

October 2022

Have a Safe & Happy Halloween!

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South Walk  
and others

# St. Augustine OBSERVER

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

## Shores Resident Gives Community A "Spooktacular" Halloween Display



Shores resident Arch Rivenbark continues again this year shows off his annual Halloween display in front of his house at 223 Estancia Street. Drive by and see the display soon after the last week in September.

Shores and South residents don't need to look at their calendar or notice a change to fall weather to realize its nearing Halloween again.....they just drive by Shores resident Arch Rivenbark's house and see his annual Halloween display to know trick or treat time is on its way. Arch, who starts planning his display months in advance, has 30 - 40 humorous tombstones for neighbors and friends. Each year, Arch entertains his neighbors with the much anticipated display and has them all asking him "What are you going to put on my tombstone this year?" He invites everyone to drive by 223 Estancia Street to enjoy his display. You can find him off Lilly or Alhambra streets.

## 26th Annual Rhythm & Ribs Festival October 14-16



Award-winning regional and national BBQ champions, 3 Days of Live Music, Great Vendors, Children's Games, Rides, and Fun Foods

This is the 26th year of the Rhythm & Ribs Festival in St. Augustine, Florida. Rhythm & Ribs will be held October 14th, 15th, and 16th, 2022, at the Francis Field located behind the Visitors Information Center and parking garage, on West Castillo Drive, between U.S. 1 and South Castillo Drive (A1A) right in the heart of historic downtown St. Augustine.

### Admission and Festival Times:

- Friday, October 14th: 5:00 pm – 10:00 pm – \$10 at the gate.
- Saturday, October 15th: Noon- 3:00 pm – \$10. After 3:00 pm – \$25 presale and \$30 at the gate. Presale link coming soon.
- Sunday, October 16th: Noon – 5:00 pm – Family Day \$5 cash or credit card at the gate

No re-entry with general admission tickets. 15 & Under-FREE

### Festival Rules:

No outside food/drinks, No Dogs, No Pets, No Tents, No Overnight Camping, No Overnight Parking. Lawn Chairs and blankets allowed in designated areas only. Area will be marked clearly. (continued on page 9)

## SCARY STORIES and COSTUME PARADE FOR KIDS

Outdoors at St. Augustine Shores Riverview Club, 790 Christina Drive, 32086

SATURDAY, OCTOBER 22, 3:30 PM TO 5:30 PM

The Tale Tellers of St. Augustine present an afternoon of Halloween fun for the young and the perpetually young.

Strange things can go "Boo" in the afternoon too!!!! Stories, games, and a costume parade for the entire family. Creepy tales and Scary songs about Monsters under the bed and bats in the belfry.

This is an afternoon event especially for youngsters and their families outdoors at the pavilion and in the shade of the oaks at the Riverview Club in the Shores. Children can listen to stories, and enjoy being guided to make up their own stories. They can show off their costumes, and practice their trick or treat techniques. Treats and prizes for all. Games will include pumpkin stomp (with balloons), eyeball hunt, Halloween telephone, and Make up your own scary story. The grownups are welcome to join in and have fun too.

Tale Tellers want to provide a friendly gathering for families to enjoy a comfortable time playing and relaxing outdoors, easily relating to each other and the stories of the fall season. (see page 11)



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2465 US 1 South #8  
St. Augustine, FL 32086

# STARS REHAB

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[www.STARSREHAB.org](http://www.STARSREHAB.org)



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# St. Augustine Observer

Published monthly for residents and visitors of St. Augustine, Florida area  
2465 US 1 South PMB #8 • St. Augustine, FL 32086  
Email: clifflogsdon@att.net • Online: www.StAugustineObserverOnline.com

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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 issue. Articles or information may be sent

"Follow us on Instagram and Facebook: @staugustineobserver"

## St. Augustine Shores Community Calendar

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

www.staugshores.org

### Shores Monthly Meetings

- **Shores Service Corporation's** monthly meetings are held on the second Thursday of each month. Meetings are at 6 p.m. at the Riverview Club.

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

to the St. Augustine Observer, 2465 US1 South PMB #8, St. Augustine Florida 32086. 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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- **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 Property Manager Debby Bisogno 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**

There will be no Community Meetings during the summer. Normally they are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse except for July and August. You are welcome to join us in September for our monthly community meeting on Wednesday, September 21st at 7:00pm

### SASIA Board Members

President - Jerri Sue Dawson  
1st V.P. - Nicolette Soucy  
2nd V.P. - Doris Taylor  
Secretary - Sarah Pierce  
Treasurer - Margo Geer  
Mike Oliver  
Robert Kennedy  
Oonna Hueck  
Mick Jones  
Alan Chappell

### Distribution Locations for the Observer

- Shores Riverview Club
- Anastasia Island Library
- St. Johns County Pier Park
- Shores Golf Course
- YMCA
- Main Library
- Southeast Library
- Shores Deltona Realty

### Classes at Clubhouse

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

**Cane Self-Defense Classes** - Tuesdays at 11:30am/Thursdays at 10:00am: Taught by Katie Monahan and Saxann Hinman. Contact Katie by text (904) 377-3390 or email her at KatieMonahanTaiChi@gmail.com

**Tai Chi Classes** - Mondays at 6:00pm: Classes are taught by Certified Tai Chi Instructor Katie Monahan and are donation based. Contact Katie by text (904) 377-3390 or email her at KatieMonahanTaiChi@gmail.com

**Low Impact Zumba with Melinda** - Tuesday and Thursdays 8:30-9:30am. A \$5.00 donation is requested. Contact Melinda at slidermomma@yahoo.com.

Residents interested in joining SASIA may do so on our website: www.staugsouth.com

## 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, 2465 US1 South PMB#8, St. Augustine, 32086. 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:** 1. Storage cabinet contains nine 11.5 X 11.5 cubes. 36" X 36" white: \$25.00. 2. Jardin side table: 18" diameter top, polished nickel- New- \$69.00. 3. HP printer- Desk Jet Plus 4100-NEW! Wireless printer: \$89.00. 4. Printer stand-complete with file drawer and storage- 23" X 16" Like New \$79.00. 5. Small metal cabinet for crafting or storage- IKEA product: 16" X 11" X 27" with six drawers: \$49.00. Call Call or text Chris at (904) 325.1588

**FOR SALE:** Shabby Chic items both antique, vintage, and current day... linens, china, home decor, frames/pictures, books, etc. Call 904 797-4258.

**FOR SALE:** Total Gym Premiere, attachments, leg pulley, press up bars & DVD/manual - priced to sell \$100  
Portable Parquet Butcher Block Kitchen Island, foldable to 5inches for easy storage. \$50. Text or call 904-377-1377

**FOR SALE:** Singer professional sewing machine(antique circa 1951) good working cond. \$200.00.

**FOR SALE:** 1.Total Gym Premiere, attachments, leg pulley, press up bars & DVD/manual - priced to sell \$100. 2. Portable Parquet Butcher Block Kitchen Island, foldable to 5inches for easy storage. \$50. Text or call 904-377-1377

**FOR SALE:** Honda portable generator, 6750 running watts well maintained. \$650.00 Call 904-797-5495.

**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.

**WANTED:** Stamps and/or albums of U.S. stamps for my collection. Contact Bill at (904) 710-6049.

**WANTED:** Female roommate wanted to share High end apartment. Covered parking, elevator. \$950.00 818-625-4045.

**WANTED:** Cleaning person wanted, also lawn person, handy man. References. Please call 904-687-3362.

**NOTICE:** Can you help Lucy find her hero? She is looking for someone who would be willing to donate the lifesaving gift of a healthy kidney. Details at www.akidney4lucy.info ... (904) 201-9889

### Retired LPN Caregiver

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### Caregiver/CNA for seniors

Local Shores resident. How can I help make you or a loved ones life easier? Showering, errands, social outings, meals, etc... Please call Sarah at 904 599 2670.



### Will Russell

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# St. Augustine Shores & South News & Events

## Shores Riverview Club Activities October 2022

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

**EARLY SOCIAL** Tim Rippey  
Sunday, October 16th  
6:00pm to 9:00pm

**MAIN SOCIAL** Soulfire  
Sunday, October 30th  
6:00pm 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.

**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 Events



**Early Social**  
**Bold City Classics**  
Sunday, November 6  
6-9pm



**Main Social**  
**Traces of Gold**  
Friday, November 18  
7-10pm



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SAINT AUGUSTINE SHORES  
790 Christina Drive  
St. Augustine, FL 32086  
904.794.2000



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

### Looking Forward and Back

As we move from the dog days of summer into the (hopefully) cooler and more mellow days of fall it is fitting to look back at the highs and lows of the year and what the future may hold.

Perhaps the most important is what may still be coming our way. At the time of writing, there are four disturbances in the Caribbean and Atlantic Ocean so hurricane season is really starting to warm up. Whatever your views on climate change there is no denying how damaging and dangerous these storms can be. Please stay aware of any developing storms and have a detailed plan to keep yourself, your family, neighbors and pets safe. Heed all warnings and listen to the experts –better to be overly cautious than sorry after the event.

The year so far has delivered a number of positives. As the impact of the Covid pandemic has lessened, activities in the community have increased or been reintroduced. The Riverview Club has reopened for dances, yoga, rentals and other activities. Pool usage has increased significantly and the amenity has clearly been appreciated during the hot weather.

Some residents have recently organized a weekly food truck service on a Tuesday evening and it appears to be very well received. It is always good to have someone else do the cooking, especially after a long day at work.

The disc golf course that has been created at Holiday (Aragon) park appears to be in almost constant use from dawn until dusk and the golfers are helping to keep the park free of litter and the potential for antisocial behavior.

Concerns have been raised about the new development off Shores Boulevard opposite San Savino. This area was slated as residential on the original plan for St Augustine Shores so this development was inevitable at some point. We can only hope that the burning and other disruption to residents will be short lived and kept to a minimum.

Finally, speeding, littering and random acts of vandalism continue despite attempts at mitigation. Surely the culprits realize the costs of their actions and the harm they do to the whole community?

Stay safe and enjoy all that our community has to offer.

St. Augustine Shores Service Corp.  
790 Christina Drive | St. Augustine, FL 32086  
904.794.2000 [www.staugshores.org](http://www.staugshores.org)

## Barre Workout Celebrates One Year Anniversary

On September 14th, participants of the Barre Workout celebrated the one year anniversary of this fitness class offering at The Riverview Club. Barre Workout is a full body workout that improves muscular strength, cardiovascular endurance, flexibility, balance and overall body composition.



**SASIA**

St. Augustine South Improvement Association  
709 Royal Road, St. Augustine, FL 32086 (904) 615-6916



**FALL FESTIVAL**



**Saturday, October 29th**  
**12 to 5pm at the SASIA Clubhouse**

709 Royal Road, 32086

**Costume Contest, Face Painting & Activities for Kids!**  
**Live Music - Food & Fun for All!**

## SASIA News and Calendar of Events

October 2022

Check out our Facebook page [www.facebook.com/staugsouth](http://www.facebook.com/staugsouth) and our Nextdoor page (search for St. Augustine South Improvement Association). Like and follow us so you can see what is happening at the SASIA clubhouse each week.

Visit our website [www.staugsouth.com](http://www.staugsouth.com) to sign up for our monthly newsletter and community event reminders. Everyone is welcome to subscribe, you do not have to be in a member. If you'd like to join SASIA or rent our clubhouse you can do so online: [www.staugsouth.com](http://www.staugsouth.com), or contact us at [info@staugsouth.com](mailto:info@staugsouth.com) or 904-615-6916.

### St. John's County Parks and Recreation Open House 5:30-7:00 pm on Wednesday, October 19th

On October 19th SASIA will be hosting St. John's County Parks and Recreation for an Open House event to share information about the Shore Drive Trail project. The Open House will be from 5:30 pm until 7:00 pm. Parks Director Ryan Kane will also be available for any additional questions during the regular community meeting which will begin at 7 pm. Parks and Rec will have three tables setup (all with identical information) so that anyone that wants to can review the information available and ask questions regarding the Shore Drive Waterfront Park.

Food Trucks from 5-7 pm

• "Saucy Pig"- Delicious BBQ featuring a selection of dishes, all made in-house by local Pitmaster Ken Salce.

• "El Hombre's Tacos"- Mexican Style tacos and more!

SASIA Community Meeting follows at 7pm.

### Arts & Crafts Fair

SASIA is looking for artists & crafters to participate in our Arts & Crafts Fair on Saturday, November 5, 2022 from 10:00am-2:00pm. Interested vendors can sign up online: [staugsouth.com/arts-and-crafts-fair](http://staugsouth.com/arts-and-crafts-fair) or contact us at [info@staugsouth.com](mailto:info@staugsouth.com). Our entry fees are reasonable and artists keep 100% of their profits. We welcome vendors from all neighborhoods.

### Upcoming Events

Trunk Sale - Saturday, September 17 - 9am-1pm

Community Meeting - Wednesday, September 21st - 7:00pm

Food Truck Night with Saucy Pig - Friday, September 23rd - 5-7pm

Food Truck Night with Luvin O-Van - Friday, October 14th - 5-7pm

Fall Festival - Saturday, October 29th

Fall Arts & Crafts Fair - Saturday, November 5th

Holiday Celebration with Santa - Saturday, December 10th

The Calendar of Events is posted and updated on our website. We will update future events at our September meeting.

All events are held in the SASIA Clubhouse at 709 Royal Road. If you wish to contact SASIA please email [info@staugsouth.com](mailto:info@staugsouth.com).

## Pumpkin Patch Coming to Shores UMC

The Pumpkins are coming! Pumpkins! Pumpkins! Everywhere! Mini-pumpkins, pie pumpkins and all in-between. The Pumpkin Patch is opening on Saturday, October 15 thru October 30, 2022. The hours of the Pumpkin Patch are M - F from 2 p.m. to 6 p.m. and weekends 12 p.m. to 6 p.m. The Pumpkin Patch supports the local outreach ministries of the church. Shores United Methodist Church is located at 724 Shores Blvd, between the Golf Course Clubhouse and Hartley Elementary. All are welcome! For more info call 797-4416 or visit [www.shoresumc.org](http://www.shoresumc.org).



## Shores Water Aerobics Classes

We make torture fun! LOL Join the Miss Elsa and her Amazing and Awesome Water Aerobics Classes! The classes are free for pool members of the Riverview Club. Classes are every Monday, Wednesday and Friday from 9:00 - 10:00am and Tuesday at 5:30pm through October 31st (weather permitting).

Come join us as we exercise, stretch and sing - Daisy, Daisy, Row, Row, Row Your Boat and many more - on our way to a fun and happy experience. Any questions, please contact our very special certified instructor, Elsa at 904-377-3731

## Fall Booksale at Southeast Branch Library

The Friends of the Southeast Branch Library are holding a Lobby Sale on September 29th (10-8), 30th (10-6), and October 1st (10-2).

Most items are priced at \$1 and include books of fiction, nonfiction, children's and young readers, cookbooks, and more. Digital finds include DVDs, CDs, and Audio books.

All sales and memberships benefit Southeast Branch Library programming. The library is located at 6670 U.S. 1 South, 904-827-6900.



## "Trunk or Treat" at Shores United Methodist



On Halloween night, Monday, October 31, 2022, at Shores United Methodist Church, there will be a Trunk or Treat in the church parking lot from 6 p.m. - 7 p.m. Wear your favorite Halloween costume and come for treats! This is a fun safe place to bring children for trick and treating. Shores United Methodist Church is located at 724 Shores Blvd, between the Golf Course Clubhouse and Hartley Elementary. Rev. Carolyn Westlake is the pastor. All are welcome! For more info call 797-4416 or visit [www.shoresumc.org](http://www.shoresumc.org).

## Watercolor Painting Class Shores Riverview Club

A watercolor painting class for all levels will be starting Tuesday, October 11 in the Game Room at the Riverview Club. Whether a beginner or at an advance level Patricia Pollock will lead the class. She has been living in St. Augustine for 16 years and has been a self-supporting Watercolor painter for over 40 years.

She has a B.A. in Art History and has taught drawing and painting to all ages. The class will be from 10 a.m. - 11:30 a.m. The cost for each class will be \$12 per session. Reserve your space. Call Patricia Pollock at 904-429-2306 or email [patricapollock@yahoo.com](mailto:patricapollock@yahoo.com) and receive a list of all necessary supplies.

Patricia grew up in Wisconsin on the shores of Lake Michigan. She studied Painting at the University of Wisconsin and has a B.A. in Art History from University of New York. She taught drawing and painting at the Roberson Center for the Arts & Sciences in New York for 10 years and has been a full-time painter since then. She has participated in countless Art shows up and down the east coast, winning countless awards. Although Patricia usually paintw in watercolor, she now enjoys working in acrylic on large canvases. Here interest in photography has continued over the years and has added seaglass jewelry to her on going passion for the creative process in all media.

## St Augustine Genealogical Society

The St Augustine Genealogical Society will hold it's monthly meeting Saturday October 8th in the Southeast Branch of the St Johns County Library. This months meeting will be a virtual meeting with Mark Olsen, the Ambassador for the Family Tree Maker. He will discuss what's new with Family Tree and talk about the new companion called Charting Companion. He will also answer questions from those in attendance. The SE Library Branch is located at 6670 US Hwy 1 South. Check in for our meetings is 12:45 and meeting starts at 1:00 PM.

Our Genealogical Society is open to all. We encourage visitors, as well as current and former members to join us. Refreshments will be served, and feel free to bring your favorite. If you have a question, you may contact Georgia Horsey 770-337-6137.

Goin' Postal St. Augustine  
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## News From Around St. Johns County

### First Annual Gamble Rogers Gala Oct 8th

• Live Music • Live & Silent Auction • Hors d'oeuvres and drinks  
October 8th 6 pm - 9 pm at St. Johns County Agricultural Center

Medicine Springs will perform during the event. Band members are Lon & Liz Williamson, Scott Anderson, Gabe Valla, and Christian Ward.

Our gala committee is collecting amazing items for the auctions, and the raffle will feature an incredible grand prize! \$25 per guest will benefit the nonprofit Gamble Rogers Music Festival. For tickets and information 541-914-4849.

### Gamble Rogers Concert Series Continues

Gamble Rogers Folk Festival and St. Johns Cultural Council have partnered to present a new concert series, Live from The Waterworks, celebrating the legendary recording artist Gamble Rogers, whose balladry and storytelling shaped American folk music. Events will be held on the third Saturday of each month from October through June. Purchase tickets for the first three concerts online at:

<https://www.eventbrite.com/d/united-states--florida/live-from-the-waterworks/>

- Oct. 22: Doyle Dykes with Ruth Wyand
- Nov. 19: Jim Carrick and Charley Simmons with Charlie Robertson
- Dec. 17: Michael Reno Harrell with Bob Patterson

Concerts are limited to 100 seats at each concert at The Waterworks, 184 San Marco Avenue in St. Augustine, Florida. Doors for each show open at 7 p.m. and the opening act will start at 7:30 p.m. General admission tickets are available for individual concerts for \$20.00 + a \$2.85 ticket fee. A VIP concert pass for \$100 includes premium seating for the October, November and December shows, one free beverage at each show, and sponsor recognition in the event program.

### St. Augustine Travel Club

The St. Augustine Travel Club will have its next gathering on Wednesday, October 12, at 3pm at the Southeast branch Public Library, 6670 US 1 South in St. Augustine. Our topic will be BEST OF SOUTH AFRICA.

Start with a safari to see the lions, giraffes, elephants and many other animals in their natural habitat, followed by a visit to one of the world's most beautiful drives, the Garden Route along the gorgeous coastline and finally explore the heart of South Africa's wine country.



gg62176354 GoGraph.com

### A Classic Theatre's "The Lifespan of a Fact"

A Classic Theatre opens their 2022-2023 season this month with "The Lifespan of a Fact" showing October 7, 8, 9, 14, 15 and 16 at The Waterworks, located at 184 San Marco Ave., St. Augustine.

"The Lifespan of a Fact" follows Jim, a newly graduated fact checker, and John D'Agata, a skilled writer with a flair for embellishment. When Jim is assigned to fact-check

D'Agata's compelling essay about a teen's suicide the two clash over fact vs. fiction, reality vs. fantasy, truth vs. deception. Directed by ACT's own Cindy Alexander, "The Lifespan of a Fact" offers comedy while giving the audience something to ponder after the curtains close.

ACT has three other shows lined up this season: "Shorts & Giggles" in December, "Sylvia" in March and "Mothers & Sons" just in time for Mother's Day in May. Tickets can be purchased at the box office or on ACT's website, [aclassictheatre.org](http://aclassictheatre.org).

### Swing & Jazz is Alive in Nation's Oldest City

Join the St. Augustine Jazz Society monthly during their Jazz Jams sessions from 2 p.m. to 6 p.m. on the last Sunday of each month at the Royal St. Augustine Golf Clubhouse.

For 32 years the SAJS has been sustaining the spirit of jazz music in St. Augustine with their monthly Jazz Jams, concerts, scholarship and tuition grants, instrument donations, and more. During their time, SAJS has had big-name performers like Linda Cole, Russel George, Bill Prince, the UNF Jazz Band, the St. Augustine High School Jazz Band, and many more. For more information on how to get involved with SAJS or to attend any of their upcoming events, visit [staugjazzsociety.org](http://staugjazzsociety.org).

## St. Augustine Lions Club Membership Drive

by Cliff Logsdon, Director

Want to expand your service to the community? Since 1946 the St. Augustine Lions Club has been serving the St. Augustine area providing personal and financial service to help meet the needs of our community. Membership is open to all who have a commitment to serve to help others. Is that you? We have a place for you!

So, why would you want to be a Lion? Here are some good reasons:

- You can be part of the St. Augustine local Lion club and a global service network of volunteers working together to make a difference.
- It is a great place to develop your leadership skills and put them into action.
- We are a group of people like you who've decided to take action and help others. Lions form unique friendships and meaningful connections that can last a lifetime.
- There is nothing quite like the feeling of making someone's life better.

The St. Augustine Lions Club was established in 1946 and has just completed its 75th Anniversary. Over the years the local club has provided millions of dollars in donations and provided hundreds of thousands of service hours in our community. In just the last 6 years over \$330,500 has been donated to support community needs. The annual *Lions Spring Seafood Festival* is the major fundraising source driving financial support for our service efforts.

Lions Clubs International is the largest service club organization in the world. More than 1.4 million members in over 48,000 clubs are serving in 200 countries and geographic areas around the globe. Since 1917, Lions have strengthened local communities through hands-on service and humanitarian projects, and we extend our service impact through the generous support of our Lions Clubs International Foundation. We are focused on supporting vision, the environment, childhood cancer, hunger, diabetes and other pressing humanitarian needs to help address some of the biggest challenges facing humanity. For more information about Lions Clubs International, visit [www.lionsclubs.org](http://www.lionsclubs.org).

Ready to serve with us? Need more information? Contact a Lion member or attend our regular evening meetings on the 2nd and 4th Monday of each month at Village Inn. See our Club webpage: <https://e-clubhouse.org/sites/staugustine/contact.php> for contact info or contact me at [clifflogsdon@att.net](mailto:clifflogsdon@att.net) or 904-607-1410. You have a standing invitation!



Saint Augustine



Lions Club

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### St. Augustine Beach Police Department 2nd Annual Tricks & Treats Halloween Event

The St. Augustine Beach Police Department is hosting our 2nd Annual Tricks and Treats at the Beach PD Halloween event. This is a free family-friendly event that will take place on Friday, October 28th at 5:00pm. Take pictures in our decorated Police Department, enjoy games, activities, fall photo booth, music, Law Enforcement vehicles, Fire Truck and trick or treating.



### FREE Community Fall Festival Homeport Christian Church

There will be a bounce house, trunk or treat, costume parade and contest, a cake walk Pumpkin painting and LOTS of FUN. Hope to see you there.

Sunday, October 30th 2:30-5:00pm

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## The Wildflower Meadow Group

by Cindy Taylor

At our work day the first Saturday in September, Janet found two small clusters of Hypericum (St. John's wort) and they aren't the same species as what's already in the meadow. There are many species of Hypericum and the ones Janet found came to the meadow came and grew of their own accord. It feels good to provide an environment for a native species, but these newcomers are still "shy" and you have to look carefully to see them.

Janet also noticed that "something" (deer?) is nibbling the swamp sunflower in the lower meadow and we may not have as many blooms as we did last year. Time will tell if they can persevere against the challenge.

Russel cleared the upper corner near the woods to make space for the honey suckle vine and other wildflowers. In so doing he noticed the gopher tortoise hole still looks active and we want to thank those who walk by and resisting the urge to feed him or her. Maybe this one will stay, unlike the last one.



**Elephant Foot**

things may be better. Thanks again to Marlene for her photo contributions.

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.



**Blue Curt**

Horsemint (bee balm) are still in bloom and the bees are thankful. It looks like blue curl will soon be in full bloom and it may be an especially bountiful bloom this fall. Golden rod and Florida elephant foot are blooming now and seem to be spreading across the meadow, here and there.



**Hypericum**

See? Some things go well when we respect the rhythms of nature and, if they don't, next year

## 63rd Annual Cracker Day: October 15

"Cracker" is a term with many different cultural definitions, but in this part of Florida, it refers to the original "cowboys" who herded cattle with the "crack" of a whip.

Two centuries before Stetson hats, leather vests, and chaps became icons of America's Wild West, Spanish horsemen were managing large herds of cattle brought here from Spain by Florida's earliest settlers. Today, that heritage is celebrated annually at the Cracker Day Festival held this year on Saturday, October 15 at the St Johns County Fairgrounds!



Experience the very best of Cracker horsemanship while coming face-to-face with Cracker cattle and horses at this annual celebration. More info available at <https://bit.ly/3ecnbH1>

## The Garden Club of Augustine's 51st Holiday Tour of Homes

The Garden Club of St Augustine is happy to announce the 51st Holiday Tour of Homes is scheduled for Sunday December 4, 2022. The theme is Casas y Flores de Navidad ( Houses and Flowers of Christmas). We will have 6 houses on display and decorated by Garden Club members from 12 noon to 5 PM.

A Boutique and Tea are included with the price of the ticket which will be at the beautiful River House on Marine St from 12 noon to 4PM. The Boutique will feature homemade crafts and baked goods. The Tea will have a variety of delicious homemade cookies. There will be a cash raffle. This is a walking tour with limited transportation from the downtown parking garage to the River House.



Three of the houses are located on charming Water St, a short walk from the parking garage. Ticket sales start October 1. The price of the tickets are \$40. Keep the date open on your calendar. The Garden Club is excited to be back and present this great event. Go to [www.gardenclubofstaugustine.org](http://www.gardenclubofstaugustine.org) for more information and ticket purchase.



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## St Augustine South Reflections

by Ruth Hope

Moving into September, we were still experiencing almost daily thunderstorms with heavy rain, and the temperatures became notably cooler – and pleasant. Even our avid gardeners have ceased to defend the rainfall as needed by our gardens! Many have been rewarded in recent weeks with flowers on cacti and succulents. Eva Askew-Houser's splendid night blooming cereus flowered sooner than expected and so I didn't get a photograph of her with it in full bloom. My own has flowered repeatedly over the last 4 months but didn't provide a single night grandstand show. Other gardeners have reported bumper vegetable crops to the St Augustine South Gardening Group on NextDoor.



SASIA has now come back into action after its August vacation with a busy social calendar from now to the end of the year. This started with a community car trunk sale with food truck refreshments. We will additionally have our second plant and seed swap of the year around the end of October-beginning of November, and I will be collecting blankets for the homeless on the Saturday after Thanksgiving, November

26. As you move from summer bedding to winter bedding this fall, consider donating any light-weight blankets that you decide to replace. Comforters and fleece blankets are not suitable; waffle cotton blankets are ideal. Light weight sleeping bags are also welcomed by the unsheltered homeless.

Work has now begun on the remodeling of the Douglas Crane Boat Ramp, and the park access to the boat ramp. Parks and Recreation will be sharing information about his work at the Open House, October 19 from 5.30pm to 7pm. Director of Parks and Rec will be making a presentation at the SASIA General Meeting that follows the Open House, at 7pm.

While visiting suburban Northern Virginia recently, I had time to pause and consider the differences I have experienced since living in St Augustine South. The traffic and "people" noise in my old neighborhood is unbelievable. Sure, in St Augustine South we can hear the railway and traffic on US1 S, but that is nothing compared to the cacophony all day and all night up North. I really value the peace and calm of St Augustine South, with our park along the Matanzas River. We complain about the congestion on St Johns County roads, but folks, I used to live 6 miles from the White House and now it takes upwards of 2 hours to drive there! The highways and major state roads are parking lots at peak times. One experience I enjoyed in Northern Virginia was the sound of migrating Canada geese honking as they fly overhead on their way north in the spring, and south in the fall. There is something evocative for a nature lover about geese calling to each other!



### St. Augustine Greek Festival October 7-9th

In 1768, the first Greek Orthodox pioneers in the New World arrived south of St. Augustine and later sought refuge at the Averro House on St. George Street – a beautiful structure now known as the St. Photios Greek Orthodox National Shrine. Today, the beautiful Holy Trinity Greek Orthodox Church of St. Augustine serves as the present and future of the faith. Located at 2940 County Road 214, the church is the location of this year's always popular St. Augustine Greek Festival.

St. Augustine's Greek Festival celebrates the cultural and historical importance of Greek influence in the nation's oldest city with traditional Greek music, folk dance, and delicious cuisine.

On Friday the festival begins with a "To Go" authentic Greek meals experience, with pre-orders scheduled for pick up from 4-8 p.m. The menu features moussaka, spanakopita, pastitsio, baklava, and combination platter dinners. The popular Taverna takes place Saturday with live music, food, church tours, children's games and more from 11 a.m.-8 p.m. On Sunday, the public is invited to participate in ecclesiastical services beginning at 8:30 a.m. with the festival continuing until 4 p.m. Admission is free. Holy Trinity Greek Orthodox Church, 2940 C.R. 214, St. Augustine. For full details and menu, go to [www.staugustinegreekfestival.com](http://www.staugustinegreekfestival.com).

## "Diversity, Equity, and Inclusion"

### Subject at October AAUW Meeting

Carolyn Wilson, an AAUW St. Augustine branch member, will be the speaker at the October meeting of the St. Augustine branch of the American Association of University Women. The meeting will be held on Tuesday, October 11, 2022, beginning at 12:30 p.m. at the St. Johns Main Public Library, 1960 Ponce de Leon Blvd, St. Augustine. She will speak on the subject of "Diversity, Equity and Inclusion" as promoted by the AAUW national organization to maintain a sustainable and inclusive membership reflective of today's world. The meeting is open to the public.



Carolyn Wilson joined the AAUW St. Augustine branch in 2021. She is originally from Kansas, graduating from Kansas State University. Over the years, she has called many cities home here and abroad, the last being Raleigh, NC. Carolyn's career too was varied, but her favorite was many years in corporate training and development, designing, developing, delivering and managing internal training programs primarily in the banking industry. In Colorado, that included being part of a diversity



training rollout statewide. Since retiring in 2009, she has been a "trailing grandmother," which explains how she landed in St. Augustine.

AAUW's mission is advancing gender equity through research, education and advocacy. The organization has been advocating for women and girls since 1881. More information is available at [staugustine-fl.aauw.net](http://staugustine-fl.aauw.net). For information about becoming a member of the AAUW St. Augustine branch, contact Maxine Burns, Director for Membership, at [mmmburns@yahoo.com](mailto:mmmburns@yahoo.com). Anyone joining the branch at this meeting will pay half the national membership dues through the "Shape the Future" program. For more information contact Karen Hayes email: [karent.hayes@gmail.com](mailto:karent.hayes@gmail.com)



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## First Coast Opera opens 23rd Season with Bon Appetit!

An operetta about Julia Child, with dinner and servings of chocolate cake? First Coast Opera announces its 23rd season of live opera in northeast Florida. Based in St. Augustine, the season will open with Bon Appetit! on October 7-8 at Celebration Hall at St. Anastasia, 5205 A1A South, St. Augustine Beach.



“Opera is sometimes serious and tragic, but sometimes downright fun,” said Curtis Tucker, Artistic Director of First Coast Opera. “The first two programs of this season highlight comedy, entertainment, and chocolate cake! What could be better?”

The dinner-opera event will be catered by La Cocina International restaurant, featuring performances of Bizet’s comic Le Docteur Miracle and Lee Hoiby’s operatic depiction of Julia Child making a chocolate cake in Bon Appetit! The evening

will include a special treat from Crème de la Cocoa. Performances will take place from 5-9 p.m. each night.

Enhanced tickets with a VIP Reception are \$125, with champagne and meet the artists; general admission tickets are \$75; and student tickets are \$50. All tickets include the catered meal and performance. Tickets are available at [firstcoastopera.com](http://firstcoastopera.com)

In March 2023, an Evening of Arias will return, an annual event that features heavy hors d’oeuvres, a silent auction, and performances by First Coast Opera guest artists.

Founded in January 2000, First Coast Opera serves Northeast Florida’s First Coast region through a series of concerts and staged productions of operas and operettas. Based in Saint Augustine, performances feature guest artists from throughout the United States performing alongside local and regional talent. Visit [firstcoastopera.com](http://firstcoastopera.com) or call 904-417-5555, and follow on social media on Twitter, Facebook and Instagram.

## Rhythm & Ribs Festival

(continued from page 1)

About St. Augustine Sunrise Rotary Cub: Formed in 1988 as an offshoot of the Noon Club with 35 charter members. Today we are 66 leaders within our professions and our community, who get together once a week for fellowship and an opportunity to give back to our community and the world.

Rhythm & Ribs is an all-volunteer effort of many more people than just our club members. Over 340 volunteers put in over 2,000 hours to run the festival for three days. Additionally, thousands of hours are spent planning the festival throughout each year.



All the members of the St. Augustine Sunrise Rotary Club volunteer most of their weekend alongside their many friends and supporters of Rhythm & Ribs.

History of the Festival: Rhythm & Ribs was founded by St. Augustine Sunrise Rotary in 1995 as an event from which all proceeds are donated to

charitable organizations for local and international service-oriented projects, as well as providing a fun-filled weekend for the whole community.

What began as a small Barbeque Fest (its original name) has grown each year and attracts music lovers and barbeque aficionados from all over the Southeast and beyond. People of all ages come to enjoy the fun over the Festival weekend.

As the Festival has grown, the music lineup has expanded to include headliners such as JJ Grey & MOFRO, Sister Hazel, Rusted Root, Leon Russell, Dave Mason, and the Marshall Tucker Band, along with many well-loved local and regional musicians.

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First Friday in October falls on the 7th and our Artist of the Month is Aphrodite along with our New Member’s Show all starting at 5pm. Music by Aramis, Refreshments and snacks will be available.



Caribbean artist Aphrodite, brings her tropical color palette stateside, creating the Aphrodite Agape' numbered series. As a New England native, Aphrodite developed her gift of painting under New York's NA artist, Daniel E. Greene; Boston Copley MA Mark Hayden; and Oscar Durand in NH from the 1980's. She also gives credit to many more artists she's worked with and learned from over the years. This led to many doors opening; one being that Aphrodite has five original oil paintings of sports players showcased at Boston Garden's New England Sports Museum in Boston, Massachusetts. From 1996, Aphrodite established herself as an oil painter in the Virgin Islands. Living in the U.S.V.I. and their surroundings are what inspired her to use bright vivid colors in much of her works.

In 2010, she faced a life threatening medical crisis. Trust, hope, and determination for a second chance at life became Aphrodite’s focus. During this time, she received much love and support from family, friends, and even strangers. The numbered series titled Aphrodite Agape' was inspired by this outpouring of love (Agape: Greek word meaning selfless love). Each numbered Agape' piece is finished with a light resin overlay, giving a feeling of water, signifying a source of life. Aphrodite continues to add to the Agape series as well as creating new paintings in her traditional style of impressionism. We hope you enjoy her artwork; past, present, and future. Bring the kids on Saturday, October 29th for a Halloween Mask Making Class from 10am to Noon. Contact Carole Foster @ 904-797-3067 to Register or for more information.



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](http://www.beachartstudio.org), Facebook or call 904-295-4428.



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As a result of the tragic condo collapse in South Florida, mandatory inspections are coming to many condominiums near you. In the "Coastal" area (within 3 miles of the Ocean) and regardless of the height, all condo complexes will be required to be inspected if they are older than 25 years of age (I have that list for 32080 and 32084 Zip Codes). The "Inland" condos need to be older than 30 years of age and, if they are 3-Stories or taller, they will need inspections.

Who notifies the condo associations? Who is

allowed to inspect them? What if there is an issue with the condo in the initial inspection? What does it cost and who's responsible? How and where will the "Milestone" Inspections be displayed? How will Realtors disclose these requirements?

I do have answers to all of these questions. If you happen to own one of these two types of condos, I invite you to call someone who will never stop learning new real estate information and who will share it with his CENTURY 21 Team and of course with their customers and clients.

Feel free to call me directly at 904-540-2460 for all of your real estate questions.



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## "Diaries of a Shores Grand-Dad"

by Dirk Schroeder

"Art is in the eye of the Beholder" - I remember this quote from a movie I watched in middle school. It kind of goes with this quote, "One man's trash is another man's treasure." As a grandfather (a.k.a. "Papa"), I am pleased to share with you that I am getting reintroduced to art by our granddaughters. I figure that, once in a while, I can write a column about them; after all, it is called "The Diaries of a Shores Grand-Dad".

I have never professed or will never profess to be an artist yet, I do know how to draw. Last month, we visited the Museum of Art in Richmond and there was so much great art there and of course there is always that art that you look at and you think to yourself, "What the heck? My granddaughters could do better than that." (no insult intended to our granddaughters) I'm excited that both of the girls are taking such a strong interest in drawing and coloring and creating things in all sorts of different craft categories.



The girls have recently taken an interest in Pokémon characters which is equally interesting since these creatures were all the rage when our boys were kids. It seems

like they're even more popular today than they were in the 90's. So, the girls have been asking me to draw Pokémon for them and it has been a lot of fun. They'll come over and the first thing they want to do is to sit down at the big dining room table and get out the paper and pencils, crayons and

watercolors and get busy. The three year old prefers playdough but her sister will ask, "Papa! Draw me a Ponyta" or "Please Papa, I want a Dragonite" or something like that. We look up the creature on the phone and then I will draw it for them. When I'm done, she'll go into the office and make two copies (one for each of the girls) so that they can do the coloring.

Every now and then, I will color one. I'm usually busy drawing the next one for them.

The more of these Pokémon that I draw, the easier it gets and yet, some are much more difficult than others. I have probably done about 40 of these drawings now so I have plenty of practice. I'm getting the hint that I may be doing this for a while since I got a sketchpad, a case of pencils, a sharpener and some real rubber erasers (not that fake synthetic stuff from you-know-where) for my birthday. I also got an awesome book about one of the most talented animators: Hayao Miyazaki. His style is Japanese "manga" and his movies are incredible. You may know "Spirited Away" or "My Neighbor Totoro." If not, check them out. I will start practicing drawing some manga soon instead of just simple Pokémon anime!

The joy of grandchildren is to bring a fresh sense of youth to our souls and to teach us to keep an open mind and heart. On that note, I wish you all, as always, a Sunshine State of Mind!



## St. Augustine Humane Society's 2023 Calendar Contest Breaks Fundraising Record

The St. Augustine Humane Society announces its 12th annual Pin-Up Paws Party featuring the 2023 Pin-Up Paws Pet Calendar! All proceeds from the party and the voting and calendar sales, support programs and services that keep pets and their humans together for life. This year, 140 pets entered the contest and campaigned for their big break - a chance to be featured in the 2023 calendar! Their combined \$1 votes raised a record-breaking \$33,428!



For the 12th year running, award-winning photographer Addison Fitzgerald has

donated his talents to provide the prints of the furry finalists, and renowned fine artist Maribel Angel has contributed her artistry to create a unique Pop Art theme and calendar design. Pete Melfi with The 904 Now has signed on as Honorary Chair and is bringing his unique brand of hosting skills with him when he serves as Emcee for the event.

Come join us as we unveil the 2023 calendar featuring this year's distinguished winner: Sir Thomas of the Swamp! Sir Thomas won the cover spot by raising \$2,834. He is a current foster with Swamp Haven Rescue and is looking for his forever home. Accompanying Sir Thomas on the calendar will be fabulous photos of his



Court, including Miss Scarlett O'Hara, a close second to Sir Thomas with \$2,625 raised. Miss Scarlett went from a sick foundling kitten to a fat cat who now lives the Florida lifestyle lounging by the pool! Returning for a second appearance, and in third place, is Otis, whose perfect modeling poses raised \$2,281 in donations. Also featured is Sandy, who was abandoned on the street along with her mother, Summer. They are a bonded pair who now patiently await a new life with a forever family.

The Pin-Up Paws celebration begins at 6 pm on Friday, November 4th, at the spectacular Renaissance St. Augustine Historic Downtown Hotel. Tickets are \$95 per person and include dinner, complimentary wine and a free Pin-Up Paws calendar. Table purchase and parking options are also available. Our silent auction has reached new heights this year with stunning jewelry pieces, spa treatments, resort stays and guitars signed by Tom Petty & The Heartbreakers, Prince, and the members of the Eagles! Additional event highlights include a wine pull, and music by Rob Peck and the Matanzas Inlet Allstars. Please contact development@staughumane.org for more details or call us at (904) 829-2737, ext. 111.



The St. Augustine Humane Society promotes healthy, lifelong pet ownership by serving the medical and rehabilitative needs of companion animals in our community. Executive Director Carolyn Smith explains: "Our programs are designed to strengthen human/pet relationships by reducing the need for pets to enter shelters. Donor support allows us to focus our efforts to keep pets and their humans together, encourage humane treatment of animals, avoid overpopulation, and prevent animal suffering." For more information, please visit [www.staughumane.org](http://www.staughumane.org).

## Scary Stories

(continued from page 1)

Tale Tellers invite you to Scary Stories and Costume Parade for Kids. This is a free event at the Riverview Club, 790 Christina Drive, St. Augustine Shores on Saturday afternoon, October 22 from 3:30 to 5:30 PM.

Tale Tellers of St. Augustine is a Storytelling guild practicing and encouraging the art of storytelling. The Tale Tellers of St. Augustine will be 30 years old in 2023. We are proud of our longevity and believe it testifies to the quality of our storytelling over the years. We are the only storytelling guild to be accepted by the Florida Folk Festival and have been performing there for the last almost 30 years. We have done historical programs under Florida Humanities Grants, and Picture in the Story programs in the local schools under the Crisp Ellert Grant. We perform three to four times a year at the Limelight Theater and will be expanding our venues to the Waterworks Building. We are collaborating with COA and Fostering Children, doing workshops and performances to serve the community.

Contact: Margaret Kaler [margaretkaler@hotmail.com](mailto:margaretkaler@hotmail.com) 904 377 7063  
Natalie Beltrami [nbeltrami@aol.com](mailto:nbeltrami@aol.com) 904 797 6520

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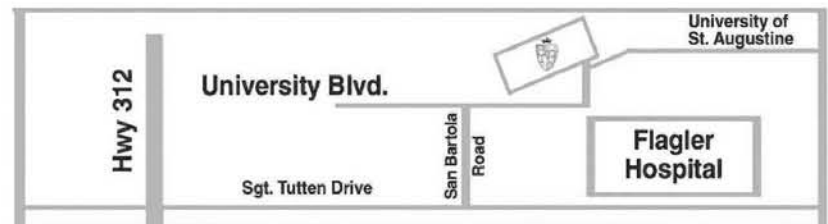
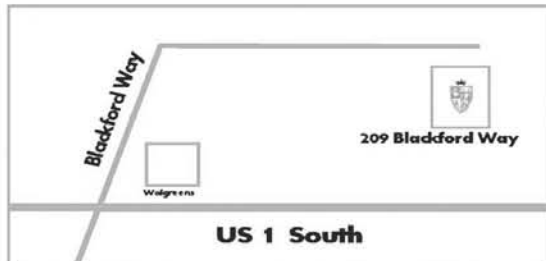
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## I'm alive but I hurt

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



October is Breast Cancer Awareness month. It's a time to celebrate with all the survivors and their families, remember those we have lost, raise awareness and fund research. I am fortunate in that none of the women in my family have encountered breast cancer but I have treated many survivors, none of whom expected this life disruption. They tell me it hit them like a sucker punch – coming out of nowhere. Their stories continue to amaze and inspire me, which is why I write this column.

One of my patients actually told me, "I'm alive but now I'm in pain." In the next breath she seemed almost apologetic saying, "Don't get me wrong, I'm glad to be alive but I didn't think it would hurt so much after treatment." The fact of the matter is, much of this pain is not from the surgery, the cancer, appears months after "healing" has taken place, and can be treated.

Surgery is trauma, even when it is lifesaving. Biopsies, lumpectomies and partial or radical mastectomies are trauma to tissue. Where there is trauma, there is potential for myofascial trigger points. Lacomba, et al, in Incidence of Myofascial Pain Syndrome in Breast Cancer Surgery: A Prospective Study (2010) showed nearly 50% of their breast cancer survivors experienced pain due to myofascial trigger points within the first 6 months of breast cancer surgery and in specific muscles. Fifty percent is a significant number of women who could be helped with physical therapy. The trigger points can be identified and treated rather quickly.

Myofascial trigger points, as I have written in previous columns are hyper-irritable nodules within a taut band of muscle. They are created through a series of events muscle imbalances, overloading of muscle, chronic tension in muscle and more, that create a chain reaction of chemical and chemical and receptors working abnormally. The results is ischemia or lack of blood and oxygen to the tissue, which causes pain. We know one can live weeks without

food and days without water but one can only live minutes without oxygen. In an effort to protect itself, the muscle releases noxious (or painful) stimuli to signal the brain something is wrong.

Fernandez-lao, et al, in Development of active myofascial trigger points in the neck and shoulder musculature is similar after lumpectomy or mastectomy surgery from breast cancer (2012) showed the degree of invasiveness of surgery was not a predicting factor of myofascial trigger point development. They showed it didn't matter if it was a lumpectomy or mastectomy. There was no statistical difference in the prevalence of myofascial trigger points when compared to a control group. These women were alive but in pain.

These studies show how common it is for women to develop painful, myofascial trigger points following breast cancer surgery but does not show how easily they can be treated, which they can. These trigger points can be identified through palpation and released in a number of way. So, if you or someone is alive following breast cancer surgery, thank goodness. But if there is pain after the surgery has healed, it may be coming from myofascial trigger points, which can be easily treated.

Rob Stanborough is a physical therapist with over 20 years of experience. He is president and co-owner of First Coast Rehabilitation, a Senior Instructor for Myopain Seminars (www.myopainseminars.com) and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He is certified in manual therapy, a Fellow of the American Academy of Orthopaedic Manual Therapists and has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on www.firstcoastrehab.com.



## Temple Bet Yam is inviting you to share with us a delightful evening at the Limelight Theater!

Please join us at the Limelight Theater in St. Augustine on October 8th to see the Broadway Musical Big Fish. The story revolves around the relationship between Edward Bloom, a travelling salesman, and his adult son, Will, who searches for what is behind his father's tall stories.

Enjoy the Hors d'oeuvres Hour at 6:30 PM which will be followed by the show at 7:30 PM. Dessert will be served during intermission. We have the full house with open seating. Ticket cost is \$32 per person.

Contact Teresa Freedman @ 774.994.2066 or teresa.freedman@gmail.com for more information and ticket sales.



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Please make checks payable to Temple Bet Yam and note "Limelight/Big Fish" in memo. Mail to: Temple Bet Yam PO Box 860098, St. Augustine, FL 32086

## Jazz & Pop Crusaders Combo Seeking Band Members!

The Crusaders Combo of Coquina Crossing is looking for a few good people to join us this fall season. We are a jazz/pop combo performing the American song book of jazz & pop arrangements. The combo practices every Friday in the Coquina Crossing Clubhouse from 1-3 pm. Coquina Crossing is a Senior Living gated Community on 207 in Elkton, eight miles from the Shores.

We are currently looking to fill the roles of singer (male/female), tenor sax, trombone & drummer. Our season runs from Oct. - June each year. Contact leader and Mid America Music Hall of Famer Morry Duenow, living in the Shores, @ Morriscodemusic 904.806.4765 for more info.

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## Let Your Imagination Sing at the Library

### Your Library Card - The Most Valuable Card in Your Wallet

This September, the St. Johns County Public Library System joins with the American Library Association and Tony Award-winning performer, actress, singer-songwriter, and philanthropist Idina Menzel (Frozen, Wicked) and her sister, author and educator Cara Mentzel, to promote the value of the public library card during their annual Library Card Sign-Up campaign.

In addition to bestsellers, DVDs, audiobooks, CDs and more, St. Johns County residents who sign up for a SJCPLS library card receive 24/7 access to SJCPLS's eLibrary for downloading eBooks, reading The New York Times digital edition, streaming movies and music, and researching for work or school projects.

A library card is also an essential school supply for students. Whether it's providing free access to STEAM (science, technology, engineering, arts and mathematics) and robotics classes, virtual homework help through Brainfuse, or virtual databases for research and study, students will reap the rewards in academic achievement and lifelong learning.

"The library card is a small but mighty tool in your wallet," said Debra Rhodes Gibson, St. Johns County Library Director. "At a permanent cost of zero dollars, the library card unlocks a world of information, reading and viewing material, and there is something for everyone, regardless of the stage of life."

Thanks to an ongoing partnership with the Jacksonville Symphony and in celebration of Library Card Sign-Up Month, the St. Johns County Public Library System is again pleased to announce discounts for select 2022-2023 Jacksonville Symphony concerts for SJCPLS cardholders. Stop by or call your local SJCPLS branch library for the discount code and a list of the eligible concerts.

For more information about signing up for a library card or the library's resources and programs, please visit [www.sjcpls.org](http://www.sjcpls.org), email [sjcpls@tblc.libanswers.com](mailto:sjcpls@tblc.libanswers.com), or stop by any SJCPLS branch or bookmobile.

The St. Johns County Public Library system serves the community by providing access to technology, facilities, collections, programs, and services that help people meet our mission: Connect, Learn, Enjoy @ Your Library. For more information on the St. Johns County Public Library System, visit [sjcpls.org](http://sjcpls.org).



## Trinity Parish Resumes Performing Arts Series

Trinity Parish, St. Augustine, has restarted its performing arts series. Our first concert will be on Friday, October 28 at 7:00pm with internationally-acclaimed organist Samuel Metzger. I have attached a poster to this email in two formats (digital and print). If you would, please share with your friends and colleagues. Hope to see you there! Michael Giuliani, Director of Music & Organist.

## Computer Corner

by Steven Aldrich  
904-479-5661



### Search Inside Your Files

Did you know that when you do a search on your windows computer it looks at the file names, and also inside the files?

Let's say that you are having a hard time finding that document that you made for Uncle Fester about the Halloween Party, and, you are certain that it included some text about Wendy's Pumpkin carving contest. Still, you can't recall what you named it.



Just hit the windows key on your keyboard then type in "pumpkin" (capitalization does not matter). Windows will show you every document you have that includes the word "pumpkin" in the name or inside in the text of the document.

This little-known search capability has saved some of us more than once.

When you are looking for a document, typically you have a specific memory of the contents. Maybe you recall the name you gave it, but maybe not.

This works on all sorts of files that are text based. It will not work on PDFs or images (like macOS will) but will function on pretty much everything else. Word, Excel, PowerPoint, and any text documents that you have are also indexed.

If you want to get your search started quicker, you can simply click the "windows key" (two keys to the left of the space bar) and then start typing the word(s) you wish to search for. No need to click with the mouse. Just click the windows key and start typing. You'll also note that the search will start finding items before you stop typing, and progressively narrow the results as you type.


If you have an idea for an article, I am always open to suggestions. My contact info is below.

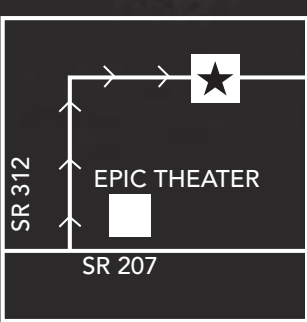
Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. See my ad on this page. [Steve@fccspro.com](mailto:Steve@fccspro.com)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

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