

# St. Augustine Beaches NEWS JOURNAL



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

## 2022 Concerts By The Sea



20 years ago, Robert and Andrea Samuels noticed on almost any weeknight, the Pier Pavilion was empty. It also occurred to them there was lack of any sort of local gathering for the city residents. They decided to try and throw a free social to allow residents to have fun and get better acquainted. This resulted in the birth of Music by the Sea. Season one included one concert each month during the summer. The first show included a 3-piece band, a hot dog vendor and about 40 residents. In 2019 the events was rebranded to showcase local art. Thanks to the Art Studio Group for helping us evolve to what we now call Music & Art by the Sea. To steal

a line from an old TV commercial "we've come a long way baby!"

In 2022 we celebrate 20 years of beautiful music, community pride and the anniversary of an event many people that would never work. This success is due in part to the efforts of SABCA, but credit also goes to many others. Our concert partners, (continued on page 5)



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The Gamble Rogers Music Festival will take place May 6-8, 2022 at the Colonial Oak Music Park in downtown St. Augustine, Florida. Festivals tickets are available at [gamblerogersfest.org](http://gamblerogersfest.org)

The festival celebrates recording artist Gamble Rogers who died trying to save a drowning swimmer in 1991. His passion for balladry and storytelling shaped American folk music. The festival has honored that tradition since 1995 by bringing to the stage international and national artists, as well as local and regional performers.

The 2022 event will include more than 30 musical acts, with headliners The Steel Wheels, an Americana band from the Virginia mountains. (continued page 3)



**2022**  
**GAMBLE ROGERS**  
**MUSIC FESTIVAL**  
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May 6-8, 2022 - 30+ Performers  
Colonial Oak Music Park - St. Augustine



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

### St. Augustine Beach City Hall Update

At its April 4, 2022, regular meeting, the St. Augustine Beach City Commission made the following decisions:

1. Appointed Ms. Nicole Miller as a regular member of the Sustainability and Environmental Planning Advisory Committee.

2. Approved a conditional use permit to construct a residence in a commercial land use district at #16 5th Street.

3. Held a public hearing and passed on second reading an ordinance to amend the City's flood regulations.

4. Approved two proclamations: to proclaim April 2022 as Water Conservation Month, and to proclaim April 27, 2022, as Arbor Day in the City.

5. Passed on first reading an ordinance to vacate an alley between 2nd and 3rd Streets, west of 2nd Avenue.

6. Approved a contract with the CPA firm of James Moore and Associates

to monitor and advise the City on the spending of the \$3.5 million appropriated to the City by the federal program, the American Rescue Plan Act.

7. Approved an easement agreement with Florida Power and Light for the undergrounding of utilities along 2nd Street, west of 2nd Avenue.

8. Approved a contract with the civil engineering consulting firm, Crawford, Murphy and Tilly, to update the City's master drainage plan.

9. Scheduled a special meeting on Tuesday, April 19th, at 9 a.m., to review proposes uses of the \$3.5 million that the City will receive under the American Rescue Plan Act.

The City Commission's next regular meeting will be held on Monday, May 2, 2022, at 6 p.m. in the Commission meeting room at city hall, 2200 A1A South. The public is invited to attend or to see the meeting online at [staugbch.com](http://staugbch.com).



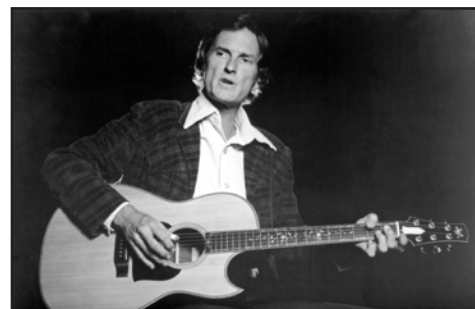
### 2022 Gamble Rogers Music Festival

(continued from page 1)

Along with three full days of great music, the Gamble Rogers Music Festival will offer plenty of food and drink available at the Colonial Quarter's restaurants and beverage sales areas, a jam area, merchandise and more.

New this year, the Riberia Gardens stage, located across the street from Colonial Oak Music Park, will feature youth-friendly performances and activities including a ukulele workshop, storytelling, hands-on music making, and family-friendly music.

Tickets are \$60 for the 3-day event; \$20 for Friday, May 6; \$30 for all-day Saturday, May 7; and \$20 for Sunday, May 8. Purchase tickets at [gamblerogersfest.org](http://gamblerogersfest.org)



### Temple Bet Yam BINGO & PIZZA NIGHT

BINGO & PIZZA NIGHT IS HERE! This fun and food event is once again open to the community. It will be held at Temple Bet Yam, 2055 Wildwood Dr., on May 7th at 6:00 PM. For a \$15 per person cover, enjoy a full night of bingo, cash prizes, and a complete pizza dinner. Contact Carol Levy at 954-895-7332 or [carollevy1951@yahoo.com](mailto:carollevy1951@yahoo.com) for information and reservation. Make checks payable to Temple Bet Yam, PO Box 860098, St Augustine FL 32086 and note 'Bingo-Pizza' in the memo. Your reservation must be received by May 4th.

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## St. Augustine Beaches NEWS JOURNAL

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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, 1965 A1A South #120, St. Augustine Florida 32080-6509. Information may also be e-mailed to [clifflogsdon@att.net](mailto:clifflogsdon@att.net) or [clogsdon1@yahoo.com](mailto:clogsdon1@yahoo.com).

All materials submitted to the Beaches News Journal is subject to editing. Publishing of submitted information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the Beaches News Journal.

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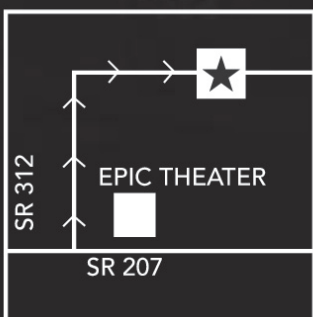
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## St. Augustine Travel Club

St. Augustine Travel Club Meeting - Wednesday, May 11, 3pm (Masks suggested)

ITALY'S AMALFI COAST AND FLORENCE - Explore the little towns along the soaring cliffs of Amalfi Coast high above the Mediterranean Sea followed by visiting the famous sights of Florence, the capital of Tuscany region, and its Renaissance arts and architecture.



Our Travel Club will present on ITALY'S AMALFI COAST AND FLORENCE. Explore the little towns along the soaring cliffs of Amalfi Coast high above the Mediterranean Sea followed by visiting the famous sights of Florence, the capital of Tuscany region, and its Renaissance arts and architecture.

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 or Linda Dytrych at (904) 797-3736.

### "GriefShare" Continues through May 11th Crescent Beach Baptist Church 6pm-7:30pm

GriefShare, a place to find healing for men and women seeking answers to difficult circumstances after the death of a loved one. A journey from mourning to joy.

Grief support sessions for hurting people to find support, healing and hope. Register through GriefShare.org under Find a Group or email Melanie at rscoggn@gmail.com, You are welcome to join anytime during the 13 weeks.

### An Invitation to the Living With Cancer Support Group

Whether you're a patient, survivor or caregiver, this is your opportunity to talk about the day-to-day challenges of living with cancer in a group of people who can inspire, relate to and support you along your journey. All are welcome!

Meetings are the Third Wednesday of every month at 11:00 am. Our next meeting will be on May 18, 2022

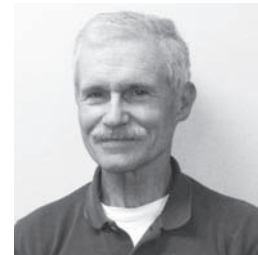
Currently being held remotely in a zoom platform and in person at the Cancer Resource and Support Center, Suite 1010 Flagler Hospital.

Please call 904-819-4742 for zoom invite or for more information.



## ARPA

By Max Royle  
St. Augustine Beach City Manager



Huh? What does ARPA stand for, you ask. Is it Alligators Read Public Announcements, Amorous Rabbits and Porcupines Abstain or Apples Rhubarb Prunes Apricots? What? No, none of the aforementioned. The initials mean the American Rescue Plan Act, which was passed by Congress in early 2021 for Covid-19 relief. It appropriates \$1.9 trillion for such purposes as financial aid to students, low-income renters, the unemployed and childcare assistance with \$130.2 billion earmarked for states and local governments. Based on its 2020 population, our fair City is to receive \$3,507,979.

Over \$3.5 million for a city with an annual budget of about \$15 million is quite a sum. The question then naturally follows: For what purposes can it be spent?

As local government officials have learned bitterly in the past when spending federal dollars, there are strings attached to them. Any use of the money for "unstrung" purposes can subject the governments to rude surprises when the federal bureaucrats later demand, usually after the money has been spent, that it be returned to Washington. So, caution and careful planning are the guiding words for these ARPA times.

Fortunately, the final guidelines from the U.S. Treasury Department give local governments time to spend their ARPA allocation. By December 31, 2024, the money must be earmarked or reserved for allowable uses and by the end of December 2026 it must be spent. Equally as fortunate, the Treasury guidelines are very clear as to what ARPA funds cannot be spent on,

such as to lower taxes, pay debt, build up the City's financial reserves and provide match money for other federal grants; and cities are discouraged from using ARPA money for recurring costs. Otherwise, the allowable uses of the money are truly flexible. Things really don't get much better in the federal grant world.

To decide on what to spend the \$3.5-plus million, the City Commission requested that you, Mr. and Ms. Citizen, tell them what you think are the best uses of the ARPA money. The City posted on Survey Monkey a list of significant, one-time projects and a request that you choose the ones you think are worthy of ARPA funding. Here's the list: improve beach walkovers, improve parking, increase parking, improve City parks and parkettes, repair roads, drainage projects, add sidewalks, put utilities underground, restore old city hall, add eco-friendly projects. The deadline for you to give us your preferences was April 15th.

The City Commission held a meeting on April 19th to review the survey results and decide what projects to fund. Because of the April 15th deadline for submission of this article to this fine newspaper, I will report on the meeting next month. I can report that by April 12th, the City had received 117 responses and the six most requested projects are repair of roads, drainage projects, undergrounding utilities, improve beach walkovers, improve City parks and improve parking. It'll be interesting to see what the Commission decides on April 19th. Stay tuned.

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by Paul Slava

First Friday, May 6th will Feature Artist of the Month Sam Kates and his Coastal Florida Landscapes.

Sam Kates retired in 2002 after over three decades as a director of history, natural science and fine art museums and institutions in Florida, Tennessee and Alabama. While he is still called upon to jury and judge art shows and festivals, most of his time is now spent in the studio painting coastal scenes that are reminiscent of the old Florida that was still prevalent during the 1940-50's when he was a child. He fondly remembers spending summers with his grandparents in New Smyrna Beach where huge sand dunes still existed and fleets of shrimp boats crowded the local docks.




Sketching trips to Cedar Key in 1957 inspired his first paintings of working boats and shorelines. He describes his current style and techniques as "painterly realism," full of detail to document his subjects but very dependent on light and shadows that give his works extraordinary depth and definition. While his pictures are composed on site and reflect actual scenes and boats, the paintings are created in the studio at his home in St. Augustine, FL.

Sam was born in Orlando, Florida in 1940 and grew up in Gainesville. He is an alumnus of Florida State University. He currently resides in St. Augustine. Email-samkates@bellsouth.net

See his opening as well as a Brand New Member's Show on Friday, May 6th starting at 5:00pm. The show will run through the month. Something FREE for the Kids on Saturday, May 7th from 10am to 12pm is our Mother's Day Crafts Event. All supplies are included just bring your child from ages 4 thru 11 to The Studio and they will go home with a beautiful gift for Mom! Contact Carole Foster at 904-797-3067 to register.



The Art Studio is located at 370 A1A Beach Blvd. in the St. John's County Pier Park and is open 7 days a week from 12pm to 5pm. We are a 501(c)(3) Non-Profit organization that brings Art and Culture to the community and offers classes, special events, exhibitions and rental space. For more information visit us at [www.beachartstudio.org](http://www.beachartstudio.org), Facebook or call 904-295-4428.



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## 2022 Concerts By The Sea


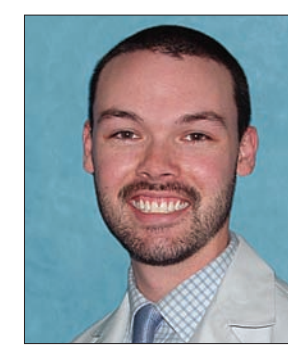
(continued from page 1)

in recent years the SJC Tourism Development Council, local restaurant and food trucks! The City of St Augustine Beach and St Johns County Parks & Recreation have been extremely helpful. And last but certainly not least, we thank the bands that have graciously played our stage! We certainly could not have done this without all of you! Our 2022 Concert schedule is posted below.



Spring Dates	Band	Type of Music
May 25th	The Grapes of Roth	Classic & Alternative Rock
June 1st	Rob Peck & Friends	Rock, Blues & More
June 8th	Josh Stewart Band	Americana
June 15th	Ain't Too Proud	R & B - Pop - Dance
June 22nd	Paul Lundgren Band	Rock - Pop
June 29th	Slang	80's & 90's Pop - Rock
<b>Fall Dates</b>		
August 17th	The Committee	Pop - Rock - Dance
August 24th	Soulfire	Disco - Pop - Dance
August 31st	Amy Alysia & Soul Operation	R & B, Jazz, Blues
September 7th	Romona & The Riot	Jazz - Blues - Dance
September 14th	Those Guys	Classic & Southern Rock
September 21st	All Star Jam	Eclectic Mix



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## Latin American Festival Coming May 7th

On May 7, 2022, the Ancient City's original Latin American Festival returns to Francis Field! Experience a day full of beautiful culture, music, dance, food, workshops, performances, activities, and so much more. The main stage will feature music and dance groups throughout the day with a mixture of styles from across Latin America. Watch five artists paint murals throughout the day and vote for your favorite.



What festival is complete without food? Authentic Latin American food trucks and vendors will be on site to showcase the distinctive style and range of Latin food. The marketplace has been expanded from 48 to 75 vendors selling international crafts, textiles, and other merchandise.

Look forward to games like soccer darts, tejo, Aztec Ball Game, piñatas, dominos, and more. Bring your dancing shoes and dive deeper into the culture while local and regional acts celebrate the

rhythm of Latin America with performances and dance workshops.

Tickets are \$10 for general admission and \$60 for VIP which includes meet & greets, stage access, private tables under the canopy, private bathrooms, VIP bar, Latin American-inspired hors d'oeuvres by a local chef, and even more activities and performances. To contact email [info@unidosenlamusica.com](mailto:info@unidosenlamusica.com) or 516-322-0211.

# A1A BEACH BLVD CLEANUP

**SATURDAY, MAY 14 8AM-10AM**

Join us on Saturday, May 14th from 8:00 AM - 10:00 AM for a community cleanup event along A1A Beach Blvd. Register & pick up supplies at the 10th Street Parkette: 510 A1A Beach Blvd.

Be sure to come prepared:

- Please bring gloves if you have them, otherwise gloves and grabbers will be provided.
- Bring bug repellent, sun protection, and a refillable water bottle.

Contact:  
Melinda Conlon [events pio@cityofsab.org](mailto:events pio@cityofsab.org)  
Lauren Trice [info@matanzasriverkeeper.org](mailto:info@matanzasriverkeeper.org)

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## Kathy Vande Berg, The Powerhouse Behind Romanza Festivale

It takes a lot of people collaborating to present dozens of events over 17 days to create Romanza Festivale, but it takes a force of nature to plan, coordinate, create a schedule, find venues, work the budget and make it all run smoothly. That force of nature is Kathleen Vande Berg.



A native of Iowa, Kathleen graduated from college with a degree in Applied Music, Organ Performance with minors in music education and English. For 30 years she taught in all educational levels from preschool to college in New Jersey, New York, Virginia, Georgia and Florida. Since retiring from the White Plains, NY Public Schools in 2003, she has been active in the cultural life of St. Augustine.

Kathleen and her husband, Dr. James Vande Berg, are residents of the Westminster St. Augustine community where she serves as Chair of the PlayReaders Committee, is a member of the Social Committee and is currently presenting a series of organ recitals during the Lenten/Easter season. She was named the 2020 Volunteer of the Year for Westminster.

Kathleen conducts the St. Augustine Chamber Singers, accompanies the North Florida Women's Chorale and serves as Music Director and Organist at St. Cyprian's Episcopal Church. As Chair of the Romanza Festivale of Arts and Culture for the last eight years, Kathleen has planned this year's Festivale, featuring over 35 events.

She also serves on the Board of the Epicentre Alliance for the Performing Arts as secretary. She is the recipient of the ROWITA award, was an EWLI International Women's Day honoree and knighted by the Menorcan Easter Society for outstanding community service.

## Saint Augustine Maritime Heritage Foundation

by Roy Jaeger, SAMHF President

We are the original organizers of the Saint Augustine Maritime heritage foundation that built the "San Agustin" (an authentic 16th. Century Chalupa) for the 450th commemoration of Saint Augustine. We have now turned our energy to begin a community Rowing Program. "Row Saint Augustine"

We are featuring the Saint Isles skiff which is built from kits. Our foundation, a 501 C3, is hosting our first event at the fountain of youth on May 5 at 6pm. Kathy Fleming executive director of the Lighthouse will be the keynote speaker. Make your free reservation on Eventbrite or call 904-599-3800 for information.

## Romanza Festivale 2022

by Tatiana Diaz

The annual Romanza Festivale is back in St. Augustine from April 29 through May 15, 2022. The two-week long festival hosts musical and dance productions presenting the most talented in St. Augustine. This year's headliners include Leonard Bernstein and his opera "Trouble in Tahiti," Akia Uwanda in "Tribute to the Ladies of New Jazz and Soul," Dance Kaleidoscope, music by Mama Blue, and the "Music of Albert Syeles - An Evening Musicale."

For showtimes, tickets, and location information on all of the events during Romanza Festivale, visit [www.romanzafestivale.com](http://www.romanzafestivale.com).



## ACT finds Historic New Home

by Amy Golden

A Classic Theatre (ACT) will be presenting their final show of this season, The Immigrant by Mark Harelik, in the Ancient City's newly renovated and re-opened Waterworks building. Built in 1898, the red brick building served as the original pumping station until 1926 when a new facility was constructed. Two years after closing in 1928 The Waterworks was converted into a community center and was used by the Little Theater of St. Augustine as well as other community groups.

The newly rehabilitated structure, which was placed on the National Register of Historic Places in 2014, has now come full circle to be used once more as a community center and theater managed by the St. Johns Cultural Council. ACT was incorporated with the State of Florida in March of 2007 by founder Jean Rahner with the mission to produce classical, historical and original plays for the St. Augustine community. She served as president until her retirement in August of 2017.

Since then, with post-pandemic reorganization and a new Board of Directors, ACT aspires to evolve and grow, while still adhering to the principles of quality theater set by the founders.

ACT Artistic Director Cindy Alexander noted "ACT has traditionally been a nomadic theater company, performing in many local venues over the years. It is with great pleasure that we enter into this partnership with the St Johns Cultural Council and continue the theatrical tradition on this historic stage. We look forward to providing quality productions to our community for years to come."

The Immigrant will open May 6th, 7th, and 8th with performances the following weekend, May 13th, 14th and 15th. ACT will be announcing the lineup for its historic 15th Season in June. For tickets and information visit <https://www.aclassictheatre.org/>

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## Financial Focus

Information Provided by  
**Edward Jones**



### How to be a good money manager in retirement

If you reach retirement with a significant amount of assets, you've done a great job of saving and investing. But now comes another challenge – making that money last.

You might think that this task, as important as it is, won't be as hard as accumulating the money in the first place. Yet, a sizable number of people have reached a different conclusion. In fact, 36% of retirees say managing money in retirement is more confusing than saving for retirement, and 56% say they wish they had budgeted for more unexpected expenses in retirement, according to the Edward Jones/Age Wave Four Pillars of the New Retirement study.

What steps can you take to help you become an effective money manager during your retirement years? Here are a few to consider:

- Set your goals. Your money management needs will certainly depend, to some extent, on what your goals are for the coming years. Will you travel extensively? Stay close to home and pursue your hobbies? Or maybe even open a small business? Once you identify your vision for retirement, you can estimate how much it will cost, which will then dictate much of your spending and saving needs.

- Stick to a budget. If you've followed a budget throughout your working years, there's no reason to stop now – in fact, budgeting may be even more essential when you retire. Of course, you don't necessarily want to force yourself to be as frugal as possible – after all, you worked hard, saved and invested so you can enjoy a comfortable retirement lifestyle. Look for reasonable cost-cutting opportunities, such as eating out less often or eliminating streaming services you don't use.

- Don't underestimate health care costs. Even when you're on Medicare and pay for

supplemental insurance, health care costs could still be one of your biggest expenses during retirement. Initially, budgeting for \$4,500 to \$6,500 per person annually may be a good starting point for traditional health care expenses in retirement. However, depending on your health, prescription drug usage and other factors, your costs could be higher or lower. And you may also want to estimate long-term care expenses as part of your plan.

- Look for senior discounts. Once you're a senior, you may be able to find discounts on a wide range of items and activities, such as movies, transportation, groceries, gym memberships and more. By taking advantage of these discounts, you can save a surprising amount of money and ease pressure on your cash flow.

- Establish a sustainable withdrawal strategy. For decades, you've been putting money into your IRA and 401(k). But once you're retired, you will likely need to start taking withdrawals from these accounts. It's essential that you don't withdraw so much early in your retirement that you eventually run the risk of outliving your money. You may want to work with a financial professional, who can analyze your entire situation – assets, expenses, lifestyle, expected longevity, etc. – and recommend a sustainable withdrawal rate. Keep in mind that once you turn 72, you may be required to take out a certain amount each year from your 401(k) and your traditional IRA, so you'll want to incorporate these withdrawals into your overall income strategy.

Do whatever it takes to become a good money manager during retirement. You'll find that it's well worth the effort.

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

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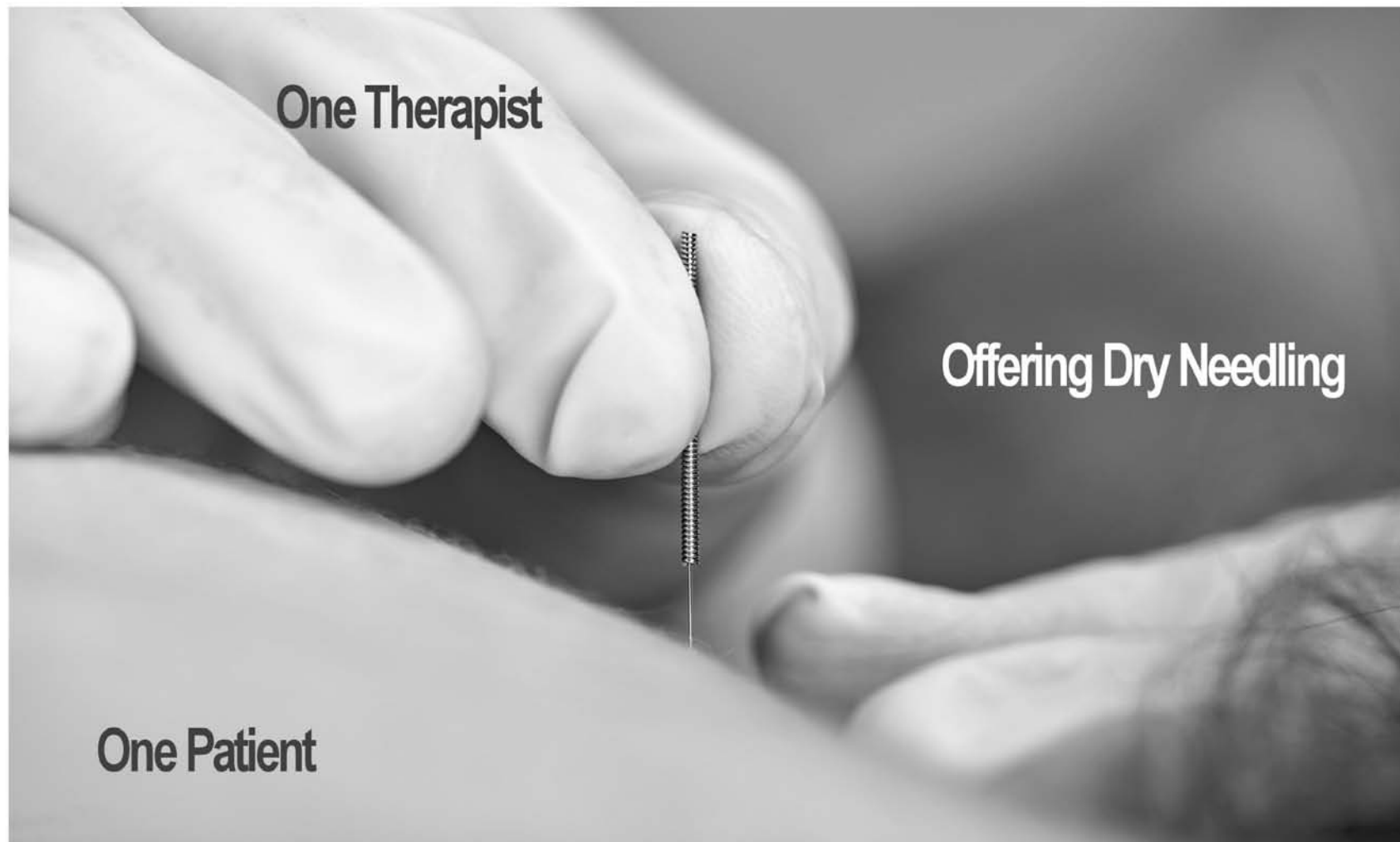
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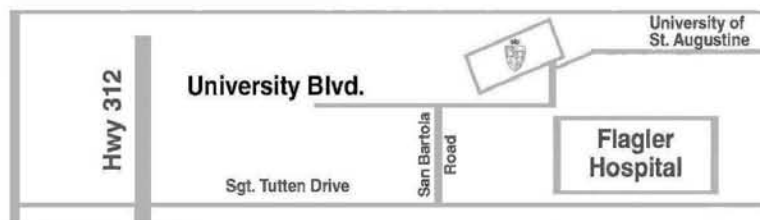
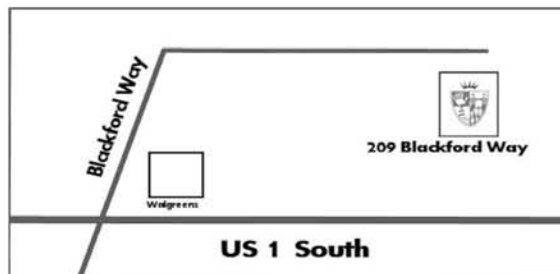


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## Dry Needling Q & A

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

I have written on Dry Needling (DN) before but continue to receive questions regarding this intervention. The purpose of this column is to answer as many of those questions in the space allowed (500 words or less) but more info can be found on our website or can be answered with a phone call at 904-829-3411 by any of our DN clinicians (see ad).

### Is DN new?

No, DN is not new. It has been growing in popularity since the 1960's when Janet Travell, MD coined the term Myofascial Pain Syndrome and used it to treat myofascial trigger points. It has been utilized for years by European physical therapists, which was my first exposure and was first approved in 1984 for use by US/Maryland physical therapists.

First Coast Rehabilitation (FCR) therapists have been teaching DN nationally and internationally since 2010, were approved in 2017 by the state PT Board to use in 2017, testified before the FL PT Board on behalf of all FL PT's, which was approved in 2020, and have since trained many others in St. Augustine, Florida and across the nation (see myopainseminars.com).

### Why utilize DN?

The benefit of DN is multifactorial and rooted in pain science research. At its root, a trigger point, or hyper-irritable nodule within a taut band of muscle, develops when the muscle is overloaded. This can happen in several ways, but poor posture or unaccustomed activities are two primaries. When this happens, the basic contractile elements of the muscle lock up, causing compression of the vascularity, thereby depriving the tissues of oxygen, resulting in tissue damage and the release of noxious (pain stimulating) chemicals = pain.

When treating the trigger point with DN, a twitch response is elicited, which is protective response to the stimuli via a spinal reflex loop. The "twitch" is an indication the trigger point has been treated and the noxious stimuli have been flushed out. It may leave some muscle soreness but can result in an immediate

analgesic effect, increase motion, strength and function. And because no medication is involved, there are not medicinal side-effects.

### What kind of problems can be treated with DN?

Almost anyone. It can help with nearly all types of headaches, Ehlers-Danlos syndrome, shoulder, neck, back, hip, leg, foot, and hand pain, where trigger points are involved. TMJ, jaw pain, and ringing of the ears caused by trigger points can also be treated. It can be used for orthopaedic and neurological problems where pain, muscle inhibition and loss of range of motion are a result of trigger points. It can also be used to treat scar tissue, pelvic pain and more.

### Is it safe?

Yes. All needles are sterile. In a 2013 multi-site study in Ireland, which included 39 PT's in nearly 8,000 treatments, proved with proper training and practice, DN is safe. (Therapist at FCR have been trained in the same techniques used in this study.) The major side effects were soreness, fatigue, an occasional bruising.

There are many more questions but limited space. What to do after treatment? How many sessions will it require? Once the trigger points are treated, are they gone forever?

Please visit [firstcoastrehab.com](http://firstcoastrehab.com) for more answers or call if you don't find an answer to your question or to see if DN could work for you.

Rob Stanborough was one of the first PT's to be permitted to use DN in FL since 2017. He has trained others in DN since 2010 both nationally and internationally as a Senior Instructor for Myopain Seminars ([www.myopainseminars.com](http://www.myopainseminars.com)). He is a co-owner of First Coast Rehabilitation, est 2006 ([www.firstcoastrehab.com](http://www.firstcoastrehab.com)), has presented and published regarding DN and co-authored *Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc.*

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## Computer Corner

by Steven Aldrich  
904-479-5661



## Hello! This is Joe with Support

Lately, my clients tell me that their home phone rings many times a day with scam calls. They always seem to start off with a greeting that sounds like the title of this article, then they go on to say that they have detected some sort of issue. They need to fix it right now.

The State of affairs with Scam Support calls is so bad that now a significant part of my business is dealing with the aftermath of someone being scammed after giving remote access to their computer.

Another common call is the Refund scam, in which folks get a call stating that you are owed a refund, and they can help make sure that you get that as soon as possible. All they need is access to your computer. (big red flags should be going up)

The common thread on most of the phone scams and computer support popup scams is that all important and immediate need to have access to your computer. Anyone that requests access to your computer should be treated with the utmost caution.

If I were to ask you for access, and you have never met me, or have not looked me in the eye, you should definitely NOT grant me remote access. Going beyond

this is the idea that If you know me, and someone says that they work for me, or are my representative, you still should NOT grant access.

The problem with someone calling you and claiming to be with Microsoft, Apple, Amazon, or whatever company they may say, is that you have no way to prove they are telling the truth. They may know enough about you to convince you that they are really from whatever company being named.

When someone that called you asks you to go to your computer and go to a website, or "type these words" or "click this link in the email", your default answer should be to hang up the phone. Don't say another word, simply hang up.

Hang up the phone if someone calls and starts off with anything that sounds like "I'm with support", because it's a scam.

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

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