

St. Augustine Beaches NEWS JOURNAL



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



Fireworks Over the Matanzas

Monday, July 4 2022

Enjoy the Fourth of July Concert and Fireworks in St. Augustine starting at 6 p.m. with music by The All Star Orchestra in the Plaza de la Constitución. At 9:30 p.m., one of the largest fireworks displays on the East Coast bursts above the ancient Castillo de San Marcos and reflects in the waters of the Matanzas Bay. Admission is free with the best vantage points along the bayfront between the Castillo and the Bridge of Lions.

Schedule of Events:

6:00pm - The All-Star Orchestra will provide two hours of Big Band Music with a Patriotic Flair in the Plaza de la Constitución Gazebo, in the heart of downtown.

9:30pm - Fireworks Over the Matanzas, a stunning fireworks display with a stirring soundtrack. See it all from the downtown Bayfront, the Bridge of Lions, Vilano Beach, and more! Alcohol is prohibited on public property, including parks, streets, and sidewalks. Possession of fireworks that explode or leave the ground is illegal.

Parking and Traffic

Parking in city-owned lots and in on-street spaces is free on Monday, July 4, as it is on all federal holidays. Drivers are encouraged to confirm that they are parked in a city-owned lot and not a private lot where towing may be enforced by the lot owner.

The Historic Downtown Parking Facility, adjacent to the St. Augustine & St. Johns County Visitor Information Center at 1 Cordova St., offers parking for \$15.00 per car, per entry or \$3.00 with the ParkNow Card.

Parking in the lot at the Castillo de San Marcos National Monument is not free and is enforced by the National Park Service from 8:00am - 5:00pm, seven days a week, including federal holidays. There will be no vehicular access to or from the Castillo's parking lot on July 4th from 6:00pm until approximately 11:00pm.

Shuttle Service on Anastasia Island

The free park and ride shuttle service on Anastasia Island only, is provided by the city with support from Old Town Trolley Tours and Ripley's Red Train Tours and will be available from 6:00pm until midnight from parking locations along Anastasia Blvd.:

- Anastasia Baptist Church (1650 A1A South)
- St. Augustine Amphitheatre (1340-C A1A South),
- R.B. Hunt Elementary School (125



Bridge of Lions 5K

Saturday, July 9, 2022, 7:30 a.m. at Castillo de San Marcos

The Bridge of Lions 5K 2022 will take place on Saturday, July 9, 2022, along the scenic bay front in historic downtown St. Augustine. The course will take runners past the Castillo de San Marcos, over the historic Bridge of Lions, and through Davis Shores on Anastasia Island. Registration fee is \$50.00.

The race begins at the Castillo de San Marcos located at 1 South Castillo Drive, St. Augustine, FL 32084, and end at Oglethorpe Park on Anastasia Island. Water stations will be set up at the start, at 1 mile, 2 miles, and the finish. Digital time clocks will be viewable at 1 mile, 2 miles, and the finish line. The Bridge of Lions 5K course is 5K USATF Certified.

All runners who registered by June 24, 2022 will receive a T-shirt, a finisher's medal, a goody bag, and post-race refreshments. Those who register after this date may or may not receive these items due to limited availability. Free race photos will be taken.

Runners in all age categories will be considered for awards. Overall Male and Female finishers and the top three runners in the following age groups will receive awards: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and older.

There will be free parking at the Castillo de San Marcos until 10 a.m. or at the finish line in Davis Shores. No transportation will be provided for runners between the start and finish. However, it is only about a half-mile walk when taking a direct route. Many of our participants prefer to park at the finish line and walk to the start, before the race.

The race begins at 7:30 a.m. on Saturday, July 9, 2022. The race begins at the Castillo de San Marcos located at 1 South Castillo Drive St. Augustine, FL 32084.

Magnolia Dr.) and

- St. Augustine Alligator Farm Zoological Park (999 Anastasia Blvd.).

The Alligator Farm is parking-only location. Those who park there will need to access the shuttle at the R.B. Hunt Elementary School stop by crossing Anastasia Blvd. at the lighted crosswalk just east of the attraction where law enforcement officers will assist pedestrians to cross the road safely.

Street Closures

Rerouting of traffic begins at 8:00pm and continues until 11:00pm and includes prohibiting vehicular traffic on the Bridge of Lions, Avenida Menendez, Cathedral Pl., and S. Castillo Dr. Additional street closures include:

- Picolata Rd. between US-1 & San Marco Ave. (8:00pm - 11:00pm)

- San Carlos between US-1 & San Marco Ave. (8:00pm - 11:00pm)

- King St will have two westbound lanes, and one eastbound lane, west of MLK Blvd. (8:00pm - 11:30pm)

- King St. will have one westbound lane and one eastbound lane, east of MLK up to Avenida Menendez

- There will be NO east bound traffic on W. Castillo from US-1 to N. Cordova (8:00pm - 11:30pm)

- N. Cordova will be closed from Orange St. to the entrance to the Historic Downtown Parking Facility (8:00pm - 11:00pm)

Arriving by Water

The Bridge of Lions will not open for marine traffic, starting after the 8:00pm opening, until approximately 11:00pm. Vessels will be prohibited in an area north of the (continued on page 6)

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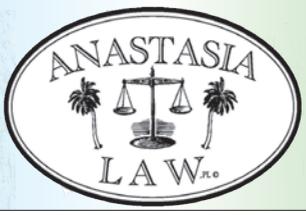
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From the moment you enter the gate at 5268 Medoras you are surrounded by lush tropical landscaping. A charming traditional beach house, there is a Tiki Bar, a 6-person hot tub under a tin roof, and 1,500 square feet of deck. You can view the sunrise with your morning coffee from the east side deck and the sunset with an evening beverage from the west side deck! The house has two bedrooms and two bathrooms upstairs. Downstairs there is a bedroom and bathroom with an inlaw unit or separate rental). The two-car garage has a regulation size pool table, bicycles, beach chairs and umbrellas, boogie boards, beach toys and games. Tucked away in the back corner of the lot, there is a separate building that houses an air-conditioned workshop with a good selection of tools. The house is fully furnished and is being sold turnkey and ready to be rented.

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Distribution Locations for the Beaches News Journal

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

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

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

Information and ads should be received by the 15th of the month in order to appear in the following month's issue. Articles or information may be sent to the Beaches News Journal, 2465 US1 South PMB #8, St. Augustine Florida 32086. Information may also be e-mailed to clifflogsdon@att.net 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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The Beaches News Journal is published by an independent publisher and is not affiliated with any government or agency, community development, management company or Homeowners Associations.

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

St. Augustine Beach City Hall Update

Here are the actions taken by the St. Augustine Beach City Commission at its regular meeting on June 6, 2022:

1. Appointed Mr. Edward Edmonds to the Sustainability and Environmental Planning Advisory Committee.

2. Approved an assessment for condominium owners to pay a fee for the collection and disposal of solid waste and approved an agreement with the County's Tax Collector for the collection of the fee.

3. Approved on first reading an ordinance to amend the Comprehensive Plan to adopt a state-mandated private property rights section.

4. Approved on second reading an ordinance to allow bee pollinator boxes in the City.

5. Did not approve an ordinance on second reading concerning erosion-resistant materials and the paving of parking lots. The Public Works Director and City Attorney are to revise the proposed regulations.

6. Approved four budget resolutions: a) \$12,000 from American Rescue Plan Act funds to purchase a trailer for the Public Works Department; b) \$82,000 from the Building Department's reserves to purchase a vehicle, equipment, furniture and for other expenses to meet new state standards for the digital review of building plans; c) \$335,000 and \$67,000 from American Rescue Plan Act funds for the design, permitting and construction of 11 dune walkovers. The St. Augustine Port, Waterway and Beach Commission has generously

approved a match of \$335,000; d) \$200,000 from American Rescue Plan Act funds for street paving projects.

7. Approved a resolution to accept the generous donation by two citizens of three lots on the north side of 2nd Street west of 2nd Avenue to the Putnam Land Conservancy. The lots will not be developed but kept in their natural condition.

8. Discussed the costs to underground electric lines along A1A Beach Boulevard and approved having a workshop in August 2022 with representatives from Florida Power and Light.

9. Approved advertising a Request for Qualifications for a park planner to do a plan for improvements to Hammock Dunes Park, which is located on the west side of A1A Beach Boulevard between the shopping center and the Whispering Oaks subdivision.

10. Scheduled the first public review of the City's Fiscal Year 2023 budget on Monday, July 25th, at 6 p.m. The Commission will set the tentative property tax millage at that meeting. Fiscal Year 2023 will begin October 1, 2022, and end September 30, 2023.

11. Authorized two months of leave without pay for a Public Works maintenance employee.

The Commission will hold its next regular meeting on Monday, July 11, 2022, at 6 p.m., because the first Monday is the July 4th holiday. The public is invited to attend the meeting or may view it online at staugbch.com.



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St. Augustine Travel Club

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



St. Augustine Travel Club Cruise

The St. Augustine Travel Club will again be sailing the seas on Saturday, February 25 – March 4, 2023 on the beautiful Norwegian Escape out of Port Canaveral to the Eastern Caribbean ports of Puerto Plata (Dominican

Republic), Tortola (British Virgin Islands),

St. Thomas and Norwegian's private island Great Stirrup Cay in the Bahamas for a 7-day cruise. Prices start from \$778.65 per person, double occupancy, for inside cabin, inclusive of all port fees and taxes. Balconies, Oceanviews and Studio Singles are also available at additional cost. Book now with a \$125 p.p. deposit and receive \$100 per stateroom On Board Credit, Free Beverage Package and more. Should NCL have to cancel the cruise, full refund would be issued by NCL. Call Peter, St. Augustine Travel Club at (904) 797-3736.

An Invitation to the Living With Cancer Support Group

Whether you're a patient, survivor or caregiver, this is your opportunity to talk about the day-to-day challenges of living with cancer in a group of people who can inspire, relate to and support you along your journey. We are a group of people with common experiences and concerns who provide each other with encouragement, comfort and advice. We welcome all those who have walked this path and seek support.

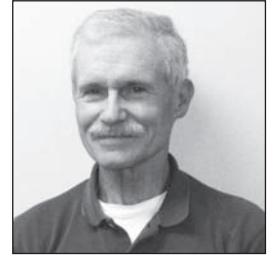
Meetings are the Third Wednesday of every month at 11:00 am. Our next meeting will be on July 20, 2022 In the Whetstone Building. 100 Whetstone Place, Suite 303

Also meeting via ZOOM! at the same time Please call 904-819-4742 for zoom invite or for more information.



The Future

By Max Royle
St. Augustine Beach City Manager



Question of the day/month: If you are a resident of our fair City and intend to stay here for the foreseeable future, what do you want the City to be in the next 10 or more years: the beach lined with Miami-style condo towers? More residential and less commercial, or vice versa? Or remain what it is today: mostly low density residential (four or fewer houses per acre) with a population of around 7,000, low-rise commercial buildings along A1A Beach Boulevard and no beach condo towers?

If you are satisfied with the status quo, then you don't want the City to change. However, to be realistic, change isn't going to bypass our seaside paradise. The reasons? Possible sea level rise, a catastrophic storm that destroys buildings, what land uses are in favor or disfavor at a particular time, requirements that the Florida Legislature may impose, or the voters electing City Commissioners who favor revising the City's land development regulations to make them either more or less restrictive.

For example, a battle for the past several years in the Florida Legislature has been whether to abolish all regulation of vacation rentals by local governments. At this time, our City allows without any limit vacation rentals in commercial and high density land use districts, limits to 100 those in medium density land use districts, and prohibits them in low density (single-family home) districts. What might our City be like if a state law allowed vacation rentals anywhere in the City? Let's see what happens in the 2023 legislative session.

For the future, here are some assumptions: 1. The City isn't going to buy more land for parks because the City's financial resources are limited, its debt load is high and land is so expensive. 2. No more large hotels and no new subdivisions because there are no large tracts of vacant land. 3. No increase in the number of houses allowed per acre. 4. And, barring a highly unlikely reversal of public opinion, no increase to the 35-foot building height limit.

What you'll definitely see is the new replacing the old: modern commercial buildings for existing ones, two- to three-story houses for one-story beach bungalows, and houses on now-vacant residential lots.

Then what? Likely regulations and projects to help the City meet the challenges of sustainability and resiliency. Definitely new drainage projects to protect public and private property. Possibly a focus on quality-of-life matters, such as making the City more pedestrian and bicyclist friendly, opening Hammock Dunes Park north of the shopping plaza to the public; more dune walkovers, better streetlighting, beautification projects, etc.

Commissioner Margaret England and I have prepared a new vision plan for the City's future, to replace the 2006 plan. The Planning Board will review it in June. Already, the Sustainability and Environmental Planning Advisory Committee has reviewed it and commented that the City needs to devote less land for parking, more land for green space. We'll see what the Planning Board recommends.

St Augustine Genealogical Society

Unless otherwise noted, the general meeting of the St Augustine Genealogical Society meets the 2nd Saturday of each month in the public room of the Southeast Branch of the St Johns County Library.

The library is located at 6670 US 1 South, St Augustine, FL. Check-in begins at 12:45, July 9th and our meeting starts at 1:00 PM. Our Genealogical Society is open to all. We encourage visitors, as well as current and former members to join us.

Our program for July will be "Final Resting Places" presented by Charles Tingley. This program will discuss the various types of cemeteries that you may find while searching for ancestors. For additional information, you may contact Georgia Horsley 770-337-6137 Refreshments are served.

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Ancient City Game Fish Challenge

Ancient City Game Fish Association (ACGFA) Challenge Tournaments!
Challenge dates are July 7 – 9, 2022.

The Ancient City Challenge Tournaments is a three-day tournament and celebration of fishing in the Ancient City. Our beloved, not-for-profit and locally produced fishing tournament has nearly two decades of history in St. Johns County and is a tournament that celebrates family fun, our waterways and our community. Most proceeds from the event go to support local charities and to our offshore restoration efforts including the upkeep of our 40-acre artificial reefs which include Andy King Reef, Honest Jim Blalock Reef, and our “Eternal Reef” which is dedicated to the placement of reef balls that provides the opportunity for families to place the ashes of loved ones as a final resting place.



For the fourth year, as part of our conservation efforts, we are encouraging live release of all redfish after weigh-in. The Coastal Conservation Association (CCA) will be on site to assist with proper release, questions and techniques.

This tournament would not be possible without the help of our many volunteers and sponsors. We hope that you enjoy the weekend, thank the volunteers for their efforts, and support our sponsors when you can.

The Ancient City Game Fish Association (ACGFA) was organized in 1958. We currently have approximately 130+ members. Our membership year is from May 1st through April 30th. Our Mission is to promote the sport of fishing in the St. Augustine area and do whatever is in our power to improve and promote recreational fishing in our area.

Families Are Welcome At ACGFA! Dues are \$65 per year per family (you + significant other + children under the age of 18). Meetings are held at the St. Augustine Shrine Club located at 250 Brainard Dr., St. Augustine, Florida on the third Tuesday of each month. Meetings start at 6:00 pm with a social, followed by dinner for your family and the general meeting at 7pm. We also have a Kids Club for your little ones while we conduct the meeting.



We have annual and monthly fishing awards for Boats-of-the-Year (inshore and offshore) and Anglers-of-the-Year (Men, Women, Junior (age 8 to 16) and Small-fry (7 and under). In addition, there are members-only fishing tournaments each month as well as a family friendly Christmas Party and an End of Year Awards/Membership Dinner.

For additional information contact 2022 Challenge Director Stephen Strickland at (904) 669-0295



by Paul Slava

First Friday, July 1st will Feature Artist of the Month, Leah McCarthy.

Leah is a wife, a mother, an educator and an artist. She spent my childhood in New Jersey and Pennsylvania. She had inspiring and compassionate art teachers in every school she attended. They inspired her to become an educator. Leah had the privilege to be a volunteer for four years for the Broward County Public Schools in the Meet the Masters Art Education Program. She very much enjoyed art education at the elementary level. “Not only was it extremely fun, it was an incredible hands-on learning experience” stated Leah. “I credit Meet the Masters with awakening my inner artist. I went from approaching art as a subject of study to embarking on a journey to find myself as an artist”.



Leah has a background in Hospitality and Tourism Management and earned a Bachelor of Arts in Psychology from Millersville University of Pennsylvania. She was fortunate to complete and participate in the Art Galley Docent Programs at the Florida Institute of Technology's Foosner Art Museum and the Orlando Museum of Art. “I very much enjoyed leading the children's tours throughout the Foosner. It was very rewarding to introduce children to the wonderful world of art. I am very blessed to have had so many exciting and enriching opportunities to work with children and the general public. My professional experiences and educational training have brought me great joy and a deeper appreciation for the arts”, says Leah.



She tries to reuse/recycle/re-purpose as much as possible. Her current focus is on acrylic painting, fluid art, mixed media and intuitive painting. “I very much enjoy experimenting with new styles and mediums. Doing what I love each day is truly a gift and I never take it for granted”.

You can See Leah's Show with our Brand New Member's Show all starting at 5pm. Music, Refreshments and snacks will be available. 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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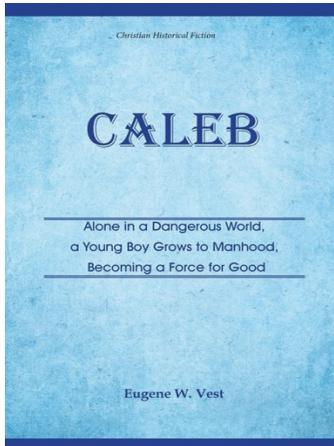
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Beach Resident Eugene Vest Authors New Book of Christian Historical Fiction

Longtime St. Augustine Beach resident Eugene Vest, 86, who has been active in the church and the study of Bible history his entire life, is the author of a newly published book in the Christian historical fiction genre.



CALEB: Along in a Dangerous World, a Young Boy Grows to Manhood, Becoming a Force for Good, depicts first-century life in the lands of Israel and Judea as related to the beginnings of the Christian movement. In it, reasonable fiction augments Biblical facts to evoke a feeling of "being there."

CALEB was published May 27 and is available for sale at many online stores, including amazon.com and barnesandnoble.com. (ISBN:978-1-7375505-2-5; 218 pages; \$14.95; Published by Legacies & Memories, LLC, St. Augustine, Florida; LegaciesandMemoriesPublishing.com.)

For many years, Vest, a retired engineer, volunteered services to an international ministry dedicated to the formation and growth of in-home

Bible study groups. The ministry has expanded from the United States to at least sixteen other countries.



St. Johns County Pier Park St. Augustine Beach

Fall Dates

August 17th	The Committee	Pop - Rock - Dance
August 24th	Soulfire	Disco - Pop - Dance
August 31st	Amy Alysia & Soul Operation	R & B, Jazz, Blues
September 7th	Romona & The Riot	Jazz - Blues - Dance
September 14th	Those Guys	Classic & Southern Rock
September 21st	All Star Jam	Eciectic Mix

Fireworks Over the Matanzas

(continued from page 1)

Bridge of Lions to a point approximately inline with Castillo de San Marcos National Monument. View the No Boat Zone map. Marine law enforcement will patrol Matanzas Bay and notify vessels in violation of the prohibited area.



The St. Augustine Municipal Marina is currently holding a wait-list for overnight reservations and will have limited hourly dockage on the 4th of July, as well as throughout the holiday weekend. Contact the marina directly on VHF CH 16 or CH 71 for availability and docking instructions.

Fireworks over the Matanzas is produced by the City of St. Augustine with support funding from the St. Johns County Tourist Development Council.



4 LOCATIONS in St. Augustine

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



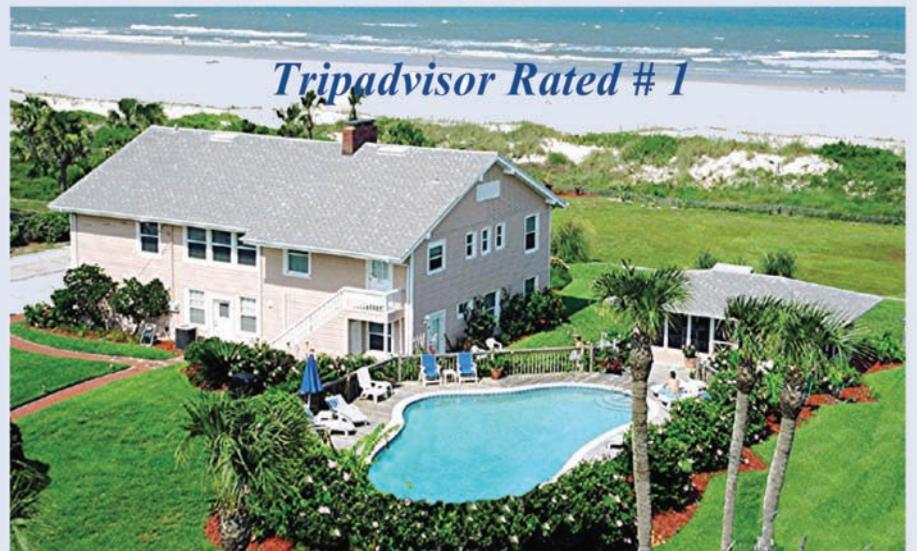
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- Swallowing Rehabilitation with VitalStim & Biofeedback
- TMJ Disorders

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The Community is Cooking!

The St. Johns County Public Library System is pleased to announce the "Community Cooks!" culinary literacy program, made possible by a recently awarded Innovation Project Grant. This new program allows participants of all ages to experience hands-on food preparation in a fun and health-enhancing way. Throughout the summer, the "Community Cooks!" program is offering four unique and exciting classes at the Southeast and Hastings branch libraries. Each class will cover topics ranging from creating easy, affordable, and healthy meals, learning new cooking techniques and food safety, and discovering ways to snack smarter. Registration is required as space is limited. Participants may register for one or all of the classes. Classes are offered on the following dates, times, and locations:

Tasty Affordable Meals for Busy Families

10 a.m. on Friday, July 29, at the Hastings Branch Library

Sauté, Simmer & Steam

6 p.m. on Monday, June 27, at the Southeast Branch Library

3:30 p.m. on Friday, July 22, at the Hastings Branch Library

Added Sugar is not so Sweet

10:30 a.m. on Saturday, July 2, at the Southeast Branch Library

3:30 p.m. on Friday, August 5, at the Hastings Branch Library

Snack Smarter

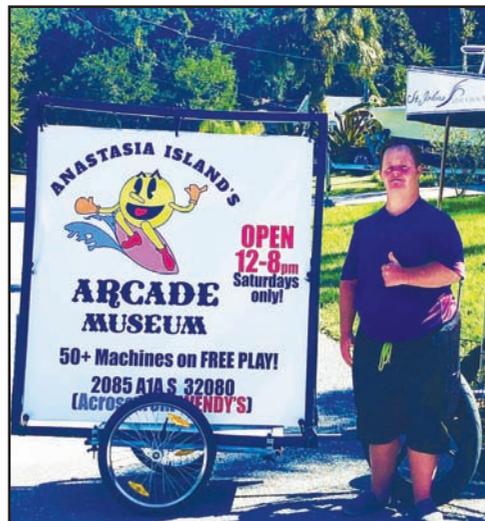
6 p.m. on Monday, July 25, at the Southeast Branch Library

10 a.m. on Friday, August 12, at the Hastings Branch Library

"Community Cooks!" is supported with funds provided by the Northeast Florida Library Information Network (NEFLIN) and was created in partnership with the University of Florida, Institute of Food and Agricultural Sciences, and utilizes recipes from the American Heart Association.

For more information about this program and other services of the St. Johns County Public Library System, please visit sjcpls.org.

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Financial Focus

Information Provided by
 Edward Jones

What investors can – and can't – control



As an investor, you can easily feel frustrated to see short-term drops in your investment statements. But while you cannot control the market, you may find it helpful to review the factors you can control.

Many forces affect the financial markets, including geopolitical events, corporate profits and interest rate movements – forces beyond the control of most individual investors.

In any case, it's important to focus on the things you can control, such as these:

- Your ability to define your goals – One area in which you have total control is your ability to define your goals. Like most people, you probably have short-term goals – such as saving for a new car or a dream vacation – and long-term ones, such as a comfortable retirement. Once you identify your goals and estimate how much they will cost, you can create an investment strategy to help achieve them. Over time, some of your personal circumstances will likely change, so you'll want to review your time horizon and risk tolerance on a regular basis, adjusting your strategy when appropriate. And the same is true for your goals – they may evolve over time, requiring new responses from you in how you invest.
- Your response to market downturns – When the market drops and the value of your investments declines, you might be tempted to take immediate action in an effort to stop the losses. This is understandable – after all, your investment results can have a big impact on your future. However, acting hastily could work against you – for example, you could sell investments that still have solid fundamentals and are still appropriate for your needs. If you can

avoid decisions based on short-term events, you may help yourself in the long run.

- Your commitment to investing – The financial markets are almost always in flux, and their movements are hard to predict. If you can continue investing in all markets – good, bad or sideways – you will likely make much better progress toward your goals than if you periodically were to take a “time out.” Many people head to the investment sidelines when the market tumbles, only to miss out on the beginnings of the next rally. And by steadily investing, you will increase the number of shares you own in your investments – and the larger your ownership stake, the greater your opportunities for building wealth.

- Your portfolio's level of diversification – While diversification itself can't guarantee profits or protect against all losses, it can help greatly reduce the impact of market volatility on your portfolio. Just how you diversify your investments depends on several factors, but the general principle of maintaining a diversified portfolio should govern your approach to investing. It's a good idea to periodically review your portfolio to ensure it's still properly diversified.

The world will always be filled with unpredictable, uncontrollable events, and many of them will affect the financial markets to one degree or another. But within your own investment world, you always have a great deal of control – and with it, you have the power to keep moving toward all your important financial objectives.

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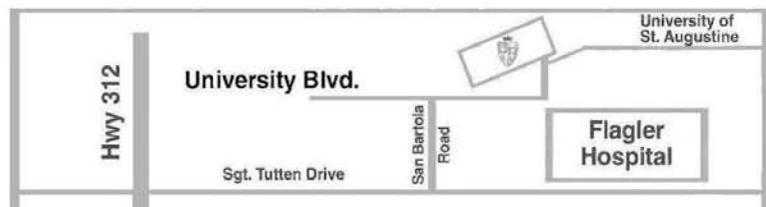
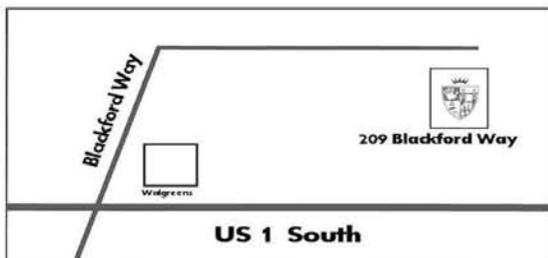
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Any Age - Any time

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

Years ago, I wrote a column on accumulating dysfunction. In it I stated my belief that pain is not a consequence or factor of aging but of a life-time of compensation. We are made to move and move efficiently. Many factors can alter our 'mechanics' but we are constantly compensating. We make little changes in the way we do things, which in turn can create imbalances in the musculoskeletal system and place undue stress on our tissues. This can be ignored for a while but at some point, we will eventually have to stop and take notice.

I recently came across a TED-talk video of a 93-year-old gentleman who spoke about parallel concepts of needing to move throughout our lives. His name is Charles Eugster. His video is at: <https://www.youtube.com/watch?v=rGgoCmlhofM>. Although he focuses on body building, his underlying message is our body's need to move, which is timely given the amount of immobility that has occurred due to COVID. The day before writing this column I heard a patient say, "I've been home for two years." I would encourage all to start slow and start moving.

In his presentation he states the following facts:

- Worldwide obesity has doubled since 1980
- 12% of the world's population is obese & 26% in USA
- 50% of the US population is estimated to be obese by 2030
- 10% of the world's population has diabetes

He blames most of these statistics on two things: (1) our Paleolithic bodies and (2) retirement. He could add Covid. He convincingly reports that our Paleolithic bodies have changed little over time. Where we were once forced to be very active searching or hunting for food, this is no longer true as most of us have food easily accessible. He further states the obvious, that we consume too much. Once upon a time we may have needed to consume as much as possible when food was available to sustain us during long periods between meals. In most cases, this is no longer the case. He also says, where we once avoided unnecessary

activity in order to conserve energy for the same reasons – long periods between meals – even though our bodies may urge us to conserve, inactivity has become hazardous. In fact, he states inactivity has become a major cause of death, quoting 92% of those over 65 have a chronic disease and that 50% of 80-year-olds have lost 50% of their muscle mass since the age of 50, replaced by fat.

Being 93 and retired, he put forth the challenge that instead of becoming less active, retirement can be a new beginning to develop dormant talents and start a new life. In this column, I am suggesting the same, not just for retirement but for making a post-Covid new start. He suggests "3 factors to successful aging" are (1) Work, (2) diet and (3) exercise. He not only states that the body can be rebuilt at any age, but he also shows how he is an example. Muscle mass can be restored at any age or any time. Neither disease nor pain should be viewed as a consequence of aging. Instead, they should be viewed, in many cases, as a consequence of inactivity. The treatment for many diseases is in fact exercise.

We at First Coast Rehabilitation understand these facts and the challenges that go with them. We've spent several years helping individuals in this community of all ages, one at a time. Watch the Mr. Eugster's video and if you're not sure where to go from there, our therapists can help you develop a plan specifically designed for you.

Rob Stanborough was one of the first PT's to be permitted to use DN in FL since 2017. He has trained others in DN since 2010 both nationally and internationally as a Senior Instructor for Myopain Seminars (www.myopainseminars.com). 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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Help, my printer is offline

You may not print often, but when you do, it should just work! Right? Sometimes the printer is turned off, other times it has lost its wifi connection. What I have noticed is that if neither of these "fixes" is helping, maybe it is time to remove the printer and then add it back.

You know how some computer "geeks" will ask you if you have rebooted your computer, as if that magically fixes all problems? (side note, it does fix a bunch of them)

Well, removing and adding a printer back can have the same magical effect.

On Windows the fastest way to do this is to press the "windows key", which is always two keys to the left of the space bar. Then simply type the word "printer". This utilizes Windows Search and will quickly find the Printers and Scanners Settings Module and give you an Open button. Yes, Windows search is extremely powerful and worth getting familiar with. It will save you tons of time looking for where something is.

First, please click the "Add Device" button and see if it finds your printer ready to be added. If we can find your printer in the add device screen, then it is online and ready to be added. Now, we can click cancel, and remove the non-

functional instance of the printer.

You can quickly find the troubled Printer in your list of devices. Depending on which version of Windows you are running you'll see different ways to remove the printer:

Windows 11 has a stack of three dots at the right end of the printer listing space.

Windows 10 shows the Remove device button when you click on the printer.

Next, you'll need to add the printer back in. We'll return to the Add Device screen that you were in just a moment ago. Select your wayward printer and click Add Device. It'll take a bit, but very soon you will be able to do a test print.

Magic, or sleight of hand, is sometimes what we think when tech support make it look too easy. Once you have used this "fix" you'll be the new magician in the house.

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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