



St. Augustine Beaches NEWS JOURNAL

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

St. Augustine Beach and Beyond...

By Lorraine Thompson (staugbeachwatch@aol.com)

There's nothing like an island holiday celebration—where palm trees as well as pine trees are decorated and a surf illumination replaces cold winds and falling snow.

This year's annual Surf Illumination from 4 to 7 p.m. on Saturday, December 3, at St. Augustine Beach Pier Park, 350 Beach Boulevard, ushers in Anastasia Island's annual holiday celebration with a new twist—PIRATES!

But, according to Bill Jones, president of the St. Augustine Beach Civic Association, sponsor of the annual event, "These are good pirates. We've cultivated a relationship with a Pirate Crew, known as the Ancient City Sirens, that was interested in doing a Toy Drive for Foster Children in St Johns County. That conversation led to a new and fun piece to our Surf Illumination Festival," Jones explained.

Surf Illumination, now in its 19th year, will feature the lighting of the City of St. Augustine Beach's Christmas Tree. The tree lighting will take place at dusk, around 5:45 p.m. Family fun will include photos with Santa and Mrs. Claus, face painting, balloon twister, and (temporary) tattooing. The pirate crew will also be available for pictures with kids and adults in front of their "Pirate Ship." Adding to the festivities there will be a DJ playing holiday music and a variety of free children's activities. Jones added that "We'll have mermaids and dance performances as well, featuring Gina Marie of the Pirate Crew and members of the Blue Lotus Dance Studios."

The Art Studio, located at Pier Park will be open to host a special holiday show and sale. Local art will be on display and available for purchase throughout the evening. More than a dozen vendors will be selling holiday gifts, and art and crafts. Food and beverages will be available for purchase. Admission to the event is free. Contributions of new unwrapped toys for children of all ages to the Toy Drive for Foster Children in St. Johns County will be accepted

Other Anastasia Island Holiday Events:

- Santa Suits on the Loose 5K run/jog/walk, Saturday, December 10. Starting at 8 a.m., hundreds of runners of all ages, some dressed in colorful Santa suits and holiday shirts, will dart through the streets of St. Augustine Beach. The run begins at the St. Johns County Beach Pier and follows a flat 3.1 mile area through St. Augustine Beach neighborhoods and finishes at Pier Park. The charitable event benefits St. Augustine Youth Services which provide residential therapeutic services to boys who have been the victims of child abuse and/or extreme neglect. Registration fee is \$30. For registration and other information visit: - <http://www.racesmith.com/races/SantaSuitsOnTheLoose5K>. or Email: santasuitsontheloose@gmail.com

- The St. Augustine Beach Police Department will host children (with a parent or an adult) at a meet and greet Santa Claus festivity from 5:30 to 7:30 p.m. on Wednesday, December 14. The Christmas with Cops and Claus event is part of a national effort to foster police/community relationships, to present a positive image of the SABPD with our children as well as a welcome environment for families and children. Activities will include free photos with Santa, a North Pole Christmas list mailbox and goodie bags for children along with seasonal music and other activities. The Police Department is located at 2300 A1A South. For information call 471-3600.

- Light Up the NIGHT! A new version of welcoming the new year begins on Dec. 31 with 20 minute fireworks display at St. Augustine Beach Pier Park, replacing previous New Years Eve events at the park. Fireworks are set to begin at 8:30 p.m. Several viewing places are recommended. Parking at Pier Park will be limited. Parking will be available at St. Augustine Beach City Hall, Ron Parker Park, Anastasia Square parking lot and at the YMCA after 1 p.m. Shuttle service will be provided from Anastasia Baptist Church to three viewing locations on the beach: A Street, 10th Street and the St. Augustine Beach Pier Park. Beach entry for vehicles will be allowed from A Street South. For event information visit www.sabevents.com/beach-blast-off or call 471-2122.



St. Augustine Beach Holiday Market

Presented by City of St Augustine Beach at St. Johns County Ocean Pier, St. Augustine Beach FL

Bring the whole family to the 3rd annual Holiday Market at the Pier December 10, 2022 from 3 pm to 7pm. Stroll through the market where you will find local vendors with offerings for everyone on your holiday gift list.

The market will offer gift wrapping for your one-of-a-kind purchases. Capture the family fun in the grinchy themed photo booth and discover delicious treats to take home, all while enjoying the vibrant light displays at Pier Park.

Light Up the Beach New Year's Eve Fireworks Show

St. Augustine Beach's New Year's Eve celebration large fireworks display will be at 8:30 pm December 31, 2022 at the St. Johns County Ocean Pier in St. Augustine Beach.

The fireworks show can be viewed A1A Beach Boulevard including th St. Johns County Ocean Pier, A Street and 10th Street. There will be no festival at the Pier, instead, the city invites the public enjoy the show from multiple locations along the boulevard and enjoy the services of local businesses.

Shuttle service will be provided from Anastasia Baptist Church to the three viewing locations on the beach. Parking will be available at Amici's Restaurant, 1915 A1A South, and at the YMCA, 500 Pope Road. Beach driving and parking will be allowed from A Street and going south.



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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

The St. Augustine Beach City Commission held its regular meeting on Monday, November 14th. Here are the highlights:

1. Heard a presentation by Ms. Janel Finley of the U.S. Small Business Administration regarding financial aid available to businesses, homeowners, renters and non-profits affected by Hurricane Ian.

2. Approved two resolutions to adopt a non-ad valorem assessment: the first to create a stormwater utility fee to help the City pay the costs to maintain its drainage system to protect property; the second to adopt a solid waste collection fee for vacation rentals.

3. Did not approve a resolution to create a non-ad valorem assessment for property owners along 2nd Street between A1A Beach Boulevard and 2nd Avenue to pay the costs to connect their property to underground power lines.

4. Approved a resolution to require all non-salaried employees to use time sheets for the recording of hours worked.

5. Approved two budget resolutions: the first to adjust funding from the American Rescue Plan Act; the second for adjustments to the Fiscal Year 2022 budget.

6. Approved the transfer of a surplus high-water vehicle to the St. Augustine Fire Department.

7. Heard an update report from a civil engineering consultant about the Ocean Walk subdivision drainage improvements project.

8. Approved Phase 3 of a contract with Florida Power and Light to change streetlights in residential areas to LEDs and to put two new streetlights on 11th Street, east of Mickler Boulevard.

9. Approved the hiring of a second Code Enforcement Officer and increasing the yearly inspection fee for vacation rentals from \$125 to \$450 to help pay the costs of the second Officer.

10. Approved on first reading an ordinance to vacate the alley between 1st and 2nd streets, west of 2nd Avenue.

11. Decided a design for a City memento to give to members of the public on special occasions.

12. Approved a resolution to provide flexibility as to the time when City Commission meetings are to end.

13. Approved developing an assessment for adjacent property owners to pay the costs to open 4th Street between A1A Beach Boulevard and 2nd Avenue.

The City Commission's next regular meeting will be held on Monday, December 5, 2022, at 6 p.m. in City Hall, 2200 A1A South. The public is invited to attend or to view the meeting online at staugbch.com.



St. Augustine Travel Club

The St. Augustine Travel Club will have its next gathering on Wednesday, December 7, at 3:00 pm at the Southeast Branch Library (nearby SR 206) Our topic will be AUSTRALIA TO THE AMERICAS: Exploring the splendors of the world from Australia to Hawaii, the West Coast USA, then South America and finally, Vermont's foliage and Christmas season in New York.

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.

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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.bcsstofstaug.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.



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www.flaglerhealth.org



Flagler
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Shores Riverview Club Monthly Dances!

Come on out and enjoy live music and dancing at the Riverview Club in the St. Augustine Shores! Tickets are \$15 per guest and seating is open. Bring your own food and drinks! RSVP is not required but is encouraged. Call 904-794-2000 or email christine@staugshores.net to RSVP! Nostalgia is playing Saturday, December 17th from 7-10pm and Frank Saffi will be playing Friday, December 30th from 7-10pm. The Riverview Club, 790 Christina Dr., St. Augustine 32086.

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Needs/Wants II

By Max Royle
St. Augustine Beach City Manager



Two months ago, I regaled you about whether what some citizens or elected officials propose a city do is a need or a want; that is, an action or thing that's related to a city's basic purpose: to protect life and property. Time now for the second installment of our deep dive into this fascinating topic.

1. Jam. This is such a classic example of a dubious want overshadowing any question of a real need that I am almost embarrassed to bring it to your attention. Notice I said "almost."

It happened in Fort Lauderdale where city officials in 2021 spent nearly \$500,000 for a FOUR-HOUR event titled the Summer Jamz concert. An outcry ensued, egg dripped down some faces and the city was a sea of pointing fingers: Who/what/why allowed this to happen? A city manager shortly before he left for another rung on his career ladder authorized it. A loophole in the city's spending policies allowed him to approve expenditures for ENTERTAINERS without any oversight and limits. City staff said there also was pressure from a city commissioner to approve the event's bloated budget. Though the \$500,000 horse has fled the barn, let's hope the City Commission has put up new doors with foolproof locks to close the loophole.

2. Branding. While it's understandable that some cities want to be competitive and promote themselves for economic development and/or community pride, is branding a need or a want? For the following, you be the judge.

The Palm Coast city manager in 2017 proposed mounting the city's name on both sides of a road bridge over I-95. Cost: \$200,000, or \$11,111 and change for each of the 18 four-foot-tall letters. The overwhelmingly negative reaction was swift. Many residents said the city's name already was on a tall, distinctive water tower that was quite visible from I-95. Others remarked that the \$200,000 would be much better spent on road paving, drainage projects, needed sidewalks and streetlights. For others, the issue was more fundamental: What, exactly, was Palm Coast branding itself for? To entice I-95 drivers to visit its non-existent tourist attractions or historic sites? The city manager's proposal soon faded from blistering attention into quiet oblivion, as did the city manager a year later.

3. Beautification. Is it a need or a want? The question sometimes is a tough one to answer. Many residents want their city to look attractive, yet what's beautiful is often in the eye of the beholder and a lot of money can be spent on plants and their care. So, what is a city to do?

Setting priorities may be the rule: If a city has significant needs, such as drainage projects and street paving, and limited dollars, then beautification should be given a lower priority and reduced funding. Or, if a city has enough money for significant needs, then money can also be provided for beautification. Let the amount of dollars available determine whether beautification is a want or a need.

Buy a BRICK - Save a YOUTH!

Do you need a gift for someone special? No need to worry about size or style or color. A gift that will not only bring a smile to the recipient but will give hope to a homeless youth. Who wouldn't want to help a homeless youth? Purchase a personalized brick for Port in the Storm Rotary Outdoor Learning Center patio at Port in the Storm. Your gift brick will be engraved and placed in the patio creating a lasting legacy for the recipient. A card will be provided or sent to the recipient of the gift brick to let them know of the gift in their honor.

Do something different! Do something amazing! Deadline to purchase to ensure recipient notification is December 15th. Contact Karen Correale at karen.correale@stfrancissshelter.org



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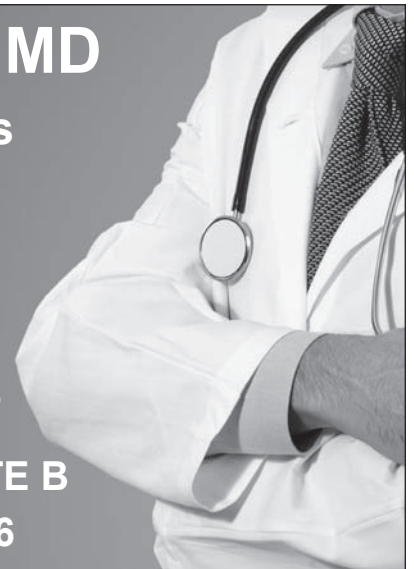
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'Tis the Season!" This First Friday will kick off our Holiday Show and Sale. Give the Gift of Art and join us Friday, December 2nd from 5pm until 8pm. and then ALL Month Long.

Every week will be a special event as well, right in our Front Yard. The Civic Association's "Surf Illumination", The whole month of the City of St. Augustine Beach "Light Up the Beach", including The Holiday Market and culminating with New Year's Eve and Fireworks in the "Light Up the Night" celebration.

In addition to our beautiful member's exhibit, the Studio will also be filled with extra Holiday and Gift items. A Tree filled with handmade artful ornaments for sale from \$1 to \$10. Holiday cards and St. Augustine Calendars.

We have another Free Children's Workshop on Saturday, December 10th from 10am to 12 pm and we will have all the supplies for your Children from ages 4 to 11 to make their own ornaments and cards. Please Pre-Register with Carole Foster at 904-797-3067.

And, finally, join us on New Year's Eve. We will be open late, with plenty of end of December Sales on all Holiday Items. We will have Hot Cider and then stick around for the best viewing spot in the house for the Fireworks.

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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Upcoming Events
CITY OF ST. AUGUSTINE BEACH
Light up the BEACH! Holiday Events December 2022

- December 03** Surf Illumination
St. Augustine Beach Pier Park
350 A1A Beach Blvd.
4 pm - 7 pm
- December 10** Holiday Market
St. Augustine Beach Pier Park
350 A1A Beach Blvd.
3 pm - 7 pm
- December 14** Christmas with Cops & Claus - SABPD Event
St. Augustine Beach Police Department
2300 A1A South
5:30pm - 7:30pm
- December 31** Light Up the Night Fireworks Show
8:30 pm Fireworks Show - Various areas on A1A Beach Blvd. and the Beach

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STARS Rehab Receives Community Grant Awards for Local Parkinson's Community

The Parkinson's Health Center at STARS Rehab, located in St. Augustine Beach, was awarded 18k from the Parkinson's Foundation, and an additional 10k from the Florida Physical Therapy Association to sustain access to over 300 free multi-levelled group exercise and voice training classes over the calendar year. The program is in its third year of operation and helps over 60 local residents live better with Parkinson's. All six of the weekly classes are designed and directed by Physical and Speech Therapists that have additional training and extensive experience in Parkinson's disease. Speech Therapist Debra Mullin, leads two online classes called LOUD CROWD® and SING OUT LOUD®, both are evidenced based, therapeutic group interventions to address vocal and oral-motor symptoms of Parkinson's Disease. To aid in mobility, balance and flexibility, Physical Therapists Melanie Lomaglio and Paul Hebbler, offer in-person YOGA and PWR!MOVES® classes at 3 different challenge levels.

The program caters to all ages and stages of Parkinson's disease but Melanie states that helping the newly diagnosed is especially important. Exercising both your body and voice are the only interventions that have the potential to slow disease progression. She states "many people do not know how to exercise, let alone how to do targeted exercise to fight back against the motor symptoms of Parkinson's. Thinking of exercise as medicine, and learning what type, dose and frequency of exercise you should be engaging in, is something the we teach the participants". One member, Paula, a 70 year old retired school teacher who is newly diagnosed, had this to say, "the program has introduced me to my new life in a way I could not have done on my own. Exercise and voice training is essential to my recovery and the therapists push my limits during every session". Paula also enjoys the social aspect of the classes and getting to know others who are also living with and fighting back against Parkinson's.

To keep the atmosphere fun and welcoming, the center's highly trained facility dog, Harley, is the official greeter and brings joy to all that meet him. Harley even knows some of the exercises and participants have fun calling out command. Harley loves exercising alongside them! Melanie also offers monthly support group meetings to educate people about the health condition and to help people learn about medication management and newly available treatments. For more information and/or to join this free program contact Melanie Lomaglio, DPT, at 904-501-8779 or visit <https://starsrehab.org/parkinsons-exercise-and-wellness-program/>

About Parkinson's Disease: Affecting an estimated one million Americans and 10 million worldwide, Parkinson's disease is the second-most common neurodegenerative disease after Alzheimer's and is the 14th-leading cause of death in the United States. It is associated with a progressive loss of motor control (e.g., shaking or tremor at rest and lack of facial expression), as well as non-motor symptoms (e.g., depression and anxiety). There is no cure for Parkinson's and 60,000 new cases are diagnosed each year in the United States alone. The Parkinson's Foundation makes life better for people with PD. For more free resources and information call (800) 4PD-INFO (473-4636).

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Pearl Harbor Day

By Lorraine Thompson (staugbeachwatch@aol.com)

Getting Personal—Remembering December 7, 1941--Pearl Harbor Day

We—my parents and two brothers—were at the Rialto Theatre in Waukegan, Illinois, enjoying a Sunday afternoon movie. Midway through the film, the movie screen went dark, the theatre lights came on, and the announcement was made that the Japanese had bombed Pearl Harbor. The theatre evacuated quickly with patrons scattering to find their cars or wait for a bus and head home, not knowing the reality or the severity of the bombing announcement or what to expect next. That night our family sat near the radio in our tiny living room in North Chicago and listened to the words of President Franklin D. Roosevelt who declared that day, December 7, 1941, the start of World War II, as “A Date Which Will Live in Infamy.”

Later, we listened to the Kate Smith Show which concluded with her inspirational rendition of “God Bless America.” That song became a wartime anthem along with others like “Coming in on a Wing and a Prayer,” and “Let’s Remember Pearl Harbor.”

Life changed quickly in that small town located just outside the gates of Great Lakes Naval Training Station. There were blackouts and practice air raids with air raid wardens checking the neighborhoods, scrap medal drives including tin cans, gasoline and food rationing, victory gardens and other patriotic and safety efforts. I remember observing the air raid practices in our darkened home and sometimes in the basement which was only accessible from an outside entrance. The “tin can” drives were a memorable event at school. Each Friday we brought our empty cleaned cans to school for collection. The older boys would stomp down hard on the cans until one attached under each foot. They then walked around like robots on the sidewalks making as much noise as they could—until the school bell rang.

The war quickly resulted in a large number of naval recruits, far too many to be accommodated on the naval base. Hundreds of young sailors marched up and down our streets. I remember the young men in mass formations passing our home on Lincoln Street, dressed in Navy blue fatigues and donning white round “Dixie cup” hats. As they marched, they chanted responses to their leaders’ calls.

It was a wartime era that changed the world and instilled lifetime memories—good and bad--in those who lived through it and experienced it. It is the reason why those of us who “Remember Pearl Harbor” respectfully fly the American flag on December 7.

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Add layers of protection to financial strategy

Add layers of protection to financial strategy. To achieve your financial security, and that of your family, you will need to create a comprehensive strategy. But for this strategy to succeed, you'll need to guard it from various challenges – and that means you'll need to build in different layers of protection.

What are these challenges – and what types of protection can be used to defend against them? Consider the following:

- Challenge #1: Protecting your ability to reach your goals – To achieve your long-term goals, such as a comfortable retirement, you'll need to build adequate financial resources. And that means you'll need to create an investment portfolio that's suitable for your objectives, risk tolerance and time horizon. And you'll need to keep your long-term goals in mind when adjusting your portfolio during times of volatility.

- Challenge #2: Protecting your family's future if you're not around – Hopefully, you will live a long life and always be around to support your family. But the future is not ours to see – and if something were to happen to you, how would your family cope? Their chances could be much better if you have adequate life insurance. Proper coverage could help pay off your mortgage, pay for your children's higher education and allow your family to continue its lifestyle.

- Challenge #3: Protecting your income should you become temporarily disabled – If you were to become ill or temporarily disabled and could not work for a while, the disruption in your income could jeopardize your family's living situation, or, at the least, lead to an inability to pay bills in a timely fashion. To protect against this threat, you may want to consider adding disability insurance. Your employer

may offer a short-term disability policy as an employee benefit, but it may be insufficient, either in duration or in amount of coverage, so you might want to look at a private policy.

- Challenge #4: Protecting your long-term investments from short-term needs – Life is full of unexpected expenses – a major car repair, a new furnace, a large bill from the dentist, and so on. If you did not have the money available to deal with these costs, you might be forced to dip into your long-term investments, such as your IRA or 401(k). Taking money from these accounts earlier than you intended could incur taxes and penalties, and, even more importantly, could reduce the amount of money you have available for retirement. To help protect these investments from short-term needs for cash, try to build an emergency fund containing three to six months' worth of living expenses, with the money kept in cash or a liquid account.

- Challenge #5: Protecting your financial independence – You would probably do all you could to avoid ever becoming a burden to your grown children – which is why it's so important to maintain your financial independence throughout your life. One potential threat to this independence is the need for some type of long-term care, such as an extended nursing home stay, which can be extremely expensive. A financial professional can suggest protection strategies to help you prepared for these types of costs.

It can be challenging to keep your financial strategy intact – so do whatever it takes to protect it.

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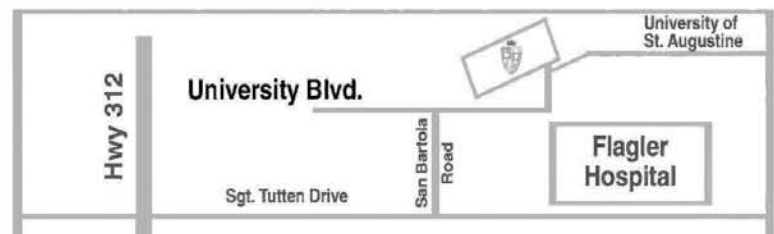
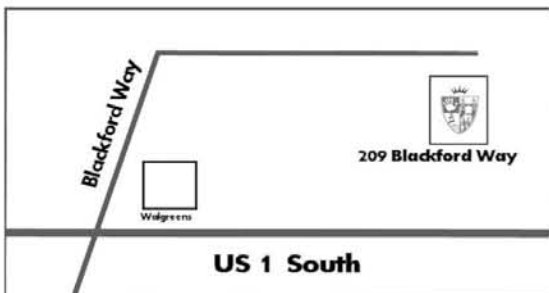
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Is there a pebble in your shoe?

By Rob Stanborough
PT, DPT, MHSc, MTC, CMTPT, FAAOMPT
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We are typically on your feet for hours at a time – standing, walking, running and more. Sometimes we wear comfortable shoes and other times we shove them into all kinds of footwear giving little thought to the mechanics of the joints or other tissues. We rarely think about our feet until something goes wrong and they hurt and we wonder why.

Some painful foot dysfunctions are familiar such as gout, bunions, plantar warts and blisters. But one that is often missed, yet still give people trouble is the compression of interdigital nerves.

There are very small nerves between the toes that supply the muscles of the foot and neighboring tissues. When the foot functions in a normal way there is adequate space between the bones of the foot, allowing the nerves to do their job without any problem. But when the ligaments of the foot become overstretches, the foot becomes hypermobile, or the mechanics of the foot start to be altered, these nerves can get compressed and produce very specific symptoms.

One of the symptoms of interdigital nerve compression is numbness in the ball of the foot and/or into the middle toes. It may also feel like it's burning. But one of the most common symptoms that can go misdiagnosed is the sense that something is in your shoe, such as a small pebble or that your socks are all bunched up. You may take your shoe off and examine your foot, only to see there is nothing wrong.

There are a variety of conservative ways to treat this problem, in combination or isolation. First, the joints need to be checked for proper mobility and the muscles for adequate strength. The joints can be manually treated, and prescribed exercises can help provide some intrinsic

(in the foot) stability. Second, the footwear should be inspected for fit and wear patterns. Tight and restrictive shoes, even if they are your favorite, can compress the foot, its bones, and nerves, causing problems. Third, orthotics can be inserted into the shoe to help support the foot. Inserting a simple tarsal bar or tarsal post, although initially feels strange, it can lift the foot just enough to make room for the nerves, prevent compression and soon ignored.

There are simple solutions to many foot problems but its deciphering through the symptoms that can be tricky. There are 26 bones in the foot and 33 joints, some moving more than others. It is a complex structure that is taken for granted. If you have foot pain or problems, start the New Year with getting a consult and maybe treatment. Don't wait. These types of problems only get worse with time and do not go away on their own.

Rob Stanborough is a physical therapist with over 20 years of experience. He is president and co-owner of First Coast Rehabilitation, a Senior Instructor for Myopain Seminars (www.myopainseminars.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.

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Computer Corner

by Steven Aldrich
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Online Security Checkup

I have helped clients who are locked out of their email accounts with increasing regularity this year. Some are easily recovered. Others cannot recall the security question answers they gave "way back then", and we have a difficult time recovering access to their account.

It is time to review and update the security section on all your online accounts. Most online accounts have a section called "Security". This includes your password, your Security Questions & Answers, and other means for ensuring that you are the rightful owner of the account.

While you review and update the security information on your accounts, it's a good idea to keep a notebook or electronic record of the security information that you have in place for each your accounts.

To add another layer of security you may opt to use "Two Factor Authentication" (2FA), if it is available on your account. Two Factor Authentication is a way to ensure that your account is being accessed by you and you alone. The idea is that your account is protected by "something you know" (your password), and "something you have" (your cell phone).

Two Factor Authentication requires that you enter a password, then the system sends a code to your cell phone

which you must enter, thus ensuring that it is you accessing the account. If a hacker had your password, they would also have to have your cell phone to access your account.

Our online security is under enormous pressure. Your email account security is very important. Some would say that it is as important as is your financial institution account security. You might be surprised by how much information can be gleaned from your email account if the bad guys gain access. Email is the linchpin of all online accounts, and the primary way that companies communicate with you about your account. This means that access to your email can expose every online account you have.

Reviewing all your online accounts and checking up on your security settings can be a daunting task. But you don't need to do them all at once. So, let's get started and do a few each day until we have them all done.

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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