

St. Augustine Beaches NEWS JOURNAL



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

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.

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. (see page7)



Halloween Island Adventures

St. Augustine Alligator Zoo will host three nights of Halloween fun on October 21, 22, and 23. Creatures of the Night, now in its 17th year, will offer trick or treating and other fun events.

Visitors are encouraged to wear costumes and bring their own bags. They'll meet eerie bugs and beasts, explore the park and fill their bags with Halloween treats.

Pre-registration is requested. The cost for members is \$12 for adults, \$10 for ages 2-11. Non-member costs are \$13 for adults and \$11 for ages 2-11. The park is located at 999 Anastasia Boulevard. Call 904-824-3337 for information.

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

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 or call 904-417-5555, and follow on social media on Twitter, Facebook and Instagram.



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LINDA THOMSON


NOV
8


FOR GROUP 1 - PORT *WATERWAY* BEACH



ISSUES	BACKGROUND
<ul style="list-style-type: none"> Erosion - recurring damage from storms Adequate boat ramps and beach access Congestion Water Safety 	<ul style="list-style-type: none"> Former Principal of Nease High School U.S. Coast Guard Family - lived on all coasts of the U.S. Owned 41 ft. Carver Motor Yacht




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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

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 or 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.

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The Beaches News Journal is published by an independent publisher and is not affiliated with any government or agency, community development, management company or Homeowners Associations.

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

St. Augustine Beach City Hall Update

On Monday, September 12, 2022, the St. Augustine Beach held two meetings. The first concerned the Fiscal Year 2023 budget. The Commission approved on first reading an ordinance to levy a property tax of 2.45 mills for City operations and .50 mills for the long-term debt to purchase what is now Ocean Hammock Park. Both the 2.45 mills and the .50 mills were levied for FY 2022. Also, the Commission approved on first reading the ordinance to adopt the City's FY 23 budget. Both ordinances will have a final public hearing on Monday, September 26th at 5 p.m. Fiscal Year 2023 will begin on October 1, 2022, and end on September 30, 2023.

The Commission also held its regular monthly meeting on September 12th and made the following decisions:

1. Decided not to approve an ordinance that would have increased from 100 to 123 the number of vacation rental licenses.
2. Approved vacating an alley between 1st and 2nd Streets, west of 2nd Avenue.
3. Approved on final reading an ordinance to require that 70% of the owners of the lots adjacent to a street or an alley must agree with a vacation request.
4. Approved a resolution to adopt the St. Johns County Local Mitigation Strategy Plan to include a historical flooding analysis.
5. Scheduled for the Commission's December 5, 2022, meeting a decision whether to hire a consultant to advise the City on the feasibility of undergrounding power lines along A1A Beach Boulevard. If the voters approve a one-cent sales tax at the November general election, money from the tax could be used to pay the costs of the undergrounding.
6. Scheduled a workshop on Wednesday, October 5, 2022, at 5:30 p.m. to review the proposed Vision Plan with members of the

Comprehensive Planning and Zoning Board and the Sustainability and Environmental Planning Advisory Committee.

7. Reviewed examples of City "coins" that could be given as mementos to visitors and discussed what should be displayed, such as the City seal, on each side of the coins.



8. Approved the City Manager entering into negotiations with the civil engineering consulting firm, the Matthews Design

Group, to do design/permit work concerning a drainage project at Pope Road and the State Park.

9. Heard public comment on the proposal to relocate the Ocean Hammock Park beach access walkway from its south side to its center. As this City Attorney needs to research potential conflicts of interest, no decision was made concerning the proposal. It will be on the agenda for the Commission's October 3rd meeting.

10. Discussed possible uses of the one-cent sales tax that will be on the ballot for the November 2022 general election. The uses could include such projects as road paving, drainage, undergrounding of utilities, public transportation, equipment for the Police Department, etc.

11. Suggested the following for the Northeast Florida Regional Council's priorities for the 2023 Florida Legislative session: continued funding for beach restoration and for resiliency projects, and amending State law to allow cities and counties either to collect the bed tax or to use a portion of the tax for various purposes.

The City Commission's next regular meeting is scheduled for Monday, October 3, 2022, at 6 p.m. in the Commission meeting room at city hall. The public is invited to attend.

National Night Out Oct. 4

The public is invited to enjoy a night at the beach as part of the National Night Out program on October 4, to be held locally from 5 to 8 p.m. at St. Augustine Beach Pier Park and Pavilion, 350 A1A Beach Blvd. The event is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie with the aim of making neighborhoods safer. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. This year's event will showcase local law enforcement agencies and personnel, the Fire Department, local non-profit organizations and emergency vehicles. Visitors can enjoy music, food and beverages, goodie bags for children. There will also be bike raffles. For more information contact Melinda Conlon at eventspio@cityofsab.org.



For more information contact Melinda Conlon at eventspio@cityofsab.org.

Fall beach horseback riding is delayed

This is usually the time of the year when beach horseback riding resumes along St. Johns County beaches. Because of beach renourishment and dune enhancement projects currently underway, the county has announced that beach riding has been temporarily and seasonally suspended at Mickler's Landing, Exxon Beach Access in Ponte Vedra, and Surfside Beach Access, all on the north beaches. Access is scheduled to reopen on November 1 on the South Beaches. For more information, contact Jade O'Neill at 04-209-0619.



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St. Augustine Beach SEPAC Starts Environmentally Friendly Landscaping Recognition Program

The City of St. Augustine Beach's Sustainability and Environmental Planning Advisory Committee (SEPAC) has kicked off its Environmentally Friendly Landscaping Recognition program.

The Committee wants to hear from anyone who maintains a residential or commercial property within the City that contributes to the sustainability of our environment by promoting water conservation, reducing stormwater runoff, preserving the tree canopy, utilizing native plants, and/or increasing the biodiversity of Anastasia Island. The Committee will send a representative to review the property and, if it meets the criteria, award a recognition sign that can be displayed with pride.

"We started this program because appropriate landscaping can do a lot to help with the environmental impact of storms, hurricanes, and other weather events. That's what green infrastructure is all about," SEPAC Chair Lana Bandy said. "Yard work is hard and often expensive work. Anything we can do to recognize residents who go above and beyond and invest in protecting our community deserves recognition."

Residents who think their yard has what it takes – or just want to get more information on how to make their area more environmentally friendly – should visit: <https://www.staugbch.com/bcbatb/page/environmentally-friendly-landscaping-recognition>.

Questions about the program can be directed to Dariana Fitzgerald, city clerk, at dfitzgerald@cityofsab.org or by phone at 904-471-2122 or fax at 904-471-4108.

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.

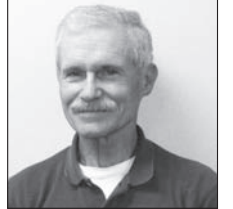
A Boutique and Tea are included with the price of the ticket which will be at the beautiful River House on Marine St from 12 noon to 4PM. The Boutique will feature homemade crafts and baked goods. The Tea will have a variety of delicious homemade cookies. There will be a cash raffle. This is a walking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



Needs/Wants

By Max Royle
St. Augustine Beach City Manager



Local governments often face this question: Is what a group of citizens or a city commissioner or council member propose a need or a want; that is, something the city must have as opposed to something that would be "nice to have"? After all, taxpayer money is limited and elected leaders must decide the most effective use of that money.

A definition of terms may be helpful: Needs are those services/projects provided by the government that are essential for it to carry out its basic purpose, which is the protection of life and property. Wants are those services/projects that are not directly related to protecting life and property.

Clearly, law enforcement and fire/medical rescue are services that protect both life and property and thus are needs. Safe drinking water and sewage treatment protect life by preventing the spread of diseases and are needs. Code enforcement and land use planning/regulation could fall under the category of needs because they protect property. Maintenance of drainage systems protect property and streets without potholes and with proper signage and working traffic signals protect drivers from accidents.

But are public libraries or restoring an eroded beach needs? For book lovers and those who cannot afford computer services, libraries are definitely a need; and restoration of an eroded beach is a need for beach lovers and the owners of businesses that depend on tourists who visit a city because of its beach. Besides, a restored beach protects both private and public property from storm surge damage.

What about parks, beautification projects, recreation programs, fishing piers, boat ramps, playgrounds, ball fields, sidewalks, bike paths and public transportation? Needs or wants? Studies have shown that parks are important for the mental and physical health of a city's residents. Other studies indicate that trees contribute to residents' health by providing shade and reducing heat, which is especially important during this time of above normal summertime temperatures. And aren't sidewalks, bike paths, playgrounds, ball parks and other recreational amenities where citizens can walk, bicycle and play, also needs because they help citizens to exercise and improve their health?

Here's an example of a need pertinent to our fair City: the biodegradable plastic bags that the City has in little metal boxes on poles along sidewalks. Dog-walking residents use the bags to pick up...well, you know. The bags are called Mutt Mitts and yearly cost several thousands of dollars plus the salary of the Public Works employee who restocks the boxes. Are Mutt Mitts a need or a want? As a daily walker, I'm definitely in the need camp, especially when you consider the alternative: sidewalks and adjacent areas littered with... well, you know. Yes, residents could reuse the plastic bags in which they carry victuals from the supermarket. But some residents refuse to use plastic grocery bags; some may forget to bring one when they're walking their canine companion. Hence, the need for the very useful Mutt Mitts. In the future, we'll have more to say about needs and wants.

GriefShare Crescent Beach Baptist Church

GriefShare is a weekly seminar designed to help you rebuild your life after the loss of a loved one in a warm, caring environment.

The program continues through November 9, 2022 on Wednesday, 6pm-7:30pm at Crescent Beach Baptist Church, St. Augustine FL 32086. Contact Melanie, 904-759-1054 or email rscoggn@gmail.com or GriefShare.org under Find a Group to register. You are welcome to join any time during the 13 weeks.

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 month's 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.

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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, Facebook or call 904-295-4428.



Anastasia Island and Beyond...

by Lorraine Thompson

Record sea turtle count extends "washback" season

Free driving on St. Johns County beaches starts October 1 as toll booths are removed from beach vehicle entrance roads.

Because turtle nesting season runs through the end of October, certain restrictions will remain in effect throughout the month. During the period beach ramp gates will be locked between the hours of 10 p.m. and 5 a.m. Beachfront lighting and other restrictions will also be in effect. One-way beach traffic, designated parking areas, and 10 mph speed limits are enforced year-round on the beaches. Toll booths are scheduled to return on March 1, 2023.

Enforcing these restrictions and others is more important this year. As of mid-September, the county has reported more than 1,236 turtle nests on local beaches, surpassing the entire record season in 2019 when more than 1,100 nests were recorded. With a month to go in the 2022 season, a few more new nests are expected, but also on the watch list are the remaining hatchlings that are expected to emerge from 400 or more nests currently incubating on the beaches.

The largest of the county beaches dubbed the "North Beaches" recently reported a total of 928 nests for the season. Anastasia Island had 204 nests and Matanzas Inlet South shows 104 nests. At the time of the report, of the 801 nests that have already hatched, the majority are Loggerheads, followed by Greens and Leatherbacks. The lone Kemp's Ridley nest was reported on the North Beaches. More than 71,144 hatchlings have already headed to the Atlantic Ocean to begin their quests for survival.

"Although sea turtle nesting season is ending on October 31, we have another season, Washback Season, that will conclude on November 30," cautions Tara Dodson, St. Johns County Environmental Supervisor.

"This time of year, post-hatchling sea turtles can sometimes be pushed back onto the beach during storm events or in cases of extreme high tides. Typically, this happens when seaweed also begins to show up on the beaches," she added.

St. Johns County has a partnership with Florida Wildlife Commission to engage permitted volunteers to survey the beaches and recover the animals. They also have bi-monthly beach cleanups to prevent the washed up trash from re-entering the ocean. Beachgoers who may find a sea turtle are cautioned to not put it in the water but to contact the Florida Fish and Wildlife

Conservation Commission at 1-888-404-3922.


Why is it so important to "disrupt" beach residents and visitors to make way for sea turtle hatchlings?

Consider this, particularly if you are a beach area resident in hurricane-prone areas--Beaches and dune systems do not get very many nutrients during the year, so very little vegetation grows on the dunes and no vegetation grows on the beach itself. This is because sand does not hold nutrients very well. Sea turtles use beaches and the lower dunes to nest and lay their eggs. Sea turtles lay around 100 eggs in a nest and lay between 3 and 7 nests during the summer nesting season.

Along a 20 mile stretch of beach on the east coast of Florida sea turtles lay over 150,000 pounds of eggs in the sand in a season. Not every nest will hatch, not every egg in a nest will hatch, and not all of the hatchlings in a nest will make it out of the nest. All the unhatched nests, eggs and trapped hatchlings are very good sources of nutrients for the dune vegetation. Even the left over egg shells from hatched eggs provide some nutrients.

Dune vegetation is able to grow and become stronger with the presence of nutrients from turtle eggs. As the dune vegetation grows stronger and healthier, the health of the entire beach/dune ecosystem becomes better. Stronger vegetation and root systems helps to hold the sand in the dunes and helps protect the beach from erosion. As the number of turtles declines, fewer eggs are laid in the beaches, providing less nutrients. If sea turtles went extinct, dune vegetation would lose a major source of nutrients and would not be as healthy and would not be strong enough to maintain the dunes, resulting in increased erosion. All parts of an ecosystem are important, if you lose one, the rest will eventually follow.





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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 proving personal and financial service to help meet the needs of our community. Membership is open to all who has 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 50th 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.

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 or 904-607-1410. You have a standing invitation!

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St. Augustine Greek Festival October 7th-9th

In 1768, the first Greek Orthodox pioneers in the New World arrived south of St. Augustine and later sought refuge at the Avero 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

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>

Rhythm & Ribs Festival

(continued from page 1)

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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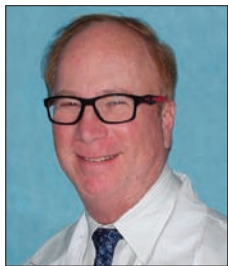
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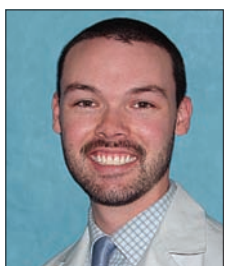
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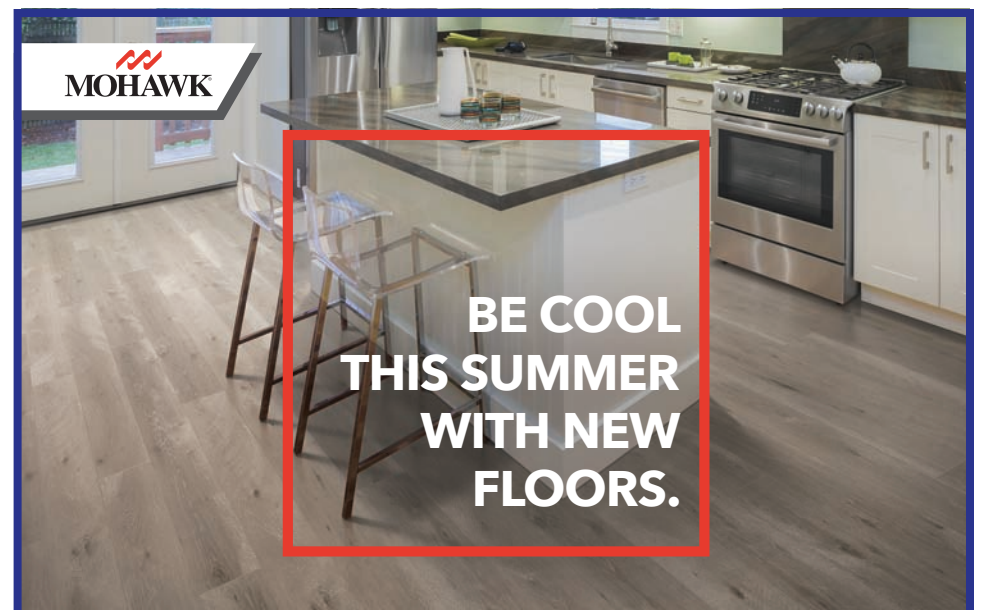
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Financial Focus

Information Provided by
Edward Jones

Should you consolidate retirement accounts?



One of the rewards for working over several decades is the ability to contribute to tax-advantaged retirement accounts, which can help provide needed income for you when you do retire. As the years went by, you may well have accumulated several retirement accounts, such as IRAs and 401(k)s or similar employer-sponsored plans. But you might find it advantageous to consolidate these accounts with a single provider.

Consolidating them can provide you with several potential benefits, including these:

- Less confusion and clutter – If you have multiple accounts in different locations, it may be difficult to keep track of tax documents, statements, fees, disclosures and other important information. Consolidating accounts could help provide clear, simplified account maintenance.

- Less likelihood of “lost accounts” – It may be hard to believe, but many people abandon their retirement accounts, leaving thousands of dollars behind and unclaimed. In fact, at the end of 2021, there were nearly 25 million forgotten 401(k) accounts, worth about 20% of all 401(k) assets, according to an estimate by Capitalize, a financial services company that helps individuals roll over retirement plan assets into new accounts. It’s possible that employers can even move small, old accounts out of their former employees, thus increasing the chances that savers will lose track of their money. By consolidating your retirement plans with one provider, you can ensure you don’t lose track of your hard-earned money.

- Ability to follow a unified strategy – With multiple retirement accounts, and different investment portfolios, you

might find it difficult to maintain a unified financial strategy that’s appropriate for your goals and risk tolerance. But once you’ve consolidated accounts with a single provider, you’ll find it easier to manage your investment mix and to rebalance your portfolio as needed. The need to rebalance may become more important as you near retirement because you may want to shift some of your assets into investments that aren’t as susceptible to swings in the financial markets.

- Possible improvement in investment options – Often, 401(k)s may have limited investment selection, so consolidating accounts with a full-service firm may allow for a wider array of products and strategies. This broader exposure can potentially help you improve your overall retirement income strategies.

- Greater ease in calculating RMDs – Once you turn 72, you will need to start taking withdrawals — called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar plan. If you don’t take out at least the minimal amount, which is based on your age and account balance, you could face a penalty. If you have several accounts, with different providers, it could be cumbersome and difficult to calculate your RMDs — it will be much easier with all accounts under one roof.

So, if you do have multiple retirement accounts, give some thought to consolidating them. The consolidation process is not difficult, and the end result may save you time and hassles, while also helping you manage your retirement income more effectively.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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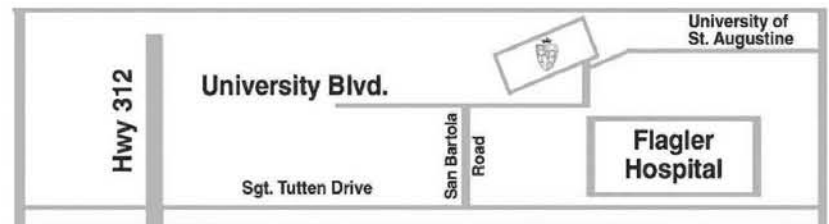
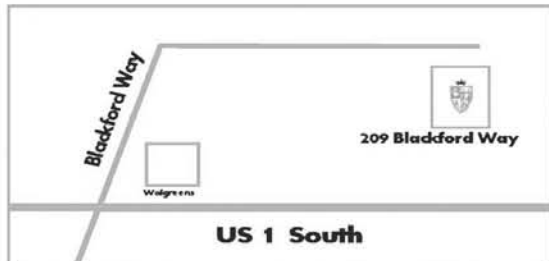
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I'm alive but I hurt

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.



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.



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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 or (904) 479-5661.



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