered with a phone call at 904-829-3411 by any of our DN clinicians (see ad).

Is DN new?

No, DN is not new. It has been growing in popularity since the 1960's when Janet Travell, MD coined the term Myofascial Pain Syndrome and used it to treat myofascial trigger points. It has been utilized for years by European physical therapists, which was my first exposure and was first approved in 1984 for use by US/Maryland physical therapists.

First Coast Rehabilitation (FCR) therapists have been teaching DN nationally and internationally since 2010, were approved in 2017 by the state PT Board to use in 2017, testified before the FL PT Board on behalf of all FL PT's, which was approved in 2020, and have since trained many others in St. Augustine, Florida and across the nation (see myopainseminars.com).

Why utilize DN?

The benefit of DN is multifactorial and rooted in pain science research. At its root, a trigger point, or hyper-irritable nodule within a taut band of muscle, develops when the muscle is overloaded. This can happen in several ways, but poor posture or unaccustomed activities are two primaries. When this happens, the basic contractile elements of the muscle lock up, causing compression of the vascularity, thereby depriving the tissues of oxygen, resulting in tissue damage and the release of noxious (pain stimulating) chemicals = pain.

When treating the trigger point with DN, a twitch response is elicited, which is protective response to the stimuli via a spinal reflex loop. The "twitch" is an indication the trigger point has been treated and the noxious stimuli have been flushed out. It may leave some muscle soreness but can result in an immediate

analgesic effect, increase motion, strength and function. And because no medication is involved, there are not medicinal side-effects.

What kind of problems can be treated with DN?

Almost anyone. It can help with nearly all types of headaches, Ehlers-Danlos syndrome, shoulder, neck, back, hip, leg, foot, and hand pain, where trigger points are involved. TMJ, jaw pain, and ringing of the ears caused by trigger points can also be treated. It can be used for orthopaedic and neurological problems where pain, muscle inhibition and loss of range of motion are a result of trigger points. It can also be used to treat scar tissue, pelvic pain and more.

Is it safe?

Yes. All needles are sterile. In a 2013 multi-site study in Ireland, which included 39 PT's in nearly 8,000 treatments, proved with proper training and practice, DN is safe. (Therapist at FCR have been trained in the same techniques used in this study.) The major side effects were soreness, fatigue, an occasional bruising.

There are many more questions but limited space. What to do after treatment? How may session will it require? Once the trigger points are treated, are they gone forever?

Please visit firstcoastrehab.com for more answers or call if you don't find an answer to your question or to see if DN could work for you.

*Rob Stanborough was one of the first PT's to be permitted to use DN in FL since 2017. He has trained others in DN since 2010 both nationally and internationally as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation, est 2006 (www.firstcoastrehab.com), has presented and published regarding DN and co-authored *Myofascial Manipulation: Theory & Application, 3rd ed* by Proed Inc.*

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Epic-Cure: The Local Non-Profit Fighting Food Waste and Putting Meals on the Table

by Banks Vadeboncoeur

Many American families, particularly those in the coastal suburbs of Northeast Florida, do not have to worry about putting meals on the table. The blessing of having a food-filled pantry, therefore, is often overlooked. Unwanted food is carelessly thrown out, drinks are left to expire, and produce to mold. These actions are done without malice, yet their impact is massive. 30 to 40 percent of America's food supply ends up in landfills. Annually, food waste is also the largest component in landfills, making up 10 percent of all greenhouse gas emissions.

These staggering numbers shocked Sunny Mulford, the founder of the local nonprofit organization Epic-Cure, and was a clear call to action. With the help of her husband Ken, Sunny founded Epic-Cure Inc. in 2018. Epic-Cure, a 100 percent volunteer organization, has since helped fight the amount of food waste in Northeast Florida through food rescue and distribution. Nine and a half percent of St. Johns County households are experiencing food insecurity, and Epic-Cure provides food to many of these homes.

The process in which Epic-Cure rescues and redistributes food is both efficient and effective. Epic-Cure is reliant on community volunteers who are willing to give their time to the cause. First, donated food is picked up from grocery stores, food pantries, and various other donors. Volunteers then assist in organizing this food in local Epic-Cure warehouses throughout the week. Volunteer opportunities are updated weekly on Epic-Cure's Facebook Volunteer Group. "Last

time I volunteered for Epic-Cure, I sorted meat and unloaded trucks," explained high school sophomore, Ellie Goodfriend, who recently volunteered in Epic-Cure's St. Augustine facility.

After being sorted, food is distributed to those who are food insecure in the community. This has an incredible impact on the lives of those in need. In total, Epic-Cure has provided approximately 70 pounds of food around 89,000 times to families experiencing food insecurity. Mulford stated, "By us providing that food on a regular and consistent basis... senior citizens might be able to purchase medicine that they couldn't have otherwise purchased. Working families... will say that because of the food they didn't have to buy, they were able to pay their utility bills, or make their car or mortgage payments."

In addition to providing families with food, Epic-Cure also helps the local children form life skills and build their resumes. This assistance is provided in the form of cooking classes, in which local chefs and senior volunteers instruct school-aged children.

To get involved with Epic-Cure, by volunteer opportunities are available in their local warehouses. Volunteer dates and locations are updated weekly on the Epic-Cure website, www.epic-cure.org, and on Epic-Cure's Facebook Volunteer Group. Epic-Cure also accepts monetary donations through their website. This helps Epic-Cure's food rescue initiative and allows more underprivileged children to attend cooking classes.

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ACT finds Historic New Home

by Amy Golden

A Classic Theatre (ACT) will be presenting their final show of this season, The Immigrant by Mark Harelik, in the Ancient City's newly renovated and re-opened Waterworks building. Built in 1898, the red brick building served as the original pumping station until 1926 when a new facility was constructed. Two years after closing in 1928 The Waterworks was converted into a community center and was used by the Little Theater of St. Augustine as well as other community groups.



The newly rehabilitated structure, which was placed on the National Register of Historic Places in 2014, has now come full circle to be used once more as a community center and theater managed by the St. Johns Cultural Council. ACT was incorporated with the State of Florida in March of 2007 by founder Jean Rahner with the mission to produce classical, historical and original plays for the St. Augustine community. She served as president until her retirement in August of 2017.

Since then, with post-pandemic reorganization and a new Board of Directors, ACT aspires to evolve and grow, while still adhering to the principles of quality theater set by the founders.

ACT Artistic Director Cindy Alexander noted "ACT has traditionally been a nomadic theater company, performing in many local venues over the years. It is with great pleasure that we enter into this partnership with the St Johns Cultural Council and continue the theatrical tradition on this historic stage. We look forward to providing quality productions to our community for years to come."

The Immigrant will open May 6th, 7th, and 8th with performances the following weekend, May 13th, 14th and 15th. ACT will be announcing the lineup for its historic 15th Season in June. For tickets and information visit <https://www.aclassictheatre.org/>

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Computer Corner

by Steven Aldrich
904-479-5661



Hello! This is Joe with Support

Lately, my clients tell me that their home phone rings many times a day with scam calls. They always seem to start off with a greeting that sounds like the title of this article, then they go on to say that they have detected some sort of issue. They need to fix it right now.

The State of affairs with Scam Support calls is so bad that now a significant part of my business is dealing with the aftermath of someone being scammed after giving remote access to their computer.

Another common call is the Refund scam, in which folks get a call stating that you are owed a refund, and they can help make sure that you get that as soon as possible. All they need is access to your computer. (big red flags should be going up)

The common thread on most of the phone scams and computer support popup scams is that all important and immediate need to have access to your computer. Anyone that requests access to your computer should be treated with the utmost caution.

If I were to ask you for access, and you have never met me, or have not looked me in the eye, you should definitely NOT grant me remote access. Going beyond

this is the idea that If you know me, and someone says that they work for me, or are my representative, you still should NOT grant access.

The problem with someone calling you and claiming to be with Microsoft, Apple, Amazon, or whatever company they may say, is that you have no way to prove they are telling the truth. They may know enough about you to convince you that they are really from whatever company being named.

When someone that called you asks you to go to your computer and go to a website, or "type these words" or "click this link in the email", your default answer should be to hang up the phone. Don't say another word, simply hang up.

Hang up the phone if someone calls and starts off with anything that sounds like "I'm with support", because it's a scam.

Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. See my ad on this page. Steve@fccspro.com or (904) 479-5661.

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