

# St. Augustine Beaches NEWS JOURNAL



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



## Lighthouse 5k Run/Walk & Fun Run February 12

The Junior Service League of St. Augustine (JSL) will hold the Lighthouse 5k Run/Walk & Fun Run, originally scheduled for September 18, 2021, on Saturday, February 12, 2022. Registration is available at [jslofstaugustine.org](http://jslofstaugustine.org).

In an effort to continue support for the St. Augustine Lighthouse, the League hosts the annual 5K & Fun Run. The inaugural race in 1983 was originally titled the "Bud Light Twilight Lighthouse Run." The Lighthouse 5K is a chipped race that serves as a qualifier for the famed Gate River Run.

Proceeds from the Lighthouse 5K Run/Walk & Fun Run benefit numerous JSL service projects and provide financial support for local non-profit organizations in St. Augustine and the St. Johns County community. The Junior Service League of St. Augustine is an organization of women dedicated to volunteerism. Founded in 1935, the organization is committed to bettering the St. Augustine community through service, fundraising, and charitable projects. Each year members donate nearly 5,000 hours of time to local non-profits, including the Lighthouse, Lightner Museum, The Children's Museum, Kids Bridge, St. Augustine Youth Services, The Homeless Coalition, Pie in the Sky, The Betty Griffin House and many others. More details at [www.jslofstaugustine.org](http://www.jslofstaugustine.org).



### Popular downtown St. Augustine festival rebrands Announces 2022 dates, March 26 & 27

The St. Augustine Lions Club is proud to announce the dates for the 39th Annual St. Augustine Lions Spring Festival, which will be held at Francis Field March 26th-27th, 2022. Previously known as the Seafood Festival, the St. Augustine Lions Foundation has rebranded the popular festival with a fresh look and expanded options. The new theme will help the festival grow and prosper after the 2020 and 2021 festivals being canceled due to the pandemic. The beloved festival

is the primary fundraising event for the St. Augustine Lions Foundation each year since 1981 – generating funds for charitable needs and services to the community, with a focus on youth, the deaf and blind, disaster relief, veterans, and more. With more than 28,000 people expected to attend in 2022, the St. Augustine Lions Spring Festival is currently the largest festival held in St. Augustine.

The primary draw of the festival is its abundance of great food and live music. There will be seafood offered, of course, with the addition of more cuisines and county fair dishes. Other fun activities include kids rides, family shows, and an Arts & Crafts vendors. "We're very excited to announce the dates for 2022," said Dominic Mercurio, Festival Chairman. "This is truly a community event and Lions, whose motto is 'We Serve,' are able to raise the funds needed to fulfill our claim that 'Where there is a need, there is a Lion.' We invite everyone out to Francis Field to join us in giving back to the community. After two years of cancellations, we can't wait to all be together again and shout 'Hey, We're Havin' Fun Now!'"

Hours and Location: Francis Field is located at 25 W. Castillo Drive in downtown St. Augustine. Festival hours are Saturday, March 26th from 10am to 10pm, and Sunday, March 27th from 10am to 6pm. The Arts & Crafts village closes at sundown. No pets allowed except service animals.

Free Parking and Shuttle: Shuttles will pick up and drop off visitors on Saturday and Sunday at locations to be announced. More information on parking and shuttles will be (continued on page 7)



Run is Saturday, February 12, 2022 at at 4 p.m., and the Fun Run at 5 p.m. at the St. Augustine Lighthouse & Maritime Museum, 81 Lighthouse Ave. St. Augustine FL 32084. For more Information & Registration: [jslofstaugustine.org/about/events/lighthouse-5k](http://jslofstaugustine.org/about/events/lighthouse-5k).

### St. Augustine Beach Hotel & Beachfront on National Register of Historic Places

The St. Johns Cultural Council has worked for more than 20 years to restore and preserve the historic St. Augustine Beach Hotel, which has now been recognized by the U.S. National Park Service for the property's national civil rights significance and local historical, architectural importance. According to Christina Parrish Stone, St. Johns Cultural Council's Executive Director, the Cultural Council helped to save the structure from demolition and raised hundreds of thousands of dollars in grants and private donations to stabilize the building and restore the first floor, which now houses dance and art studios. The Council is currently working with the City of St. Augustine Beach to develop plans to complete the second floor, and a workshop to receive input from the community will be held in March.

On January 14, the National Park Service released information that the St. Augustine Beach Hotel and Beachfront in the City of St. Augustine Beach has been added to the National Register of Historic Places for importance nationwide as part of the civil rights movement known as the St. Augustine Campaign. (continued on page 5)



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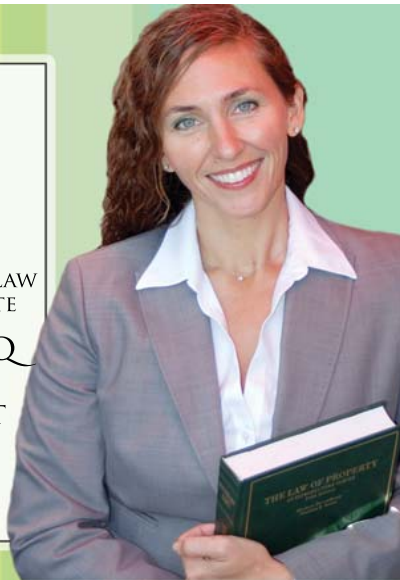
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## News & Events From Around the Beaches & the Island

### St. Augustine Beach City Hall Update

The St. Augustine Beach City Commission met on Monday, January 3, 2022. Here are the highlights of the Commission's actions:

1. Approved a proclamation presented by the American Association of University Women to support awareness of human trafficking.

2. Approved on final reading an ordinance to amend sections of the Land Development Regulations to add definitions for fences, patio covers, screen enclosures, sheds, stairs, stairways; and to

provide setback requirements for exterior stairs, pool equipment, air conditioning units, generators, decks, sheds and other accessory structures.

3. Heard a request by Police Department employees for paternity/maternity leave and approved up to six weeks of paid leave for all employees under the federal government's Family and Medical Leave Act. The City Attorney will draft a resolution for the Commission's February 7th meeting.

4. Approved a contract with the Matthews Design Group, a civil engineering firm, for additional design and permitting work for the Ocean Walk subdivision drainage improvement project.

5. Approved an interlocal agreement with the City of St. Augustine for that city to provide street sweeping services for a fee to St. Augustine Beach. St. Augustine has a new streetsweeper. It will be used to sweep A1A Beach Boulevard regularly and eventually other streets in St. Augustine

Beach that have curbs and gutters.

6. Passed on first reading an ordinance to amend the Comprehensive Plan to adopt by reference the St. Johns County's School District's five-year facilities plan.

7. Reviewed current regulations for Ocean Hammock Park that's between the Bermuda Run and Sea Colony subdivisions and did not direct that any changes be made to them.

The City Commission's next regular meeting will be held on Monday, February 7, 2022, at 6 p.m. in the Commission meeting room



at city hall.

In addition, the Commission will hold a workshop meeting on Wednesday, February 9th, at 5 p.m. in the city hall. The workshop's purpose will be to discuss future uses of the former city hall that's located on the south side of pier park. The public is invited to both meetings.

# 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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"Official News Source for the City of St. Augustine Beach"



City of St. Augustine Beach

Mayor Margaret England  
City Manager Max Royle

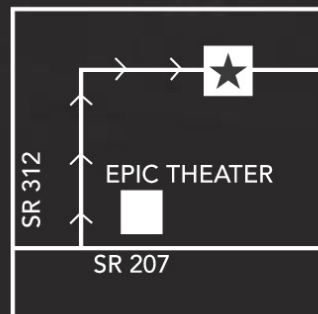
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## St. Augustine Travel Club

### St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas 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 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, February 9, 2022 (Masks recommended)

Our Travel Club will resume on Wednesday, February 9, 2022, at 3pm, at the Southeast Branch Public Library with a presentation on Central Japan, Discovering Japan's spectacular heartland and unique traditions of the Geishas in Kyoto, a former ninja stronghold in Iga near Osaka, a remote Sado Island, among other locations.

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.

## Anastasia Island Branch Library Two Day Book Sale March 4-5th

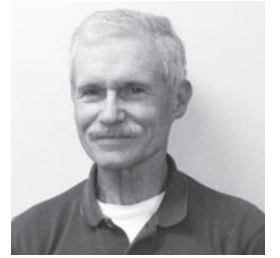
Don't miss this opportunity to add to your book collection, and get ready to do some serious reading! The Friends of Anastasia Island Branch Library (FAIBL) will be holding their Spring Two-Day Book Sale on Friday, March 4 and Saturday, March 5, 2022 at the library at 124 Seagrove Main Street, St. Augustine Beach. Dates and times are Friday, March 4, 10:00 AM - 5:45 PM, and Saturday, March 5, 10:00 AM - 4:45 PM. Shoppers will enter through the patio door on the east end of the building (where the shell sculpture and garden are located.) Come stock up on books for your Spring and Summer reading!

As always, we will have thousands of items available for purchase. Books include like-new hardcover bestsellers with dust jackets, nonfiction titles, a selection of childrens' and teens' books, music CDs and DVDs. A collection of specially-priced items will also be available. All books, CDs, DVDs etc. are priced at 50 cents to \$1.00, except for specially-priced items.

On Saturday, prices will be reduced by 50%. A paper grocery sack can be filled for \$5 (doesn't include specially-priced items, DVDs or CDs, but they are half-price.) The proceeds of the Book Sales supplement library funds from the county. With cuts in the county budget, the money raised is critical to provide ongoing quality programs and materials for the library.

## Opportunity

By Max Royle  
St. Augustine Beach City Manager



Your fair City has a total of 64 full- and part-time employees:

- Police - 24
- Public Works - 23
- Finance and Administration - 10
- Building, Planning, and Code Enforcement - 7

More than two-thirds of the employees work mainly outside an office, providing services directly to the residents. These include Police officers; Public Works employees who pick up trash and maintain streets, drainage facilities and parks; and the Building Official, Building Inspector and Code Enforcement Officer.

Though fewer in number, the office staff is essential for the City's functioning, as they do tasks to ensure the proper spending of the public's money, maintaining the Police Department's accreditation, providing staff support to the Commission and other boards, and helping residents with their questions and concerns.

While a lean workforce is desirable, that slimness can be an obstacle for employees who desire promotion to a position of greater responsibility and pay as there simply aren't that many higher positions in the City's workforce. What, then, are the opportunities for advancement?

There are two: either when a new position is created, or a vacancy occurs because an employee leaves. In each instance, the department head advertises for candidates. The key criteria for evaluating them is whether their work record shows they are reliable and have a willingness to learn.

For example, years ago the City's information technology tasks were handled by just the Finance Director. You know what has happened: The reliance on IT has grown each year, and the hardware

and software to accomplish IT tasks have become more complex. The result for the City was the creation of the IT Specialist position. There was a Public Works maintenance worker who had a strong interest in computers and was largely self-taught in their use. He applied for the position and beat the competition. He has more than earned his promotion because he has shown how crucial his skills and knowledge are. He has the added ability to write clearly and to orally present and make understandable complex information to the technologically challenged (like myself).

Eventually, his responsibilities increased so much that a new position, IT Manager, was created and he was promoted to it. Another employee, another Public Works maintenance worker, was promoted to the vacant IT Specialist position. By his willingness to take on new responsibilities and competently do them, this employee has proved that he deserved the promotion.

More recently, the Public Works Department was again the source of an employee who wanted to advance himself. After the Building Official and his staff evaluated the applicants for the Permit Technician position, a maintenance worker was promoted to it.

Over the next decade, employees in several City departments will retire. My hope is that there are ambitious City employees who see an opportunity in these upcoming vacancies to prepare themselves to be strong competitors to fill them. In advance, they can learn new skills by taking advantage of the program the City has that reimburses employees the costs for certain training/educational programs.

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# Beach Hotel & Beachfront National Register of Historic Places

(continued from page 1)

The Hotel is located at 370 State Road A1A in St. Augustine Beach.

To establish the significance of the historic property and prepare the National Register nomination, the St. Johns Cultural Council engaged consultant Leslee Keys, PhD, and Keys and Associates of St. Augustine. According to Keys, The Rev. Dr. Martin Luther King, Jr. selected St. Augustine as the third of a trilogy of southern cities for staged protests designed to generate attention when the U.S. Senate was debating and filibustering the much-delayed Civil Rights Act of 1964.



The St. Augustine Beach Hotel property and the beachfront from 16th Street northward to the hotel were the settings for multi-cultural wade-ins which activists conducted on St. Augustine Beach continuously from June 17, 1964 until July 1, 1964, the day before President Lyndon B. Johnson signed the Civil Rights Act of 1964 into

law. The wade-in that occurred at the beach on June 25 is best known with segregationists attacking protestors along the beach. Images of the Florida Highway Patrol breaking up the riot and standing fully uniformed in the ocean to protect the protestors were among the most circulated of the entire St. Augustine movement.

The historical and architectural significance of the building includes its design by prominent local architect Francis A. Hollingsworth as a wood building with coquina block veneer, and additional period materials to support commercial use. The Hotel, which opened on Labor Day in 1940, is the only building remaining from a "St. Augustine Auxiliary Pier Project" by the federal Works Progress Administration (WPA) during the Great Depression. The Anastasia Island coquina quarry location was reopened for construction of WPA buildings, specifically the twin beach hotels.

"Historic sites and historic preservation are critically important to our community and to cultural tourism in St. Johns County. Raising awareness of these sites through recognition such as this, and increasing access to funding for historic preservation are key components of our efforts to support, promote and enhance the arts, culture and heritage of the area," said Parrish Stone. "St. Johns Cultural Council and its supporters are thrilled by this recognition for a property that has been an important part of the work to sustain our vibrant cultural community."

The mission of the Cultural Council is to support local artists and arts organizations and to promote St. Johns County as a premiere destination for cultural travelers, ensuring that the lives of both residents and visitors are enriched through art, culture, history, and heritage. For more information, contact Christina Parrish Stone at 904.434.0959 or email christina@historicoastculture.com. Visit the website at <https://stjohnsculture.com>

## Swing Into Action

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Port in the Storm is a program of St. Augustine Society, Inc. a 510 c3 non-profit agency.



by Paul Slava

February brings us First Friday once again with this months falling on February 4th. Our featured artist will be Photographer, Laurie Back.



Laurie is a local St. Augustine dog and wildlife photographer. She and her husband moved to Saint Augustine beach in 2019. Prior to moving here they lived and worked on a 72-acre farm in Oklahoma. Having spent many days with bird dogs, raising birds and cattle, allowed her the opportunity to study animal behavior. To get the best shots you must have the proper camera settings, optimum natural light, and wait for that perfect moment when it all comes together. All this requires patience and quickness.

She especially loves the artistry of post editing which can be observed in her images. She has been a member of The Beach Art Studio since 2020. See her opening on Friday, February 4th starting at 5:00pm. The show will

run through the month.

February will also see Classes and Workshops coming back and Cindy Pierson is kicking it off in February with a pastel class. Contact her at [cinpier@hotmail.com](mailto:cinpier@hotmail.com) for more information,

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



## 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. Augustine 32086. Contact Teresa Freedman at 774-994-2066 with any questions.

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Commissioner Dylan Rumrell (left) takes oath of office as St. Augustine Beach's Vice Mayor for 2022 from City Attorney.

Commissioner Don Samora (left) takes oath of office as St. Augustine Beach's Mayor for 2022 from City Attorney Lex Taylor.



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## “GriefShare” Continues Crescent Beach Baptist Church

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.

August 18, 2021-November 10, 2021  
Wednesdays, 6pm-730pm  
Crescent Beach Baptist Church  
St. Augustine , Fl 32086

Contact, Melanie 904-759-1054 or rscogn@gmail.com or GriefShare.org under Find a group to register. You are welcome to join anytime during the 13 week period.

## Fish Island Clean-Up February 5th

The Fish Island Community Cleanup has been postponed to Saturday, February 5. The event will be held from 8am - 11am, in partnership with the Matanzas Riverkeeper. Parking will be available in the parking lots in the adjacent office complexes.

- Be sure to come prepared:
- Wear long sleeves and closed-toe shoes for protection from brush and bugs.
  - Bring gloves if you have them, otherwise gloves and grabbers will be provided.
  - Bring bug repellent, sun protection, and a refillable water bottle.







(continued from page 1)

posted on website lionsfestival.com and Facebook @staugustinelionsfestival

About the Lions Club: With more than 1.4 million members in more than 206 countries and geographic areas, Lions Club International is the largest and most effective service organization in the world. The St. Augustine Lions Club raises funds each year to support worthwhile community projects, and since 1981, raised well over two million dollars. A 501c3 nonprofit organization, the St. Augustine Lions Foundation and St. Augustine Lions Club also conducts thousands of free vision screenings of local children each year and provides support to many local organizations. Visit [www.staugustinelions.com](http://www.staugustinelions.com)



## 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.



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## Financial Focus

Information Provided by  
**Edward Jones**

### Watch for changes in RMDs



If you're a certain age, you'll need to withdraw money from some of your retirement accounts each year. But in 2022, the amount you must take out may be changing more than in other years – and that could affect your retirement income strategy.

Here's some background: Once you turn 72, you generally must start taking withdrawals, called required minimum distributions, or RMDs, from some of your retirement accounts, such as your traditional IRA and your 401(k) or similar employer-sponsored plan. Each year, your RMDs are determined by your age and account balances. This year, the life expectancy tables used by the IRS are being updated to reflect longer lifespans. This may result in lower annual RMDs than you'd have to take if this adjustment hadn't been made.

If you've started taking RMDs, what does this change mean to you? It can be a positive development, for a few reasons:

- Potentially lower taxes – Your RMDs are generally taxable at your personal income tax rate, so the lower your RMDs, the lower your tax bill might be.
- Possibly longer "lifespan" for retirement accounts – Because your RMDs will be lower, the accounts from which they're issued – including your traditional IRA and 401(k) – may be able to last longer without becoming depleted. The longer these accounts can stay intact and remain an asset, the better for you.
- More flexibility in planning for retirement income – The word "required" in the phrase "required minimum distributions" means exactly what it sounds like – you must take at least that amount. If you withdraw less than your

RMD, the amount not withdrawn will be taxed at 50%. So, in one sense, your RMDs take away some of your freedom in managing your retirement income. But now, with the lower RMDs in place, you may regain some of this flexibility. (And keep in mind that you're always free to withdraw more than the RMDs.)

Of course, if you don't really need all the money from RMDs, even the lower amount may be an issue for you – as mentioned above, RMDs are generally taxable. However, if you're 70½ or older, you can transfer up to \$100,000 per year from a traditional IRA directly to a qualified charitable organization, and some, or perhaps all, of this money may come from your RMDs. By making this move, you can exclude the RMDs from your taxable income. Before taking this action, though, you'll want to consult with your tax advisor.

Here are a couple of final points to keep in mind. First, not all your retirement accounts are subject to RMDs – you can generally keep your Roth IRA intact for as long as you want. However, your Roth 401(k) is generally subject to RMDs. If you're still working past 72, though, you may be able to avoid taking RMDs from your current employer's 401(k) or similar plan, though you'll still have to take them from your traditional IRA.

Changes to the RMD rules don't happen too often. By being aware of how these new, lower RMDs can benefit you, and becoming familiar with all aspects of RMDs, you may be able to strengthen your overall retirement income situation.

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

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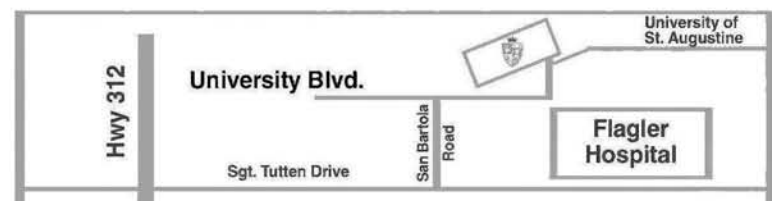
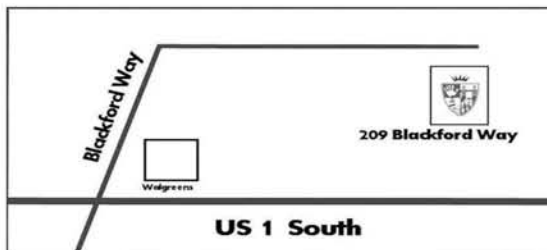


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## One-a-Day, is more than just a vitamin

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

The Bayer company manufactured a variety of vitamins and called them "One-a-Day" because you only had to take them once each day. There are not many things we only have to do once a day. We usually eat and go the bathroom more than once a day. We sit, stand, bend, and twist more than once a day. But some motions are not done even once a day, or even once a week.

Starting with the feet and moving up, the ankles do okay. Walking, sit to stand and negotiating stairs keep them fairly mobile. The knees are the same. But the hips – they rarely move through their full range of motion. Very few daily activities require full internal rotation, external rotation or extension. Over time this can make them tight, limiting motion and even strength. And if the hips get tight, restricting motion, the lack of motion is made up by the back, putting undue strain on the spine. But something like simple lunges can help maintain both mobility and strength. Placing the foot over the leg while sitting can help maintain external rotation.

As far as the back - most of us use full flexion putting on socks or tying shoes. And when we straighten back up we go into extension but not fully. There are a few daily activities that require full extension, or bending backward, such as reaching to a high shelf or leaving back to rinse one's hair, but most do not. However, leaning back is important for disc nutrition as well as keeping the joints mobile, stretching out the ligaments and other soft tissues. This can be done more regularly by simply placing your hands on your hips and leaning gently back (seated or standing). Bending to each side is also good and can be done by sliding the hand down the leg and up again (side bends). And crossing the arms over the chest before turning side to side is also beneficial.

The neck stays fairly mobile just by looking up at the Florida sky or looking down for shells while walking on the beach take the neck through nearly full flexion/extension. Sufficient rotation can be maintained with driving, looking right and left, so that's covered too. Fingers, wrists and elbows also do fairly well. Fingers go through a variety of motions manipulating objects. The elbow goes into near full

flexion with eating and extension is covered when we carry groceries.

Full motion in the shoulders, however, is probably utilized the least of any joint and Physical Therapists treat a lot of shoulder problems. If you think about the amount of available motion in the shoulder it really is significant and covers three degrees. We can reach overhead. We can reach around our backs to tuck in our shirts or loop a belt. We can reach behind us to retrieve something from the car's back seat. But very little of that is utilized each day unless one's occupation requires it. For the most part, we move and live right in front of us. Think about the last time you stretched and reached for something overhead. When's the last time you were able to reach up and over, or around and behind, to scratch your back. For the most part these motions are not done once a day, which over time, can result in decreased range of motion and other compensations.

Conveniences of today have minimized our need to move. Forcing ourselves to move daily is simple but can be very effective – just like taking a daily vitamin. When I recently asked a man if he had therapy today his response made me smile. He said, "Every day is therapy." Make everyday therapy – move.

It's a new year. If you've find you have lost range of motion and limited in your function, having pain or have suffered an injury, see our ad or webpage and call us at First Coast Rehabilitation. We may be able to help get it back and get you on a healthy track.

Rob Stanborough is a physical therapists, 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 20 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



### Anit-Virus-More is not better

When we consider protection, we tend to think that more is better. In many cases this is true. Such as your car having locks plus an alarm, your money in a bank plus FDIC insurance on those bank deposits, or a 300+ pound center plus several large linesmen guarding your favorite quarterback on an important play.

Computer virus protection is different, and more than one application is actually much worse. They will fight one another in several ways, which can prevent the virus protection you need, and slow your computer down.

Anti-virus applications can be very "resource intensive", meaning that they slow your computer down. All Anti-virus applications make your computer slower than it would be without them. Some anti-virus advertising campaigns brag about their product having less impact on performance than the competitors.

If you have more than one, not only are they both using resources and slowing you down, but they are actually fighting one another, and in some cases you may see dramatically slower computer speeds.

Each application you have running on your computer requires computing power, and the more you have running the less efficient each will be. Then, if you have applications that fight each other, it

spirals into a very inefficient situation.

Many of my customers are unaware that they are running more than one anti-virus application and surprised at the difference it makes when we clean up the mess.

If more than one is not better, you might ask which is best. That depends on your specific needs. If you are a business that holds customer financial information, you will need more protection than a home user that seldom uses their computer. Do you primarily use your computer to check email, or are you checking your financial assets and retirement accounts? The latter needs more protection than the former.

Cost is an important factor. I cannot recommend free Anti-virus software, as most of them leave much to be desired.

No matter what anti-virus you choose, be certain that you only have one installed. Any qualified computer tech can help you in this regard, and I would be happy to discuss your specific needs, and help you make the choice.

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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