



St. Augustine Beaches NEWS JOURNAL



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

St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

It's the time of year on Anastasia Island when winter visitors, also affectionately known as "Snowbirds," begin to pack up and head back to their homes in northern states.

Most return home with more than they brought with them including new clothing, gifts and other items, and a variety of unused and unopened foods.

While space in their vehicles becomes limited, given their souvenirs and other purchases, the question of options for uneaten food came up at a recent social hosted by owners at the St. Augustine Beach and Tennis Club Condominium.



Condo owners, led by Lorene Duquin, Mary Miele, Adele Fitzpatrick, and others, were quick to come up with a solution—donate the items to a local charity.

A meeting was quickly set up with Sister Anne Halpin, a Sister of St. Dominic O.P., who heads the homeless ministry at nearby St. Anastasia Catholic Church.

The nun responded enthusiastically that "We'll take anything for all ages that's eatable, useable and in good condition."

Sister Anne, who was appointed to the ministry position by St. Anastasia Catholic Church Pastor Tim Lindenfelser, is well known in the church parish and in St. Johns County and adjoining areas, mostly for her work in gathering food and clothing and assisting in distributing them to the area's poor and homeless at St. Frances House, Home Again St. Johns, the Wildflower Clinic, local farm communities and other entities that serve the homeless.

Word got around the condo and the large container that was left outside the office for donations filled quickly on a daily basis. It turned out that many of the year-round residents also had food and other items including clothing that they had no need for.

The first delivery was earmarked for the Armstrong Culture farm community located off SR 207 just south of the St. Johns County Fairgrounds, which serves the areas of Spuds, Elkton and Armstrong.

Sister Anne was overwhelmed with gratitude at the generosity of the people in the condo complex. When asked if she had other needs for the farm workers, she responded that there is always the need for non-perishable food, juices and water and there is a tremendous need for bug spray to deter infection for those working in the fields. Other needs include socks, underwear, particularly men's T-shirts and more personal hygiene items.

"Diapers, wipes, and anything else children can use would be most welcome," she added.

As winter visitors continue to depart, it turns out the permanent residents at the condo are so pleased with the results of their participation that they have decided to continue their collections year-round—and Sister Anne Halpin couldn't be happier.

Anyone interested in contributing food and other items may drop them off at St. Anastasia Catholic Church, which is located at 5205 A1A South off Weff Road, in the Martin de Porres Room, just inside the church entrance. The church is open daily from 8 a.m. to 7 p.m. Sister Anne can be reached at 904-315-3139.



St. Augustine Sailing is all Hands on Deck for Owner - Operators

Sailing is a true family affair for St. Augustine's leading luxury yachting experience!

For Rose Ann Points, sailing isn't just a family activity – it's a family business. That's because when you book a luxury sailing experience with St. Augustine Sailing, you're in the capable hands of a family that has lived and breathed the salt air for most of their lives. After years of making her family at home living on boats, Points has built that strong family bond into her business.

"It wasn't until my mid-twenties that I started spending time on boats," says Points, co-owner, Captain, and broker at St. Augustine Sailing. "At first, it was a 27-foot Bayliner Cabin Cruiser that my kids and I would take out on the weekends when we lived in Vancouver, Washington." Then, when Points was 30, the family decided to sell everything they owned and buy a sailboat to live the life of adventure. They purchased a 41 Morgan Out-Island ketch (a double-masted sailboat) named Tranquility and moved aboard for 13 years. She says, "They loved it. It was just the most wonderful time, giving my kids that connection to the sea. And we've never looked back!"



Points' children are all actively involved in the business. Her daughter Toste serves as the main point of contact for passengers looking to book an excursion. Her two sons also help man the helm, so to speak. Derk is a photographer and videographer who documents the myriad momentous occasions on board. Lance manages St. Augustine Sailing's extensive fleet of sailing yachts, keeping them afloat and in tip-top shape. Lance's wife, Amberle, creates the delectable bites on-board,



curating an extensive menu of options including lush charcuterie boards and perfectly-paired beverages. And speaking of spouses, Rose Ann's husband, Chuck Points, is not only the co-owner of St. Augustine Sailing. He's a steady, solid presence, overseeing all sailing operations and serving as the business's main delivery Captain. Chuck is also an award-winning ASA instructor who has guided numerous individuals on their path to becoming sailing instructors.

"Chuck actually came in to rent a boat, before I was involved with the business," chuckles Points. "He got to talking to the previous owners and it turned out he had a Captain's license and a whole lot of experience on the water. He's sailed all over the world – the breadth of his knowledge is so impressive! So they hired him. And that's how we met – I walked through the door and there he was. It makes this business even more meaningful for us because it's part of our love story."

St. Augustine Sailing Enterprises is a luxury adventure experience that offers a variety of sailing excursions to fit any occasion and budget. They offer private charters that can be customized to create a unique experience. Popular options include private chef-prepared meals, premium beer and wine upgrades, and overnight adventures. St. Augustine Sailing also offers sailing lessons and membership in SailTime, a club that allows members to rent a boat at franchises around the country. For more information on their programs, visit www.sta-sail.com. Follow along on social media @StAugustineSailing.



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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, March 6, 2023. Here is a summary of the actions taken:

1. Heard a presentation by Ms. Christina Parrish Stone, Executive Director of the St. Johns Cultural Council, and Mr. Connor Dowling, architect for the Council, about changes to the former city hall on the south side of pier park. The changes will include attachment of panels to five of the pillars along the building's north side to commemorate efforts to integrate the City's beach in 1964 plus new windows and other improvements for the building's second floor. The work will be paid by grants and should be completed by the end of this summer. The construction of artists' studios on the second floor will be done once funding is available from grants and other sources.

2. Heard a presentation by a representative from IQ Fiber, a Jacksonville company, of work the company is now doing in the City to build an underground fiber-optic network. Residents and business owners with questions about the project can get information at iqfiber.com/construction.

3. Approved on final reading an ordinance to adopt a stormwater utility fee.

4. Approved a resolution to declare items of City property as surplus and to authorize their disposal.

5. Reviewed the latest draft of the Vision Plan with Ms. Margaret England, who when she was the City's Mayor, worked with the Commission, the Planning Board and the Sustainability and Environmental Planning Advisory Committee to develop the Plan. The Commission requested some changes. Prior to adoption, the Plan will be reviewed again in two or three months.

6. Did not approve a contract with a civil engineering consulting firm, Crawford, Murphy and Tilly, to obtain data that will be used as the basis to determine a range of rates for a stormwater utility fee. The City staff and City Attorney will present another plan to determine the rates for the Commission to consider.

7. Approved a budget resolution to appropriate \$60,000 from the Building Department's financial reserve to renovate the Department's restrooms.

8. Asked staff and the City Attorney to provide proposed amendments to the City's sign regulations that would allow ground signs to exceed 12 feet in height. At this time, the regulations state that signs taller than 12 feet must be removed by August 1, 2023. The amendments will be reviewed at the Commission's April 3rd meeting.

The City Commission's next regular meeting will be held on Monday, April 3, 2023, at 6:00 p.m. in city hall, 2200 A1A South. The public is invited to attend or to view the meeting at 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, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to clifflogsdon@att.net or clogsdon1@yahoo.com.

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

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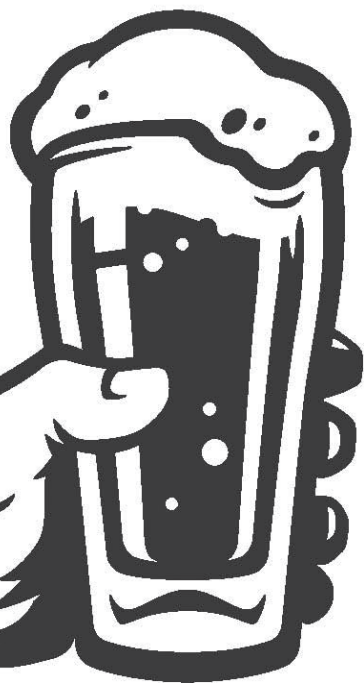
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GriefShare Program Crescent Beach Baptist Church

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

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

St. Augustine Travel Club

The St. Augustine Travel Club will hold their next meeting on WEDNESDAY, APRIL 12 @ 3:00 PM when we will cover GERMANY'S ROMANTIC ROAD, RHINE AND MOSEL RIVERS - Drive along the Romantic Road through the picturesque countryside, small medieval towns and Rothenburg, the best preserved medieval walled city in Germany. Cruise down Rhine and Mosel rivers with its vineyards and ancient castles, visiting old historic sites of Koblenz and Remagen along the way.

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

St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Sunday, December 10 - 17, 2023 on the beautiful new Italian ship MSC SEASHORE out of Port Canaveral to the Caribbean and Mexico, to the ports of Ocean Cay (MSC private island and Marine Reserve in the Bahamas), Costa Maya and Cozumel (Mexico) for a 7-day cruise. Prices start from \$619 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies and Oceanviews are also available at additional cost. Book now with a \$199 p.p. deposit and receive \$50 per stateroom On Board Credit, Free Beverage Package, Wi-Fi and more. Call Peter, St. Augustine Travel Club at (904) 797-3736.



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News From Around Anastasia Island

Flagler Hospital Free Monthly Education

For more information on any of the following, please call the Cancer Education and Support Center at 904-819-4793.

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 or email bcsgofsa@gmail.com.

Restorative Yoga: Rest, Heal, Restore
Wednesdays Weekly from 1:00pm -- 2:15 pm 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:

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Living with Cancer Support Group

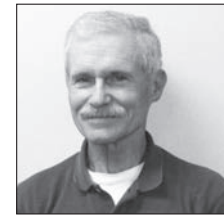
3rd Wednesday of each month at 11:00 am

Our Living with Cancer support group has moved to Cancer Specialists of North Florida, 121 Whitehall Drive, St. Augustine 32086. Same day and time-the third Wednesday of every month at 11:00. We still have the ability to ZOOM in if needed.

This is an informal gathering for adults with any type of cancer and their caregivers. It is open to all affected by cancer. This group will provide the opportunity to meet others in similar situations, share your stories, provide practical suggestions and offer support to each other. If you prefer to participate virtually via Zoom, please call 904-819-4793 for further instructions.

Mick

By Max Royle
St. Augustine Beach City Manager



There are two beliefs, one negative, the other positive, about an organization's long-term employees. The negative belief is that they can be liabilities because they become chained to old-fashioned ways of doing things and may strongly resist changes that can make an organization more efficient. The opposite belief is that long-term employees can be assets because they provide stability and a proven work record. They know the organization's culture, strengths and weaknesses, what works and does not, and they have an "institutional memory" that helps the organization be more efficient.

This topic of long-term employees has arisen because of a fact that the citizens of our fair City may not know: There have been in the Public Works Department five employees who have worked 25, even 30-plus years for the City. These five were the Department's stable core as they did the work, day after day, that kept functioning the City's essential services. I'm using the past tense here for the five only because their number is now four: One member has retired.

He is Mick Orlando from Oyster Bay, New York. Residents who walk or bicycle regularly about the City likely have seen him, usually by himself, City truck parked nearby, as he did maintenance work on the City's drainage system, its ditches, canals, pipes and pumps—vital infrastructure components that help protect private and public property.

Mick began working for the City on March 14, 1991, as a sanitation truck driver when the City didn't have a stormwater

system other than the mosquito control ditches that had been dug in the 1950s to drain wetlands. In the early 1990's, a visionary City Commission began a program to replace those ditches with underground pipes. Because the pipes required maintenance, Mick volunteered to be the City's drainage technician. As the system increased in area and with pumps became more complex, his responsibilities were increased and his title was changed to drainage foreman.

Thirty-plus years: how many thousand shovelfuls of sand from pipes and catch basins; how many hours inspecting ditches for obstructions, checking underground pumps, making certain portable pumps were in place during tropical storms and hurricanes to drain endangered neighborhoods and that the main pumps at the City's Mizell Road retention pond were operating, especially before and during storms? There were more hours maintaining the equipment at Splash Park and mentoring employees. And, because he lived in the City, Mick would be called by police officers after work hours to sweep a street of debris from vehicle accidents. His were steady, reliable hands that did so much important work and will be missed.

But broader horizons made possible by retirement beckon. He and his wife will travel to visit family, tour our wonderful country, relax and enjoy their time together. Maybe if or when they reside again in our fair City, one of them will run for office and someday we'll have a City Commissioner Orlando. There would be a symmetry to that.

SAB Democrat Club

The SAB Democrats will have its next gathering on Tuesday, April 4, 5:30 pm at the Anastasia Island Branch Library. The St Augustine Beach Democrat Club's focus is on current local issues affecting those living in St Augustine Beach. These meetings provide an excellent opportunity to get to know the elected representatives, mingle with Democratic candidates and socialize with our Democratic neighbors. The Speaker for April will be Jim Springfield, St Augustine City Commissioner. He is a longtime St Augustine resident, retired educator and school administrator. Mr. Springfield has a desire to serve because he is deeply committed to the city and wants to help guide the community's direction. He is concerned with environmental issues such as flooding and protecting green spaces, future development, continuing proper fire and police services, and available affordable housing. The SAB Dems Club meets on the first Tuesday of the month at Anastasia Island Branch Library, 124 Sea Grove Main Street, 5:30 pm, plenty of parking available. For additional information, please contact sabdems511@gmail.com.

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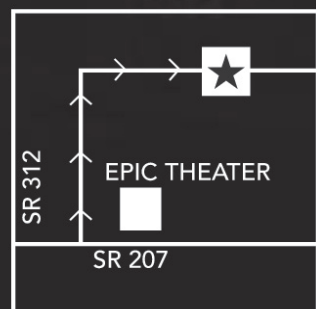


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From right whales to migrating sea turtles...

By Lorraine Thompson (staugbeachwatch@aol.com)

The 2022-23 North Atlantic Right Whale migration season has ended with limited "whale watching" for the Marineland Right Whale Watchers and other monitoring groups along the coast. Although the expectation was for a calf production in the twenties, the births of only twelve calves were recorded.

The next major local environmental endeavor goes beyond just looking for the annual migration of endangered and threatened nesting sea turtles. We also protect them along our beaches.

More than twelve hundred nests were recorded last year along St. Johns County beaches, a near record count.

The nesting season, from May 1 through October 31, will mean certain restrictions for beach dwellers as well as visitors, in accordance with the Habitat Conservation Plan, an agreement between St. Johns County and the U. S. Fish and Wildlife Service.

Protected sea turtles that nest along St. Johns County beaches include the Green and Leatherback turtles, and occasionally, the Kemp Ridley. Although the Loggerhead turtle is by far the most common sea turtle in Florida, it is classified as a threatened, but not an endangered species and remains under the watch.

The egg-laden reptiles usually arrive at night, drag their huge bodies from the ocean to the dunes areas, dig their nests, deposit their eggs, and then disappear back into the ocean. Locally, that leaves the nests under the protection of trained volunteers of the Florida Fish and Wildlife Conservation Commission who monitor the nests along the 40 miles stretch of St. Johns County ocean beaches.

What beach residents and visitors should know about sea turtle protection restrictions:

- Starting May 1, under favorable weather and ocean conditions, public vehicular access to authorized beaches will begin each day at 8 a.m. and end at 7:30 p.m. St. Johns Sheriff Deputies, St. Augustine Beach Police, and Beach Services will start directing vehicles off the beaches as early as 6:30 p.m. Ramp gates will be locked at 7:30 p.m. Drivers of vehicles still on the beaches past 7:30 p.m. may have to wait for law enforcement officials to unlock the gate. The driver may also be subject to a citation.
 - Daytime beachgoers can continue to be creative in the sand but are asked to fill in any holes and ruts before they leave the beach.
 - The law prohibits leaving chairs, tents and objects on the beaches overnight. Law enforcement officers are authorized to remove the items.
 - Beach lighting will be monitored to assure that residents and businesses are in compliance with the county's Beach Lighting Code. All beachfront properties are required to eliminate non-compliant interior and exterior lights that are visible from the beach.
- Beachgoers are advised that if they find a sick, injured, or dead sea turtle any time of the year, do not put it back into the water since it may need medical attention. Instead, you are asked to call the FL Fish & Wildlife Conservation Commission's 24-hour Wildlife Alert Number: 1-888-404-FWCC (1-888-404-3922)

Tea Anyone?

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

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The April First Friday Lands on Friday, April 7th at 5pm to 8pm and Features Jolan Gamblin as well as our Member's Show.

She says, "I am a true activist & lover of Spirit, Art and Freedom. My Art is a divine representation of the visual experience I am witnessing and the energies surrounding me cultivating that experience. I am a true surrender to the essence of thoughtless moments at the moment. Creating in illusionary time. My pallet is the play of light and illuminating color surrounded in a vibrant surrealistic representation of subject matter, materials, texture and spontaneity. I believe there is no limited self, just states of awakening to the unlimited source of creation. Schooled in the College of Fine Arts & Design & Psychology way too much..... the undoing has been a truthful journey. I am a self motivated Entrepreneur in Product Design Arts, Rock & Roll, Real Estate, to name a few. Compassionate Missionary World Travel, Single Mother of Two totally awesome kids and recent Mojo (my grandmom title). I am Spiritually Grounded, Living The Course in Miracles, Samadhi, and clinging to nothing. My Art is like Riding a Ripcurl Wave..... trusting the power propelling me forward, always Creating in the Now. Please enjoy my Artistic Creations & Visions, Thank you for supporting the Arts and Always remember, Quoted by Shakespeare "The World Is Your Oyster"



Her Show will available to see from the Opening on First Friday, then throughout the Month of April.

Don't forget to Visit our ongoing Fresh Air/Fresh Art Event every Wednesday morning. From 9am to 12pm when the Art Studio opens early and has a special bazaar of our Artist Members having special showings, each having their own table exhibit and showing more items than what they are usually able to show at the Gallery. This is a very special event that captures the deep catalog of the member artists. some even outside the Gallery in the Fresh Seaside Air and also inside the Studio. Please give it a visit, you'll be glad you did.



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

Riverview Club Social Dances-April

Come on out and enjoy LIVE MUSIC AND DANCING at the Riverview Club in the St. Augustine Shores! Tickets are \$15 per guest and seating is open. Bring your own food and drinks! RSVP is not required but is encouraged. Call 904-794-2000 or email christine@staugshores.net to RSVP! SOUTHERN STYLE will be playing Saturday, April 1st from 7-10pm and we will be hosting LATIN NIGHT WITH DJ LUIS Sunday, April 16th from 6-9pm!! The Riverview Club, 790 Christina Dr., St. Augustine 32086.





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The 2023 event will be held April 19-23, 2023 at Celebration Hall, St. Anastasia at 5205 A1A S., St. Augustine Beach, FL. For information and tickets: TheTeam@FloridasBirdingAndPhotoFest.com, FloridasBirdingAndPhotoFest.com



Iris DeMent, Bill and the Belles, Robin and Linda Williams, Richard Smith, and dozens more are headlining the 27th Annual Gamble Rogers Folk Festival!

Attractions include 3 days of live music on 4 stages with dozens of bands, folk workshops, food trucks, craft vendors, on-site camping, and activities for kids! Bring your lawn chairs and blankets, spread out and enjoy a weekend of music.

Single Day & 3-Day Festival passes are available in advance and at the gate. Children 16 and under are free. Tickets and overnight camping passes are available for purchase at the links below and at www.gamblerogersfest.org.



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Operation Green Light helps customers save collection fees and get back on the road

The St. Johns County Clerk of the Circuit Court and Comptroller will hold its annual Operation Green Light driver license reinstatement event on Monday, March 20, through Friday, March 24.

The event allows everyone with an outstanding fine in St. Johns County to pay overdue court obligations while saving on debt collection fees. The annual event aims to help residents pay their outstanding court-ordered obligations and restore their driving privileges.

Individuals with outstanding traffic tickets and court fines can pay their overdue fines sent to a debt collection agency and potentially save between 25–40 percent of the collection agency surcharge. Payment must be made in full to qualify for the savings.

Operation Green Light will run daily from 8 a.m. to 5 p.m. at the St. Johns County courthouse (Richard O. Watson Judicial Center), 4010 Lewis Speedway, St. Augustine. In addition to in-person payment at the courthouse, payment can be made online at www.stjohnsclerk.com or by phone by calling 855-796-5764.

Since its inception, Operation Green Light has helped 824 drivers legally get back on the road. During last year's event, our office assisted 337 St. Johns County residents to become eligible for driver license reinstatement and collected \$45,004.

If all requirements are met, an individual whose case has not been sent to a collection agency may be eligible for a payment plan and reinstatement of their suspended driver license. Statutory and late charges will apply, and additional fees may be required for reinstatement with the Department of Motor Vehicles. To check the status of your driver license, visit <https://services.flhsmv.gov/dlcheck/>.



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Lumbar Instability - Pain?

by Shanna Pollack

Lumbar instability is a pathology occurring in the low back in which the spine is unable to maintain a neutral position, allowing for excessive motion between spinal vertebrae. It can be associated with the following: weakness of stabilization musculature, connective tissue dysfunction, neurological dysfunction.

Some signs of lumbar instability include:

- Low back pain or need to constantly change positions when sitting or standing
- Excessive spinal motion
- Feeling of being unstable or giving way
- Compensatory walking pattern
- Poor posture control
- Pain with change in position including bending or lifting
- Muscle spasms

This can occur at any age and is prevalent in individuals with long term low back pain. It's important to address instability early on to prevent disc disfunction, fractures, radiating symptoms, and worsening of degenerative changes.

How physical therapy can help:

- Education on joint protection
- Restore and challenge stabilizing musculature
- Strength training
- Retraining posture and movement patterns

For more information, reach out to Shanna Pollack to schedule an appointment. Phone: 904-217-4159. Website: WWW.STARSREHAB.ORG



Annual Betty Griffin Center 5 K Run for Peace

The Annual Betty Griffin Center Run for Peace is back at the St. Augustine Beach Pier. The 5K will begin at 8 a.m. Saturday, April 8, 2023. The race is open to people of all ages, with both runners and walkers welcome.

Packet pick-up will be Friday, April 7, 2023, from 4 p.m. to 7 p.m. at the Betty Griffin Center Thrift Shoppe, located at 1961 A1A South, St. Augustine, Florida. Alternatively, the packet can be picked up on Race Day at 6:30 a.m. Every runner or walker will receive a Run for Peace 5k t-shirt and a medal for finishing.

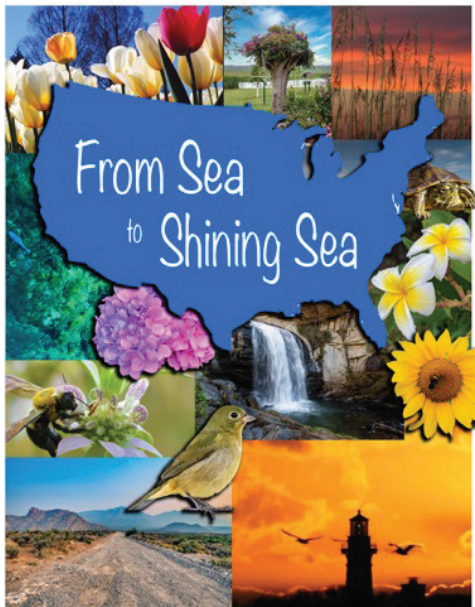


The mission of the Betty Griffin Center is to end domestic and sexual violence, and the proceeds from this event help victims in St. Johns County. Betty Griffin Center offers protection and quality services for victims of domestic violence and their minor children and/or victims of sexual assault and their families in St. Johns County, Florida, through the operation of a shelter that offers assistance, counseling, and transitional support.

Registration: \$25 for general registration, \$20 for student registration, and \$25 for the virtual 5K. For information see: <http://runforpeace5k.org/>

The 5K will be at the St. Johns County Ocean Pier located at 350 A1A Beach Blvd. St. Augustine, FL 32080.

St. Augustine Garden Club Presents Juried Standard Flower Show



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Friday 2pm to 4pm, Saturday 10am to 3pm. Handicapped accessible. for more information contact: www.gardenclubofstaugustine.org

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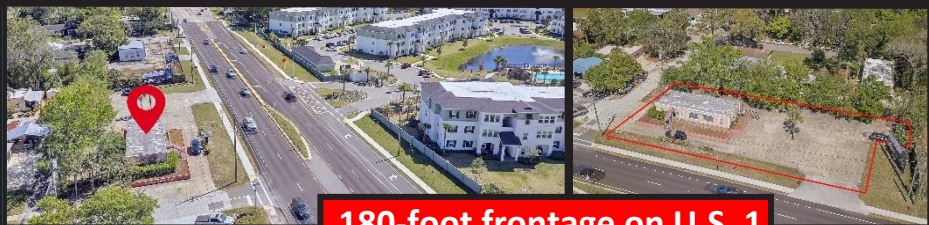
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Financial Focus

Information Provided by
Edward Jones



Time for Financial 'Spring Cleaning'

Now that we've put winter behind us — at least on the calendar — it's time for us to think about sprucing up our homes, inside and out. But it also may be time to do some financial spring cleaning.

Some of the same ideas involved in tidying up your home can also be used to help put your financial house in order. Here are a few suggestions:

- **Dust off your investment strategy.** As you look around your home, you might find that many items — tables, desks, bookshelves, and computer and television screens — could benefit from a good dusting. And, once you've accomplished this, you'll get a clearer view of all these objects. Similarly, your investment strategy needs to be "dusted off" every so often, so you can see if it's still working to help you move toward your financial goals, such as a comfortable retirement. Over time, your personal circumstances and risk tolerance can change, and these changes may lead you to reexamine your future financial and investment decisions.

- **De-clutter your portfolio.** if you took a survey of your home, would you find duplicates or even triplicates of some things — brooms, vacuum cleaners, toasters, and so on? If so, it may be time to do some de-cluttering. And the same could be true of your portfolio — you might have several identical, or substantially identical, investments taking up space. If so, you might want to replace these redundancies with investments that can improve your diversification. While diversification can't guarantee profits or protect against losses in a declining market, it may help reduce the impact of market volatility on your holdings.

- **Get organized.** If your closets are overstuffed, with clothes and

miscellaneous items crammed on shelves and the floor, you may well have trouble finding what you're looking for — but with a little straightening up, your searches will become much easier. And when you're trying to locate financial documents, such as investment statements or insurance policies, you'll also benefit from having everything organized in one central location. Even if you get most of these documents online, you can save what you need and keep them in a file on your desktop, laptop or tablet. (And it's also a good idea to tell your spouse, adult child or another close relative how these documents can be accessed, just in case something happens to you.)

- **Protect yourself from dangers.** If you look around your garage, shed or other storage area, you may well find some objects — such as gardening tools, paint thinners, engine fluids and leaning ladders — that could be dangerous if they aren't stored properly. As part of your spring cleaning, you'll want to remove these hazards to safeguard yourself and your family. But have you addressed the various financial risks that could threaten your loved ones? For example, if something were to happen to you, could your family members maintain their lifestyle? Could your children still go to college? To guard against this risk, you may want to discuss protection strategies with a financial professional.

Spring cleaning can pay off — in a cleaner, safer home environment and in helping ensure your financial strategy continues to work hard for you.

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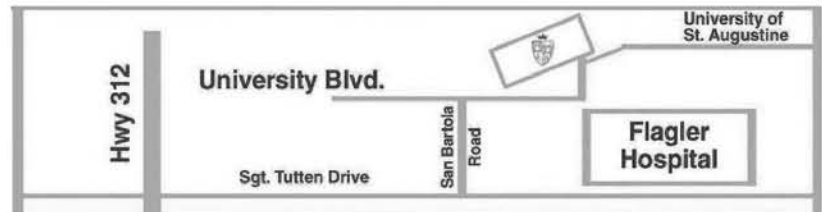
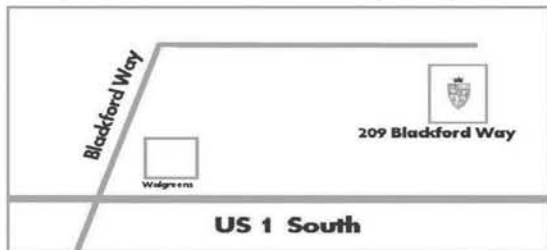


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Golfing: A game of life or death?

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

TPC is going on as I write this column so I thought I would share some thoughts about the game. I've treated several golfers during my career, some novices and some professionals. One thing is consistent – their passion for the game but most don't realize playing this game of chasing a little white ball can actually improve their health and even add years to one's life.

Before some of you roll your eyes, know that according to a Swedish study published in 2008, people who play golf regularly without using a cart have a 40% lower mortality rate than those of the same age and sex who don't exercise. This could equate to adding as many as 5 years to your life IF you play regularly and walk the course. Those with the lowest handicaps had the best rate, which probably means they play more often.

Playing often is not the same as playing well. Playing well requires practice but it also means playing injury-free. According to more current research, golfers most often suffer injuries to their low back, their non-dominant shoulder and elbow. Professional golfers tend to experience overuse injuries due to constant practice and thousands of swings. Amateur golfers tend to acquire injuries related to an incorrect golf swing as well as overuse. Inadequate back, trunk and shoulder range of motion, poor strength and/or endurance can be root causes of injuries. Limitations in range of motion in one area of your body can result in compensation and overstresses in a neighboring area. Back pain may be the result of poor 'core' or trunk control or even tight hips. Forcing a follow-through when your hip rotation is limited can produce excessive strain in the low back.

Golf is all about mechanics. Faulty mechanics in the hip may lead to hip or low back pain. Faulty shoulder mechanics will produce undue strain in specific tissue, which can lead to a shoulder impingement, tendonitis, shoulder instability, or even a rotator cuff tear. I recently helped an avid golfer after a total shoulder replacement. He tells me he is hitting the ball better because he is paying attention to his mechanics. Inadequate strength in the non-dominant shoulder allows the club to get away and opens up the face of the club. Inadequate

stability of the non-dominant hip allows the hips to open up, both resulting in a deadly slice.

Speed is essential to producing power, but power is of no use without control. Balance, timing, and endurance are also keys to playing a good round. No one enjoys shooting par, or less, on the front nine only to see everything fall apart on the backside due to muscle fatigue, dropping of the shoulders or poor backswing. Playing just one round of golf can require 200+ swings, when you add practice swings and hitting a bucket of balls at the range.

Frequent play can decrease your handicap and according to the Swedish study, also add years to your life. And if you didn't know it before, you now know, adequate range of motion, speed, strength, and endurance are all just as important for safe and pain free play. Limitations or deficiencies in any of these areas can often be remedied without the use of expensive equipment or fancy gadgets. Physical therapy can help locate impairments and provide simple do-it-yourself stretches and exercises.

If you and your game are healthy, keep going. But if you and your game are struggling or hurting, don't play through. Seek help. The answer may be simpler than you think – consult your MD and/or physical therapist.

Rob Stanborough is a physical therapist serving St. Augustine for nearly 20 years and has presented both nationally and internationally. He was one of the first PT's to be permitted to use DN in FL and doing so since 2017. He has trained others in DN since 2010 as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation (www.firstcoastrehab.com), and co-author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. Read previous columns posted on www.firstcoastrehab.com.




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Computer Corner

by Steven Aldrich
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What's the point of Restore Points?

Windows has for many years had a facility called Restore Points. These are a snapshot of your system, and typically created just before you make a change. Big changes like updating Windows will often create a Restore Point before it does the update. Some applications include this as part of the install process as well.

So, why would you care about Restore Points? Why would you want to create one? Could you create one quickly, if you wanted to?

The great thing about a restore point, is that if your computer will not start up correctly, you can use the advanced troubleshooting screens to "roll-back" to the last good restore point. This very often is the trick that saves expensive repair costs.

You may want to create a Restore Point, so that you know that you have one to go back to if an update from Microsoft trashes your computer. My business currently collects about 25% of its revenue repairing failed Windows Updates that Microsoft pushes out. Quite often there is no restore point to roll-back to. So, if your computer is running well right now, you could create a Restore Point, and ensure that you have a chance to simply roll back if something goes awry later.

You can create a Restore Point quickly by clicking on the Windows Start Button

(Bottom left corner of the screen, and looks like a 4 pane window in Windows 10), and typing the words "Create a Restore Point". This will show you a control panel choice called Create a Restore Point. Click on this choice to open it. Then click "Create". You can then name the restore point. I use the date as the name. Then click Create/OK. Presto! You have a perfect place to come back to if something goes wrong later.

You may be wondering how often this should be done. There are many ways to look at this. If you make lots of changes on your computer, installing apps, and creating files, then you may want to do this monthly. The basic idea is that this is a tool for emergencies. And as such, your specific risks will vary from someone else's. The timing will be different for everyone.

Yes, there is a point to Restore Points. And these are easy for you to do. Restore Points are different from Backups. You "should" have a backup running as well. But that is a discussion for a different article.

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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