

# St. Augustine Beaches NEWS JOURNAL



NEWS INFORMATION FOR & ABOUT ST. AUGUSTINE BEACH & ANASTASIA ISLAND

## St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)



At the City Commission's May 1, 2023, meeting, Mr. Paul Sapp, head of the St. Augustine Chapter of the Sons of the American Revolution, presented the Chapter's Law Enforcement Commendation Award to Sergeant Brandon Hand for his dedication and outstanding work in law enforcement in St. Augustine Beach. Photo by Max Royle



L to R — Honored Veterans--Ed Trester, Bill Pruitt, Bill Dudley. Trester and Pruitt are retired members of the U. S. Merchant Marines. Dudley is a retired U. S. Air Force officer who currently serves as the Chairman of the Veterans Council of St. Johns County.

## St. Joseph Academy Veterans Heritage Project

A dozen U. S. military veterans, including two St. Augustine Beach residents, were honored recently at St. Joseph Academy in St. Augustine as part of the school's Veterans Heritage Project.

Ed Trester and Bill Pruitt of St. Augustine Beach, Bill Dudley of St. Augustine Shores, St. Augustine Police Chief Jennifer Michaux, St. Joseph Academy basketball coach Marcus Perez, and St. Augustine residents John Costantino, and Misto Villarin were among the honorees. Other Florida residents who were honored included John Bennett, Ernie Audino, Pamela Perez, Deb Prieto-Green, and Danielle Roberts.

Ten of the veterans attended the event that was held at St. Joseph Academy on April 30 in conjunction with a book signing of the 2023 edition of "Since You Asked."

Now in its second year at the Academy, the Heritage Project program's mission is to connect students with veterans in order to "Honor veterans, preserve America's heritage and develop future leaders."

Students conducted oral history interviews and their stories were published in the 2023 handbound book entitled "Since You Asked."

According to St. Joseph Academy staff member Donna Boyce who sponsors the project and its events, once published, the books are sent to the Library of Congress in Washington DC along with videos or tapes recording of the student-veteran interviews, to preserve the stories for posterity. "The students become published authors," she added.

The ceremony was hosted by the president and the vice-president of the St. Joseph Academy VHP chapter, Zachary Fox and Nikalas Orleskie.

Keynote speaker was Evangelo "Vann" Morris, a former nuclear powered ballistic missile submariner who served in Afghanistan and other locations for more than 30 years. Following his remarks, Morris performed his rendition of "Old Glory" in which he personified the U.S. Flag. The program also included musical numbers for each branch of the service.

Ten of the twelve veterans interviewed for the project attended the event and participated in a book signing program. (continued on page 10)

## Scott Bullard Named Fire Chief

St. Johns County announced that Scott Bullard has been named Fire Chief for St. Johns County Fire Rescue. Bullard has served as Interim Fire Chief since Chief Jeffrey Prevatt retired in December 2022. Continued on page 3)



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St. Augustine Beaches

# NEWS JOURNAL

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### Distribution Locations for the Beaches News Journal

- St. Augustine Beach City Hall
- Anastasia Library
- St. Johns County Pier Park
- YMCA
- Main Library
- Southeast Library

## Summer Library Events for Kids

School's out! Anastasia Island Branch Library is ready to help keep the kids busy and interested in local history and science. The library is located at 124 Sea Grove Main St., St. Augustine Beach. Call 904-209-3732 or visit [www.sjcpls.org](http://www.sjcpls.org)

Upcoming programs this month include:

- **Drop-In Kids: Create Art Afternoons** - Fridays, June 2 – 23 @ 4 PM

Kids can create their own unique works of art using materials supplied by the Friends of the Library. Then, on June 30, they can choose to participate in our 2nd Annual Kids Entrepreneur Fair by selling some of the art they made during the programs.

- **People & Pots: An Interactive Kids Experience** - Wednesday, June 7, 4 PM

Kids can come into the library and learn about the advent of pottery in Florida from the folks of NE Florida Archaeology. After, they will have an opportunity to explore making and taking home their own mini-pottery item.

- **Kids Book Club: Last Kids on Earth** - Wednesdays June 14 – July 26 @ 2 PM

Join Ms. Pam each week for an installment from the super popular Book 1 from The Last Kids on Earth series. After, there will be a hands on activity and weekly writing prompts. Complete the prompts for reading badges each week. Registration is not required.

- **Summer Kids LEGO Club:** Wednesdays, June 14 & 28 @ 4 PM

Play with tubs of LEGO bricks and pieces. Build wondrous creations with thousands of LEGO bricks. Participate in LEGO BINGO to win prizes all summer! Sponsored by the Friends of the Anastasia Island Library

- **Marineland Ocean Pollution:** Wednesday, June 21 @ 4 PM

Marineland representatives will discuss how noise pollution is affecting oceans.

## Living with Cancer Support Group

3rd Wednesday of each month at 11:00 am

Our Living with Cancer support group has moved to Cancer Specialists of North Florida, 121 Whitehall Drive, St. Augustine 32086. Same day and time-the third Wednesday of every month at 11:00. We still have the ability to ZOOM in if needed.

This is an informal gathering for adults with any type of cancer and their caregivers. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.

**Please support the businesses in the News Journal!**  
**They make this publication possible... Thank you!**

The purpose of the St. Augustine Beaches News Journal is to serve neighborhoods of St. Augustine Beach and other communities on Anastasia Island.

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

Information and ads 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 to the Beaches News Journal, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to [clifflogsdon@att.net](mailto:clifflogsdon@att.net) or [clogsdon1@yahoo.com](mailto:clogsdon1@yahoo.com).

All materials submitted to the Beaches News Journal is subject to editing. Publishing of submitted 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 Beaches News Journal.

Information, articles and other materials published are believed to be accurate at time of publishing. Acceptance of advertising does not constitute an endorsement or approval of any content, product, or services by the New Journal or its staff or contractors.

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## News & Events From Around the Beaches & the Island

### St. Augustine Beach City Hall Update

At its May 1, 2023, meeting, the St. Augustine Beach City Commission did the following:

1. Appointed Mr. Rhys Slaughter as the junior alternate to the Comprehensive Planning and Zoning Board.

2. Heard an update report on a draft of the City's master stormwater plan by the civil engineering consultant, Crawford, Murphy and Tilly. The final report will be submitted to the City in June.



3. Approved a proclamation to declare the week on April 30-May 6, 2023, as Professional Municipal Clerks Week.

4. Discussed a proposed ordinance to allow business signs that exceed the 12-foot height limit. Current regulations require that such signs be removed by August 2023. The ordinance to allow the signs is scheduled for a reading at the Commission's June 5th meeting.

5. Passed on second reading an

ordinance to change three sections of the Land Development Regulations: Section 6.01.03 (building setback requirements), Section 6.03.05 (design standards for off-street parking and loading areas), and Section 12.02.06 (concept review). The ordinance is scheduled for a final reading at the Commission's June 5th meeting.

5. Discussed setting price ranges for solid waste collection, disposal and recycling fees for transient rentals and a related ordinance to change the language in Chapter 10 of the City Code concerning solid waste collection for transient rentals. The ranges and the ordinance will be reviewed again at the Commission's June 5th meeting.

The City Commission will hold its next meeting on Monday, June 5, 2023, at 6:00 p.m. in the Commission meeting room at city hall, 2200 A1A South. The public is invited to attend or view the meeting on YouTube at [staugbch.com](http://staugbch.com).

### St. Augustine Beach SEPAC Seeks Nominations for Environmental Stewardship Awards

The City of St. Augustine Beach's Sustainability and Environmental Planning Advisory Committee is seeking nominations for the Anastasia Island Environmental Stewardship Awards. These awards will recognize individuals, businesses, and non-profit groups that are working to protect the Island's natural resources and enhance its ecosystem.

The Committee is hoping to encourage environmental protection on the Island through this program, which is in its fourth year.

Nominations are due August 25, 2023. Forms are available at the City's website, <https://www.staugbch.com/community/page/anastasia-island-environmental-stewardship-awards-nominations-due-august-25>

The objective of environmental stewardship is to reduce impacts on the environment, thereby protecting our natural resources through conservation and sustainable practices. To be considered for recognition, nominees must demonstrate significant achievements through:

- Reducing environmental impacts from climate change
- Conserving resources
- Enhancing ecosystems
- Restoring impacted natural resources

Questions and nomination forms can be directed to Dariana Fitzgerald, deputy city clerk, at [dfitzgerald@cityofsab.org](mailto:dfitzgerald@cityofsab.org) or by phone at 904-471-2122 or fax at 904-471-4108.

### Scott Bullard Named Fire Chief

(continued from page1)

"Chief Bullard has proven himself to be diligent, considerate, trustworthy and has the full endorsement of Administration to help guide the vision of the future for St. Johns County Fire Rescue," said Hunter Conrad, St. Johns County Administrator.

Chief Bullard is a 21-year member of St. Johns County Fire Rescue who has served the department in operational ranks of Firefighter, Engineer, Lieutenant, Captain, and Battalion Chief. He holds a bachelor's degree from Columbia Southern University in Fire Administration, an associate's degree from Florida State College at Jacksonville in Fire Science, and the Managing Officer Designation from the National Fire Academy in Emmitsburg, Maryland.

Chief Bullard was selected as the 2013 Fire Rescue Paramedic of the Year and has been instrumental in developing several department initiatives, such as the Firefighter Development Program and the Live Fire Instructor Training Program.

The St. Johns County Board of County Commissioners will consider the confirmation of Bullard as Fire Chief at a future County Commission meeting.

### SAB Democrat Club

The SAB Democrats will have its next gathering on Tuesday, June 6, 5:30 pm at the Anastasia Island Branch Library. The St Augustine Beach Democrat Club's focus is on current local issues affecting those living in St Augustine Beach. These meetings provide an excellent opportunity to get to know the elected representatives, mingle with Democratic candidates and socialize with our Democratic neighbors.

The Speaker for June will be Mason Manion from Equality Florida. Mason is a native of Jacksonville and leads all Equality Florida development efforts for Northeast Florida. The SAB Dems Club meets on the first Tuesday of the month at Anastasia Island Branch Library, 124 Sea Grove Main Street, 5:30 pm, plenty of parking available. For additional information, please contact [sabdems511@gmail.com](mailto:sabdems511@gmail.com).

## News From Around Anastasia Island

### Music by the Sea concerts

Wednesday night Music by the Sea Concerts, the free summer outdoor concert series featuring local talent, continues through June 28, takes the month of July off, and resumes with concerts from August 16 to September 27. The annual series, sponsored by the St. Augustine Beach Civic Association, takes place at Pier Park Pavilion, 350 A1A Beach Boulevard. Performances are from 7 to 9 p.m.

Concert goers should provide their own seating. Bring a chair, blanket or towel. Parking at Pier Park will be limited.

It's OK to bring your own food and beverages. Local food trucks will also be available. The Civic Association has formed a partnership with the Village Garden Food Truck Park. One of their many mobile restaurants will be onsite at each concert starting at 5 p.m. with dinners and soft drinks. Dinners will be priced at \$10 or less with at least two menu options.

June performers include:

June 7--The Groove Pipe with music of the 80's, 90's, and 2000's

June 14--Fiusha Funk with jazz, funk, soul music

June 21--Slang/The Edge with 80's and 90's music

June 28--Paul Lundgren Band with classic and rock

For more information including concert updates, weekly food truck menus, weather and other related cancellations plus the August and September concert lineup visit: <https://sabca.org/>

### Temple Bet Yam' Annual Pizza and Bingo Night Fun! Food! Cash Prizes!

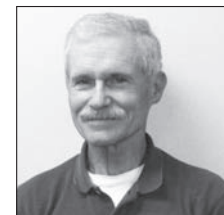
Join us and community members for the festivities starting at 5:00 p.m. on June 25th at the Temple, 2055 Wildwood Dr., St. Augustine, just off SR 207.

For just \$15 per person, participants will be able to play ten games for cash prizes and enjoy a pizza dinner. Please register by June 22nd. Contact Carol Levy for ticket information at 954-895-7332.



## Rhythms

By Max Royle  
St. Augustine Beach City Manager



Time to give my legions (?) of loyal readers a break from city government "stuff." One summer on my way back to the United States after living a year in India, I spent two months in Boppard, Germany, learning German at a branch of the Goethe Institute, the German government's cultural and language agency. Why German? Because having some rudimentary proficiency with a foreign language was mandated for the Master of Arts degree in English I hoped to receive from an American university. With sublime logic, I thought that learning German would require but a modest exertion of mental muscle because of German words that are like English: haus/house, bruder/brother, ist/is, and so on. Then sublime logic met linguistic reality.

Boppard was a small, scenic city on the west bank of the Rhine River with an economy based on tourism, the cultivation of terraced vineyards on the hills overlooking it and wine making (and consumption). It had a castle, several historic churches, the remnants of Roman and medieval fortifications and offered vineyard tours. The summertime rhythms of the city's life featured festivals, songfests at night in wine taverns and the arrival of Rhine River cruise boats so passengers could explore the city's attractions for a day or perhaps stay over a night or two.

Other than the festivals and rousing songfests, the city's social life could be described as charmingly sedate. One popular activity was "promenading": strolling along the tree-lined walkway adjacent to the Rhine.

One evening as I was promenading, I heard voices speaking American-accented English: "When's the boat leaving?" "Has anyone seen Harry and Martha?" "That last store—what a gyp joint!" "What's the name of this town again?" Near me was a group of middle-aged, weary looking men and women.

After several hours that day in class where my sublime linguistic logic was again overwhelmed by the muscular rigors of Teutonic linguistic reality, I was ready for a conversation in my native language. I introduced myself to the group and learned they were California public school teachers on a tour: 20 cities in 21 days. Not 20 German cities, but 20 cities, including Boppard, in several countries.

Dismayingly that 20/21 schedule did not allow the sojourning teachers much time to know the rhythms of life in those cities, know more about them other than monuments, museums, castles and the interiors of gift shops, restaurants and hotels. Likely financial limitations forced the California teachers to do touch-and-go tourism, which could be described as "if it's Tuesday, we must be in Paris."

Later, as I fell asleep to the robust serenading by connoisseurs of the grape, all local Germans, in my landlord's neighborhood wine tavern, I felt that I was entwined, even though temporarily, in the fabric of Boppard's life and living according to the city's rhythms. Perhaps, though, had I occasionally joined those merry songsters, I might have become more fluent in conversational German and, shall we say, more fluidly familiar with the local wines.

### A1A Beach Blvd Clean Up!

Join the City of St. Augustine Beach and The Matanzas Riverkeeper on Saturday, June 24th for a Beach Blvd. clean up! Volunteer are need frm 8am-10-am at 10th Street Parkette – 510 A1A Beach Blvd., St. Augustine Beach, FL, 32080

Please bring gloves if you have them, otherwise they will be provided. Grabbers will be provided. Bring bug repellent, sunscreen, and a refillable water bottle!

For more information, please contact Silas Tanner at [Info@matanzasriverkeeper.org](mailto:Info@matanzasriverkeeper.org). Sign Up for the event here: [https://www.matanzasriverkeeper.org/beach\\_blvd\\_cleanup\\_20230624](https://www.matanzasriverkeeper.org/beach_blvd_cleanup_20230624).

### Do You Have Community News to Share?

Do you have news, events or personal interest information that are relevant to our communities in and around St. Augustine Beach? Please forward them to the Editor for consideration for the monthly News Journal. Please contact Editor [clifflogsdon@att.net](mailto:clifflogsdon@att.net) or call 904-607-1410.

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## Sheriff's Update

By St. Johns County Sheriff Robert A. Hardwick



### Importance of Community Engagement

It has been a little over 2 years since I have been sworn in as your St. Johns County Sheriff. I had a vision when I started at the St. Johns County Sheriff's Office to increase the community engagement of this agency.

As the lead law enforcement agency and elected Sheriff, I believe it is important for our citizens to frequently see not only me, but also our agency members throughout the community. It also provides for the opportunity to receive feedback from our community in real time. If there is something we can do better, I want people to let me know as the partnership between our citizens and the Sheriff's Office is vitally important.

Additionally, it gives me the opportunity to share how we're policing and let the community know what's going on and how they can assist in making our county safer. I routinely speak to homeowner and condo associations, civic groups, and various other organizations. I also enjoy attending community events across the county. My leadership style is to lead by walking around, so visiting with organizations and community members is something I enjoy doing.

If you have an event coming up that you would like for us to consider attending, please email me at [sheriff@sjso.org](mailto:sheriff@sjso.org).

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Doors open at 7:00 PM, and concerts begin at 7:30 PM.

Visit [www.SAMFestival.org](http://www.SAMFestival.org) for more information and to reserve tickets.

**The Art Studio**  
of St. Augustine Beach, FL

Art Studio News  
by Paul Slava

First Friday this month will be on June 2nd and the featured artist of the month for June will be Beth Joiner from 5-8 pm. The event is free and includes art, music, snacks, and beverages.

Beth Joiner in her own words - "Like most adult artists, I began drawing as soon as I could hold a crayon from my set of 16 crayolas (wishing I had the set of 64 with gold and silver).

From elementary through high school, Art was my favorite subject and I took it seriously, not just an easy class to get by.

My goal in college was to major in Art and apply to Walt Disney Art Department, however between parents and counselors saying "You need to major in something practical so you can get a REAL job", I ended up with a major in Education and a minor in Art from Western Michigan University.

I never lost my desire to create artwork and was able to participate in many art shows while living in Michigan, Georgia and eventually Florida.

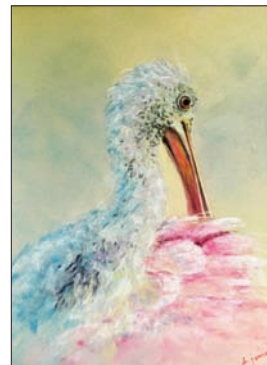
My main focus had always been in watercolor but when I started experimenting with pastels I thought I had discovered Art Heaven and that became my primary focus from then on.

I have lived in St Augustine for 31 years and am a member of the St Augustine Art Association and The Art Studio and am thankful for the vibrant art community we live in.

I sincerely hope The Art Studio will continue to thrive and grow and plan on being a part of it for many years to come!"

Don't miss the opportunity to meet Beth and to join us from 5-8 pm, and her art will be on exhibit all month long. We are open 7 days a week from 12pm to 5pm daily.

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.



### St. Augustine Travel Club

The St. Augustine Travel Club will have its next gathering on Wednesday, June 14, at 3:00 pm at the Southeast Library, on US 1 near SR 206. The topic will be IRELAND COAST TO COAST - Two countries, one people with history of struggles and troubles, yet sharing the joy of life. Known for lush landscape dotted with medieval castles, history, culture and locals full of friendliness and warm welcome of visitors.

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## David Birchim Appointed St. Augustine City Manager

The St. Augustine City Commission has unanimously appointed David Birchim, Assistant City Manager, to replace John Regan, the city's current City Manager, upon his planned retirement, effective Friday, June 2, 2023. Birchim was selected from three candidates to take the helm of the city's municipal government, overseeing day-to-day operations, responsibility for almost 400 employees.



Birchim has 25 years of experience with the City of St. Augustine in professional urban planning and public administration, of which 20 years are in a supervisory position. He brings extensive knowledge of the City's operations to this important role. Birchim's understanding of all aspects of the city's operations and initiatives, his commitment to excellence, and his precise leadership style, make him the Commission's choice to fill this position. The commission is confident that his expertise and unwavering dedication will enable him to effectively manage the City's resources, foster strong relationships with the community, and promote a positive and prosperous future for St. Augustine.

"I am honored to have been appointed as the new City Manager," said David Birchim. "I will continue to serve the community and ensure that the City of St. Augustine

thrives and grows in a sustainable and equitable way, all while preserving history. I am excited to work with the City Commission and staff to ensure that St. Augustine remains a great, historical place, as well as a livable City today. I look forward to building on the City's past successes and working collaboratively with the community to address the challenges ahead."

Birchim holds a Master of Science Degree in Planning from the University of Tennessee. He is accredited by the American Institute of Certified Planners (AICP) and Florida Public Pension Trustee Association (FPPTA). He was promoted from Planning and Building Director to Assistant City Manager to specifically be responsible for overseeing special projects such as land development, affordable housing, legislative funding initiatives, and the resilient shoreline initiative.

## Riverview Club Social Dances - June

Come on out and enjoy LIVE MUSIC AND DANCING at the Riverview Club in the St. Augustine Shores! Tickets are \$15 per guest and seating is open. Bring your own food and drinks! RSVP is not required but is encouraged. Call 904-794-2000 or email [christine@staugshores.net](mailto:christine@staugshores.net) to RSVP! SOULFIRE will be playing Saturday, June 10th from 7-10pm and we will be hosting FRANK SAFFI Sunday, June 25th from 6-9pm!! The Riverview Club, 790 Christina Dr., St. Augustine 32086.

COMING UP NEXT AT...



### LITTLE MISS SUNSHINE

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This musical follows the wacky Hoover family on a cross-country trek as the youngest family member, Olive, goes after the beauty pageant title, *Little Miss Sunshine*.

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Preview: May 11 • Terrific Tuesday: May 16



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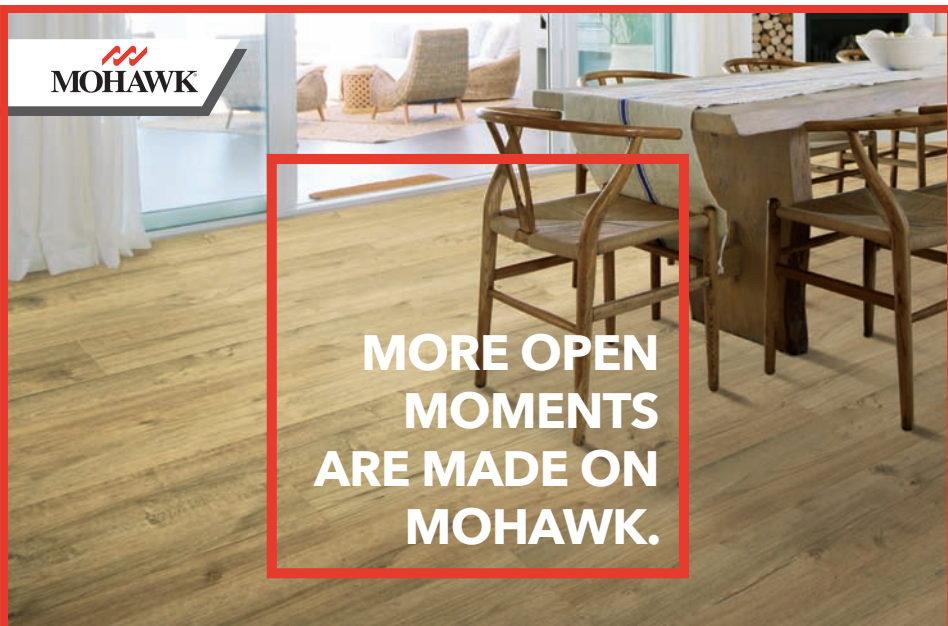
*Drama*

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JUNE 23 - JULY 9, 2023 • MATUZA MAINSTAGE  
Directed by Andrea McCook  
Preview: June 22 • Terrific Tuesday: June 27



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## Incontinence. A common issue, but is it normal?

There are two types of incontinence, urinary and bowel. Today we will be discussing urinary incontinence. Urinary incontinence comes in many forms, however, the most common includes stress, urge, and mixed. You may also have issues with frequency of urination.



1. Stress incontinence is the loss of urine with activity and/or increases in intra-abdominal pressure, such as coughing, sneezing, jumping, and lifting.

2. Urge incontinence is what it sounds like, the loss of urine after having the urge or sensation to urinate. This can often occur with urinary frequency.

3. Finally, mixed incontinence is the combination of both stress and urge incontinence.


Symptoms of urinary incontinence can develop at anytime but it is often seen in women after giving birth as well as in the aging population. This is due to the increased stress on the pelvic floor during child birth as well as the loss of strength of these muscles. Although common, urinary incontinence is not normal, in any of its forms.

Urinary incontinence is often a symptom of a larger issue called pelvic organ prolapse. This is when the muscles of the pelvic floor are not strong enough to hold up internal organs such as the bladder, vagina, and rectum. Patients will report a sensation of pressure in the pelvic floor in addition to incontinence.

Luckily, pelvic organ prolapse and urinary incontinence is treatable through Physical Therapy. Here at STARS, PT Lauren can help with pelvic floor and lower body strengthening, as well as bladder training!


If you want to learn more about urinary incontinence or would like to be treated by Lauren, reach out to us at Phone: 904-217-4259 Website: WWW.STARSREHAB.ORG

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## St. Augustine Music Festival Returns for their 17th Season at the Cathedral Basilica

Each year, Cathedral Basilica comes alive the last two weeks in June with six FREE concerts of World Class Music in the beautiful and acoustically superior Cathedral Basilica of St. Augustine, Florida. The St. Augustine Music Festival (SAMF) has grown over the years, recognized as a summer musical gem in St. Augustine and the largest FREE classical/chamber music festival in the USA.



For the third consecutive year, SAMF will offer a seventh performance, Juneteenth Recognition Concert, Monday, June 19, featuring Ann Marie McPhail, soprano singing spirituals and African-American composers. Reviews quote the following: "While she excels in singing classical music, she is also supremely skillful in her heart-rending interpretations of the negro spiritual."

The official 2023 Music Festival program begins on Friday, June 23. Featured artist Yukino Miyake, pianist, will perform on the Mastriani piano, a 1917 Steinway Grand donated to SAMF in 2022. The Summer Night Music program will also feature singer Ann Marie McPhail

The Saturday, June 24 performance will introduce the "First of three B" composers – Johann Sebastian Bach during the Baroque Night concert. In addition to Bach, other composers featured include Samuel Coleridge Taylor, and Felix Mendelssohn.

Concluding the first weekend, Sunday,

June 25, A Night of Romance will showcase the "Second of three B" composers – Johannes Brahms. Other composers on the program include Richard Strauss and Ernő Dohnányi.

An Organ and Brass Concert will fill the air on Friday, June 30. A brass quintet will join organist Tim Tuller, Canon for Music at St. John's Cathedral in Jacksonville, on the magnificent Casavant organ. They will perform a variety of pieces and conclude with The Great Gate of Kiev from Mussorgsky's Pictures at an Exhibition. THIS CONCERT IS DEDICATED TO CATHEDRAL BASILICA, HOST TO SAMF FOR THE PAST SEVENTEEN YEARS.

Musical Metamorphosis is the theme for the Saturday, July 1 concert featuring composers Osvaldo Golijov, Richard Strauss and John Adams. The changes in musical structure will be observed with the three compositions presented.

A Night with Nigel, the final concert of the season on Sunday, July 2 will highlight the "Third of three B" composers – Ludwig van Beethoven and music from Joseph Haydn. Featured Artist Nigel Armstrong, violinist, is a perennial favorite of the audience during our concerts.

Concerts performances begin at 7:30 PM in Cathedral Basilica on the Plaza de la Constitución, downtown St. Augustine. For more information on the programs and to reserve your FREE tickets, visit [www.SAMFestival.org](http://www.SAMFestival.org) or call 904-342-5175.





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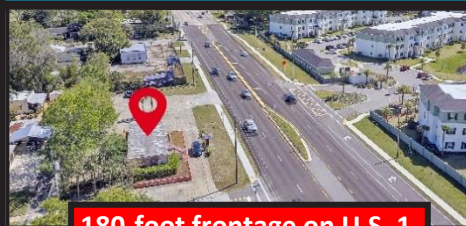


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## Financial Focus

Information Provided by  
Edward Jones



### What should you expect from your investments?

To help achieve your financial goals, you may need to invest in the financial markets throughout your life. However, at times your investment expectations may differ from actual returns, triggering a variety of emotions. So, what are reasonable expectations to have about your investments?

Ideally, you hope that your investment portfolio will eventually help you meet your goals, both your short-term ones, such as a cross-country vacation, and the long-term ones, such as a comfortable retirement. But your expectations may be affected by several factors, including the following:

- **Misunderstanding** – Various factors in the economy and the financial markets trigger different reactions in different types of investments — so you should expect different results. When you own stocks, you can generally expect greater price volatility in the short term. Over time, though, the “up” and “down” years tend to average out. When you own bonds, you can expect less volatility than individual stocks, but that’s not to say that bond prices never change. Generally, when interest rates rise, you can anticipate that the value of your existing, lower-paying bonds may decrease, and when rates fall, the value of your bonds may increase.

- **Recency bias** – Investors exhibit “recency bias” when they place too much emphasis on recent events in the financial markets, expecting that those same events will happen again. But these expectations can lead to negative behavior. For example, in 2018, the Dow Jones Industrial Average fell almost 6% – so investors subject to recency bias might have concluded it was best to stay out of

the markets for a while. But the Dow jumped more than 22% the very next year. Of course, the reverse can also be true: In 2021, the Dow rose almost 19%, so investors who might have been susceptible to recency bias may have thought they were in for more big gains right away — but in 2022, the Dow fell almost 9%. Here’s the bottom line: Recency bias may cloud your expectations about your investments’ performance — and it’s essentially impossible to predict accurately what will happen to the financial markets in any given year.

- **Anchoring** – Another type of investment behavior is known as “anchoring” — an excessive reliance on your original conviction in an investment. So, for instance, if you bought stock in a company you thought had great prospects, you might want to keep your shares year after year, even after evidence emerges that the company has real risks — for example, poor management, or its products could become outdated, or it could be part of an industry that’s in decline. But if you stick with your initial belief that the company will inevitably do well, and you’re not open to new sources of information about this investment, your expectations may never be met.

In many areas of life, reality may differ from our expectations — and that can certainly be true for our investments. Being familiar with the factors that can shape your expectations can help you maintain a realistic outlook about your investments.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC*

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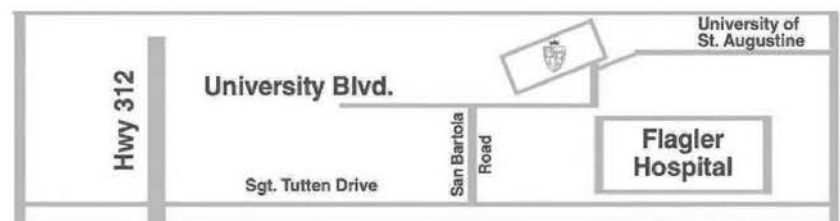
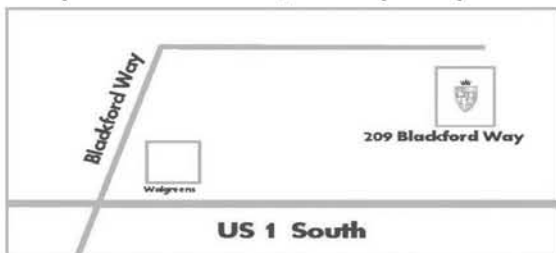


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## Lower Crossed Syndrome

By Rob Stanborough  
PT, DPT, MHS, MTC, CMTPT, FAAOMPT  
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Vladimir Janda, MD (pronounced 'Yanda') coined the postural pattern, Upper Crossed Syndrome (see last month's column) as well as the Lower Crossed syndrome. Like the Upper Crossed syndrome, the Lower Crossed Syndrome involves muscles categorized into two groups: tonic and phasic. For the most part, these muscles work together to provide controlled mobility and stability to each joint. But when they don't work together, problems can arise. For instance, the lower quadrant has tonic psoas (pronounced with a silent "p") and tonic erector spinae. Also working the lower quadrant are the phasic abdominals and phasic gluteal musculature. When these muscles work together, the result is a mobile, yet stable unit between the spine, pelvis, and hip. If imbalances occur, and they often do, the over exerting force produced by the tonic muscles will inhibit, or shut down, phasic.

When we demonstrate good posture, the balance between tonic and phasic muscles help us move efficiently. When poor posture occurs and muscle imbalances manifest, the tonic muscles will continually increase their tone or tension, becoming gradually tighter and shorter as long as they are left addressed. Such tightening can lead to movement limitations and joint compression, which is never good, especially in the spine. Joint compression can lead to osteophytes, stenosis, and nerve root irritation. At the same time the tonic muscles are shortening, the phasic muscles are becoming increasingly weaker due to inhibition, further contributing to the imbalance. When this occurs, both must be addressed.

Let's face it, most of us sit a lot. We are in a flexed (bent) posture more than we are erect. The psoas is a tonic muscle that can be affected with prolonged sitting. It travels from the lumbar spine and crosses into the hip. Like the Upper Crossed Syndrome, and "X" is formed when a line is drawn from the anterior/posterior tonic muscles and another is drawn connecting the anterior/posterior phasic muscles, forming the Lower Cross of the Syndrome. As described above, the tonic erector spinae in the back and the psoas in the front tighten and shorten. The phasic muscles, abdominals in the front and the gluteal musculature in the back become inhibited and weak.

Like the Upper Crossed Syndrome,

the Lower Crossed Syndrome can affect more than the lumbar spine. It can alter the mechanics of the hip and contribute to sacroiliac dysfunction. The tight/shortened psoas can limit hip extension, shorten stride length, cause excessive extension in the lumbar spine and more. The weakened gluteal musculature can make it hard to get out of a chair. Weakened abdominal strength can result in a weak core.

Problems manifest differently for each person due to their weak link, but the recognizable pattern is the same, nonetheless. The good news is it can be prevented and often corrected with lifestyle changes, simple stretches, and exercises.

1. Lifestyle changes: Simply being mindful of your posture. Stand up. When sitting for a prolonged period of time, try to stand up every 30 minutes.

2. Stretch: When sitting, bend forward and touch the floor to stretch your back. When lying down, draw your legs to your chest for the same reason. Lunge or do a runner's stretch to elongate the psoas.

3. Exercise: Try a counter-top plank and progress to floor planks. Squat or do repetitive "sits". When approaching a chair, give yourself permission to sit only after performing sit to stand 3-5 times. By doing this, you'll have performed 3-5 squats, which directly strengthen your gluteal musculature as well as your core.

These are basic and can be built upon by your physical therapist, who should be familiar with the Lower Crossed Syndrome. But for now, anyone can apply and start with these basics today.

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

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## St. Joseph Academy Veterans Heritage Project

(continued from page 1)

Students who conducted interviews included Brady Fields, Kaeley Bennett, Nikalas Orleskie, Andrew Stark, Madeline Conlon, Ashton Akam, Victoria Lopez, Robbie Matthews IV, Zimryn Roberts, Gianna Klink, and Ricky Fernandez. Alumni Emma Suttell, now a sophomore at the University of Florida also participated.

Fernandez, who interviewed retired U. S. Merchant Marine Ed Trester, commented on the interview experience:

"His story struck me because of his humility and willingness to serve, especially at such a young age," Fernandez related. "He was such an interesting person to talk to and he described his story with such vividness. I do see him as an American hero, because he is someone who took on a massive responsibility so gracefully and with such humility," the freshman student said.

Now 96 years old, Trester, who has resided in St. Augustine Beach since the early 1980s, recalled his wartime experiences.

"I dropped out of high school in 1943 while World War II was raging," he related.

"My idea was to become a sailor, join the Navy and 'see the world' but the Navy wouldn't have me. They told me I was too young and to go back to school."

Disappointed, Trester sought another option. He applied, was accepted and soon began training as a Merchant Marine at Sheepshead Bay in Brooklyn, New York. The job of the Merchant Navy was to carry vital troops, food, fuel and equipment to wherever needed in the fight against the Axis alliance of Germany, Italy and Japan.

The book, "Since You Asked," detailing the experiences of the twelve honored veterans, is available for purchase for \$28. For information email [SJAVHP@gmail.com](mailto:SJAVHP@gmail.com)

Footnote--After years of debate, the U.S. Congress recognized the Merchant Marines as a military service. Last year both 96 year old Trester and 103 year old Bill Pruitt, who also served as a Merchant Mariner, were awarded the Gold Medal Bar from the Congress of the United States for their contributions during World War II as U. S. Merchant Mariners. The United States Merchant Marine is now composed of United States civilian mariners and U.S. civilian and federally owned merchant vessels. Both the civilian mariners and the merchant vessels are managed by a combination of the government and private sectors and engage in commerce or transportation of goods and services in and out of the navigable waters of the United States.



Bill Pruitt  
US Merchant Marines



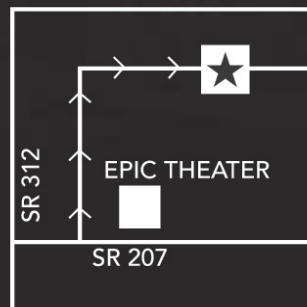
Ed Trester  
US Merchant Marines

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