



The 11th Annual Santa Suits on the Loose 5K presented by Bozard Ford, to benefit St. Augustine Youth Services (SAYS), is a walk/jog/run that will be held on December 10, 2022. It begins at the St. Augustine Pier at 8 AM. The race follows a flat 3.1 mile course through St. Augustine Beach neighborhoods. Last year participation was roughly 1200 "Santa" themed runners, making it the 3rd largest race in St. Johns County. This year race organizers expect an even larger turn-out.

PRSRT SDT S POSTAGE PAID F. AUGUSTINE, FL PERMIT #132

US ST. /

St. Augustine Beaches News Journal 2465 US 1 South #8 St. Augustine, FL 32086 All race support SA programs ar experiences' and those wi non-tradition the holidays. This year by Taylor H at Flagler C and time to that the race He will also Additionally will be joint line. Her retu to celebrate the Loose a The commit entertainmer race is expect.

Registration is LIVE at www.racesmith. com. Price per participant is \$35 through December 9th. Race morning registrations increase to \$40. Race registration includes your choice of a Santa Suit or a T-Shirt, finisher medal and lots of holiday cheer! Awards are presented to top finishers. The race also features a Community Team Challenge and a School Team Challenge. Groups with the most of runners receive a travelling trophy to keep for the year.

All race proceeds are used to directly support SAYS' youth mental health programs and help provide "normal life experiences" to our residential foster kids and those with mental health diagnosis and non-traditional families, especially during the holidays.

This year the logo was custom designed by Taylor Hillyard, a first year student at Flagler College. He donated his talent and time to design a logo and characters that the race can utilize year after year. He will also be a participant in the race. Additionally, race founder Mary Jacobs will be joining everyone at the Start/Finish line. Her return is an honor and a great way to celebrate the success of Santa Suits on the Loose and its contribution to SAYS. The committee is working hard on more entertainment, fun and cheer. The 2022 race is expected to be TREE-mendous



St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

An estimated 20,000 veterans of major wars and conflicts, including two world wars, the Vietnam, Korean, Gulf wars and other conflicts, reside in St. Johns County and are honored annually on Veterans Day.

This year, the St. Johns County Veterans Day commemoration and celebration adds another dimension by including the thousands of volunteers who have participated in the "Global War on Terrorism," initiated following the 9-11 attack on the Twin Towers in New York.

Veterans, volunteers and their families are invited to participate in the annual event organized by the St. Johns County Veterans Council on Friday, November 11, at Anastasia Baptist Church, 1650 A1A South on Anastasia Island. Admission and parking are free. Doors will open at 9 a.m. with the program starting at 11 a.m., and will feature Major General John Haas, Florida National Guard, as the keynote speaker. The St. Johns Center for the Art Chamber Singers will perform patriotic music. Prior to and after the 11 a.m. program, visitors can



Major General Haas

explore static displays, a video collage and the traveling Vietnam and Global War on Terrorism walls.

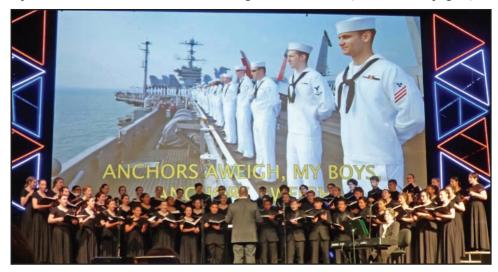
Major General Haas is the Assistant Adjutant General (Army) and the Commander of the Florida Army National Guard (FLARNG). He commands over 10,000 Soldiers and exercises management authority over all FLARNG programs. He graduated from Florida State University and received his commission from the Officer Candidate School at Ft. Benning, Georgia in 1990 following four years of enlisted service in the regular Army as an Infantryman. His military education includes Ranger, Airborne and Pathfinder Schools; Infantry Basic and Advanced Courses; the U.S. Command and General Staff College; the Pre-Command Course, and the Army War College where he received a Master of Science Degree (MS) in Strategic Studies.

He has completed three combat tours, two in Southwest Asia and one in Grenada. His other key assignments include multiple company-level commands, Battalion Operations Officer, Squadron Executive Officer and Squadron Commander of the 1-153rd Cavalry Squadron. He also served as the FLARNG Assistant Chief of Staff and State Mobilization Officer. Major General Haas holds numerous awards including the Global War on Terrorism Service Medal.

Other Veterans Day events:

• St Anastasia Catholic Church will host its 20th annual Veterans Day Tribute on November 11 beginning with Mass at 9 a.m. Veterans of all wars and all services, regardless of religious affiliation, and those currently in the military, are invited to participate. The wearing of military hats and uniforms is encouraged. Following Mass, the St. Anastasia Ladies Association will host a free breakfast for veterans and their families in the St. Enda of Aran Formation Center, located adjacent to the church. The church is located on the island at 5205 A1A South. For information call 904) 471-5364.

• Military Appreciation Month at the YMCA - The First Coast YMCA's Operation Salute offers free access during November to (continued on page 4)



WHEELCHAIR ACCESSIBLE SENIOR TRANSPORTATION



Strictly Seniors.org

You or your loved one can now travel with peace of mind.

My service promotes independence while providing personalized care. I offer short and long distance transportation with a kind, caring advocate in the driver's seat!



Call for escorted door-to-door transportation to/from:

- Medical Appointments
- **V** Special Occasions with Family and Friends
- Y Community Activities
- Social Engagements
- Shopping Trips
- 🂙 Salon Visits
- Airports (pick-up, drop-off and flight companions)

904.481.6786

Tracey Kuczinski - Your Senior Advocate StrictlySeniors.org

HAS YOUR HOME INSURANCE RENEWAL JUST INCREASED?



FIRST FLORIDA INSURANCE "QUOTE CHALLENGE"

ST. AUGUSTINE'S PREMIER AGENCY For Homeowner's Insurance

FACT: WE OFFER THE LOWEST OVERALL AVERAGE HOMEOWNERS INSURANCE PREMUIMS IN FLORIDA









CAN[®] 904-540-1499

Call, Click or email www.firstfloridainsurance.com mail: vipula@firstfloridainsurance.com

> Member (FAIA) • Affiliate Member Board of Realtors A&B RATED CARRIERS WITH AM-BEST Trusted Choice



2465 US 1 South PMB #8 St. Augustine, FL 32086 Online: www.SABNJ.com

Tatiana Diaz Media Consultant Editor/Sales (904) 894-0204 TatianaObserver@gmail.com



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

> "News Source for the City of St. Augustine Beach'

> > City of St. Augustine Beach Mayor Don Samora City Manager Max Royle www.staugbch.com

sabadmin@cityofsab.org

Distribution Locations for the Beaches News Journal

• St. Augustine Beach City Hall

- Anastasia Library
- St. Johns County Pier Park

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.

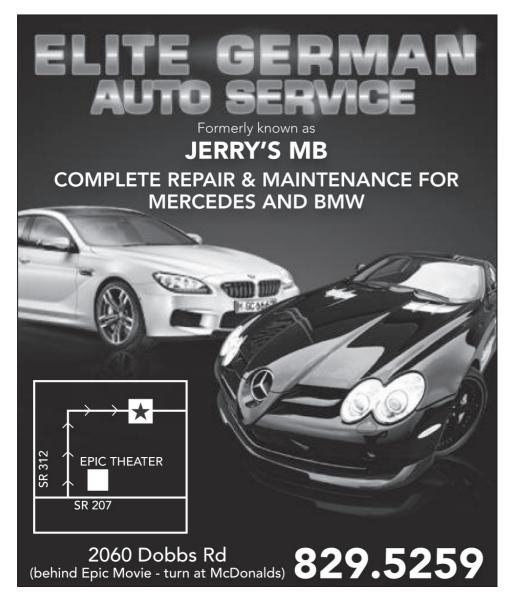
All materials submitted to the Beaches News Journal is subject to editing. Publishing of submitted information is at the discretion of the publisher. Views and opinions expressed are those of the writer and do not express the viewpoint of the publisher or editorial staff of the Beaches News Journal.

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.

It is agreed that the News Journal and its staff will not be held liable for information provided herein by submitters/advertisers, including pictures, graphics, websites, dates, times and/or emails listed, that may have the potential to constitute fraud or other violation of law including copywriting infringements. 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

- YMCA
- Main Library
 - Southeast Library



News & Events From Around the Beaches & the Island

St. Augustine Beach City Hall Update

At meetings in late September and and maintenance of the City's drainage early October, the St. Augustine Beach City Commission did the following:

City operations at 2.45 mills (or \$2.45 for every \$1,000 of a property's assessed value); set the debt millage at .50 mills; and approved the budget for Fiscal Year 2023, which began on October 1, 2022, and

will end on September 30, 2023.

2. Heard a progress report from Ms. Christina Parrish Stone, Executive Director of the St. Johns Cultural Council, concerning grants and repairs to the former city hall at pier park and plans for the civil rights memorial that's to be built there. The memorial will commemorate the "wade in" that occurred on the beach in 1964 near the former city hall.

3. Approved two proclamations: to declare October 2022 as Domestic Violence Awareness Month; and to declare October 17-23, 2022, as Florida City Government Week.

4. Re-appointed to a new threeyear term three members of the Comprehensive Planning and Zoning Board: Larry Einhauser, Kevin Kincaid and Chris Pranis.

5. Approved a resolution to have the Supervisor of Elections count the vote-by-mail ballots for the November general election.

Approved three budget 6 resolutions.

utility fee to pay for improvements invited.



system and authorized the City staff to advertise a public hearing on the fee 1, Set the property tax millage for for the Commission's November 14th meeting

8. Discussed how have homeowners to on 2nd Street between the Boulevard and 2nd Avenue pay the costs to connect their homes to the underground electric lines. A public hearing

for an assessment will be held at the Commission's November 14th meeting.

9. Decided to have vacation rental owners pay a yearly assessment fee for the pickup of household wastes and recyclables. A public hearing will be held at the Commission's November 14th meeting

10. Decided not to approve the hiring of a second Code Enforcement Officer.

11. Considered Vice Mayor Rumrell's request to allow Commission meetings to extend past 10 p.m., if necessary. A resolution will be prepared for the Commission's next meeting.

12. Held a workshop on October 3rd to review the proposed Vision Plan with members of the Planning Board and the Sustainability and Environmental Planning Advisory Committee. Changes were made to the Plan and Commissioners, Planning Board and SEPAC members will forward other suggested changes to the City Manager.

The City Commission's next regular meeting will be held on Monday, November 14, 2022, at 6 p.m. in the 7. Discussed levying a stormwater city hall, 2200 A1A South. The public is



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 or StAugustineObserverOnline.com





Catherine.L.Stone@ampf.com 24 Cathedral Place | Suite 206 | St Augustine, FL 32084



News From Around St. Johns County

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.bcsgofstaug. com or email 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.

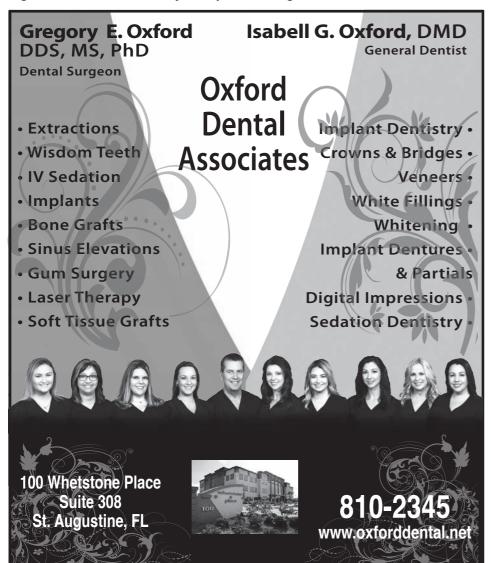


400 Health Park Blvd. St. Augustine, FL 32086 Tel: 904-819-4793	Flagler Hospital
www.flaglerhealth.org	I I HOSDILAI

GriefShare 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. The program continues through November 9, 2022 on Wednesday, 6pm-730pm

at Crescent Beach Baptist Church, St. Augustine FL 32086. Contact Melanie, 904-759-1054 or email rscoggn@gmail.com or GriefShare.org under Find a Group to register. You are welcome to join any time during the 13 weeks.



One Cent

Bv Max Rovle St. Augustine Beach City Manager



It's just a penny, a little orb of zinc and copper with Abraham Lincoln's head in profile. The humble penny is featured here because the St. Johns County Commission has proposed that you, Mr. and Ms. Voter, decide at the November 2022 general election whether the County has your permission to increase the sales tax by one cent: from 6.5 to 7.5 cents.

Yes, I know: Some of you may think any tax is a hideous, malformed creature with pointy sharp talons, the better to rip money from the purses and wallets of hardworking citizens to fund politicians' ill-begotten pipe dreams and ego trips. Yet...consider: Money from taxes and fees pay for the essential functions that county and city governments do, such as protecting life and property, providing facilities like parks, fire stations and libraries, building sidewalks and drainage systems, picking up trash, enforcing building regulations, having a court system and a jail. etc.: No taxes and fees, no essential functions.

How much money will the additional one cent provide? The County estimates that YEARLY the tax will generate \$49,626,914. How much of that will St. Augustine Beach receive yearly? Based on its population, a tidy sum: \$1,336,779. What can the money be used for? ONLY infrastructure, such as road and transportation

projects, parks/recreation facilities, police/fire facilities, libraries, stormwater management and coastal erosion projects. The money CANNOT be spent for such purposes as salaries, office supplies and perks for government bureaucrats. The County's list of possible uses includes 19 road, drainage and sidewalk projects, five new parks, four new libraries and three new fire stations.

What about our fair City? The possibilities are police communications equipment, improvements to the City's property at pier park after the County fire station is moved, undergrounding electric lines, the River-to-Sea Loop through the City for pedestrian/ bicyclist safety, public transportation between our City and St. Augustine, tree planting and resiliency projects, etc. And always, ALWAYS, money is needed every year for repaving City streets and drainage improvements to protect neighborhoods from flooding.

To be noted: 1) You, Mr. and Ms. Citizen, would not be the only ones paying the onecent tax. According to the Visitors and Convention Bureau, from July 2021 to June 2022, an estimated 3,025,500 persons visited the County. With the additional penny, the visitors will contribute a share of the money for improvements to the roads, beaches, parks and other facilities that they use.

2) If you approve it this November, the additional one-cent sales tax is limited to 10 years. Whether it is renewed in 2032 will depend on whether you believe the additional penny has been spent in ways that prove the tax has benefited you and other residents.

3) If you approve the tax, the City Commission may appoint a citizens' advisory board to provide recommendations for projects that will benefit the residents.

For more information and answers to Frequently Asked Questions concerning the proposed one-cent sales tax, visit the St. Johns County website at www.sjcfl.us.

Veterans Day Events

(continued from page 1)

current military families and veterans who can explore member benefits like basketball courts, strength and cardio equipment, exercise classes and more at no charge. Veterans are also invited to bring in their photo to be posted on an honor board. All members and visitors may contribute photos of family members or friends to honor during November which is designated as Military Appreciation Month. Special membership rates are available year round for active, retired, or honorably discharged military as well as Purple Heart and Gold Star families. The YMCA is located at 500 Pope Road on Anastasia Island. Call (407) 471-9622 for information

• St. Augustine Lighthouse invites veterans - The St. Augustine Lighthouse & Maritime Museum will offer free admission for U.S. Military Veterans on Veterans Day, Thursday, November 11. During World War II, the St. Augustine Lighthouse complex served as a U.S. Coast Guard training center where recruits from all over the United States were trained to defend the coast. During that war, the Ponce De

Leon Hotel in downtown St. Augustine (now Flagler College) was temporarily commandeered by the United States Coast Guard as a training center and as headquarters for the newly formed Coast Guard Reserves.

• The St. Augustine Lighthouse, as part of the U.S. Lighthouse Service, came under the United States Coast Guard in 1939, serving as a defensive post in WWII. Half of that site is now restored to that era. For information call 904-829-0745.





The Art Studio is for the Birds

November's First Friday will feature the National Audubon Society's 2022 Winning Photographs Exhibit. Please join us Friday, November 4th from 5pm until 8pm.

Award winners were featured in the Summer 2022 issue of Audubon magazine. They will also travel the country as part of an Audubon Photography Awards exhibit where they will be on display at 28 venues in 19 states - including many Audubon nature centers - between October 2022 and June 2023. This is brought to us and represented by our Local St. Johns County Chapter of the Audubon Society and The Art Studio will be one of those venues and we will have the Exhibit for our November First Friday Opening. The show will be available to view up until November







22nd. When they will be shipped to their next destination.

To compliment the exhibit we are also having our members with their own art with an Aviary theme. We are very excited to be a part of this National Event.

The Art Studio is also proud to be partners with the City of St. Augustine Beach and co-host the 3rd Annual Beach Art Walk where artists will be showing and selling all along A1A Beach Blvd. There will also be many booths outside and inside the Studio. The event is Saturday, November 26th from 2pm to 7pm and kicks off the "Light Up the Beach" Holiday Season.

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.

Beach Art Walk November 26, 2022

Come take a stroll down A1A Beach Boulevard and visit our local artists in various locations including our parkettes as well as outside our local businesses. In association with the Art Studio of St. Augustine Beach, the 3rd Annual event will feature artists and artisans with many diverse items from paintings, photography, prints, pottery, sculpture, jewelry and stained glass. Offerings include many holiday themed pieces as well as affordable gift items. All handmade, all local. Many local businesses are offering something special during the event, from hosting artists, special sales, and even entertainment, there is something for everyone.

For more information, please visit the Art Studio FB page or the City of St. Augustine Beach website. www. staugbch.com



The Garden Club of Augustine's 51st Holiday Tour of Homes

The Garden Club of St Augustine is happy to announce the 51st Holiday Tour of Homes is scheduled for Sunday December 4, 2022. The theme is Casas y Flores de Navidad (Houses and Flowers of Christmas). We will have 6 houses on display and decorated by Garden Club members from 12 noon to 5 PM.

A Boutique and Tea are included with the price of the ticket which will be at the beautiful River House on Marine St from 12 noon to 4PM. The Boutique will feature

homemade crafts and baked goods. The Tea will have a variety of delicious homemade cookies. There will be a cash raffle. This is a walking tour with limited transportation from the downtown parking garage to the River House.

Three of the houses are located on charming Water St, a short walk from the parking garage. Ticket sales start October 1. The price of the tickets are \$40. Keep the date open on your calendar. The Garden Club is excited to be back and present this great event. Go to www.gardenclubofstaugustine. org for more information and ticket purchase.





Pamela M. M. Holcombe, Esq. Pamela@AnastasiaLaw.net

Undine C. George, Esq. Undine@AnastasiaLaw.net

tools. The house is fully furnished and is being sold turnkey and ready to be rented. E-Mail: propertybyberta@aol.com • Web: www.bertabythebeach.com





4 LOCATIONS in St. Augustine

Physical Therapy

Spine, Extremity & Surgical Rehabilitation Sports Therapy & Athletic Rehabilitation Neurological & Vestibular Rehabilitation TMJ Disorders Dry Needling Clinicians Parkinson's Disease & Group Wellness Cancer Rehabilitation & Lymphedema Therapy



Speech Therapy Voice Therapy Cognitive Rehabilitation Swallowing Rehabilitation with VitalStim & Biofeedback TMJ Disorders

www.STARSREHAB.org







Your Hosts Lauren & Rich O'Brien





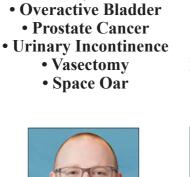
904-461-8727 www.beachfrontbandb.com





Howard Epstein, M.D. FACS, Board Certified

Katherine Gardner NP-C



• Space Oar

ADVANCED UROLOGY

• BPH • Erectile Dysfunction Bladder Cancer • Kidney Cancer • Kidney Stones

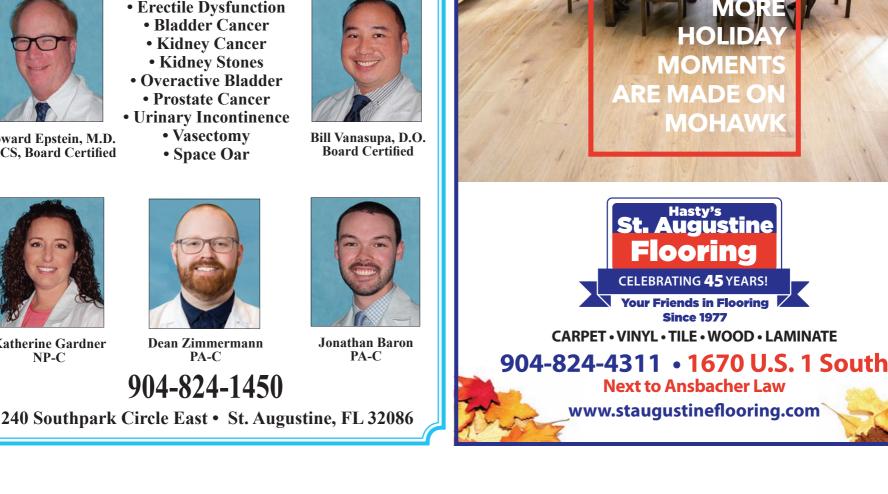


Dean Zimmermann PA-C

904-824-1450



Jonathan Baron PA-C





904) 461-557

818 A1A Beach Blvd

ST. AUGUSTINE BEACH

1 Mile South of the Pier

Adult Golf

50¢ OFF Children

Financial Focus

Information Provided by Edward Jones

Don't Overlook **Importance of Cash**

pay a great deal of attention to your stocks, bonds and mutual funds. But you shouldn't forget another key element of your financial strategy: cash.

Cash is part of any financial strategy and investment portfolio, but how much have you thought about the different uses of cash, and how much you really need? Consider these four key purposes:

Unexpected expenses emergencies – If you face an interruption in employment, you need an extensive home repair or you encounter an unplanned medical expense, you may need access to cash. If you're not retired, it's a good idea to have three to six months of living expenses in cash, possibly supplemented by access to a line of credit. If you're already retired, keeping up to three months of living expenses in cash, possibly supplemented by a credit line, is a good rule of thumb.

• Specific short-term savings goals – You may have some goals you want to meet within the next year or two, such as a wedding, a vacation or the purchase of a new car. And since you have a little more time to meet these needs than you would for an emergency, you might consider using a money market account or a short-term certificate of deposit (CD), in addition to your other savings vehicles.

• Everyday spending – You'll always need cash to provide for your day-to-day spending needs, such as your mortgage, other debts, groceries, utilities, entertainment and so on. If you haven't already done so, you might want to create a budget, which could help highlight areas in which you can reduce spending to free up funds for



If you're an investor, you no doubt investing in long-term goals. If you're still working, keeping one to two months' worth of living expenses in a liquid account may be sufficient, but if you're retired, you may need up to 12 months of living expenses, which you can adjust to accommodate outside sources, such as Social Security or a pension.

• Source of investment – You can and look at cash as an investment source in two different ways. First, cash can be considered its own distinct asset class, and because it typically behaves differently from other asset classes, it can provide some diversification to a portfolio containing stocks and bonds. (Keep in mind, though, that diversification can't guarantee profits or protect against all losses.)And second, the cash in your portfolio could be used as part of a systematic investing strategy in which you put set amounts of money at regular intervals into investment vehicles that are appropriate for your goals and risk tolerance.

Clearly, cash is an important part of planning for the future, but there can be too much of a good thing. While cash may seem like a perpetual safe harbor from the stormy investment seas, it is not without risk. If you hold too much cash, you could underfund your longerterm investments — the ones with the growth potential you need to reach some of your most important goals, such as a comfortable retirement.

Put your cash to work. By using it wisely, you can add a valuable element to your financial picture.

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

Edward Jones, Member SIPC



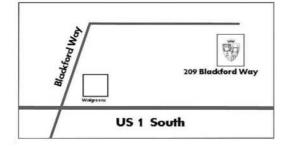


Financial Advisor 4108 A-1-A South St Augustine Beach, FL 32080 904-460-1200 edwardjones.com Member SIPC

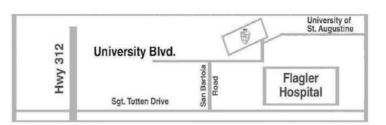
> Edward **Jones** MAKING SENSE OF INVESTING



209 Blackford Way / St. Augustine, FL 32086 Ph: (904) 907-1122 / Fx: (904) 907-1123



1 University Blvd / St. Augustine, FL 32086 Ph: (904) 829-3411 / Fx: (904) 829-3412



Visit us at one of our two locations and see a full listing of our services via QR code or www.firstcoastrehab.com





"SI" or "SIJ" stands for the sacroiliac joint. The pelvis forms a stable ring using three bony structures, two side pieces call the ilium and a keystone in the middle, called the sacrum. The SIJ is where the sacrum and ilium come together on the right and left. legs. This stable ring transmits forces from the ground, into the legs to the spine.

The SI joints are not supposed to move They should "wiggle", allowing much. for a little motion with walking, sitting, or standing. The SIJ moves quite a bit during childbirth to open the birth canal, which is why the SI joints are more mobile in women than men. But that said, excessive or imbalanced movement can be problematic and painful for women or men. Such imbalances can occur with asymmetrical movements, such as habitually crossing one leg over the other or sleeping on one side more than the other. Golfing can also create imbalance by producing a significant torque through the stance or lead leg. Motor vehicle accidents, falls, hard or miss-steps off curbs or in a hole can also jar the joint resulting in pain that may not be seen until weeks later.

A few weeks ago I encountered a woman with SI joint dysfunction and pain, which is the very reason for this month's topic. Unfortunately, she has been in pain for quite some time, but we are making progress. Because of her SIJ imbalances, also referenced as pelvic obliquity, she has developed a difference in her leg-length, further creating changes in the lower extremity and low back musculature.

Treatment can be difficult but not impossible. If one SI joint moves to little (hypomobile) and the other too much

SIJ Dysfunction

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

> (hypermobile), the body tries to provide ability to the hypermobile joint overusing muscles. This is difficult because there are few muscles that cross the SIJ. But through treatment of myofascial trigger points, restoring balance to the SIJ, and retraining using specific exercise, SIJ dysfunction can be overcome.

> SI joint dysfunction is more common than people think, and often mistaken for a lower lumbar problem due to the pain manifesting in the lowest portion of the back/pelvis. It can also produce pain in the buttock region but rarely manifests down the leg. Pain is usually experienced more in sitting than standing. It can also be felt in the transition of sit-stand. Although early intervention is best, chronic cases can be treated with success, as with my current female patient.

> If you think you may have SI joint dysfunction, consult your MD or PT and become fully functional again.

Rob Stanborough is a physical therapist withover 20 years of experience. Heispresident and co-owner of First Coast Rehabilitation, a Senior Instructor for Myopain Seminars (www.mvopainseminars.com) and *co*author of Myofascial Manipulation: Theory & Application, 3rd ed by Proed Inc. He is certified in manual therapy, a Fellow of the American Academy of Orthopaedic Manual Therapists and has presented on the topic of soft tissue dysfunction in a variety of venues. Read previous columns posted on www. firstcoastrehab.com.

myopain seminars

-The Obvious Choice®

St. Augustine Travel Club

The St. Augustine Travel Club will have its next gathering on Thursday, November 10 @ 3:00 PM, at the SE Library on US 1 South (nearby SR 206) Our topic will be NORWAY and OSLO -- See the beautiful scenery of this Scandinavian country and its famous fjords, well-preserved and picturesque medieval city of Bergen, traditions of village life, maritime history in the capital Oslo including the Viking ships and the famous Kon Tiki raft.

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.



Computer Corner

by Steven Aldrich 904-479-5661

not connecting their smart phone to their home WIFI. I thought I would explain the benefits here.

Our smart phones require connectivity to the internet to be "smart". The term "smart" refers to their ability to do more than make & take phone calls. They can take photos, get & send email, search the web, track your movement, notify emergency personnel if you have fallen, and many more "smart" things. To do this, they need to be connected to the web.

When you have a smart phone you have your calling plan, and your "data plan" which is the internet connectivity over the cellular network. Data on Cellular can be quite expensive, if you do not have an unlimited plan. For this reason, it is wise to ensure that you at least connected to WIFI when you are home.

If you are connected to your home WIFI, the cellular data plan is not utilized. Rather, your WIFI is used to do all the connectivity for 'smart" capabilities on the phone. This saves on your Cellular Data plan costs and may provide a much faster connection, depending on your internet connection ta home.

Some other perks to using WIFI at home are:

· Cloud uploads to Dropbox and other Cloud storage services wait until you are on WIFI by default to upload the backups of your



Quite often I find that my clients are photos and files. This default can be changed, of course.

• In homes or locations that cellular connections are weak, the WIFI connection gives you better reception if you can utilize "Calling over WIFI" (check with your provider).

• Better battery life on your cell phone while at home.

When you should not use WIFI: It is not advisable to use free Public WIFI unless it requires that you enter a password to join it. Open or Insecure WIFI is unencrypted, which means that all the communications you do on that WIFI are viewable as plain text. If you log into an account, the username and password are easily readable by anyone else on that WIFI. Unencrypted WIFI should be avoided, period! Most modern cell phones will warn you of this.

If you are not sure that you are using WIFI, or even how to connect, you can contact your cell provider, search google, or give me a shout. I'd be happy to schedule 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 or (904) 479-5661.



(904) 479-5661 info@fccspro.com www.fccspro.com Ask about our discount for Veterans

Mobile Connectivity ~ Got WIFI?



YOUR BRIDGE FROM HOSPITAL TO HOME

If you or a loved one are in need of Rehabilitation after a Hospital Stay, we know your goal is to get Home as soon as possible.

Our Friendly and Professional Nursing and Rehabilitation staff will get you or a loved one healthy with all the necessary skills you will need to return home.

Please Call or Stop by for a Tour Today!

(904) 797-1800

M OULTRIE CREEK NURSING & REHAB CENTER

> 200 Mariner Health Way St. Augustine, FL 32086

YOUR BRIDGE BETWEEN THE HOSPITAL & HOME

www.MoultrieCreekRehab.com



DOUG BURNETT MANAGING PARTNER DEDICATED & RESPONSIVE

St. Johns Law Group has lawyers focusing on specific areas of law, we put clients with the right attorney for their issue, giving them the power that comes with concentrated experience.

REAL ESTATE LITIGATION FAMILY LAW BUSINESS CONTRACTS CONSTRUCTION PROBATE



COMMERCIAL REAL ESTATE LEASING

DAVID ABRAHAM

ST. JOHNS

RACHAEL GREENE FAMILY LAW DIVORCE



TAX LAW . IRS DEFENSE **ELDER LAW & ESTATE PLANNING**

LAW GROUP



CONTRACTS

ST. AUGUSTINE

LAW FIRM

BEACH'S LARGEST

CONSTRUCTION • COMMERCIAL PROPERTY LITIGATION



REAL ESTATE **BANKING • CLOSINGS**

www.sjlawgroup.com

TDAVIS SWANSOI

(904) 495 - 0400 ST. AUGUSTINE

RUSINESS

LITIGATION



WHITEHOUSE COMMERCIAL LITIGATION LAND DEVELOPMENT



REAL ESTATE **BANKING • PROBATE**



We Buy Exceptional **Automobiles**

Sports, Classics, Convertibles, **Trucks and SUVs** always needed

Rhys Slaughter 904-580-8000

www.leefslaughtercars.com

