

St. Augustine Beaches NEWS JOURNAL

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

St. Patrick Parade Returns to St. Augustine March 12



This year is the 422nd anniversary of the first St. Patrick Day celebration in America and the first recorded St. Patrick Parade in the world, recognizing St. Augustine, Fla. as an authentic center of Celtic-American culture to celebrate St. Patrick's Day.

The first historically documented St. Patrick procession was held in St. Augustine in 1601. A year earlier, St. Augustine's Irish vicar, Father Ricardo Artur (Richard Arthur) led the first St. Patrick celebration in all of the Americas. The St. Augustine events pre-date, by more than 100 years, Boston, Massachusetts's claim to the first St. Patrick's celebration in 1737 and New York City's first St. Patrick's Day parade in 1762.

The St. Patrick Parade, produced by Romanza-St. Augustine, Inc., returns on Saturday, March 12 at 10 am starting at Francis Field and follows a three-mile route through historic downtown and culminates at the Celtic Music & Heritage Festival on Francis Field, 25 West Castillo Drive in St. Augustine, Fla. The Celtic Festival is a two-day celebration of St. Augustine's Celtic history. For more information, visit <https://www.celticstaugustine.com/>.

The Parade will include numerous live bands, floats, marching units, dancers, horses, carriages, tour trains, trolleys, and more, that will follow the route through downtown, historic St. Augustine. The Parade will also feature the City of St. Augustine Pipes & Drums, Coastal Florida Police & Fire Pipes and Drums, Jacksonville Pipes & Drums, and Jacksonville Fire & Rescue Dept. Pipes and Drums.

The 2022 Parade Grand Marshal will be The Sisters of St. Joseph representing the Miguel O'Reilly House which has been in the care and ownership of the Sisters since 1866.

The unique history of the house, built in 1691, and its tradition is an important part of the history of St. Augustine. Father O'Reilly, another Irish priest, was vicar from 1785 to 1812 to the Spanish colonists in St.

Augustine, which was Spain's capital in La Florida. The Sisters opened The O'Reilly House, known officially known as the Father Miguel O'Reilly House Museum as a museum and fundraising site at 32 Aviles Street. On October 15, 1974, the House was added to the U.S. National Register of Historic Places.

The Parade Reviewing Stand will be located and hosted by Ann O'Malley's Irish Pub at 23 Orange Street in St. Augustine. The Parade announcer will be Jessica Clark, award-winning journalist and First Coast News, WTLV-TV news anchor, who has covered St. Augustine and St. Johns County since 2005.

This year's Parade judges include Sheldon Gardner, a St. Augustine Record reporter, who has resided locally since 2014 and enjoys the sound of bagpipes and the historic attributes of the Nation's Oldest City. Amy Hendrickson will also serve as a judge. She is an award-winning acoustic solo songwriter and vocalist with more than 20 years of entertainment experience, and a creative and versatile professional who has toured regionally and nationally.

Additional judges include Michael Sullivan, a 45-year veteran of the Detroit Irish music scene, and member of the Detroit Gaelic League and Irish American Club, and the Fraternal Order of United Irishmen, and he winters in St. Augustine, and Renee Unsworth, founder of TotallyStAugustine.com, who produces a local website promoting events. She is also a photographer and social media manager and has vast knowledge of the arts and entertainment in Northeast Florida. Also, serving as a judge is Jeff Valin, an accomplished, award-winning First Coast News anchor and reporter.

On Saturday, March 12 from 8 am until 11 pm, free shuttle transportation and parking for the Parade and the Celtic Festival will be available. For shuttle locations and parking, visit the website at <https://www.celticstaugustine.com/directions/>. For more information about the Parade festivities and route, visit <https://www.celticstaugustine.com/parade/>.

Romanza is a 501(c)(3) organization, and its events are funded in part by the St. Johns County Tourist Development Council, St. Johns Cultural Council, Florida Department of State Division of Cultural Affairs, and Florida Council on Arts and Culture.



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News & Events From Around the Beaches & the Island

St. Augustine Beach City Hall Update

At its February 7, 2022, meeting, the City Commission made the following decisions:

1. Appointed Mr. Gary W. Smith as the junior alternate to the Comprehensive Planning and Zoning Board.
2. Re-appointed Mr. Patrick Wilson to a three-year term as a regular member on the Code Enforcement Board.
3. Passed on final reading an ordinance that the amends the City's Comprehensive Plan to adopt by reference the St. Johns School Board's five-year district facilities plan.



4. Approved a resolution to include policies in the Personnel Manual concerning maternity/paternity leave for City employees.
5. Reviewed an ordinance to amend the Land Development Code by adopting regulations concerning mixed use districts, landscaping, plant materials, buffer requirements, fences and retaining walls. The ordinance was passed on second reading with some changes.

6. Approved St. Johns County's proclamation to declare February 2022 as Black History Month.
7. Discussed the vacancy on the City Commission due to a recent resignation, set 5 p.m., February 23rd as the deadline for resumes and scheduled a special meeting on Monday, February 28, 2022, at 6 p.m., to interview the residents who apply for the position of Interim City Commission. The public is invited to that

meeting.
8. Scheduled a workshop on Wednesday, March 23, 2022, at 5 p.m. to discuss with Ms. Christina Parrish Stone, Executive Director of the St. Johns Cultural Council, the historic designation and possible grants for the former city hall located on the south side of the County's pier park. The public is invited to the workshop.

9. Discussed having architectural design standards for buildings along A1A Beach Boulevard. Commissioner Margaret England will work with City staff on developing proposed standards.

The Commission's next regular meeting is scheduled for Monday, March 7, 2022, at 6 p.m. in the Commission meeting room at city hall. The meeting is open to the public.

St. Augustine 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

www.staugbeh.com
sabadmin@cityofsab.org

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 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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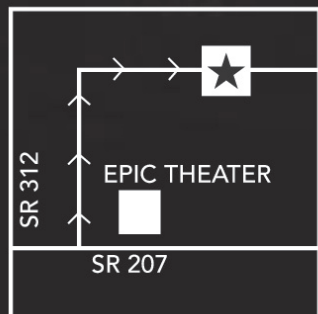
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St. Augustine Travel Club

St. Augustine Travel Club Meetings
 Wednesday, March 9, 2022 (Masks recommended)

Our Travel Club will present on Germany - Bavaria and Munich on Wednesday March 9, 2022, at 3pm at the Southeast Branch Public Library. View the fairy tale atmosphere of the Bavarian Alps, small towns, and a Cinderella like castle followed by visiting the picturesque Munich and the world's biggest festival, Munich's Oktoberfest, featuring plenty of beer and sausage.

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.

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!

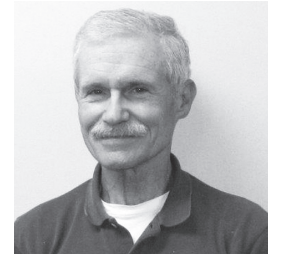


As always, we will have thousands of items available for purchase. Books include like-new hardcover bestsellers with dust jackets, nonfiction titles, a selection of childrens' and teens' books, music CDs and DVDs. A collection of specially-priced items will also be available. All books, CDs, DVDs etc.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



Did you know that your fair City has two city halls? Not because part of the City has seceded but because of the foresight of a long-serving mayor, Emmett Pacetti, who saw that the City had outgrown the building it used for years as a police station and city hall. That two-story building is located on the south side of the County's pier park, next to the seawall/beach. Since my office was in the building, I can attest to great views of magnificent sunrises and great nervousness when storms pummeled it. Mayor Pacetti convinced his fellow Commissioners to buy land on State Road A1A where the new police station was built in 1998-99, followed by the city hall in 2000-01.

The question then was what to do with the former city hall. The answer was complicated because the building's age made it important to the City's history and sentimentally significant to some residents. Thus, Mayor Pacetti's proposal that it be torn down was strongly resisted.

It had been built as a hotel/bath house in the late 1930's by President Franklin Roosevelt's Works Progress Administration, a program that provided work to Americans made jobless by the Great Depression. The building was part of the pier recreation area to attract visitors and benefit the local economy. In 1964, for the princely sum of \$40,000, the County sold that building to the City, plus an adjacent smaller one and a strip of land between the beach and A1A Beach Boulevard. There was also a sister hotel/bath house built on the pier's north side. After it was significantly damaged by a storm in the mid-1980s, the County demolished it.

The south building survived that and many storms and for years provided rental income to the City from such uses as an arcade, dance studio, bowling alley and apartments on the second floor. Eventually, a section housed the Police Department. Between 1964 and 1985, the adjacent smaller building was the city hall and later Building Department offices. In 1985, after renovations to its ground floor, the larger building became the city hall. The second floor was no longer used.

In 2001, the City Commission approved

a 25-year lease with the St. Johns Cultural Council for the former city hall to be an arts center with artist studios on the second floor. The Council renovated the ground floor for The Dance Company, which later leased a section to The Art Studio Group. The second floor remained unused because of the significant cost to repair it.

What's happening now? The Cultural Council has an energetic executive director, Christina Parrish Stone, who with Ms. Leslee Keyes, a heritage and preservation consultant, obtained the federal government's historic designation for the building. Ms. Stone is seeking grants to repair the second floor. The City Commission has scheduled a workshop to discuss the building's future on Wednesday, March 23, 2022 at 5 p.m., to which the public is invited. Residents' suggestions can be sent to me at mroyle@cityofsab.org.



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by Paul Slava

March brings us First Friday once and Workshops coming back. March again with this months falling on March 26th we have an oil painting class. 4th. Our featured artist will be Nancy Botsford.

Nancy's passion for the creative began in 2002 led her through the years to express herself and enter the art world opening up her own Gallery/boutique representing over 25 artists of all mediums in Saint Simons Island, Georgia in 2016 for three years and then decided to move to Saint Augustine Florida to be close to family and become involved with the local Art Studio conveniently located at the Saint Augustine Pier.

Her Passions have also led her to forge ahead into building herself a successful health and wellness business. See her website - www.newage.com/botsford

See her opening on Friday, March 4th starting at 5:00pm. The show will run through the month.

February will also see More Classes



Darla Donley will be having a 1 day Class where the subject is "Sea Turtles". You don't have supplies? No problem, Darla will include all supplies and the canvas so you can leave with a beautiful finished Oil Painting that you can keep or give as a gift to someone. For more information or to reserve your place, please visit www.darladonleyart.com. Stay tuned for

our class schedule that is being added to daily.

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.

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The Art Studio at Pier Park





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For Tickets please visit : staugustinecommunitychorus.org
March 12, 2022 — 7:00pm or March 13, 2022 — 3:00 pm

Wags and Whiskers Pet Rescue and Adoption

Wags 'n Whiskers Pet Rescue and Adoption Garage Sale Saturday, March 14th, 9:00 a.m. to 1:00 p.m. We are doing our next fundraising garage sale for Wags 'n Whiskers. If you are interested in selling, we ask for your \$10.00 donation. Bring your own table or tarp/blanket to display your goods. This is one way we are raising money for this wonderful organization. We have been having more folks participate and more shoppers over the last few months. Call Lana Bandy at 317-450-0505 to reserve a space. If you are not interested in the garage sale, we would love for you to stop by to say hello and if you happen to have any extra cat food and/or kitty litter, the facility is always in need! The address is 1967 Old Moultrie Road, St. Augustine, across the street from the rear of the Lowes building.



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Plant and Flower Expo St. Anastasia Catholic Church

by Brian Schoonover, Ph.D.

We are hosting a Plant and Flower Expo in conjunction with Leonardi's Nursery here at the church on Saturday, March 26th from 9am-3pm. Various native plants and flowers will be on display as well as on sale. Staff from Leonardi's nursery will be here on-site to answer questions about native plants and which ones grow best in the soil of our island homes.

Community Outreach
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"GriefShare" Continues Crescent Beach Baptist Church

February 16, 2022-May 11, 2022
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GriefShare, a place to find healing for men and women seeking answers to difficult circumstances after the death of a loved one. A journey from mourning to joy.

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

Come take pictures with the Easter Bunny! April 16th

The Easter Bunny will drop by The Riverview Pavilion at the the Shores Riverview Club to help in the celebration of the Easter Season. Register at the link below. If question please call 604-334-6888.

790 Christina Drive, St. Augustine, Florida 32086
Date: April 16, 2022 Time: 1PM-3PM
Register link. RSVP: fb.me/e/2Y2PiE0dq



Anastasia Island Environmental Stewardship Awards Nominations by March 25th

The City of St. Augustine Beach announces a call for nominations for the Fourth Annual Anastasia Island Environmental Stewardship Awards. These awards will recognize individuals, businesses, professional and non-profit organizations who are working to protect the island's natural resources and enhance its ecosystem. Nominations must be received by close of business March 25, 2022.

The objective of environmental stewardship is to reduce impacts on the environment thereby protecting our natural resources through conservation and sustainable practices. Please complete the nomination form and include any supporting documentation for entity demonstrating environmental stewardship efforts. Submissions can be made by mail or email by close of business March 25, 2022. Please review the program rules and instructions for details on how to apply below. If you have any questions, please contact Dariana Fitzgerald at dfitzgerald@cityofsab.org or 904-471-2122.

The Anastasia Island Environmental Stewardship Awards program will recognize efforts by Individual (Non-Profit/Educational), Group (Non-Profit/Educational), Individual (Business) and Group (Business) whose work protects the resources and enhances the ecosystem of the island. Nominations can be submitted by mail to Dariana Fitzgerald, 2200 A1A South, St. Augustine Beach, FL 32080 or by email to dfitzgerald@cityofsab.org.

Sunshine Shop named Civic Association Business of the Month!

Beginning with the month of March, the St Augustine Beach Civic Association will salute a local business who goes above and beyond in the areas of customer service and community involvement. The first recipient of this award goes to The Sunshine Shop at 645 A1A Beach Blvd. The Sunshine Shop is a small, family owned for nearly 40 years and is famous for its large selection of swim and beachwear. Currently managed by the mother - daughter team of Lisa Mullins and Meghan Andrews, the Sunshine Shop is open seven days a week from 10 AM until 5 PM. Civic Association members also receive a discount just for showing your SABCA Membership Card. Not a member? No problem! You can pick up a membership card at the Sunshine Shop or online at www.sabca.org



The 20th season of Music & Art by the Sea will look a little different this season. Because of the large number of visitors and stress on parking in and around Pier Park, Music & Art by the Sea will be presented in two parts. There will be a 6 show Spring season that starts on May 25th featuring the Grapes of Roth that runs through June 29th. The series will take a 6 week break during the peak temperature and tourist season and will follow up with a 6 week Fall season that begins on August 17th and runs through September 21st. The complete Spring and Fall schedules will be available after March 1st at www.freebeachconcerts.com

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Financial Focus

Information Provided by
 Edward Jones



Financial advisors can help reduce anxiety

The long-running coronavirus pandemic has fueled a lot of anxieties – including financial ones. But some people have had far fewer worries than others.

Consider this: Among those investors who work with a financial advisor, 84% said that doing so gave them a greater sense of comfort about their finances during the pandemic, according to a survey from Age Wave and Edward Jones.

Of course, many people experience investment-related fears even without a global health crisis, and that's probably not surprising, given the periodic volatility of the financial markets. But financial guidance can come in handy during relatively normal times, too.

A financial professional can help you:

- Look past the headlines – Inflation, interest rates, pandemics, elections – there's always something in the news that could affect the investment world in the short term. But by helping you construct a portfolio that's built for the long term and reflects your goals, risk tolerance and time horizon, a financial advisor can enable you to look past the headlines.

- Avoid emotional decisions – Many people let their emotions drive their investment choices. When the market goes through a downturn and the value of their investments drops, they sell to "cut losses," even though these same investments may still have good business fundamentals and promising futures. Conversely, when the market is on an uptick, some people chase after "hot" investments, even when they become overpriced and may have very little room to grow. But a financial advisor can help keep you from making these fear- and greed-based actions by only

recommending moves that make sense for your situation.

- Work toward multiple goals – At various times in your life, you may have simultaneous financial goals. For example, you could be investing for a retirement that's decades away, while also trying to save for a child's college education. A financial professional can suggest ways you can keep working toward both objectives, in terms of how much money you can afford to invest and what types of savings and investment vehicles you should consider.

- Prepare for the unexpected – Most of us did not need a pandemic to remind us that unexpected events can happen in our lives – and some of these events can have serious financial impacts on us and our loved ones. Do you have adequate life insurance? How about disability insurance? And if you ever needed some type of long-term care, such as an extended stay in a nursing home, how would you pay for it? A financial advisor can evaluate your protection needs and recommend appropriate solutions that fit within your overall financial strategy.

- Adapt to changing circumstances – Over time, many things may change in your life – your job, your family situation, your retirement plans, and so on. A financial professional can help you adjust your financial strategy in response to these changes.

Achieving your financial goals may present challenges, but it doesn't have to cause you years of worry and distress – as long as you get the help you need.

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

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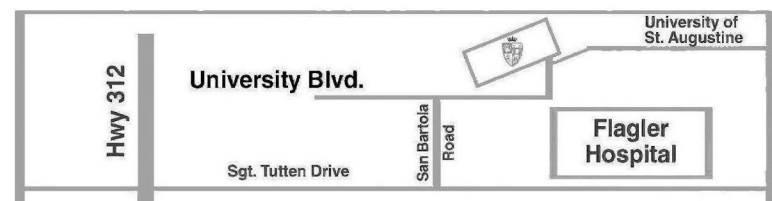
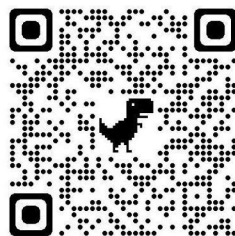
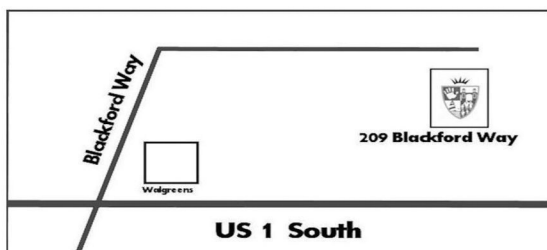


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“I’m afraid if I move it will hurt

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

I have recently seen several patients referred to physical therapy because of decreased strength, endurance, loss of balance or pain due to decreased activity during covid. Many have come in asking, “Is it okay to move when it hurts?” I have to tell them the answer lies in the cause of the pain and whether it is what some call ‘good pain’ or ‘bad pain’. The follow-up question to that is, Can pain be good? The emotional response is a resounding ‘NO’. The sensory response is ‘sometimes’. Herein lies the discussion of this column.

How can pain be good? It’s certainly not pleasant. In fact the International Association for the Study of Pain defined pain as “an unpleasant sensory and emotional experience associated with actual or potential damage, or described in terms of such damage.”

Simply put it means pain has two components, 1) sensory and 2) emotional, which are triggered by actual or potential damage. Actual damage is hammer + thumb. Potential damage causes one to put hands in the pockets when any hammer is in sight.

So, can pain be good? YES, but keep reading. Pain can protect instantaneously, especially if we touch something hot. It is pain that causes the withdrawal, hopefully minimizing the damage. Pain can protect us over the long haul. If I slip and fall on a wet surface, the pain will cause me to proceed with caution next time as to avoid another painful experience. If swelling is a result of the fall, I will move cautiously so the tissues have a chance to heal, but I should move.

Therefore, is all pain good? The answer is no. Pain can be bad when it is not understood and life changing. By polarizing, I mean it causes one not to move, producing changes in function. In all the examples provided above the cause of the pain is understood and therefore

not polarizing. The longer one is in pain or worse, not understood, it becomes ‘neuropathic’. Neuropathic pain is a result of changes in the nervous system. Neuropathic pain does not require tissue damage and can be quite debilitating.

How can you tell the difference?

Acute pain, that which is a result of a mechanical, chemical or temperature stimulus should be immediate, protective and proportional. It should also be short in duration. Sub-acute pain may last hours to days, is protective and usually resolved with tissue recovery. Chronic or neuropathic pain is persistent and may be experienced in the absence of tissue damage. Because no mechanical explanation can be given, fear of movement becomes a proponent.

The explanation provided is not meant to be exhaustive but may help you better understand your pain. It is always advisable to consult your MD, PT or OT. They can help determine whether the pain experience is ‘normal’, ‘neuropathic’ or something else. Age is not necessary a cause of pain but we’ll leave that for another column.

Rob Stanborough 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 both nationally and internationally as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). He is a co-owner of First Coast Rehabilitation, est 2006 (www.firstcoastrehab.com), has presented and published regarding DN and co-authored Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc.

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Computer Corner

by Steven Aldrich
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Quickly Search Everywhere

Have you ever saved a document and been unable to find where it got saved to? Many times, we can be in a rush and forget to ensure that we save a file where we want it to be. This can make it difficult to find later.



In Windows all you need to do is hit the Windows Logo key (two keys to the left of the spacebar) and start typing the name of the file. If it is a text document (not a picture), you can even search using words that you know are inside of the document. Sorry, Windows can’t find words in a picture, yet.

What sorts of things will a Windows Search find?

Files located on your Local hard drive and also on Microsoft OneDrive (Microsoft’s Cloud storage system) Typically these are files or documents that you have created or downloaded.

Applications (installed or available to be installed) can be quickly found using this search technique. Sometimes Windows updates will remove the icons on the desktop or taskbar, so Search is a great way to find them again.

Windows Settings items like volume control, backup settings, etc. can be found very quickly by using this search method. If you want to change the brightness of your screen, simply search Brightness, and voila! you’ll see a link to take you straight to that setting.

Web Search results also show in the results. So, if you search for an application like Solitaire, you’ll also see webpage results about Solitaire.

Having a plan for where you keep certain documents and files help as well. I like to create folders in Documents and Pictures so that I can keep my files grouped up and accessible by Subject.

In my Business folder, I have an Articles folder, which is where this article will be found. I also have an Advertising folder, where the ad (just below) will be found. So, when I hit Save on this article, I am going to make sure I save it into the correct folder inside of my business folder. A little planning may prevent the need for Windows Search, but it is nice to know it is there.

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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