

June 2023

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Fathers Day June 18th

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South Walk
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St. Augustine OBSERVER

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

Riverview Club Yoga Instructor Nancy Willis Retires



The St Augustine Shores and the Riverview Club wish to give a HUGE thank you to our longtime yoga instructor, Nancy Willis! Nancy taught yoga and chair yoga at the Riverview Club for almost 20 years and has made a difference in so many of our residents' lives!

She also served on the Board of Directors! Nancy enjoys reading, walking her dog Roughy, and teaching piano. Annamarie and Arthur have taken over teaching yoga classes here. They are wonderful!

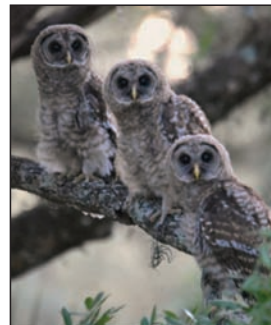
She retired in March, but we hope to see her around here often! The other classes put together a going away party for her and a great time was had by all! From all of your students, friends, and the staff at the Riverview Club – THANK YOU!!! Thank you for giving so much of your time and care over the years.

St. Augustine South Reflections...

by Ruth Hope

As I write we are approaching summer after a very pleasant Spring in St. Augustine South, and I am contemplating all the blessings that we have living here. We have near perfect climate with very few and only short freezes, and breezes from the Intracoastal that cool the heat of the summer. I have long noted that we are cooler in August than the Washington DC area. For 5 or more years we have been cooler in July and August and last year we were cooler than DC from June to August. Our snowbirds may be going north to family, but I think they may not be going north for better summer weather. I'm a warm weather person having discovered back in the 1970s that it wasn't necessary to live lifelong with cold wet and gray English weather!

We are also blessed with a rich and lush environment. Our tree canopy provides shade, and our oaks are keystone species that support the greatest variety of insects and bird life of any



north American trees. Of course, with just a few venerable exceptions, most of our oaks are laurel oaks that have grown since the subdivision was cleared and platted. Many of us have had to remove failing and fallen laurel oaks from our properties, but are we all replacing them with young keystone trees that will continue to make such a good environment for future generations? Live oaks are slow growing, and our succession planning might include planting the next oaks before the laurel oaks are removed so there is no ecological gap. Although our bird feeders are filled with grains and seeds, it's important to know that 95% of our songbird babies eat insects including grubs and caterpillars, not grains. We will lose our songbirds if we lose all our oak trees and spray our lawns to kill off all the baby bird chow. (See page 6)

St. Johns County Names Scott Bullard as 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.

"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.

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St. Augustine Observer

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

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

Information should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent

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St. Augustine Shores Community Calendar

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

www.staugshores.org

Shores Monthly Meetings

- **Shores Service Corporation'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.

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 contents, products or services by the Observer or its staff. It is agreed that the Observer and its staff will not be held liable for information provided herein by submitters/advertisers, including pictures, graphics, websites, dates, times and/or emails listed, that may have the potential to constitute fraud or other violation of law including copywriting infringements. The publisher reserves the right to refuse materials that does not meet the publication's standards.

• **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 the bulletin board 48 hours prior to each meeting. For Information contact Property Manager Piper Hareland at 904-471-6606 ext 123.

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 Community Meetings

Please join us on June 21st at 7pm for our SASIA community meeting. Fun 4 Auggie Kids will have an informative presentation sharing family friendly events and activities in St. Augustine

Unfortunately, due to scheduling conflicts, District 3 Commissioner Alaimo was not able to attend the May 17th meeting. He has rescheduled for our October 18th meeting.

Community meeting are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August.

SASIA Board Members

President - Jerri Sue Dawson
1st V.P. - Nicolette Soucy
2nd V.P. - Mick Jones
Secretary - Kenneth Rainer
Treasurer - Margo Geer
Directors: Mike Oliver, Oonna Hueck, Dave Whitaker, Susan Millerick

Print Distribution Locations

- YMCA
- Main Library
- Southeast Library
- Shores Riverview Club
- Shores Golf Course

Classes at the SASIA Clubhouse

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

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

Line Dancing - Wednesdays 1:00-2:30 pm: Join Dianne and Ingrid for a beginning level class. A \$5.00 donation is requested.

REFIT with Onika - Thursdays 6:30 pm REFIT is a life changing group fitness experience that rocks your body, heart and soul with powerful moves and positive music, to inspire you from the inside out.. All fitness levels welcome! RefitWithOnika Email: coachingforhealthierlives@gmail.com

Yoga with Joi - Tuesdays 9:45-10:45am Yoga for 50+ Build Strength, Stability + Flexibility Donation-based class. Bring a mat and comfortable clothes to move in.

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

StAugustineObserverOnline.com
or SABNJ.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, (5-9 lines) \$10, (10-14 lines) \$15, (15-19 lines) \$20. Ads should be paid in advance before placed. Ad \$10 for single line border. Send your listing and payment, if required, to Observer, 2465 US1 South PMB#8, St. Augustine, 32086 or email your ad to clifflogsdon@att.net. Deadline is the 15th of every month for the next monthly issue.

FOR SALE: (1) Dining Room Table & 4 Chairs. Solid Oak or Cherry \$150. (2) Dresser - 6 drawers with mirror \$250. (3) Country Sideboard- Solid wood 250. Call Gina 671-3434.

FOR SALE: (1) 2 wicker-type heavy duty chairs (solid wood) \$45 ea. (2) Armoire L34"xW19"xH60" paintable \$50. (3) Stacked W/D Kenmore like new \$400. (4) Craftsman Lawn Mower \$60. (5) Child's folding table w/2 folding chairs \$15: CALL or TEXT: 904-347-3570.

FOR SALE: Mobo Tricycle. New low rider for seasoned seniors, handicapped, or physical therapy. Asking \$450. Call Susie 631-566-4992.

FOR SALE: 2 Ross 26 inch, 6 speed Bicycles. Mens & Ladies like new. 904-797-6324.

FOR SALE: New Victory10 4-wheel mobility scooter w/ battery \$1,800 (\$1,000 less). Fits up to 400 lbs person. Xmas gift dad refuse to drive. txt 904 377-6262

FOR SALE: (1) Mountain Bike - 26" new tires & tubes, great condition, Aqua. Asking \$210. (2) Total GYMSLS, in line new condition. Many accessories, videos & exercise cards. Paid \$600, asking \$150. (3) Guitar Collection for Sale - Takamine 2000 Limited Edition, Takamine EC 132C, Heritage Les Paul, Hadier Daytona Stratocaster, Jay Tursler, and Fender Hot Rod Delux Amplifier. Cash only. Call 904--797-4258.

FOR SALE: (1) Sturdy oak wall unit 59x60" for books/small tv/storage cabinet \$25. (2) Metro industrial grade metal wire shelving w/ casters \$75. (3) Workbench w/ electrical hookups. \$450. text/vm (904) 377-3270.

FOR SALE: Fiesta Ware - Sunflower, carlet, Turquoise, Orange, Blue, plates, mugs, bowls, platters. Call 904-793-4348.

FOR SALE: MacPro Tower Computer. Great machine to learn Apple programs. Has 500 gb hard and software. Works as intended. \$90.

FOR SALE: 2006 Chevy Malibu Maxx. Fair Condition. Needs routine repairs. 125,000 miles. \$1,500. Call for details. 904-607-1410

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

GE Washer & Dryer

Purchased new 11/10/21, only used for 18 months! Like new, excellent condition! Sold as a set \$800. Call 201-704-4718



WANTED: Care person for woman with back surgery located in the Shores. 904-687-3362.

WANTED: Help with housekeeping, shopping, and lawn and garden (non-professional). Call Cathy, (904) 806-0054.

WANTED: Cleaning person for small home in the Shores. Call 904-687-3362

WANTED: Piano player for Sunday morning church service. 10:00 a.m. Simple service, 3 hymns at beginning of service and one at the end. Mostly traditional hymns. Call 904 631-5947.

FREE: (1) Wingback chair, light cream color, excellent condition. (2) beige recliner in very good condition--free to good home if you pick them up! Location: Alcira Court, Conquistador Condos 2 entrance; second floor. Pictures available. Call: 305-850-9897.

FREE: Queen Water Bed - New heater, shelved headboard, padded side rails, everything to go with the heater. Come by and pick it up. Call Henry Barnes (904) 315-7154.

PUBLIC NOTICE: NOTICE IS HEREBY GIVEN that the undersigned, desires to engage in business under the name of Timeless Treasures and intends to register with the Florida Department of State, Tallahassee, FL. The party will commence practice in St. John's County, FL under Magnets and Labels, LLC, 2465 US 1S, PMB 42, St. Augustine, FL 32086.

HELP WANTED: In need of a responsible, reliable and trustworthy individual to join my growing cleaning company. Experience is not required - training provided. Full time position with some Saturdays. Employment is dependent on a clean federal background check. Call Annmarie 904-501-9540

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

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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.

St. Augustine Shores & South News & Events

Shores Riverview Club Activities June 2023

June DANCES RSVP requested but NOT required: Call 904-794-2000 or at www.staugshores.org/dance-rsvp. **BYOB* Guerts: \$15.00/pp**
Dance Club Members FREE – Open seating

EARLY SOCIAL Soulfire	MAIN SOCIAL Frank Saffi
Saturday, June 10th	Sunday, June 25th
7:00pm to 10:00pm	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.

Chair Yoga Class led by Arthur, Mondays, Wednesdays & Fridays at 10:30am. A gentler form of yoga for those whom balance is an issue.

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

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

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

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!

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

Tai Chi Flow Class led by Sharon, Tuesdays at 10:30am

Square Dance Class led by Mike, Wednesdays at 7:00pm

Mahjong Please call Christine if you are interested! 904-794-2000

Upcoming Events



TO BE DETERMINED
Saturday, July 8th
7-10pm



Traces of Gold
Saturday, July 22nd
7-10pm

Shores Service Corp. General Manager Update

Joe Smith, GM

The following recent projects have been completed:

- Pier Deck Board Replacement, 5/9/2023.
- Playground Fence replaced 5/12/2023
- Pool shed removed 4/29/2023.
- Pool chairs taken for repair and picked up new chairs, more on back order due to supply chain delay.

These projects have been scheduled for completion:

- Riverview Facility Bldg damaged by Hurricane last fall (delayed by insurance reimbursement & supply chain issues) roof tile delivery mid to late May. Inside repairs to follow as materials are available.
- Pool pump ordered 1/2023, delivered 5/12/2023. (delayed due to material supply chain)
- Pool replumbing beginning mid May 2023
- Pavilion storage shed replacement scheduled mid May 2023.

We will keep you updated on progress.



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Shores Communications Corner

News & Information from the St. Augustine Shores Service Corp.

The election is over. We have four new Board Members and a new slate of officers and directors! We want to thank everyone for their participation and support.

The four new members of the Board, Tina Casto, Mary Jenson, Kathy Schroeder and I walked our neighborhoods, met with you over coffee, and chatted with you on NextDoor and by email. We were thrilled to find how open and honest you were with your ideas and concerns. We heard you! On behalf of all of us, I thank you. Even if you didn't vote for us, we thank you for exercising your most valued community right to VOTE. Now I am asking everyone to come together for "A Better Shores."

Our first working board meeting took place on May 22nd @ 6pm in the Riverview Clubhouse and all Shores homeowners were welcomed to attend. We addressed and prioritized a long list of issues. A full report will be shared at the next HOA Board meeting set for June 8th at 6pm at the Riverview Clubhouse. Also, Roy Alaimo, our District 3 County Commissioner, will be available to answer your questions. Additionally, our newly elected directors will be sworn in at the Installation ceremony.

The first item we want to tackle is Communication! We will be exploring any and all avenues available for opening up our ability to have a two-way conversation with our residents. Please send your suggestions! The first thing we are doing is setting up our emails on the Website, www.staugshores.org and we encourage you to email us there while we continue to seek out other avenues of communication.

The second item is the Committees. Volunteers for the Committees are crucial to a thriving and productive community like ours. We NEED you! A complete list of the current committees is posted on the web site. Please look and find one you would like to plug into. We will also have an open workshop to sign up for the committees prior to, during, and after the June 8th meeting. We'll be serving refreshments too! We're thinking of adding two new Committees - find out what they are - put it on your calendar for June 8th at 6 PM.

We want to thank the outgoing Directors for their service - Thomas Filloramo, Steve Raff, Mike Winkles, Michael Amato and we look forward to working with our returning directors - Austin Dietly, Carol McCutcheon and Robert Stanton. The Board is here to listen to your concerns and find creative ways of generating positive outcomes for everyone. Please attend our Board Meetings and get involved any way you can.

Sue Chitwood, President SASSC

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.

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.

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.

JOY

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SASIA News and Calendar of Events

June 2023

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

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

Please consider joining SASIA. For the nominal fee of \$24.00 per year, or \$12.00 as of July, you can be a member, receive benefits at events, and discounted clubhouse rental. For more information, and questions about renting the clubhouse, please contact us at info@staugsouth.com or 904-615-6916.

SASIA Community Meetings

Community meetings are held the third Wednesday of each month at 7:00pm at the SASIA clubhouse, except July and August. Please join us on June 21st at 7pm for our SASIA community meeting. Fun 4 Auggie Kids will have an informative presentation sharing family friendly events and activities in St. Augustine.

Unfortunately, due to scheduling conflicts, District 3 Commissioner Alaimo was not able to attend the May 17th meeting. He has rescheduled for our October 18th meeting.

Future Community Meeting Speakers: Delete June from list

July/August – no community meetings

September - Dirk Schroeder - Speaking about the history and general facts about St. Augustine South

October - District 3 Commissioner Roy Alaimo will be discussing issues in St. Johns County and SAS.

Food Truck Nights

Food Truck Nights are 5-7 pm at the Clubhouse (709 Royal Road)

Friday, June 9th – The Little Pizza Truck

Friday, July 14th – Wingin' It

Friday, August 11th – Heart & Soulfood

Friday, September 8th - Johnny's Mac Shack

Friday, October 13th - Real Peel Pizza Food Truck

Friday, December 8th - El Hombre Taco Food Truck

We are working to secure a food truck once a month and will post signs in the neighborhood and send out reminders, we hope you can join us. If you know of any food trucks that would be interested in participating, please have them contact us.

Upcoming Events

The Little Pizza Food Truck - Friday, June 9th

Community Meeting - Wednesday, June 21st - 7pm

No Community Meetings in July & August

Wingin' It Food Truck - Friday, July 14th

Heart & Soulfood Food Truck - Friday, August 11th

Johnny's Mac Shack Food Truck - Friday, September 8th

Plant Swap – Saturday, September 30th - 10am -12pm

Community Meeting - Wednesday, September 20th - 7:00pm

Garden Tour – Saturday, October 7th

Real Peel Pizza Food Truck, Friday, October 13th

Fall Festival - October 28th - Band: Bad Dog Mama - 12-5pm

Arts & Crafts Fair - December 2nd - 10am-2pm

Holiday Celebration with Santa - December 16th

Dates are subject to change.

Writers Group Forming in the Shores

A support group for both new and experienced writers is being formed in St. Augustine Shores. The group will meet at the Riverside Club. The day, time and frequency of meetings will be determined by the initial group members. For more details, call or text Bernie Pope at 352-551-6913.

Rent our spacious & elegant ballroom space for your next event!



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 Holiday Party
 Class Reunion
 Graduation Party



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St. Augustine South Reflections...

(continued from page 1)

Our laurel oak trees provide habitat for many cavity nesting birds and this spring St. Augustine South has been a magnet for birdwatchers seeking barred and great horned owl sightings. They have not been disappointed. Our regular spring arrivers – swallow kites – have been soaring high and swooping down low over the open gardens and grassy areas along Shore Drive Waterfront park. Unusually, if not a first, we have Mississippi kites in the neighborhood this year.

Socially, SASIA has hosted its Spring Craft Fair with 27 vendors offering an incredible range of arts and crafts: pottery, jewelry, wood crafts, fiber arts, photography, paper crafts, and glassware. The next Craft Fair will be December 2nd - in time for holiday shopping. Food Truck Fridays and occasional Food Truck Wednesdays – on SASIA General Meeting evenings – are always popular, with new food trucks and menus added to the offerings.



Photo credits this issue include neighbors Susan Thomas Novy, and Ingrid Griffin Jones. Photo Credits last month include neighbor Ann Adams.

Concerts in the Plaza

Summer Series line-up Announced

The City of St. Augustine is proud to announce Concerts in the Plaza, St. Augustine's free summer-long music series, will return to the Plaza de la Constitución on Thursday, June 1 with many returning favorite bands and several new ones.

The series includes 14 weeks of two-hour concerts held every Thursday starts June 1 and continuing through August 31. Start time for the 2023 concert season will begin at 6:00pm allowing for attendees to enjoy the performances in the sunlight and have ample time to support local businesses after the show. For complete information visit www.CityStAug.com/Concerts.



On-street parking is available near the Plaza and is free in all city-managed lots and on street parking after 5:00pm. Parking is also available in the Historic Downtown Parking Facility (HDPF), 10 S. Castillo Dr., located at the St.

Augustine Visitors Information Center, a 10-minute walk from the Plaza. The cost for parking in the HDPF is \$15 per entry or \$3 for St. Johns County residents with a ParkNow card.

Concerts may be cancelled or postponed due to weather. A cancellation or postponement will likely be a last-minute decision, due to the unpredictability of Florida's summer rain showers. If a concert is cancelled, the public will be notified on the city website at www.CityStAug.com/Concerts and on Facebook at www.Facebook.com/CityStAug. If there is not an announcement posted, then the concert will continue as scheduled.

The following artists have been scheduled but are subject to change in the event of unforeseen circumstances:

- June 8 Morrow Family Band
- June 22 The Driftwoods
- July 6 Bedrock Band
- July 20 The Committee
- Aug 3 ZaZa Flamenca
- Aug 17 Glory
- Aug 31 The Dune Hoppers
- June 15 A Swing and A Miss Band
- June 29 Dewey Via Band
- July 13 Red Level Band
- July 27 Sauce Boss
- Aug 10 JC Hatfield Trip
- Aug 24 The Grapes of Roth

Concerts in the Plaza is produced by the City of St. Augustine as a free cultural enhancement for residents and visitors. For more information, call 904.825.1004 during weekday office hours or email events@citystaug.com



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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.

County Public Library System Presents Summer Reading Program for All Ages

The St. Johns County Public Library System (SJCPLS) is pleased to announce the "Best Summer at Your Library" Summer Reading Program from June 5 through July 29 and invites the public to participate in free events that are fun for the whole family. Readers of all ages may pick up their free reading logs and bingo boards from any library branch, track their progress, and play virtually through the READSquared app. Participants may earn free books for every six days read on logs, 60 points reached on READSquared, or for every row completed on the bingo boards. To learn about all of the Summer Reading programs, visit sjcpls.org/events/tag/summer-reading-program/.

More than 100 unique, fun, and educational events will take place during this eight-week program, in addition to regularly scheduled storytime, book club, and STEM programs. Families are encouraged to stop by any of the six SJCPLS branches and enjoy a variety of programs that offer:

- Family mystery game nights
- Jumbo versions of popular games, including Angry Birds, Kerplunk!, Connect Four, and Jenga
- STEM with Legos and fairy tales
- Visits from partner organizations, including Marineland, Jacksonville Zoo and Gardens, and St. Augustine Alligator Farm Zoological Park
- Up-close experiences with bees during Nature Detective Workshops hosted by the Garden Club of St. Augustine
- Magic shows with Magician Mark Alan
- Arts, crafts, and gardening

Virtual offerings invite book lovers to join the "Conversations with Authors" Zoom series to chat with New York Times best-selling authors from the comfort of their homes.

As a community partner in education, SJCPLS encourages the whole family to read together during the summer break.

"Librarians understand that children who don't read and learn during the summer months fall behind," said Debra Rhodes Gibson, St. Johns County Public Library System Director. "It's called the 'summer slide.' The 'Best Summer at Your Library' offers incentives to keep reading skills sharp ahead of the new school year."

The "Best Summer at Your Library" is proudly sponsored by SJCPLS's multiple Friends of the Library groups. To learn more about the Library's 2023 Summer Reading Program and how to register for the various programs, please contact your local branch library or visit the Library's website, www.sjcpls.org.

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.

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 or call 904-342-5175.



Galimore Community Pool Season Opens

The Galimore Community Pool opened its doors to kick off the 2023 summer swim season Saturday, May 27 at 10:00am.

The 2023 schedule runs from May 26 through September 30, with modified hours going into effect on August 6. Hours of operation vary by day of the week and swim schedules will include times for lap swim, camp swim, and family swim. Swim lessons will be announced when they become available.

The daily rate for admission to the pool is \$2.00 for adults and \$1.00 for children under 13 and seniors over 60. Summer passes are also available for \$39.00 for adults and \$24.00 for children and seniors. Credit cards, debit cards, and bills larger than \$20 will not be accepted, but checks payable to The City of St. Augustine will be accepted. Passes can be purchased at the pool starting Memorial Day weekend. Small camp groups and other groups with six or more children will need to make a reservation through the YMCA. For reservations, send an email to Megan Hansson at mhansson@fcymca.org.

For a complete schedule, visit www.CityStAug.com/pool; however, since programming is operated by the St. Augustine Family YMCA, specific questions regarding the pool schedules should be directed to the YMCA at 904.471-9622 or via email at mhansson@fcymca.org.

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Tenth Annual Commemoration of Largest Mass Arrest of Rabbis

The Tenth Annual Commemoration of the largest mass arrest of Rabbis in US History will take place outdoors at the Hilton St. Augustine Historic Bayfront, 32 Avenida Menendez, St. Augustine, at 12 noon, Sunday, June 18th. This 30 minute event sponsored by the St. Augustine Jewish Historical Society, is free and all are welcome.

On June 18, 1964, 16 Rabbis and a Reform Jewish administrator, in St. Augustine at the request of Reverend Dr. Martin Luther King, Jr., were arrested and held in the St. Johns County Jail. Overnight, they wrote a letter entitled "Why We Went to St. Augustine" that will be read as part of the commemoration. All are welcome, there is no charge. For further information contact SAJHS at www.sajhs.com, sajhs1565@gmail.com or 804-914-4460



The mission of the St. Augustine Jewish Historical Society--now in celebrating its tenth year-- is to promote greater knowledge and understanding of the Jewish experience in St. Augustine within a broad cultural context from the founding of the City in 1565 to the present.

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The Wildflower Meadow Group

by Cindy Taylor

Our group perseveres and so does the wildflower meadow. We try to nurture and make space for the native wildflowers to grow and bloom, amidst the challenges of creeping non-natives and changes from season to season. Sometimes we impose too much but try to learn from our mistakes. And sometimes we do the right things . . . by letting nature do what it does. The main thing is to respect and appreciate nature's beauty and balance.



Early in May the mimosa strigillosa are doing very well and so are the coreopsis.

Early in May our group walked in Hewitt Mill Park West and frequently stopped to study and identify the wildflowers we saw. What might take 30 or 40 minutes for someone else to walk the distance took us more than three hours because? We "stopped to smell the roses" (wildflowers). So you see? What matters isn't always the distance you cover but how well you travel.

This is my last article about the wildflower meadow and it's been a good 10-year run. I'm grateful for the opportunity to write and for those who read my articles, but it's time to move onto other writing projects. Hopefully, there will still be reminders in the paper about when we have our monthly work days and phone numbers to call for information and/or inquire about our walks.



The Wildflower Meadow group meets the first Saturday of each month at about 8:30 by the Riverview Club House and we usually work for a couple of hours. Our goal is to preserve the wildflower meadow, learn about native plants that grow in this area, and enjoy the outside. We're an informal group without officers or dues and hope you will join us. We occasionally visit state and county parks and welcome newcomers, even if you want to come only on the outings. 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 have photos of the meadow you want to share.

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Silver Linings Senior Transitions

by Beth Hurewitz

The Right Home For The Right Age

People don't necessarily want to leave their homes, but realize the responsibilities of caring for a home may create more stress than they want to handle at this time of their lives. There are other reasons why people want a lifestyle change, possibly desiring more social interaction and greater activity options, or they just want more free time to do as they wish.

Does this sound like you and you don't know where to start? Then plan on joining us at our informative seminar series, which will help you understand more about the downsizing and rightsizing experience. If you find it difficult to handle the many responsibilities that come with caring for your home and are seeking ideas about alternatives, you will find the information shared in our seminars helpful in making those big decisions.

Moving is a big deal, and your decisions should be based on solid information. You must feel fully confident that you have learned about all the options and choices available to you, to make the right decisions for where you are and where you want to be at this time in your life.

Our seminars will introduce you to top vetted professionals who provide valuable information that will help you with every aspect of the idea gathering process from A-Z. We offer a one-stop service to help you in the downsizing process, from choosing the right lifestyle to handling your precious possessions, our team supports every aspect of service for you, in a manner that allows you to be in control, while focusing on the legacy of your life that we will assist in helping you create.

To find out about desirable options available for a fantastic future you can look forward to, and to meet sincere people who will work hard to make sure that your wishes are met in every regard, please join us at one of our local presentations and listen to the professional speakers we have lined up every month. Call Silver Linings Senior Transitions at 310-940-3028 to reserve a space and gather more information.

"Kind—very smart—very responsive—very caring." Taunnie N.

"Full of helpful ideas." Barbara N.

"Very knowledgeable and sincere." Trudi E.

"Excellent." Peter S.



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, Facebook or call 904-295-4428.



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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 it's 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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Monday, June 19 Juneteenth Recognition Concert
Friday - Sunday, June 23 -25 and June 30 - July 2
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Visit www.SAMFestival.org for more information and to reserve tickets.



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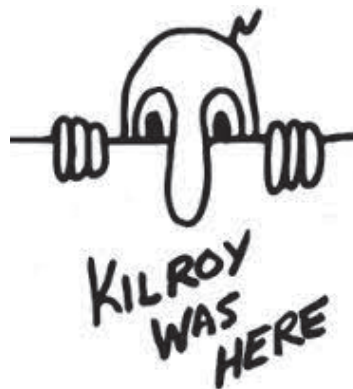
by Dirk Schroeder

When we were kids, there was a game called Post Office (some people also called it Telegraph or Telegram) and it would start with one kid whispering something into one kid's ear who would then whisper it into the next kid's ear and so on. At the end of the line, the last kid would tell you what he/she heard and then compare it to what the first kid said. It made for a lot of fun because, inherently, there was usually a huge difference between what the first kid had whispered and what the last kid heard. The more kids on the line, the more likely the message would be very different.

Today, Post Office is playing out on a massive scale on Social Media. One person can post something one day, whether it's a written post, a photo or video and in less than a day it has taken on a life of its own. By the time things are fact checked, many times it's already too late – the damage is done. This phenomenon is especially bad among school kids where, before the days of cell phones, computers and Social Media platforms, Post Office was not a game but strictly rumors circulating among cliques. Most everything was verbal. And this is where the game has changed, Social Media is documented; it's memorialized in front of everybody. And it's not limited to Social Media - you may be conducting a simple Internet search. A record of that search, the day/time of day, your Internet Protocol (IP) Address is logged and it becomes a part of your daily diary.

There is no privacy unless you simply stay off the Internet and, even then, you can bet that cameras in most every business you visit and the streets that you take to get there have eyes on you. Have a Ring, Nest, Google Home or Amazon Homepod in your house - someone is capturing that audio and video. It's a more hopeless cause in places like China, where there are more public cameras than there are people (hard to imagine). They are watched, facially identified and given a social "credit" score based on their movement, their spending habits and their conduct. And it all comes down to controlling people. This concept is something that is spreading around the globe like a bad virus.

If you simply meet with people face to face or talk to them (land-line to land-line), there is still some privacy left. It may feel a lot more like the old Post Office or Telegraph game but at least you can get a pretty good idea of who is trustworthy or who's more like a mole-rat. Then there's indifferent people; it just doesn't even matter as to who said what to whom or about whom - they simply ignore the noise. Count me in for some of this - it's liberating. On that note, I wish you all, as always, a Sunshine State of Mind.



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Sales in Homeowner and Condominium Associations require Disclosure Forms to be attached to the Sales Contract. The reason is so that Buyers are made aware of their obligations to be member and to abide by the By-Laws, Rules and Regs and Deed Restrictions, etc. At a recent Annual HOA Election, questions were raised that are valid and I'm covering some here:

1. If you are a property owner, residential, land, commercial or otherwise – if you pay dues, you get a vote. Own several properties? One vote for each property you own.
2. Condos located within a HOA, do they get a vote? Again, if they pay HOA dues, they get a vote. In St. Aug. Shores, for example, that would be true for all of the condos.
3. If you are an owner, you are a "Member" of the HOA. Only members "in good standing" may attend meetings, use HOA facilities and serve on Committees and/or be Directors.

4. Some Associations will hire a third-party Community Association Management (CAM) company. Others may hire an individual (CAM) to report to their Board of Directors. Either way, they work for their Board and their members.

5. In company managed HOA's, the company will enforce the deed restrictions while in some HOA's (Shores), the members and/or their general manager may enforce them.

6. Monthly meetings are open to all members. They may address their issues to the Board The President may limit the amount of time that they speak (3 minutes typical). You may ask someone else to "yield their time" to you so that you have more time to speak.

The best way to learn more about HOA's is to attend your monthly meetings and to volunteer to serve on the Board and Committees. Your REALTOR can provide an abundance of information about HOA's. Need more information, I invite you to call me: 904-540-2360.



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St. Joseph Academy Veterans Heritage Project

By Lorraine Thompson (staugbeachwatch@aol.com)

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 Villarín 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



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.

event and participated in a book signing program.


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. (continued on page 15)

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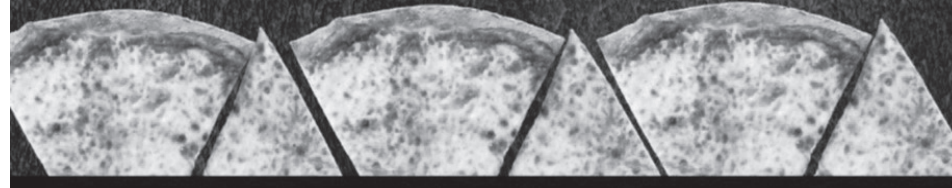
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Veterans Heritage Project

(continued from page 14)

"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

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 Merchnat Marines

Pay Down Debt or Save for Retirement

By Renae Aiple, CRPC
Raymond James Financial Advisor



That is the question many people struggle with. While both are important, financial professionals suggest focusing on the one that makes the most sense for each individual's situation. The most common way to decide which to prioritize is to consider whether you could earn a higher after-tax rate of return by investing than the after-tax interest rate you pay on the debt. For example, if you have credit card debt with a \$10,000 balance on which you pay nondeductible interest of 18%, getting rid of those interest payments means you're effectively getting an 18% return on your money. That means your money would generally need to earn an after-tax return greater than 18% to make investing a smarter choice than paying off debt.

Additionally, investment returns are not guaranteed, and the higher the rate of return, the greater the risk. If you make investments rather than pay off debt and your investments incur losses, you may still have debts to pay, but you won't have had the benefit of any gains. By contrast, the return that comes from eliminating high-interest-rate debt is a sure thing.

However, if your employer matches a portion of your workplace retirement account contributions, that can make the decision more difficult. For example, if your company matches 50% of your contributions up to 6% of your salary, you're earning a 50% return on that portion of your retirement account contributions. Very few investments can offer the same degree of certainty. Therefore, many financial professionals argue that saving at least enough to get any employer match for your contributions may make more sense than focusing on debt.

There's no one answer that's right for everyone when it comes to deciding whether to pay off debt or to save for retirement. But there are some factors to consider when making your decision. For instance, the decision can sometimes be affected by the type of debt you have. It might also be easier to address both goals if you can cut your interest payments by refinancing that debt.

The bottom line is that regardless of which option you choose, make sure you take into account all the relevant factors, such as having retirement plan contributions automatically deducted from your paycheck, or having an emergency fund or other resources that you can tap in case you lose your job.

This content was provided by Renae Aiple your Raymond James Financial Advisor at 270 Plaza Blvd, Suite 4, St. Augustine, FL 32086. Phone (904) 839-1760. Member SIPC.

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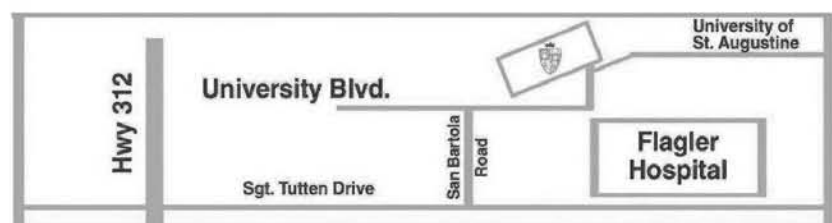
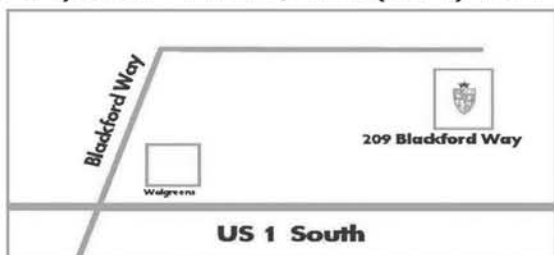


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Lower Crossed Syndrome

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

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). He is a co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on www.firstcoastrehab.com.

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Hurricane Season starts June 1

By Lorraine Thompson (staugbeachwatch@aol.com)

Be prepared! The 2023 Atlantic hurricane season is the upcoming Atlantic Ocean tropical cyclone season in the Northern Hemisphere. The season officially begins on June 1, and ends on November 30. These dates, adopted by convention, historically describe the period in each year when most subtropical or tropical cyclogenesis occurs in the Atlantic Ocean (over 97%).

For those who reside on Anastasia Island and other coastal areas, St. Johns County urges residents to check out the new evacuation zones and other related information which have been updated for 2023 by the National Hurricane Center.

Residents are encouraged to sign up for Alert St. Johns, an emergency notification system which will enable St. Johns County, the St. Johns County Sheriff’s Office, the



City of St. Augustine, and the City of St. Augustine Beach to quickly provide residents with critical information in a variety of situations including severe weather, unexpected road closures, water advisories, missing persons, evacuations of buildings or neighborhoods, and incidents that may threaten public safety. Residents can sign up at www.alertstjohns.com to receive notifications via a phone call to their home, business, or mobile phone, by

email, or text message. The Alert St. Johns system has replaced the Code Red notification system. For more information regarding Alert St. Johns call 904-824-5550.

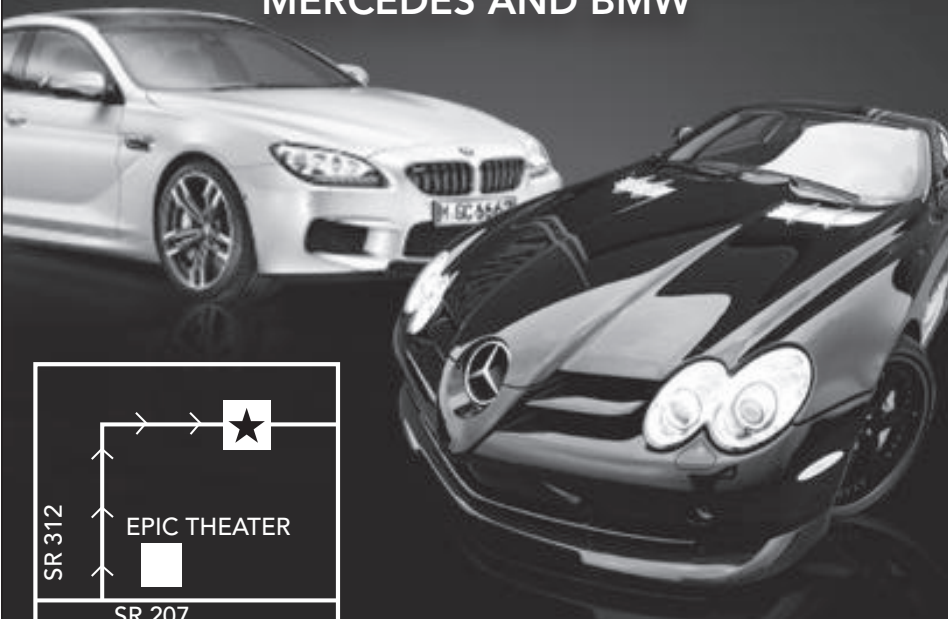
Residents and business owners are also encouraged to review the updated map to determine changes to their evacuation zones by visiting the County’s “My Evacuation Zone website”. The new zone changes do not affect evacuation routes. Additionally, evacuation zones do not impact FEMA Flood Zones or FEMA Flood Insurance rates. St. Johns County also encourages residents and business owners to prepare for hurricane season by visiting Florida’s “Get a Plan” website and making a hurricane supply kit. More information is available at the St. Johns County Emergency Management website www.sjcemergencymanagement.com

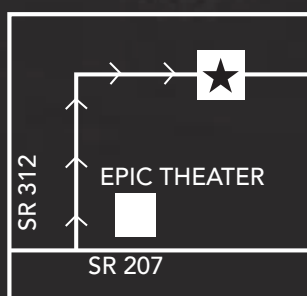
2023 Atlantic hurricane season storm names: Arlene, Bret, Cindy, Don, Emily, Franklin, Gert, Harold, Idalia, Jose, Katia, Lee, Margot, Nigel, Ophelia, Philippe, Rina, Sean, Tammy, Vince, and Whitney.

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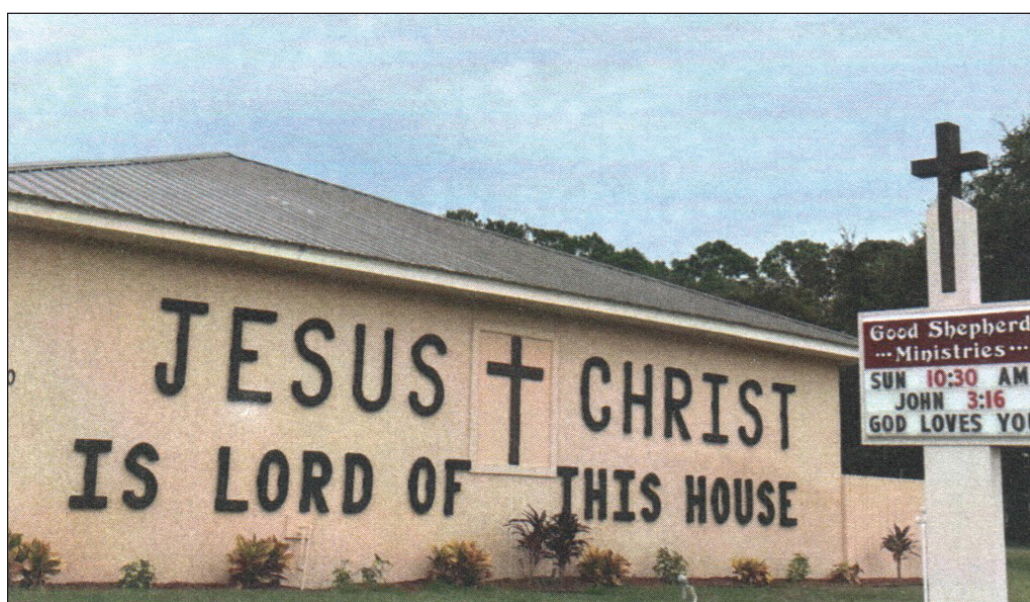
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