

# St. Augustine Beaches NEWS JOURNAL



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

## Smooth Sailing for Kids at St. Augustine Yacht Club's Sail Camp!



Enthusiastic and energetic Marissa Burrier, sail director of the St. Augustine Yacht Club, promises a summer of fun for kids and teens (5-17) wanting to learn how to sail or improve their sailing skills. While camp has already reached a record attendance, there are still spaces left for certain groups and weeks.

Burrier strongly believes in the benefits of learning to sail. She said, "I truly believe that to teach a child to sail is to give them a gift for life. Sailing teaches problem solving and builds confidence while creating lifelong friendships. Additionally, our students learn how to better care for our environment and become stewards of the sea."

The SAYC Sail Camp is in its 10th year. It incorporates the U.S. Sailing Reach curriculum, is STEM (Science, Technology, Engineering, Math) based, and a hands-on experience for children and teens to learn the sport of sailing.

Burrier is assisted by six young adults who are U.S. Sailing certified instructors,



along with 19 volunteer instructors more who are training for certification. St. Augustine Yacht Club, the oldest yacht club in Florida, also provides scholarship opportunities for local youth.

A native of St. Augustine, Burrier was a college athlete and is a trained educator, avid sailor and race coach. All Sail Camp program information, including costs, availability and registration can be found on the website [www.saycsc.org](http://www.saycsc.org).



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## Humane Society Hosts 12th annual "Pin Up Paws" Calendar Fundraiser

The St. Augustine Humane Society has launched its 12th annual Pin Up Paws pet calendar photo contest with a Pop Art theme this year, "Dig It". The fundraiser began in 2010, and it supports the non-profit's mission of promoting healthy lifelong pet ownership while reducing the rate of relinquishment to shelters. For a chance to have a pet featured in the full color, high-quality calendar, photos and entertaining descriptions are submitted to let people know why they should vote for the pet. Each vote is a \$1 donation. Last year, more than \$23,000 was raised by calendar votes and donations to the campaign. For more information, call (904) 829-2737 ext. 111 or email [development@staughumane.org](mailto:development@staughumane.org). Visit our website to find all the details: [www.staughumane.org](http://www.staughumane.org)


The pet with the most votes at the end of the contest will be the first-place winner, and will receive the coveted cover spot on the 2023 Pin Up Paws Calendar. Each of the 12 second place winners will be featured on one of the months in the calendar. All first and second place winners will receive a professional photography session along with gift certificates from Columbia Restaurant as part of the prize package. The 12 pets with the next highest number of votes will be runners-up, and will have the image they submitted to the contest and a brief description of their pet featured in a one and a half-inch space in the calendar. The top 80 pet contestants will have



their submitted photos included in a calendar collage. The "Dig It" calendar will feature the winning pets in a groovy Pop Art scene. Voting ends on Saturday, August 13 at 8:00 pm EDT when winners will be revealed.

Styling and photography sessions will take place with award winning photographer, Addison Fitzgerald who has donated his talents to the Humane Society since the calendar's inception. Local fine artist and graphic designer, Maribel Angel continues to donate her creative talents to designing the distinctive calendar publication.

The completed calendar will be revealed at the Pin Up Paws Party on Friday, November 4 at the Renaissance St. Augustine Historic Downtown Hotel, 6 West Castillo Dr, St Augustine, FL 32084. Price per ticket is \$95 for dinner, live music by Rob Ellis Peck and the Matanzas Inlet (continue on page 4)



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**Distribution Locations for the Beaches News Journal**

- St. Augustine Beach City Hall
- Anastasia Library
- St. Johns County Pier Park
- YMCA
- Main Library
- Southeast Library

The purpose of the St. Augustine Beaches News Journal is to serve neighborhoods of St. Augustine Beach and other communities on Anastasia Island.

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

Information and ads should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent to the Beaches News Journal, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to [clifflogsdon@att.net](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.

Information, articles and other materials published are believed to be accurate at time of publishing. Acceptance of advertising does not constitute an endorsement or approval of any content, product, or services by the New Journal or its staff or contractors.

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The publisher reserves the right to refuse materials that does not meet the publication's standards.

The Beaches News Journal is published by an independent publisher and is not affiliated with any government or agency, community development, management company or Homeowners Associations.

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

**St. Augustine Beach City Hall Update**

At it's regular meeting on July 11, 2022, the St. Augustine Beach City Commission took the following actions:

1. Witnessed the presentation of the Anastasia Island Environmental Stewardship Awards by Ms. Sandra Krempasky, Vice Chair of the Sustainability and Environmental Planning Advisory Committee, to Laura Pitts and Debra Mixon (Group Business), Walker Cooker (Individual Business), Fire Island Community Alliance (Group, Non-Profit/Educational) and Lauren Trice (Individual, Non-Profit/Educational).
2. Approved a conditional use permit to construct four houses in a commercial land use district between 4th and 5th Streets, west of A1A Beach Boulevard.
3. Approved on final reading an ordinance to change the wording in the Land Development Regulations regarding bees and insects.
4. Passed on second reading an ordinance to increase the number of vacation rental licenses from 100 to 123. A second public hearing for the ordinance will be held at the Commission's August 1st regular meeting.
5. Approved two budget resolutions. The first to appropriate \$162,000 from American Rescue Plan Act funds to purchase a yard trash removal vehicle; the second to adjust various accounts in the General Fund and Road/Bridge Fund budgets.
6. Approved two resolutions. The first to have the canvassing of vote-by-



mail ballots for the August 2022 primary election done by the County's Supervisor of Elections; the second to amend the Personnel Manual to include holidays in calculating overtime worked by City employees.

7. Heard an update report by the City's civil engineering consultant, Matthews Design Group, of two projects: Ocean Walk subdivision drainage improvements, and the renovation of the parking area on the west side of A1A Beach Boulevard between A and 1st streets.

8. Reviewed a proposal by Ms. Heather Lane (Neville) of the consulting firm of DDEC to hire it to develop a Complete Streets Policy for the City.

9. Agreed with Police Chief Dan Carswell's proposal to have an ordinance prepared to regulate alternative vehicles, such as electric bicycles and scooters.

10. Appointed Commissioner Margaret England as the City's voting delegate at the annual Florida League of Cities' conference in August.

The City Commission's next regular meeting is scheduled for Monday, August 1, 2022, at 6 p.m. in the Commission meeting room at city hall. Also, the Commission will hold a workshop with representatives of Florida Power and Light on Tuesday, August 2, at 5 p.m., to discuss the undergrounding of electric lines along A1A Beach Boulevard. The public is invited to both meetings or may view them online at [staugbch.com](http://staugbch.com).

**View the Beaches & Observer Online!**

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

You can also view past issues back to 2013. Monthly print editions can be found at local libraries or by monthly subscription of \$12 per year. See [SABNJ.com](http://SABNJ.com) or [StAugustineObserverOnline.com](http://StAugustineObserverOnline.com)



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## Flagler Hospital Free Monthly Education

### Living with Cancer Support Group

**3rd Wednesday of each month at 11:00 am at Care Connect (3rd floor of the Whetstone building)** This is an informal gathering for adults with any type of cancer and their caregivers. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.

### Breast Cancer Support Group

**1st Tuesday of each month at 6:00pm in Flagler Hospital's Matanzas Room.** The mission of the Breast Cancer Support Group of St. Augustine is to give help, comfort and friendship to breast cancer patients, survivors and their families. They invite many guest speakers, including doctors, pharmacists, nutritionists, educators, etc. They gather together to share the company of others with similar experiences and offer each other comfort and support. For more information, visit [www.bcskofstaug.com](http://www.bcskofstaug.com) or email [bcsgofsa@gmail.com](mailto:bcsgofsa@gmail.com).

### Restorative Yoga: Rest, Heal, Restore

**Wednesdays Weekly from 1:15pm -- 2:15pm at the Wellness Center Taught by Certified Yoga Instructors through the Christina Phipps Foundation** Restorative yoga encourages physical, mental and emotional relaxation. Ease into this yoga session with gentle stretching and breathing techniques that allow you to experience the following benefits that Restorative Yoga offers: - Relax the mind and body - Enhance your mood - Soothe the nervous system - Reduce chronic pain - Improve sleep. Please call the Cancer Education and Support Center at 904-819-4793 for information about any of these programs.

## St. Augustine Travel Club

The St. Augustine Travel Club that meets at the Southeast Branch Public Library will be on summer break for the months of July and August. We resume in September. Until then, we wish everyone a safe and enjoyable summer whatever your plans may be. Happy and safe travels if you are exploring! And, thank you for being part of our Travel Club. See you in September. Peter and Linda Dytrych 904-797-3736



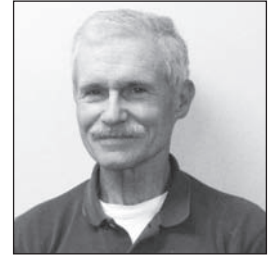
### St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Saturday, February 25 – March 4, 2023 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 \$778.65 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 \$125 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.

## WHY?

By Max Royle  
St. Augustine Beach City Manager



Why what? you ask. The answer can be complicated because it concerns time, money and the daily competition for your attention, Mr. and Ms. Citizen. There's the lure of the Internet, Netflix, sports contests, as well as family obligations and the demands of a job, or even possibly two, and the constant struggle to balance spending with income. All of that can make silly the wistful longing we who work in local government sometimes feel: Why aren't you more interested in what we're doing on your behalf?

The question is especially relevant because your yearly give us a not meager sum of money in the form of the property taxes you pay to your fair City for the services it provides, or in the form of the rent you give your landlord who pays the property taxes. Also, the question is relevant because the decisions made by your city officials can directly affect you.

And it's so easy to learn what we at city hall are doing. Local governments are mandated to post notices in advance of the meetings of the Commission and other boards, and a record of what happens at the meetings must be kept and made available to you. What will be voted on at the meetings usually is posted in advance and you must be provided with the opportunity to speak at those meetings about those topics. Also, Commission and Planning Board meetings are live streamed, so that you don't have to leave your home to hear what is being discussed and decided.

Yet, even during pre-pandemic times, citizen attendance at the meetings usually was sparse. During the pandemic, when citizens may have been reluctant to be in the Commission room with strangers, viewers of the City's live-streamed meetings averaged less than 12 when they happened and fewer than 100 viewed them during the week afterwards. Why the apathy?

I suggest three reasons: First, what usually happens at local government meetings is often as exciting as stale toast and cannot compete when citizen attention is focused on such riveting pop culture magnets as "Dancing with the Stars" and "The Bachelorette." Second, the daily struggle of many citizens to balance the demands of work and family life leaves little time and energy for concern about what their local government is doing.

There is an exception to what I've written above. It happens when there's strong citizen interest in a topic, such as paid parking or any hint that the 35-foot building height limit may be increased. As the saying goes, "the ox that's gored bellows the loudest" and citizens will definitely pack the Commission meeting room whenever a pet ox is threatened.

And the third reason: Citizens are practical because their time is limited. By their vote for Commission candidates, they delegate their trust that the persons they elect will act responsibly and honestly on their behalf. Now, as to why some citizens are apathetic about voting itself: that's a topic for another day.

## "Pin Up Paws" Calendar Fundraiser

(continued from page 1)

Allstars, silent auction, wine pull, refreshments, and more.

The Humane Society's resource center includes a wellness and preventative care clinic, low-cost spay and neuter clinic, grooming facility, dog training, and a pet food pantry. These and other services enable local pets to live happily and healthfully in their homes for life. Business hours are Monday through Friday from 9 am until 4 pm. Closed Sunday. Pet owners must pre-register for spay and neuter surgery and for clinic visits. The Humane Society is located at 1665 Old Moultrie Road in St. Augustine.

St. Augustine Humane Society promotes healthy responsible lifelong pet ownership by serving the medical and rehabilitative needs of companion animals in our community. The programs are designed to strengthen human-pet relationships and reduce the need for pets to enter shelters with a goal is to ensure all pets have access to quality veterinary care, prevent overpopulation, and prevent animal suffering.



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## St. Augustine Beach SEPAC to Host “REUSE” Movie at Anastasia Branch Library

Environmental Film/Speaker Series Resumes August 25

The City of St. Augustine Beach’s Sustainability and Environmental Planning Advisory Committee (SEPAC) invites the public to view the film “Reuse!: Because You Can’t Recycle the Planet” and discuss it with a panel of local environmental experts.

The free event will take place at 5:30 p.m. on Thursday, August 25 at the Anastasia Island Branch Library, 124 Sea Grove Main Street in St. Augustine Beach.

The film is about finding fun and easy solutions to our country’s complicated waste problems. It follows filmmaker Alex Eaves on his cross-country journey to discover what people are doing to reuse items that others might throw away. The film has been featured at numerous film festivals.

It will be followed by a discussion session with local experts Jen Lomberg and Adam Morley.

SEPAC is restarting its environmental education program after a two-year COVID hiatus. The program is also sponsored by the St. Johns County Public Library System.

“We are very excited to kick off our renewed series with Adam, Jen, and a film that puts a creative spin on reduce, reuse, and recycle,” Lana Bandy, SEPAC Chair, says. “Attendees will get to see what people across the country are doing to solve our waste issues and talk to our local experts about what is being done here and how they can help.”

Questions about this event can be directed to Dariana Fitzgerald, deputy city clerk, at [dfitzgerald@cityofsab.org](mailto:dfitzgerald@cityofsab.org) or by phone at 904-471-2122 or fax at 904-471-4108.

## ParkStAug Mobile app & Parking Kiosks

The City of St. Augustine will launch a pilot program at the Historic Downtown Parking Facility beginning on Monday, July 18, which will provide those who wish to park in the parking garage the option of using the ParkStAug mobile app or a payment kiosk to pay for parking.

The northern-most entrance to the garage will be used as an Express Lane, marked with a blue sign, without a parking attendant manning the toll booth. Drivers entering the garage in the Express Lane will park in a marked space and use the ParkStAug mobile app or enter their license plate at the payment kiosk to make a payment.

## GriefShare, Continues at Crescent Beach Baptist Church

GriefShare is a weekly seminar designed to help you rebuild your life after the loss of a loved one in a warm, caring environment.

Starting August 17, 2022 - November 9, 2022 on Wednesday, 6pm-7:30pm at Crescent Beach Baptist Church, St. Augustine FL 32086. Contact Melanie, 904-759-1054 or email [rscoogn@gmail.com](mailto:rscoogn@gmail.com) or [GriefShare.org](http://GriefShare.org) under Find a Group to register. You are welcome to join any time during the 13 weeks.

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by Paul Slava

Our First Friday Opening for this month is on August 2nd and Featuring, Artist of the Month Sharon Moon. After 35 years as a successful tax accountant, she recently returned to art and passion for painting, attracted by the ease of application and brilliant colors of acrylic. She painted and drew most of her life. Starting out as a hobby and evolving into learning techniques from a private art teacher. To quote the Artist: “My paintings are an attempt to bring to my canvases to some of the fabulous places and images I’ve seen in my life for others to share and enjoy.”

Her works with the Member’s Show Opens with a reception Friday evening at 5pm until 8pm, join us for musical entertainment, beverages and snacks and meet the artist. The show runs through August.



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.

## The Annual Fine Art Garage Sale at Butterfield Gallery in August



The 20th Annual Butterfield Garage “Garage Sale” opens Sunday, August 1 and will continue throughout the month. This year the sale will be bigger and better than ever! 31 local artists offer high octane art at discounted prices. Well known Member artists bring in their older work, art with slightly damaged frames, experimental work that has never been shown and even works of other artists from their own private collections... on display at Butterfield at “garage sale” prices. With a wide variety of art mediums, including paintings, sculpture, photography, prints, textiles, glass, jewelry and more. This is always a fun time and a great opportunity to find some real bargains! Butterfield gallery will resume their open everyday from 11-5pm hours, August 1-30.


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## Alyssa Camper Sorstein for County Judge Meet & Greet August 5th at Pier Pavilion

by Phil Nichols, Campaign Manager

“Come and MEET and GREET Alyssa Camper Sorstein for Judge at the Beach Pavilion on August 5, 2022 from 5 to 8 p.m. There will be music, good times, great opportunity to meet the most qualified candidate for Judge to help keep our Community Safe! She is the best of the best and most qualified candidate for Judge in St. Johns County.”



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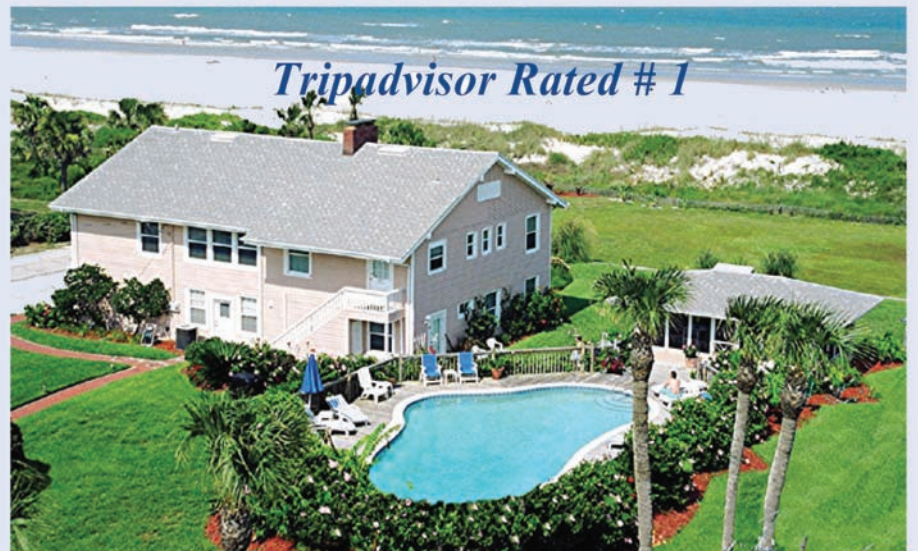
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## St. Augustine Lions Club Installs 2022 - 2023 Officers & Board Members



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<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	Eciectic Mix

## UNO Tournament at HARD LOX CAFÉ

Temple Bet Yam's HARD LOX CAFÉ is back! You can enjoy bagels, nova and a schmear while playing in the UNO Tournament. On August 28 join TBY, your friends and the community for fun, food, a chance to win prizes and participate in the 50/50 raffle. Calling all kids and kids at heart ages 7 and up to come to Temple Bet Yam, 2055 Wildwood Drive (just off of SR 207) in St. Augustine. The cost is \$15 per adults and \$8 for all kids (2-15). Deadline to register is August 23. Questions? Contact: Teresa Freedman at 774-994-2066 or [Teresa.freedman@gmail.com](mailto:Teresa.freedman@gmail.com) or Carol Tarnawa at 847-209-3325 or [Carol.tarnawa@gmail.com](mailto:Carol.tarnawa@gmail.com)

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Uno and Hard Lox Cafe Reservation Form

Name: \_\_\_\_\_ Phone (home): \_\_\_\_\_ (cell): \_\_\_\_\_  
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# Financial Focus

Information Provided by  
**Edward Jones**

## Prepare yourself for a long retirement



We all want to live long lives. We all expect to live long lives. But are we financially prepared for this longevity?

Before we get to the issue of preparation, let's look at a couple of interesting findings from a 2022 survey by Age Wave and Edward Jones:

1 The surveyed retirees said, on average, they expect to live to 89, and they said the ideal length of retirement is 29 years.

2 When asked if they want to live to 100, nearly 70% of the respondents said "yes." The main reason for this desire for long life? To spend more years with their family and friends.

Of course, none of us can see into the future and know how long we'll be around. But with advances in medical care and a greater awareness of healthy lifestyles, these aspirations have a real basis in reality.

However, if you're going to enjoy a longer lifespan, and the extra years with your loved ones, you need to ensure your finances are also in good shape. How can you make this happen?

Here are some basic steps to follow:

- Save and invest early and often.

This may be the oldest piece of financial advice, but it's still valid. The earlier you start saving and investing for your retirement, the greater your potential accumulation. Consider this: If you began saving just \$5,000 per year at age 25, and earned a hypothetical 6.5% annual rate of return, and didn't take any early withdrawals, you'd end up with \$935,000 by the time you reached 65. But if you waited until 35 to start saving and investing, and you earned the same hypothetical 6.5% return – again with no early withdrawals – you'd only end up with \$460,000. And if you

didn't start saving until 45, you'd end up with just over \$200,000, again given the same 6.5% return.

- Be mindful of debt. You may not want to be burdened with certain debts when you enter retirement. So, while you're still working, try to reduce unwanted debts, particularly those that don't offer the financial benefits of tax-deductible interest payments. The lower your debt load, the more you can save and invest for the future.

- Keep reviewing your progress. It's important to monitor the progress you need to make toward achieving your goal of a comfortable retirement. Over the short term, your investment balances may fluctuate, especially in volatile financial markets such as we've seen in the early part of this year. But you'll get a clearer picture of your situation if you look at long-term results. For example, have your accounts grown over the past 10 years as much as you had planned? And going forward, do you think you're in good shape, or will you need to make some changes to your investment strategy? Keep in mind that, if you're 50 or older, you can make "catch-up" contributions to your IRA and 401(k) that allow you to exceed the regular limits. You may also want to adjust your investment mix as you near retirement to potentially lower your risk exposure.

Hopefully, you will enjoy many years of a healthy, happy retirement. And you can help support this vision by carefully considering your financial moves and making the ones that are right for you.

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

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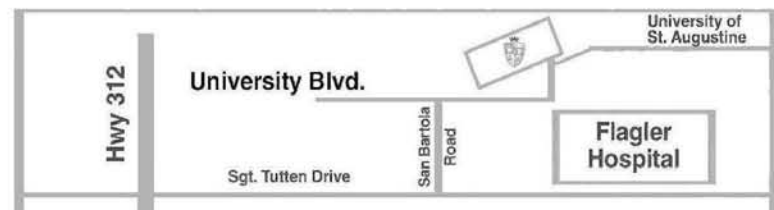
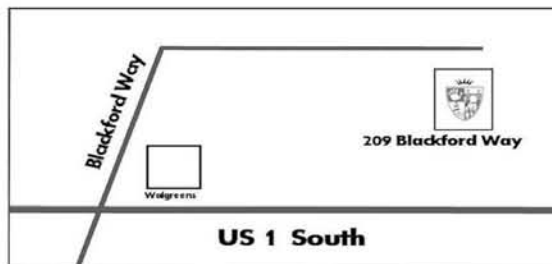
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## Nerve Compression

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

Stenosis is defined as “a narrowing or constriction of the diameter of a bodily passage or orifice.” Spinal Stenosis is defined as “narrowing of the lumbar spinal column that produces pressure on the nerve roots resulting in sciatica and a condition resembling intermittent claudication and that usually occurs in middle or old age.” (<http://www.merriam-webster.com>)

Such ‘narrowing’ can occur anywhere in the spine but is most often found in the cervical or lumbar spines, and its causes are varied. One reason stenosis can form as discs start to degenerate (DDD) and the spaces between the vertebrae narrow. Another reason can be as articulating joints in the spine, called facet joints, deteriorate, the spaces between the vertebrae narrow. When the spaces narrow, the bones try to protect themselves and the spinal cord by forming what are called osteophytes (little bony stalactites or stalagmites). These too encroach on the space and cause narrowing. In all of these situations, the vertebrae become closer to each other and the spaces on the side, called lateral foramen, can cause pressure to the nerve. They can also cause pressure to the spinal cord as the space in the middle of the spine narrows.

All of us have changes to the structures of our bodies but wear and tear does not necessarily result in pain if we can stop and/or reverse the process early enough. Contributing factors from trauma, falls, motor vehicle accidents, history of high impact sports or carrying excess weight can hasten and complicate the process. These often result in lack of spinal stability, weak abdominals, poor posture, muscle imbalances and more.

When stenosis is suspected, a physical therapist will ask questions about function and pain, such as: “Do you have pain with prolonged standing or walking that is relieved with sitting or bending?” I recently examined a woman who did not complain of pain in the neck but instead in the shoulder and arm. Her pain worsened with looking to the side and looking up. Both these

movements can cause compression. She also had difficulty finding a comfortable position sleeping and had to get her pillow “just right”.

Treatment for stenosis begins with identifying the level of compression, decompressing that area, and treating the surrounding muscles. She was surprised how quickly this worked. After seven weeks of pain she experienced a significant reduction during treatment and after. Her treatment consisted of heat, soft tissue manipulation, traction and stretching. The heat allowed her to relax. The soft tissue work increased blood flow to the tight/sore muscles. The traction opened up the vertebral spaces, taking the pressure off the nerves. And the stretches allowed her to maintain the results post treatment.

Although she was treated for cervical stenosis, lumbar stenosis is treated much the same way: heat, soft tissue manipulation, traction and stretches. Exercises are prescribed to provide the stabilization needed but lacking. Simple modifications in daily activities may also need to be examined and modified, including shoe wear for the lumbar spine and pillows for the cervical.

Stenosis can be mild or serious, but it can often be treated conservatively with good results. It all starts with an examination.

*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.**



## Computer Corner

by Steven Aldrich  
904-479-5661

### Mostly Cloudy!



The subtitle for this could be “It is 2022, do you know where your files are?”

No matter what sort of computer or cell phone you may own, you are most likely storing lots and lots of personal stuff on one cloud or another (or maybe many clouds). If you had to list the different clouds your “stuff” is on, could you do that?

What is “the cloud”?

It is file storage on internet-based servers. Simply put; A back up of your files on the internet.

The other day I was assisting a client with their android phone, and this reminded me of the fact that Android/Google stores every location you have gone to, and what path you took to get there. If you search “stop google from tracking you” the list of “how-to” results is really long!

If you are an iPhone user, your pictures are probably on Apple’s iCloud. Along with many other files. It’s handy that I can write a shopping list in “Notes” on my Mac Laptop and open it on my iPhone while I am at the store. I could list the many conveniences iCloud provides me. However, the point is that many things are stored on iCloud by default, and you should know what is there, and how to access it.

Windows 11 users no longer get the choice to have a “local” account on their computer. You MUST have an online

(Microsoft) account. While setting up Windows 11, you might skip over the question about storing your files on OneDrive or Locally. This defaults to placing all of your files on OneDrive which is Microsoft’s Cloud storage solution.

I have seen OneDrive and iCloud save the day when a device is destroyed or otherwise inaccessible. I am a fan of using these cloud services. What is important is that you know that some things are stored on one cloud or another by default, unless you expressly turn it off.

The point is that you should be aware of what is being stored in what cloud services. You should also know how to remove the files, if you wish to.

1) On iPhone you can go to settings / click on your name at the top / select iCloud / and view what file types are being backed up.

2) On Windows, you can open File Explorer and click on OneDrive in the left-hand navigation bar, and view what is being backed up. Or call for an appointment.

*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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