



# St. Augustine Beaches

# NEWS JOURNAL

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

## St. Augustine Beach Light Up the Night!



## City holds New Year's Eve Fireworks Show

St. Augustine Beach's New Year's Eve celebration was back with a new name and a new mission to support local businesses. As in years past, the event included large fireworks display at 8:30 p.m. Friday, December 31, 2021, at the St. Johns County Ocean Pier.

The city is moving in a new direction, designed to invite visitors and locals to patronize local businesses. There was no festival in Pier Park and in lieu of having thousands of people in that one small area, people spread out all along the Blvd.

and enjoyed the fireworks from multiple locations.

Local businesses took the place of the many vendors that would have been crowded into Pier Park. While the city provided a fabulous fireworks show, people were encouraged to patronize businesses for their food, beverages, and entertainment.

Three locations on A1A Beach Boulevard were designated as Fireworks Viewing spots, so guests could spread out along the beach road. Designated viewing spots were at the St. Johns County Ocean Pier, on A Street, and on 10 Street.

There were no on beach viewing at Pier Park this year due to recent storms and erosion.

Limited shuttle service was provided from Anastasia Baptist Church to the three viewing locations on the beach. Public Parking was available at City Hall, Ron Parker Park, Amici's Restaurant parking lot on the Southside close to Pope Road, and at the YMCA. These were park and walk lots, there is no shuttle pick up or drop off at these locations.

Beach driving and parking was allowed as normal from A Street South.

For more information, about the City of St. Augustine Beach visit [ww.staugbch.com](http://ww.staugbch.com).



## City of St. Augustine Beach Recycling Update City resumes curbside services in January 2022

The City of St. Augustine Beach is pleased to announce that curbside recycling services will resume for residential customers on January 3, 2022.

Due to an ongoing labor shortage with the provider, the City of St. Augustine Beach made the difficult decision to temporarily suspend recycling services for residential customers back in October. The city worked diligently to bring the services in-house and is looking forward to servicing the residents with this new program.

Important Information for Residents: The recycling pick-up day will be the SAME as trash pick-up day for residents. In addition, the city is only collecting the city issued blue 18-gallon bins. Recyclables put in any type of closed container, large or small, will not be picked up. Recycled items should be loose in the bins, not in a plastic bag or any other type of bag. Bagged items will not be picked up. In addition, the city cannot accept the following items:

No plastic bags of any kind will be picked up, plastic bags get tangled in the sorting equipment. No glass of any kind and no milk or juice cartons. The city cannot accept pizza boxes or soiled fast-food bags.

The city will accept: Type 1 and type 2 plastic, paper and flattened cardboard, metal cans and aluminium cans. For a complete list of items, the city can and cannot accept, please visit our website [www.staugbch.com](http://www.staugbch.com) or contact the Public Works department at 904-471-1119.

The City of St. Augustine generously provided temporary dumpsters for residents in the City Hall parking lot. The dumpsters will remain available through the first week in January 2022. For more information, visit [ww.staugbch.com](http://ww.staugbch.com), The City of St. Augustine Beach Facebook page, and sign up for the monthly e-newsletter by texting CITYOFSAB to 22828.



## 12th annual Saint Augustine Film Festival January 20-23 in St. Augustine venues

Celebrating its twelfth season, the Saint Augustine Film Festival returns to downtown St. Augustine venues of Lewis Auditorium, Gamache-Koger Theater at Flagler College, and the Alazar Room at St. Augustine City Hall (Lightner Museum). From January 20-23, 2022 more than 50 independent and international films will be featured.

The Saint Augustine Film Festival is organized by Gregory von Hausch, the CEO of the acclaimed Ft. Lauderdale International Film Festival who says, "We are so excited to be back with in-person screenings in beautiful downtown St. Augustine and enjoying film festival openings and parties."

The Saint Augustine Film Festival has a reputation of showing films that aren't usually available in North Florida. The films chosen are created by talented independent filmmakers from around the globe. The film guide at [staugfilmfest.com](http://staugfilmfest.com) has descriptions of all the films, including the filmmaker, actors, a film trailer, the run time, and the festival schedule.

For 2021, the Film Festival went completely virtual in response to the COVID-19 pandemic. Some virtual options will still be available for those who may not be quite ready to join the festival in person.

Dramas, comedies, and documentaries from the US and all over the world are chosen by talented independent filmmakers, giving The Saint Augustine Film Festival a reputation for showing films that aren't usually available in North Florida.

See all 50 films in-person and virtually for \$90 or snag an All-Access pass for \$150. All-Access passes include admission to all films at all venues, access to all virtual screenings, and admission to all events including the Harbor Cruise, Dinner at Lightner, and a party at Colonial Quarter.

Volunteers are needed to help at all screenings. (continued on page 5)



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

### St. Augustine Beach City Hall Update

At its December 6, 2021, regular meeting, the City Commission took the following actions:

1. Elected Vice Mayor Don Samora as Mayor and Commissioner Dylan Rumrell as, respectively, Mayor and Vice Mayor for 2022. The Commission elects from its members the Mayor and Vice Mayor for the upcoming calendar year. The term of the current Mayor, Margaret England, will end on December 31, 2021. She will continue to serve as a Commissioner until her term expires on December 31, 2022.

2. Appointed Mr. Hulsey Bray as the junior alternate on the Comprehensive Planning and Zoning Board.

3. Approved the following resolutions:  
 a. to include certain condominium properties in the solid waste non-ad valorem assessment fee; b. to award the financing for the new recycling truck to Truist Bank for \$193,500; c. to appropriate \$13,000 in the Fiscal Year 2022 budget to purchase software for an automated budget program.

4. Held a public hearing on an ordinance that adds to the Land Development Regulations definitions for fences, patio covers, screen enclosures, sheds, stairs and stairways; and that provides setback requirements for exterior stairs, pool equipment, air conditioning units, generators, decks, sheds and other accessory structures.

5. Approved the Public Works Director applying for a hazard mitigation grant for one of three possible projects: to harden City buildings with impact-resistant window and door glass; to replace the emergency generator for the Public Works Department; or for drainage improvements at the west end of 7th, 8th and 9th Streets.

6. Authorized negotiations concerning fees with the civil engineering firm of Crawford, Murphy and Tilly of Jacksonville to do an update of the City's 2004 master stormwater management plan.

7. Authorized a contract with Florida Power and Light to replace high-pressure sodium streetlights in certain residential neighborhoods with energy-efficient,

light-emitting diode (LED) lights.

8. Approved a five-foot wide sidewalk along the north side of A Street east of A1A Beach Boulevard. As the County owns and maintains A Street, this will be a County project. At the same time, the County will do drainage improvements for this section of A Street to prevent the ponding of rainwater.

9. Approved paying a deposit to Florida Power and Light to put electric lines underground along 2nd Street west of the Boulevard. The

undergrounding will be done in conjunction with the construction of the section of 2nd Street that's west of 2nd Avenue so that lot owners can build houses. Second Street east of 2nd Avenue already is paved.

10. Heard a presentation by Commissioner Undine George about the history of the former city hall that's adjacent to the County pier park. The Commission scheduled a workshop with interested citizens about the building's future. It will be held on Wednesday, February 9, 2022, at 5 p.m. in the meeting room at city hall with Ms. Christina Parrish, Executive Director of the St. Johns Cultural Council, as moderator.

The City Commission's next regular meeting will be held on Monday, February 7, 2022, at 6 p.m. in the meeting room at city hall. The public is invited to attend or to view the meeting on the City's website, [staugbch.com](http://staugbch.com).



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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# St. Augustine Beaches NEWS JOURNAL

1965 A1A South #120  
 St. Augustine, FL 32080-6509  
 Online: [www.SABNJ.com](http://www.SABNJ.com)

**Tatiana Diaz**  
 Media Consultant  
 Editor/Sales  
 616-214-6608  
[TatianaObserver@gmail.com](mailto:TatianaObserver@gmail.com)



**Cliff Logsdon**  
 Publisher  
 Managing Editor  
 (904) 607-1410  
[clifflogsdon@att.net](mailto:clifflogsdon@att.net)



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City of St. Augustine Beach

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 City Manager Max Royle

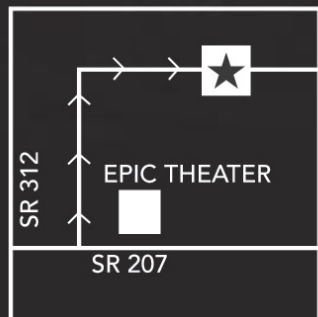
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## St. Augustine Travel Club

### St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas – well, not right now but planning - on Saturday, March 26 –April 2, 2022 on the beautiful Norwegian Escape out of Port Canaveral to the Eastern Caribbean ports of Puerto Plata (Dominican Republic), Tortola (British Virgin Islands), St. Thomas and Norwegian’s private island Great Stirrup Cay in the Bahamas for a 7-day cruise. Prices start from \$1059.39 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies, Oceanviews and Studio Singles are also available at additional cost. Book now with a \$250 p.p. deposit and receive \$100 per stateroom On Board Credit, Free Beverage Package and more. Should NCL have to cancel the cruise, full refund would be issued by NCL. Call Peter, St. Augustine Travel Club at (904) 797-3736.

### St. Augustine Travel Club Meetings

#### Wednesday, January 12, 3pm (Masks recommended)

Our Travel Club will resume on Wednesday, January 12, 2022, at 3pm, at the Southeast Branch Public Library with a presentation on Gardens & Parks of Europe, featuring formal and informal French, Italian, German and English Gardens accompanied by music of Beethoven, Chopin, Handel, Brahms, and others.

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 experiences, please let us know. The Travel Club also organizes a cruise in the Caribbean region once a year. If you require any more information, please call Peter Dytrych at (904) 797-3736.

## Dispose of used oil and electronics at community recycle January 5th

The City of St. Augustine, in conjunction with St. Johns County Utilities, will host a special community recycle event which includes used cooking oils and household electronics on Wednesday, January 5, 2022, from 7:30am-2:30pm, at two convenient drop points: 25 W. Castillo Drive (Francis Field downtown) and at 840 West 16th St. on Anastasia Island.

As the community continues to celebrate the holiday season with special meals and extra cooking of meats, sauces, butter, and dairy, remember that improperly disposing of fats, oils and grease (FOG) down the drain can clog pipes and cause sewage backups in your home or in the public sewer system. How will you properly dispose of FOG?

While waiting for the January 2022 event, remember to pour small quantities of fats, oils, and grease into a heat-safe container, cool it or freeze it, then seal and set it aside so it can be easily saved and safely transported for disposal delivery. This includes any used cooking oil, such as vegetable oil, peanut oil, canola oil, deep-fryer oil, etc. Using a heat-safe container will avoid any mishaps with the container melting or shattering.

And what about those old electronics? Cell phones, VCRs, DVD players, X-Box, PlayStation, or last year’s must-have tablet that gets replaced this year with the latest and greatest model?

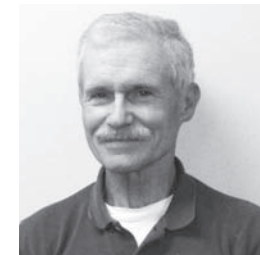
Outdated and broken “E-waste” (electronic devices) such as computers, printers, laptops, and cell phones are accepted, as well as phone chargers, batteries, iPad & tablets, digital cameras, stereos, scanners, copiers, VCR/DVD Players, power Cords, Christmas Lights.

Throughout the year, the City of St. Augustine accepts all recyclable materials daily during regular business hours, at the Solid Waste Facility and at the Wastewater Treatment Plant, located at 601/501 Riberia St. (respectively). St. Johns County Anastasia Island Wastewater Treatment Facility accepts only used cooking oil year-round at 860 West 16th St.

For more information, contact Glabra Skipp, City of St. Augustine Environmental Program Manager at [envirocomp@citystaug.com](mailto:envirocomp@citystaug.com) or 904.825.1055; Olivia Smith, Solid Waste Manager, at [solidwaste@citystaug.com](mailto:solidwaste@citystaug.com) or 904.825.1049, ext. 2, in St. Johns County, Linda Fielder, at 904.209.2663. The event flyer is available online at [www.CityStAug.com/recycle](http://www.CityStAug.com/recycle)

## Recycling III

By Max Royle  
St. Augustine Beach City Manager



Time for what’s likely to be our third and final installment of Information You Always Wanted to Know about the City’s recycling pickup service. First, some background:

a. The private company that had picked up recyclables for the City since 2008 was unable in the fall of 2021 to provide reliable service because of manpower problems. By mutual agreement, the contract was cancelled as of October 4, 2021.

b. The City then informed the residents that there would be a three-month pause in recycling pickup. Information was distributed about what types of materials could be recycled and that residents could unload what could be called their recyclable “acceptables” in one of the three dumpsters in the city hall parking lot that St. Augustine had generously loaned to the City and emptied each weekday.

c. In the interim, the City ordered a new sanitation truck, which would normally take a year for delivery, but a demo model was found that was immediately available. It was delivered in early October, though it couldn’t be used until the financing to pay for it was arranged in December. The City also had to advertise for and hire two new employees to man the truck.

d. In December, City staff prepared and distributed information to residents about what materials would be accepted for recycling and that the City would resume curbside pickup service of recyclables on MONDAY, JANUARY 3, 2022.

So, here we are, a day or so before January 3, 2022, or R-Day, when it’s time

for some final reminders:

- What CAN be recycled: ONLY newspapers, magazines, cardboard and regular paper, steel and aluminum cans, and ONLY plastic containers stamped either 1 or 2 on the bottom.

- What CANNOT be recycled: NO plastic bags of any type, NO glass containers of any type, NO cartons (milk, juice, etc.), NO stained containers, such as grease or tomato paste-stained pizza boxes and other fast-food containers, NO aluminum foil or baking trays.

- Recyclables must be put in the blue 18-gallon bins that the City provides. Recyclables put in any type of closed container will NOT be picked up. Residents who need a blue bin can get one from the City Manager’s office at city hall.

- Recyclables should be put LOOSE in the bins, NOT in a plastic or any other type of bag.

- Your day of recycling pickup will be the SAME DAY as your regular household wastepickup. For example, if your household waste is usually taken on Monday, that will be day when your recyclables are taken.

- St. Augustine will remove the three dumpsters in the city hall parking lot on December 31, 2021.

I hope the above information is clear, easy to remember and to follow. A successful recycling program will be one in which residents put only items (see above list) that can be recycled in the blue recycling bins and put all other items for disposal with their household waste.

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# A Classic Theatre Presents “Murderers”

By Tatiana Diaz

A Classic Theatre’s 2021-2022 season continues in January with the premier of “Murderers” by Jeffrey Hatcher.

“(Murderers”) is not really a whodunit because you already know ‘who-done-it’,” said Amy Goldin, one of the board members of A Classic Theatre. “What you find out is the backstory. Why they did it.” The play features local actors Stephen “C” Mitchell, Natalie Beltrami, and Harolyn Sharpe.

“We are really lucky to have three, really perfect people for these particular parts,” Goldin said.



The dark comedy gives the audience a glimpse of not just who was murdered, but why they deserved their fate in three monologues. The monologues follow Gerald Halverson (played by Mitchell) and how he ended up married to his mother-in-law and living in Riddle Key, the upscale Florida retirement community where murder seemingly lurks at every turn; Lucy Stickler (played by Beltrami) whose cheating husband is back to his old ways after an old flame moves into

Riddle Key; and Minka Lupino (played by Sharpe), Riddle Key’s manager, who knows everything about everyone who walks through the gates and their predatory behavior toward her beloved residents.

“It’s a real dark comedy,” Goldin said. “It’s kind of ridiculous, but it’s funny. Each character has their own little quirks and reasons for being there.”

Set in the sunshine state, the play has a hometown feel. “It’s good for a laugh,” Goldin said. “The settings will be familiar. Florida is always good for a laugh, Florida setting. There’s so many crazy things that happen in Florida that I think (the audience will) get a kick out of that. Just the setting is sort of semi-local anyway. It’s a good way to start off the new year. It’s not reality, but it’s funny. There’s some silly fun.”

“Murderers” will show at 7:30 p.m. on Jan. 28, 29 and Feb. 4, 5 and at 2 p.m. on Jan. 30 and Feb. 6. at the Lincolnville Museum & Cultural Center, located at 102 ML King Ave., St. Augustine, FL 32084. Tickets are available on A Classic Theatre’s website, [www.aclassictheatre.com](http://www.aclassictheatre.com).

## Mah Jongg Tournament coming to Temple Bet Yam

*Mah Jongg Tournament coming up! Get your reservations in today!*

On Thursday, February 17, 2022, Temple Bet Yam is sponsoring the Mah Jongg Tournament at the St. Augustine Duplicate Bridge Club, 10 Fairbanks Street in St. A. Your \$30 donation includes cash prizes and a lunch. Deadline to enter is February 10, 2022. Masks will be required. Please make out your check and note Mah Jongg Tournament in the memo, and send to Temple Bet Yam at PO Box 860098, St. A. Contact Teresa Freedman at 774-994-2066 with any questions.

## Saint Augustine Film Festival

(continued from page 1)

To volunteer, contact Leslie Lacika at [leslaci1@gmail.com](mailto:leslaci1@gmail.com) to volunteer for the 2022 festival. An orientation session will be held prior to the festival, where volunteers will get an official festival crew T-shirt; and volunteers will receive free tickets to attend films playing at Lewis Auditorium for those who commit to at least two four-hour shifts over the weekend.



by Paul Slsva



January and the ringing in of 2022 will start off with our First Friday Opening and a Brand New Member’s Show highlighting the Artist of the Month, Helene Alland on Friday, January 7th from 5pm until 8pm.

Helene Alland is an award-winning artist and graduate of Moore College of Art and Design in Philadelphia, PA residing in historic and picturesque Saint Augustine, FL. Inspired by the landscapes of the area as well as the vibrant

local art community, she has discovered the mediums of both colored pencil and pastels and has been working on capturing the essence of Saint Augustine through these mediums. She is a juried member of the Pastel Society of America as well as a member of the First Coast Pastel Society, Colored Pencil Society of America, Flagler County Art League, Saint Augustine Camera Club, The Art Studio of Saint Augustine Beach and Vilano Beach Art Program. To see more of Helene’s work, visit [www.helenealland.com](http://www.helenealland.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 Cultural to the community and offers classes, special events, exhibitions and rental space. For more information visit us at [www.beachartstudio.org](http://www.beachartstudio.org), Facebook or call 904-295-4428.




## St. Johns County Beach Driving Passes

St. Johns County Beach Driving Passes go on sale Monday, December 6, and make great stocking stuffers for the holiday season. St. Johns County resident passes are \$50, non-resident passes are \$100, and handicap passes are \$40. Passes will be available during normal business hours at the following locations through March 1, 2022:

- Tax Collector’s Main Office – 4030 Lewis Speedway, St. Augustine
- Tax Collector’s DuPont Center – 6658 US1 South, St. Augustine
- Tax Collector’s Julington Creek Office – 725 Flora Branch Blvd, St. Johns
- Tax Collector’s Ponte Vedra Office – 151 Sawgrass Corners Dr., Ponte Vedra Beach
- St. Johns County Beach Services Office – 901 Pope Rd., St. Augustine
- St. Johns County Ocean and Fishing Pier Gift Shop – 350 A1A Blvd., St. Augustine

Residents must present a valid I.D. with a St. Johns County address or present proof of property tax payments in St. Johns County to purchase a resident pass. A handicap hangtag or proof of qualification must be presented when requesting a handicap pass. Disabled military members are eligible for a free annual pass by showing their military I.D. or a letter from Veterans Affairs verifying disabled status. Resident, non-resident, and access passes are also available for purchase through CivicRec. Delivery for passes purchased online may take up to two weeks. Vehicles accessing the beach do not need a beach pass until March 1, 2022. After March 1, 2022, beach passes will be available for purchase (at the same rate) at tollbooth locations and online.

For more information about annual beach driving passes, please call the St. Johns County Beach Services Office at 904-209-0331.



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## Parkinson's Foundation Award to STARS REHAB

*The Parkinson's Health Center @ STARS REHAB has been Awarded 25k for The Park Avenue Project 2.0*

The Parkinson's Foundation awarded \$2.2 million in community grants for Parkinson's programs across the country. Community grants support local health,



wellness and educational programs that address unmet needs in the Parkinson's disease (PD) community. This year's grant cycle focused on three areas, including: programs that provide services for diverse and underserved populations, initiatives that reach the newly diagnosed and programs that address mental health and Parkinson's. Of the \$2.2 million being granted, \$1.6 million will help fund essential programs that focus on diverse and underserved Parkinson's communities.

"We are pleased to be able to provide these community grants and to expand programs and resources throughout the Parkinson's community," said John L. Lehr, Parkinson's Foundation president and chief executive officer. "Every one of these grant recipients shares our commitment to making life better for people with Parkinson's disease." Programs funded by the Parkinson's Foundation community

grants also include wellness, dance, music therapy and educational programs that help people with Parkinson's live better with the disease. These programs will benefit communities in 40 states across the country. Since 2011, the Parkinson's Foundation has funded more than 580 community-based programs that help address unmet needs for people with PD. To see the full list of the 2021 community grant recipients, visit [Parkinson.org/CommunityGrants](https://Parkinson.org/CommunityGrants).

The Parkinson's Health Center @ STARS REHAB, located in St. Augustine Beach, was awarded 25k for The Park Avenue Project 2.0. According to Melanie Lomaglio, Physical Therapist and program coordinator, this is the center's second



award and last year's programming focused on providing access to free multi-levelled group exercise and voice training classes to provide an extension to one on one Physical and Speech Therapy to help people maintain the gains made during rehab. This year's grant will allow the existing program to continue but it will also focus on reconnecting people and improving mental health through regular socialization to help

combat the loneliness and isolation that the pandemic created. "Recent research has revealed that poor social health is associated with a faster disease progression and that the known benefit of exercise on motor symptom control may be negated by loneliness" said Lomaglio. With this in mind, Lomaglio created an extension to the existing program that includes singing, art classes, mindfulness & meditation training, book club, and a social support group to foster friendships and build a sense of community. Lomaglio also has a highly trained facility dog named "Harley" who brings joy and smiles to the people he meets and works with. Lomaglio and her team have dedicated their careers to helping people with Parkinson's live a better life today and her work would not be possible without the support of the Parkinson's Foundation. To learn more about the program visit <https://starsrehab.org/parkinsons-exercise-and-wellness-program/>. To join the program or ask questions, contact Melanie Lomaglio at [atmelanie.neuroPT@gmail.com](mailto:atmelanie.neuroPT@gmail.com) or call 904-501-8779.

### About the Parkinson's Foundation

The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure. In everything we do, we build on the energy, experience and passion of our global Parkinson's community. Since 1957, the Parkinson's Foundation has invested more than \$368 million in Parkinson's research and clinical care. Connect with us on [Parkinson.org](https://Parkinson.org), Facebook, Twitter, Instagram or call (800) 4PD-INFO (473-4636).

### About Parkinson's Disease

Affecting an estimated one million Americans and 10 million worldwide, Parkinson's disease is the second-most common neurodegenerative disease after Alzheimer's and is the 14th-leading cause of death in the United States. It is associated with a progressive loss of motor control (e.g., shaking or tremor at rest and lack of facial expression), as well as non-motor symptoms (e.g., depression and anxiety). There is no cure for Parkinson's and 60,000 new cases are diagnosed each year in the United States alone. Please contact Liz Duncan 904.679.3449 or Email: [liz@starsrehab.org](mailto:liz@starsrehab.org) for more information.



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## 32nd Annual Garden Club of St. Augustine Florida Arbor Day Tree Giveaway

By Tatiana Diaz

The annual Garden Club of St. Augustine Florida Arbor Day Tree Giveaway is slated to take place from 9 a.m. to noon on Friday, Jan. 21, 2022 at the Garden Club of St. Augustine Club House, located at 3440 Old Moultrie Rd., St. Augustine, FL 32086.

Homeowners and businesses alike are encouraged to pick up a free tree on Florida Arbor Day, Jan. 21, 2022. This year, there will be 125 trees available to take and replant. Planting instructions and tree information will be provided at pick-up. There will be five varieties of native trees to choose from: red maple, yaupon holly, magnolia, sand live oak and Simpson's Stopper.



Garden Club of St. Augustine President Maggie Ouellette recognizes that planting trees helps the community all around.

"It's something to support the wildlife, too," Ouellette said. "That's why I chose these trees, because it's something the birds will use and squirrels and... caterpillars. It helps with the nature around us, too."

Ouellette also does her part to help the environment in her own backyard by planting trees.

"Over the last, maybe, six years I've been watching all these old trees are starting to die off and people aren't really planting a lot of trees or replacing them," Ouellette said. "I see them go down in my neighborhood, and I have to run out and plant another little tree in my yard. Pretty soon you won't be able to see my yard, but I think it's important."

Florida Arbor Day has been celebrated with the annual tree giveaway in St. Johns County since 1989. Nationally, Arbor Day has been celebrated since 1872. Though states have different dates commemorating Arbor Day, the objective is the same: to plant more trees and provide a better environment for the future.

For more information on the Garden Club of St. Augustine Florida Arbor Day Tree Giveaway, visit [www.gardenclubofstaugustine.org](http://www.gardenclubofstaugustine.org). To find out more information on Arbor Day, visit [www.arborday.org](http://www.arborday.org).

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## Financial Focus

Information Provided by  
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### Should Inflation affect your Investment moves?

As you know, inflation heated up in 2021, following years of pretty stable – and low – numbers. And now, early in 2022, we're still seeing elevated prices. As a consumer, you may need to adjust your activities somewhat, but as an investor, how should you respond to inflation?

First, it helps to know the causes of this recent inflationary spike. Essentially, it's a case of basic economics – strong demand for goods meeting inadequate supply, caused by material and labor shortages, along with shipping and delivery logjams. In other words, too many dollars chasing too few goods. Once the supply chain issues begin to ease and consumer spending moves from goods to services as the COVID-19 pandemic wanes, it's likely that inflation will moderate, but it may still stay above pre-pandemic levels throughout 2022.

Given this outlook, you may want to review your investment portfolio. First, consider stocks. Generally speaking, stocks can do well in inflationary periods because companies' revenues and earnings may increase along with inflation. But some sectors of the stock market typically do better than others during inflationary times. Companies that can pass along higher costs to consumers due to strong demand for their goods – such as firms that produce building materials or supply steel or other commodities to other businesses – can do well. Conversely, companies that sell nonessential goods and services, such as appliances, athletic apparel and entertainment, may struggle more when prices are rising.

Of course, it's still a good idea to own a variety of stocks from various industries because it can help reduce the impact of market volatility on any one sector. And to help counteract the effects of rising prices, you might also consider investing in companies that have a long

track record of paying and raising stock dividends. (Keep in mind, though, that these companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

Apart from stocks, how can inflation affect other types of investments? Think about bonds. When you invest in a bond, you receive regular interest payments until the bond matures. But these payments stay the same, so, over time, rising inflation can eat into your bond's future income, which may also cause the price of your bond to drop – a concern if you decide to sell the bond before it matures. The impact of inflation is especially sharp on the price of longer-term bonds because of the cumulative loss of purchasing power.

However, Treasury Inflation-Protected Securities (TIPS) can provide some protection against inflation. The face value, or principal amount, of each TIPS is \$1,000, but this principal is adjusted based on changes in the U.S. Consumer Price Index. So, during periods of inflation, your principal will increase, also increasing your interest payments. When inflation drops, though, your principal and interest payments will decrease, but you'll never receive less than the original principal value when the TIPS mature. Talk to your financial advisor to determine if TIPS may be appropriate for you.

Ultimately, inflation may indeed be something to consider when managing your investments. But other factors – especially your risk tolerance, time horizon and long-term goals – should still be the driving force behind your investment decisions. A solid investment strategy can serve you well, regardless of whether prices move up or down.

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

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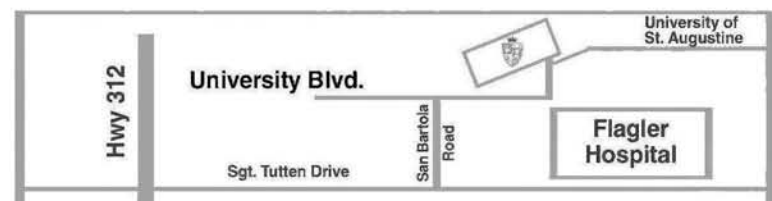
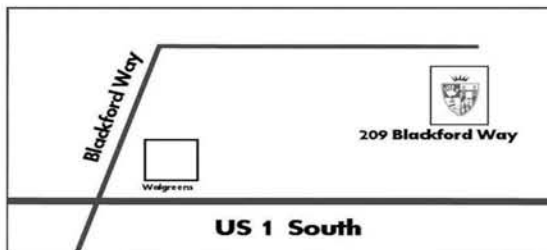


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## Master Compensator

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

Webster defines becoming a master as "a person with exceptional skill at a certain thing". Therefore, mastering is "becoming proficient in the use of something". I've said for years that we are all master's of compensation - meaning we all have great proficiency in making small, subtle changes in our movements, which enables us to master any and all tasks at hand.

Sometimes compensating or adapting movement is a good thing. All top athletes rely on this to help them defeat their opponent. By making small changes in their movements they may hit an outside pitch, a golf ball from the rough or snag a lob that drops just past the net. But all too often, compensations are non-productive and can even have negative, dysfunctional side effects. Multiple compensations are capable of producing accumulated dysfunction.

Why do we compensate and how do we do it? We compensate because we are living and ever changing beings. We have adapting musculoskeletal and nervous systems. Through the developmental years, we learn how to move and when we can't move properly we move improperly.

We learn compensations early. I often say, tongue and cheek, we learned many compensations in Kindergarten. "Sit here and be still", we're told. But we're not made to be still. We are made to move. Yet we continue to sit well into our 40's, 50's, 60's and beyond. We sit at computers, in front of TV's, at events, in cars and the list goes on. Our pelvis contacts the chair and gravity pushes the trunk and head forward into varying degrees of a slump. Compensation occurs when we have to stand back up and can't do so fully. Because we have sat for prolonged periods, we are now slightly more curved. To return to our previous position, instead of allowing our head to turn down, we extend the upper most part of our neck in an effort to bring the eyes up toward the horizon causing increased compression of the spine and shortening of the muscles. This is just one example.

There are all types of compensatory masters. Are you one any of the following?

The Limp Master: The individual who lacks full range of motion in the lower

extremities following trauma or surgery. The results may be an altered gait pattern, hip knee or back pain.

The Mother Master: The mother who has difficulty restoring full motion back in the spine following pregnancy or tends to stand leaning to one side with a child resting on the hip. Both problems may hinder regaining the much needed core stabilization and result in sacro-iliac dysfunction or low back pain.

The Robot Master: This is the person who lacks neck or shoulder mobility following a whiplash injury or other types of neck trauma. Movements tend to look robotic as the head is held still. But in order to look right/left and up the compensation manifests in low back rotation or extension.

The Sitting Master: This person sits in the office all day developing tight anterior hips, which makes straightening the hips difficult. The compensation is often made in the lumbar spine.

We are all masters and therefore guilty of simply transitioning with such adaptations year after year. To minimize compensations, first seek analysis or assistance early; second, move but learn to move properly and move regularly. Improper movements can simply lead to more compensation and further dysfunction.

Becoming a master at most things takes years of practice and dedication. Becoming a master of compensation is easy - it just takes years to see what kind of master you've become. And being a master of faulty compensations is a direct path to earning your doctorate of dysfunction.

Rob Stanborough is a physical therapist, president and co-owner of First Coast Rehabilitation. He is co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He has been in practice for over 13 years, is a Fellow of the American Academy of Orthopaedic Manual

Therapists and trained/certified in a number of soft tissue techniques. Read previous columns posted on www.firstcoastrehab.com.

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## Computer Corner

by Steven Aldrich  
904-479-5661



### Do not shut down?

The sophistication of computer scams is increasing rapidly. More often than not they include bold text warning you that if you shut down your computer everything will be lost. And this warning is given while sirens are going off or a computer voice is telling you to call some random 800 number to get support.

Everything about these scams is designed to keep you from using good judgement and seeking the advice of a trusted advisor. Some of my customers have sheepishly told me that they knew better, but the scammer made it seem so real, they just went along.

#### JUST SHUT IT DOWN!

I know, the warning says not to, but trust me, this is why it says not to do it. Shutting it down in most cases fixes your computer.

Unless you have a laptop, just unplug your computer.

If you have a laptop, press and hold the power button for 5 seconds.

When you restart the computer and open your web browser (Edge, Google Chrome, or Firefox) you may be asked if you want to "restore previous session". DO NOT Restore.

You should be able to use your computer without issue now.

So what just happened?

Somehow you found yourself on a webpage that was intentionally developed

to POP UP that warning, and prevent you from doing anything other than shut down the computer. Which, of course, is why the scammers' text always tell you not to shut it down. Next, when we restart the computer that webpage is no longer loaded and can't bother you. However, when you open your web browser it will ask if you want to restore the last session, which is the scammers' webpage. Please avoid this, as you will need to start all over again.

Some gentle advice from someone that has seen and heard just about every way this can go wrong... Just Shut It Down. Google, Microsoft, Amazon, or any other well known company of that size will NEVER call you out of the blue. They will NEVER pop up something on your computer that blocks you from closing a warning. They do not know if your computer is infected or anything like that. They simply do not have the capacity for this sort of activity.

Moral of the Story:

#### JUST SHUT IT DOWN!

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



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