

St. Augustine Beaches NEWS JOURNAL



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

2023 Florida Author Project

by Tatiana Diaz

St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

The St. Johns Public Library System partnered again with "Library Journal" and BiblioBoard for the sixth annual Florida Author Project where local indie authors can submit their work for recognition, publication, and prizes. Authors will compete for a \$1,000 prize as well as honors at the 2023 Indie Author Day Reception, promoting opportunities, a full-page spread in "Library Journal," and more. Submissions will be accepted until May 31, 2023.



"Thanks to this competition, my novel is now part of the BiblioBoard online library system and was also featured in 'Library Journal,' Best Books 2022 edition," said Jennifer Farmer, author of the 2022 IAP Regional



Fiusha Funk Band will perform June 14 in the Music by the Sea concert series.

Let the 2023 beach music begin!

Wednesday night Music by the Sea Concerts, the free summer outdoor concert series featuring local talent, opens May 24 with a performance of classic and southern rock by Those Guys. A different musical group is featured each week with performances of jazz, pop, rhythm and blues, disco, Americana, folk, classic rock and others. The annual series, sponsored by the St. Augustine Beach Civic Association, takes place at Pier Park Pavilion, 350 A1A Beach Boulevard, on Wednesdays from May 24 to June 28 and August 16 to September 27. Performances are from 7 to 9 p.m.

Prior to each concert, Art by the Sea with displays by local artists, will open at 3 p.m. at the St. Augustine Beach Art Studio, located in the park. Admission is free.



Award-winning novel "Blue Sky Gone" and St. Johns County resident, in a press release. "Entering the Indie Author Project contest turned out to be a pivotal point in my journey as an author. Winning the IAP Florida Regional Contest has been such an incredible honor. 'Blue Sky Gone' has received widespread attention and recognition, reaching audiences far and wide. I am thankful to the St. Johns County Public Library System for promoting the Indie Author Project contest and supporting the work of indie authors."

All works submitted to the contest must meet the following requirements:

- Independently-published
- Adult or young adult fiction
- Written by a Florida resident
- Sent in either ePUB or PDF format

To enter a piece in the Florida Author Project, visit indieauthorproject.libraryessshare.com/florida. For more information on the Florida Author Project, visit sjcpls.org or a local St. Johns Public Library branch.

What concertgoers need to know—

You're on your own for seating. Bring a chair, blanket or towel. Organizers advise concert goers that chairs should not be placed in the pavilion until 4 p.m. prior to each concert to comply with the use permit issued to them.

Parking at Pier Park will be limited. Visitors are urged to find alternative parking along Beach Boulevard or to carpool, walk, ride bikes, when possible. Concert goers should not plan to park at nearby restaurants since their free parking offer is good only while dining.

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

There will be no concerts in July. The reason, as explained by St. Augustine Beach Civic Association President Bill Jones, includes July weather history. "We opted to split the season and took off the 6 hottest weeks of the summer that have been plagued with rainouts over the previous 5 years," Jones explained, "plus the fact that parking in and around Pier Park is always challenging that time of the year," he added.

Other performers scheduled in the pre-July series include:

- May 31, Salty Daug featuring Elizabeth Roth classic and dance rock
- June 7, The Groove Pipe with music of the 80's, 90's and beyond
- June 14, Fiusha Funk with jazz, funk and soul
- June 21, Slang/the Edge with 80's and 90's music
- June 28, the Paul Lundgren Band with classic rock and more

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

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2465 US 1 South PMB #8
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Online: www.SABNJ.com

Tatiana Diaz
Media Consultant

Editor/Sales

(904) 894-0204

TatianaObserver@gmail.com



Cliff Logsdon

Publisher

Managing Editor

(904) 607-1410

clifflogsdon@att.net



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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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News & Events From Around the Beaches & the Island

St. Augustine Beach City Hall Update

The St. Augustine Beach City Commission met on Monday, April 3, 2023. Here is a summary of the actions taken.

1. Appointed Mr. George O'Brien as a regular member to the Sustainability and Environmental Planning Advisory Committee.

2. Approved the following proclamations: to recognize April 2023 as Sexual Assault Awareness Month; to proclaim April 2023 as Water Conservation Month; to proclaim Wednesday, April 26, 2023, as Arbor Day in the City; and to proclaim May 2023 as Older Americans Month.

3. Heard a report from Ms. Melinda Conlon, the City's Communications and Events Coordinator, about the events the City presented in 2022 and is planning to present in 2023.

4. Reviewed with the City's auditing firm, James Moore and Associates, the audit report for Fiscal Year 2022, which ended on September 30, 2022.

5. Approved Mayor Samora signing a joint letter with Nancy Sikes-Kline Mayor of St. Augustine; Christian Whitehurst, Chair of the St. Johns County Commission; and Robert Hardwick, Sheriff, St. Johns County, requesting the Florida Department of Transportation to do pedestrian safety improvements along Anastasia

Boulevard in St. Augustine.

6. Approved a budget resolution to appropriate money for the renovation of an office in city hall that will be used by the Building Department.

7. Discussed changes to the City's regulations concerning non-

conforming business signs. Under the current regulations, ground signs that exceed 12 feet in height must be removed by August 2023. The changes will allow such signs to remain until

businesses must replace them because of age and/or damage. The City Attorney will prepare an ordinance for the Commission to review at its May 1st meeting.

8. Approved a budget resolution to replace the roofs of the police station and the Information Technology Division's office. Though more costly, the two roofs will be made of metal, which will last many years longer than an asphalt shingle roof.

9. Approved on first reading an ordinance to adopt new regulations for the collection of solid waste from vacation rentals.

The City Commission's next meeting will be held on Monday, May 1, 2023, at 6 p.m. in City Hall. The public is invited to attend, or the meeting can be viewed online at staugbch.com



Triangle of Sadness

by Tatiana Diaz

The St. Augustine Film Society is gearing up for their latest showing, "Triangle of Sadness," premiering at 7 p.m. on May 28 at Temple Bet Yam, located at 2055 Wildwood Dr. in St. Augustine.

The film follows Carl and Yaya on a luxury cruise ship with wealthy people who've lost touch with reality. When a storm strikes the ship and turns the tables on its passengers, figuratively and literally, the hierarchy they're so used to having is lost. What happens when they're shipwrecked on a deserted island? Watch Palme d'Or winner Ruben Östlund's "Triangle of Sadness" to find out how this bunch gets out navigates uncharted waters.

Doors open at 6:30 p.m. Tickets are \$8 and includes popcorn and water. For more information on the St. Augustine Film Society, visit staugustinefilmsociety.com.



GriefShare Program Crescent Beach Baptist Church

GriefShare, a weekly seminar designed to help you rebuild your life after the loss of a loved one. Learn in a warm, caring environment. We see folks attending these sessions who have suffered the loss of a loved one. The program continues until May 10, 2023.

We meet Wednesdays 6pm-7:30 pm at Crescent Beach Baptist Church, St. Augustine, FL 32086. You are welcome to join at any point during the 13 weeks. Contact Melanie, 904-759-1054 or email rscogn@gmail.com or GriefShare.org under Find a group to register.

St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on WEDNESDAY, MAY 10 @ 3:00 PM when we will cover Scotland. Discover the distinct customs, culture and character of Scotland, join the Scottish clans at The Gathering in Edinburgh for sport, folk dancing, arts, crafts and bag pipes. No visit would be complete without visiting a whiskey distillery, along with many other sites to see.

For those of you who do not know about the club, it is formatted as an armchair travel presentation with a brief lecture and a video highlighting areas around the world, with focus mostly on Europe, but also other parts of the world. Also, some of our participants have hosted a presentation based on their own travel experiences. If you are interested in doing a presentation about your unique travel experience, please let us know. The Travel Club also organizes a cruise in the Caribbean region once a year, and is published in the local papers. If you require any further information, please call Peter Dytrych at (904) 797-3736.



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St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Sunday, December 10 - 17, 2023 on the beautiful new Italian ship MSC SEASHORE out of Port Canaveral to the Caribbean and Mexico, to the ports of Ocean Cay (MSC private island and Marine Reserve in the Bahamas), Costa Maya and Cozumel (Mexico) for a 7-day cruise. Prices start from \$619 per person, double occupancy,

for inside cabin, inclusive of all port fees and taxes. Balconies and Oceanviews are also available at additional cost. Book now

with a \$199 p.p. deposit and receive \$50 per stateroom On Board Credit, Free Beverage Package, Wi-Fi and more. Call Peter, St. Augustine Travel Club at (904) 797-3736.

Beach Clean-Up at A Street Beach Ramp

The Gator Club of Historic St Augustine will be celebrating International Gator Day Saturday May 20 by sponsoring a Beach Clean-up day at the A St Beach access ramp. The event will commence at 8:30 AM. The Gator Club will provide gloves, garbage bags, water, and will give away UF Gator swag! To register or for more info contact Gator Club president Bud Clarke at bclarke@cspalaw.com or visit the Club's facebook page: <https://www.facebook.com/staugustinegatorclub/>

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Get the latest Beaches News Journal and Observer issues downloaded to your computer or smart phone even before the printed editions hit the community mailboxes!

You can view Monthly past issues from 2013. Current print editions can be found at local libraries or by monthly subscription of \$12 per year. www.SABNJ.com or StAugustineObserverOnline.com



News From Around Anastasia Island

Bark & Art Fair in the Park

St. Augustine Beach Lakeside Park

On May 13th from 12 noon to 5 p.m. Ayla's Acres No-Kill Animal Rescue, Inc will be at the Art & Bark in the park. In Northeast & North Central Florida, more than 30,000 animals are euthanized every year. Shelters and animal control facilities are overcrowded with homeless, abandoned, and abused animals. A mini adoption event is available for you to adopt a new family member.

Music will be provided by local band "Remedy Tree". At the Art Fair you will find painting, stained glass, jewelry, ceramic, and more. Lakeside Park is located at 2340 A1A S., St. Augustine Beach.

SAB Democrat Club

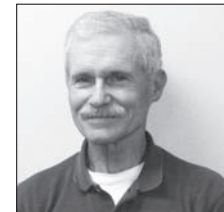
The St. Augustine Beach Democrats will have its next gathering on Tuesday, May 2, 5:30 pm at the Anastasia Island Branch Library. The St Augustine Beach Democrat Club's focus is on current local issues affecting those living in St Augustine Beach. These meetings provide an excellent opportunity to get to know the elected representatives, mingle with Democratic candidates and socialize with our Democratic neighbors. The Speakers for May will be from Rank My Vote Florida. They are Andrew Aiken and Jose Torres who have worked with RCV Jacksonville and Rank My Vote Florida. They are politically active and work with local groups advocating for the use of Ranked Choice Voting in local municipal elections especially. They will explain Rank Choice Voting, how it is spreading in States and local governments and will conduct a demonstration of how it works. The SAB Dems Club meets on the first Tuesday of the month at Anastasia Island Branch Library, 124 Sea Grove Main Street, 5:30 pm, plenty of parking available. For additional information, please contact sabdems511@gmail.com.

Tea Anyone?

Shores United Methodist Church will hold its annual "High Tea & Crafts" on Saturday, May 6, 2023 from 10am to 2pm. Ladies are welcome to come by for this historically fun event to share a cup of tea, typical sandwiches and sweets found at a high tea, and make a craft or 2 to take home. Reservations are not required, yet RSVPs are appreciated. Call the church, 797-4416, after April 15 with a name and the number of people who will be attending. Spring hats are encouraged. So stop by, have a bite, a sip, do a craft, and enjoy the fellowship and fun!

City Management

By Max Royle
St. Augustine Beach City Manager



City management can be a tough gig, but don't cry me a river, trickle or even a spritz. It's definitely a job not for the faint of heart, or for those who bleed easily when struck by the verbal rocks of criticism that sometimes are mercilessly hurled at them. Managers are in the position voluntarily, there are no shackles chaining them to a desk, no office door they cannot open and exit through for a life with less wounding turmoil. Yet many managers, even though they may experience career turbulence over the years, remain "on the job" until it's time to hang up the spools of red tape and retire.

The International City/County Management Association (ICMA), which many managers join, calls city management a "profession." One wonders: Can any job so intimately a part of a messy, unpredictable, often ego-driven process/endeavor known as politics ever be considered a "profession"? Yet ICMA provides training in specialized topics, such as leadership, diversity, ethics and budgeting, that it believes professionalize city management. Alas, though, it sometimes happens that a manager professionalized to the core in all the basic subjects and with finely honed leadership skills in abundance to carry out his/her responsibilities in accordance with the latest best practices promoted by ICMA—all that matters not a twig when a decision is made by the elected board that the city needs to move in a different "direction" and the manager is perceived as impeding the movement of the compass needle.

Yes, professionalism and politics can be a fraught-filled mixture. When there's an issue that causes conflict between a manager (the professional) and a city commission (the political), who do you think has the power to resolve the conflict, the appointed manager or the elected commission? I know, sometimes I ask silly questions.

Yet despite the difficulties of the city management occupation, there are women and men who eagerly embrace it. Why is a good question. Power? Fame? Riches? Hardly. An example: Austin, Texas, estimated 2022 population 1,126,151, over 16,000 city employees, \$5 BILLION all-funds annual budget. Considering the scope and complexity of responsibilities, is the city manager's salary \$5 million, \$10 million or even \$500,000? Nope. It is actually \$388,190. Is this what's paid the CEO of a private corporation with a \$5 billion budget? Another silly question.

So, why be a city manager? There may be a dozen reasons, but here are my two: First, to make a difference in positive if often humble, unheralded ways for the welfare of the residents and business owners, the elected commission/council who represent them, and the employees who work for the city. Second, to make an integral part of one's life and occupation the practice of such ethical values as fairness, transparency, honesty and respect for others. This makes city management more of a calling than a profession. By embracing it, a manager proves that he or she is worthy of something far more valuable than money and/or fame: the public's trust.

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.

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Sheriff's Update

By Robert A. Hardwick, St. Johns County Sheriff

Intercept Task Force



The St. Johns County Sheriff's Office (SJSO) is excited to announce a new Task Force called the Northeast Florida Intercept Task Force. This task force will be comprised of SJSO and six other Northeast Florida law enforcement agencies including the Clay County Sheriff's Office, Jacksonville Sheriff's Office, Nassau County Sheriff's Office, Putnam County Sheriff's Office, Florida Department of Law Enforcement, and Homeland Security Investigations.

NEFL INTERCEPT is a unique public-private partnership with Operation Lightshine, a non-profit organization dedicated to combating Child Sexual Exploitation and Human Trafficking. This public and private partnership in a law enforcement task force is a first for the Northeast Florida region and is only the second of its kind in the nation sponsored by Operation Lightshine.

Operation Lightshine was founded in Nashville by Matt Murphy, a US Army Green Beret combat veteran. He had a very personal reason to start Operation Light Shine as his sister was trafficked for sex and drugs and found deceased in 2019.

Operation Light Shine is the backbone of our NEFL Task Force as it provides financial and technical support as well as other resources. Operation Light Shine in turn partners with other non-profits to include the Tim Tebow Foundation. To learn more about Operation Light Shine, please visit operationlightshine.org

Trouble Swallowing?

When the normal process of swallowing is disrupted or made more difficult for any reason it is referred to in medical community as dysphagia. There are many things that cause dysphagia as swallowing is a complex process. Some causes are:

- Related muscle degradation
- Neurological Conditions
- Traumatic Brain Injury
- Tumors

Dysphagia can be broken down into, two groups: Oropharyngeal Dysphagia



This Task Force will assist SJSO with continuing to be proactive in the fight against child exploitation and human trafficking. In 2022 in Northeast Florida alone, there were 2,300 reports combined of child exploitation and human trafficking.

In this same year, 2022, the St. Johns County Sheriff's Office received 200 cybertips from the National Center for Missing and Exploited Children and local citizen complaints. After our subject matter experts screened the tips, SJSO ended up with 65 child exploitation and 13 human trafficking reports that were investigated. Of those, seven child exploitation and five human trafficking cases have been handed over to the state or federal government for prosecution and an additional 13 cases are active with charges forthcoming.

"Rescuing victims of child exploitation and human trafficking is a #1 priority in law enforcement. The message to offenders is clear: we will find you, and we will hold you accountable," said Sheriff Hardwick.

You can report any information about human trafficking, child sexual abuse, or the trafficking in child sexual abuse material immediately to SJSO or Federal Law Enforcement by calling 1-866-347-2423. You can also remain anonymous by reporting the information to First Coast Crime Stoppers at 1-866-845-TIPS, to the National Center for Missing and Exploited Children through their tip line at 1-800-843-5678, or report it online at report.cybertip.org.

(Mouth or Throat), or Esophageal Dysphagia (tube that carries food from your mouth to your stomach). Some signs and symptoms of these are:

- Coughing and gagging when swallowing
- Choking
- Globus (feeling like something is stuck in the throat, chest, or behind your breast bone)
- Unable to swallow
- drooling
- hoarseness
- Regurgitation

Ways that Speech Therapy can help with dysphagia are; direct swallow techniques and maneuvers, exercises with biofeedback and neuromuscular electrical stimulation, deep pharyngeal neuromuscular stimulation, swallow compensations, dietary modifications and much more.

If you want to learn more/ get checked out, make an appointment with our speech therapist Debra Mullins. Phone: 904-217-4259 (Website: WWW.STARSREHAB.ORG)



Making Art with Intention: New Book by Patty Magee

On First Friday, May 5th - The Saint Augustine Beach Art Studio and Gallery is proud to present Patty Magee as the featured artist of the month for May 2023. The studio will host a book signing event for Magee's new book, Making Art with Intention, from 5-8 pm. The event is free and includes art, music, snacks, and beverages.



Making Art with Intention is a collection of field notes from a holistic nurse practice, exploring how creative expression can produce a therapeutic caring-healing environment. Magee, an RN and MA graduate from the University of Florida in Arts in Medicine, advocates merging her two interests into one for a more holistic nursing role. Her book discusses the correlation between connecting art and wellness and the therapeutic merit of art as another way of knowing and caring for the patient.

Magee's artist statement is that she is an ambassador for "connecting art and wellness." Early in her childhood, she knew her calling was to become an artist and nurse. She has seen firsthand how the creative art process can reduce stress on our bodies and

help adults become less inhibited about illness. Magee has exhibited her art in several galleries and fundraising events, including the University of North Florida Gallery, Bank of America Tower, Habitat for Humanity, and Nursing scholarship, among others.

Don't miss the opportunity to meet Patty Magee and get a signed copy of her book, Making Art with Intention. Join us on May 5, 2023, from 5-8 pm, at the Saint Augustine Beach Art Studio and Gallery located at 370 A1A Beach Blvd, Saint Augustine, FL 32080. For more information, please visit www.beachartstudio.org, or contact Patty Magee via her website, www.pattymagee.com, or email, magee.patty@gmail.com.

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.



Riverview Club Social Dances-May

Come on out and enjoy **LIVE MUSIC AND DANCING** at the Riverview Club in the St. Augustine Shores! Tickets are \$15 per guest and seating is open. Bring your own food and drinks! RSVP is not required but is encouraged. Call 904-794-2000 or email christine@staugshores.net to RSVP! TIM RIPPEY will be playing Saturday, May 6th from 7-10pm and we will be hosting DEBBIE OWEN & TONY T Sunday, May 21st from 6-9pm!! The Riverview Club, 790 Christina Dr., St. Augustine 32086.



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Summer Beach Primer

By Lorraine Thompson (staugbeachwatch@aol.com)

Memorial Day weekend marks the unofficial beginning of the long, hot summer here at St. Augustine Beach and bigger crowds at all of St. Johns County public beaches. It's also the start of full-scale guarded beaches by St. Johns County Marine Rescue which includes a team of United States Lifesaving Association certified beach lifeguards. An average of sixteen lifeguard towers will be staffed daily from 10 a.m. to 6 p.m. The guards will be assisted by staff supervisors who travel the coastline in various response vehicles.

BEACH FLAG WARNING SYSTEM



Beach flags and signage are posted at beach access points and lifeguard towers. They provide daily condition updates to beachgoers as well as safety information regarding rip currents and other common beach hazards. A purple flag means there is dangerous marine life in the nearby waters. Red signals dangerous water conditions. Yellow advises swimmers to be cautious. Green signals safe conditions.

Driving on the beaches

Beach access ramps are generally one way--Vehicles can access the beach at the following locations: A Street, Ocean Trace, Dondanville, Matanzas Avenue, Mary Street, Crescent Beach, and Porpoise Point. (The Vilano and Fort Matanzas access ramps were temporarily closed at the time of this writing.) The

beach traffic area is regulated with lane cones and the ten-mile per hour speed limit is strictly enforced. Pedestrians are urged to stay alert and use caution. Soft sand and high tides may prevent beach driving or limit it to 4-wheel drive vehicles.

Vehicles accessing St. Johns County driving beaches are required to have beach driving passes from 9 a.m. to 5 p.m. Daily driving passes, available at beach toll booths, are \$10 for County residents and non-residents, and \$5 for disabled and active military. Annual on-beach driving passes, available at toll booths, are \$50 for county residents, \$100 for non-residents, \$40 for disabled visitors. Disabled veterans with identification may obtain annual passes at no cost.

For pedestrians who cross A1A Beach Boulevard on foot, there are crossing options available in areas that are not controlled by traffic lights. Bright red flags are available in receptacles on both sides of the street at designated crossings. Pedestrians should obtain a flag, hold it up, and look both ways before crossing. If moving vehicles are in the vicinity, wait until they stop, then proceed across the street. The flag should be deposited in the receptacle at the arrival side. Often pedestrians will just assume the markings on the road gives (continued on page 7)

COMING UP NEXT AT...



LITTLE MISS SUNSHINE

Dramedy/Musical

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

*For Mature audiences (R)-adult themes and language
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ALL MY SONS

Drama

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A Classic Theatre Presents "Mothers and Sons" as Season Finale

A Classic Theatre (ACT) will wrap up its record-breaking 15th season at the historic Water Works building with Mothers and Sons by Tony Award winning playwright Terrence McNally. For McNally, the most important function of theatre was to create community and bridge rifts opened between people by differences in religion, race, gender, and particularly sexual orientation.



This Tony nominee for Best Play is a gentle and moving, wryly witty drama about change, reconciliation, and what it means to be a family. Cal and his husband Will have built a happy life together with their 7-year-old son. When the mother of Andre, Cal's former partner, makes a surprise visit 20 years after her son's untimely death, the past casts a shadow on their idyllic life. As generations collide, she begins to envision the life her son might have led and faces some complicated truths.

Directed by veteran New York actor and director Grace Reed, the outstanding cast of local actors includes Nancy Grote, formerly a professional Broadway actress. Nancy is familiar to St. Augustine audiences for her portrayal of writer Marjorie Kinnan Rawlings in several ACT productions.

Stephen Mitchell, a graduate of Flagler Theatre Department, is also an ACT alum, having starred in Murderers, Shorts and Giggles and Motherhood Out Loud.

ACT is happy to welcome Trevor Gluckman and Oliver Williamson in their ACT debut. "McNally captures a moment of hope and promise... Mothers and Sons feels like the sun on your face!" - NBC New York

Performances at the Waterworks building, 184 San Marco Ave, St. Augustine, FL 32084 on May 5th, 6th, 12th and 13th at 7:30 p.m. Matinee performances May 7th and 14th at 2:00 p.m. For tickets visit aclassictheatre.org

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Directed by Grace Reed

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The Waterworks is available through the generous support of the City of St. Augustine and the St. Johns Cultural Council.

Summer Beach Primer

By Lorraine Thompson (staugbeachwatch@aol.com)

(continued from page 6)

them priority. It doesn't. Using the flag system is important at these intersections. If one car stops for pedestrians who are not holding up flags, the cars behind the stopped auto cannot see the walkers which could result in accidents.

Throughout sea turtle nesting season, May 1 to October 31, beach gates are closed between the hours of 7:30 p.m. and 8 a.m. Lighting ordinances are in effect which require coastal property owners to manage beach front lighting to prevent disorienting nesting and hatchling turtles. For general beach information visit <http://www.sjcfll.us/Beaches/index.aspx>.

May is National Bike Month

Here on Anastasia Island, beach biking on the everchanging sand offers challenges of its own. So does bike riding on local roads. A1A Beach Boulevard appears to be the most bike-trafficked route on island roads and streets and is particularly busy in the area of the St. Johns County Pier. Motorists, as well as bikers, are reminded that in Florida the bicycle is legally defined as a vehicle and the bicyclist is a driver. While bicyclists have the same rights to the roadways, they are required to obey the same traffic laws as the drivers of other vehicles, including stopping at stop signs and red lights, riding with the flow of traffic, using lights at night, yielding the right-of-way when entering a roadway and yielding to pedestrians in crosswalks.

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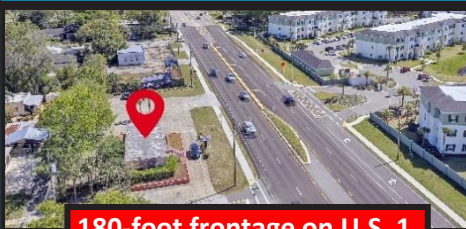
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Financial Focus

Information Provided by
Edward Jones



Are your goals 'must have' or 'nice to have'?

Like everyone, you may have a lot of financial goals. But are they all of equal importance? Probably not. And do they share a similar timeline? Again, it's unlikely. So, your first step may be to prioritize your goals — and then follow a process that can help you achieve them.

This process should include the following steps:

- Identify your goals as “must have” or “nice to have.” Making sure you can retire comfortably and won't outlive your resources is a “must have” goal. For this goal, you can't compromise — you need to be certain of achieving it, or at least as certain as possible. But if you want to someday own a vacation home by the beach, and you can't ever quite afford it, you might find an acceptable substitute, such as renting. So, it seems fair to say that achieving this goal would be “nice to have.”

- Prioritize your investment dollars. Unless you have unlimited sums to invest — and very few of us have that luxury — you'll probably need to prioritize where your investment dollars are going. For your main “must have” goal — retirement — you'll be helped by the ability to automatically invest through your 401(k) or other employer-sponsored retirement plan. If you're on track toward this goal, and you budget carefully and potentially receive salary increases over the years, you may also find space to keep contributing toward the “nice to have” goals.

- Put “price tags” on your goals. You need to know what your goals will cost. Of course, you may need to estimate the costs for some goals based on different factors. For example, when you think about your goal of retiring comfortably without outliving your money, you'll need to consider some key questions, including these: When do you want to retire?

What sort of retirement lifestyle do you envision? Do you see yourself downsizing your living arrangements? For other goals, though, such as purchasing a vacation home, you could get more specific on how much money you'll need.

- Follow an appropriate strategy. The nature of your goals, and their estimated cost, along with your appetite for risk, should drive your investment strategy — but another key factor is time. So, for a long-term goal like retirement, you'll likely need a reasonable amount of quality growth-oriented investments in your portfolio. While these investments — such as stocks and stock-based mutual funds — will fluctuate in value over shorter periods of time, your hope is that, over several decades, they will ultimately provide the growth you need to meet your retirement goal. However, to achieve a goal you want to meet in a year or so — perhaps you're paying for a wedding or planning a long vacation — you may want to consider more stable investments, such as certificates of deposit (CDs), short-term bonds or even cash or cash equivalents. They may not provide much in the way of growth, but you can essentially count on them to provide the amount you need when you need it. You'll need to regularly review the performance of your investment strategy for each goal to assess your progress.

Achieving any goals — whether they're “must have” or “nice to have” — can be challenging. But by identifying and prioritizing these goals, following an appropriate strategy to meet them, and consistently reviewing your approach, you can help yourself get to where you want to go.

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

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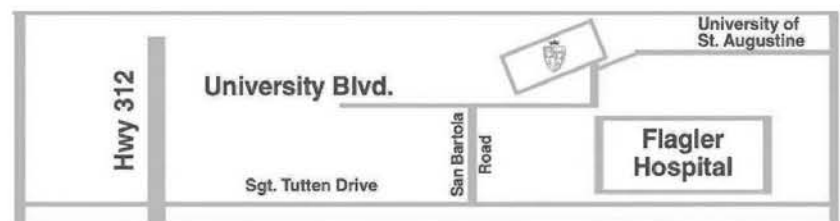
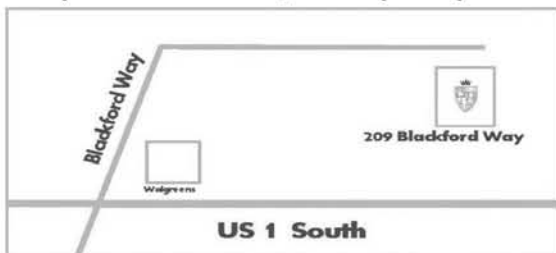


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Upper Crossed Syndrome

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

I have written other columns about the negative effects of poor posture. Good posture is when the force of gravity, pushing down on our bodies, is distributed relatively equally, right to left and front to back. When that is disturbed, joints are stressed, and muscles begin to produce imbalanced forces.

Vladimir Janda, MD (pronounced 'Yanda') categorized muscles into two groups: tonic and phasic. Each joint has tonic and phasic muscles. For instance, the arm has tonic biceps and phasic triceps. The leg has tonic hamstrings in the back and phasic quads in the front. The trunk has tonic spine erectors in the back and phasic abdominals in the front. Each group of tonic and phasic muscles should work together. While one produces force the other is inhibited and gives way. The biceps and triceps cannot contract, producing the same amount of force at the same time. If they did, the elbow would not bend. To create elbow bending (flexion), the biceps produce a greater force than the triceps and the triceps give way or are inhibited.

When we demonstrate good posture, the balance between tonic and phasic muscles helps us move efficiently. When poor posture occurs and muscle imbalances manifest, tonic muscles begin to increase their tone or tension, becoming tighter and can become shorter. This can often lead to joint limitations and even compression, which is never good. At the same time, the phasic muscles become more and more inhibited and weaker, which is also not good.

On average, the head weighs 8-12 pounds and is meant to sit atop the neck whereby the force of gravity is equally distributed from front to back and right to left. We all know the head can start to move forward with seated activities, computer, and phone use, reading, crocheting, or slouching in a deep sunken couch or chair, to name only a few. Unfortunately, when this happens habitually, it may feel fine initially but it is just a matter of time before an Upper Crossed Syndrome develops.

The Upper Crossed Syndrome is a postural syndrome designated by Vladimir Janda. It is a syndrome in the upper quadrant of the body. And when he connected the muscles involved, they crossed the body and formed an "X". The tonic upper trapezius/levator scapulae in the back and the pectoralis major/minor in the front tighten and shorten, which

the phasic neck stabilizers in the front and the scapular stabilizers/depressors in the back become inhibited and weak. This seals the deal of the forward head, rounded shoulder position. The can result in compression of the cervical spine and possibly nerve roots. It can alter the shoulder mechanics, contribute to TMJ problems and more. 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. Get your head up! Look up! (a whole different topic and column but see: <https://www.lookup.org.au/> for an interesting read. Adjust your computer screen. Change your phone habits. Place pillows under your elbows to raise your arms while reading or crocheting instead of constantly looking down.

2. Stretch: When you walk through a doorway, place your arms on both sides of the door jam, slowly step through until you feel a gentle stretch.

3. Exercise: Pull your shoulder down and back or acquire an exercise band, loop around a doorknob and row, pulling your arms back and your shoulder blades down and back.

These are basic and can be built upon by your physical therapist, who should be familiar with the upper crossed syndrome. But for now, anyone can apply and start with these basics today. Next month I'll explain the Lower Crossed Syndrome.

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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Computer Corner

by Steven Aldrich

Farewell from Steve...



It is with a heavy heart that I write this farewell article, as I announce that I will no longer be writing these monthly technology articles. For over seven years, I have had the privilege of sharing my thoughts, insights, and knowledge with you, and it has been an incredible journey.

As a writer, there is nothing more rewarding than knowing that your words have made a difference in someone's life. Whether it was a reader who learned something new from one of my articles, or someone who was inspired to pursue a career in technology because of something I wrote, your feedback and support have brought me immense joy over the years. I find it incredible that on occasion folks have cut these articles out and saved them.

I have always believed that technology has the power to change the world for the better, and it has been an honor to be a part of the conversation around how we can avoid some of the most pressing problems with technology. I have had the opportunity to explore some of the most exciting and innovative technologies of our time, and to share my thoughts on how we might keep them in proper running order.

To all my readers, I want to say thank

you. Thank you for your support, your feedback, and your trust in me to help with your tech issues. You have made this journey an unforgettable one, and I am grateful for every moment we have shared.

My family needs my attention now as health issues begin to require that I be closer at hand. In addition to no longer writing these articles, to ensure that I am available, I have found a person to handle all my client calls. His name is Rob, and if you call FCCS, I'll be referring you to him. Rob is a solid professional who learned this trade while serving in the Florida Army National Guard.

As I say goodbye, I want to leave you with one final thought: never stop exploring. Whether it's Bitcoin, Cardano, or technology in general, there is always something new to discover, something new to learn, and something new to be excited about. So, keep exploring and keep learning.

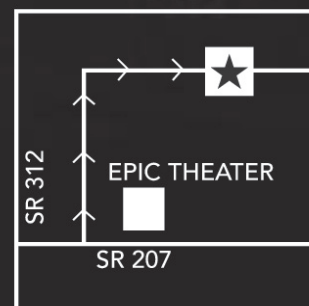
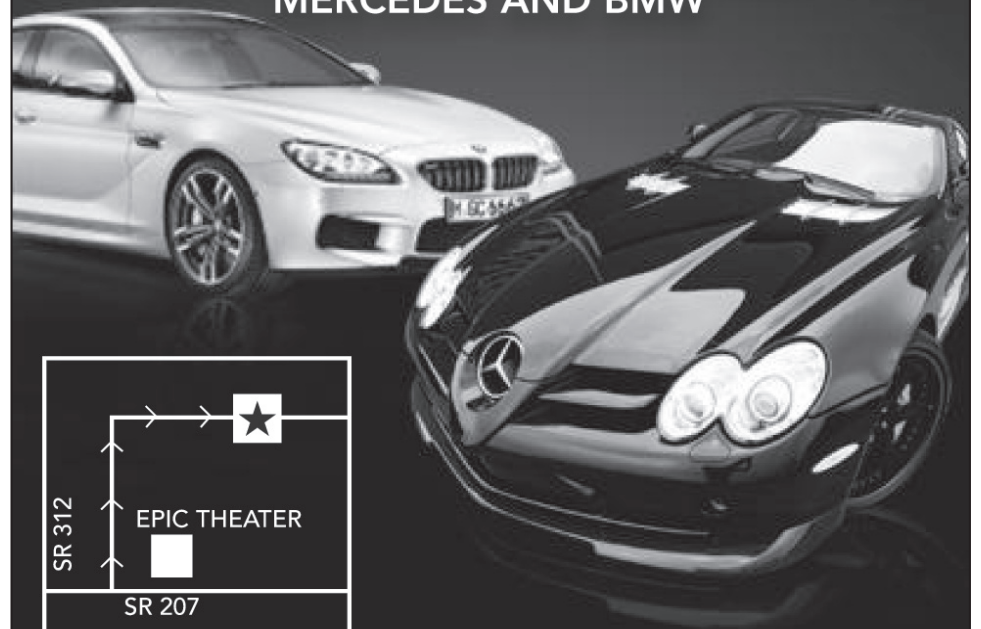
Steven Aldrich is a technology advisor with decades of experience as an IT Director and is the owner of First Coast Computer Services. Contact Steven if you need a trusted advisor to come to your business or home and help with your technology. Steve@fccspro.com or (904) 479-5661.

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