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"I think the way to be happy with your career is to have a passion and to follow that passion."

That's the philosophy Elizabeth DeVos, MD, MPH, FACEP has lived by in her career. Since she graduated medical school in 2003, she's focused on her passion: emergency medicine.

"After I finished my residency, I did a fellowship in international emergency medicine at the George Washington University and obtained a Master's in Public Health," Dr. DeVos said. "During that time, I really developed a passion for systems development for emergency care."

That passion has taken her around the globe. In the last 10 years, Dr. DeVos has visited Ethiopia 10 to 15 times to train doctors in emergency medicine. She has also visited Paraguay and India five to six times. In Paraguay she helped strengthen the ambulance system and worked to improve pediatric emergency care in the region. In India, she spoke at multiple conferences and helped develop local doctors in emergency medicine.

The majority of these trips have been for short term projects, usually lasting a few weeks or months. However, in 2014 she had the opportunity to live and work in Rwanda for an entire year.

"I basically worked as the program director for the country's first emergency medicine residency program," Dr. DeVos said. "I work with national and international emergency medicine organizations and the African Federation for Emergency Medicine and the American College of Emergency Physicians-International Section."

Dr. DeVos was in Africa working for sidHARTe. SidHARTe is a project funded by Columbia University and the GE Foundation, dedicated to providing effective tools and implementing the best practices for patient's medical needs.

"SidHARTe has had the opportunity to train mid-level providers, nurses and physicians in both Ghana and Rwanda, which has, again, made that opportunity to enact care that is delivered long after we're gone," Dr. DeVos said. "We've developed leaders in these countries where emergency care was previously not avail-
able and now we’re seeing ambulance services develop and specialists in nursing and emergency physicians. That’s been really exciting.” Similar to the work she did in other countries, Dr. DeVos helped train district hospital doctors who work in facilities in the outlying areas of Rwanda. She brought trainees to the capital and trained them at the bedside, as well as in the classroom, to be specialists in emergency care.

Dr. DeVos said physicians were also trained to deal with serious traumatic and medical illnesses. Some of the most common things she saw were head injuries, road traffic accidents, strokes, pneumonia and complications with tuberculosis, malaria and HIV.

Since leaving Rwanda, Dr. DeVos said that the capital’s hospital now has skilled physicians who are working with trainees themselves.

Dr. Elizabeth DeVos makes her rounds with of the Emergency Medicine residents at Kibungo District Hospital in Rwanda. Photos courtesy: Amanda Lucier, sidHARt

“I think that having the opportunity to develop others allows us to influence more than just ourselves,” Dr. DeVos said. “That's particularly why I've been excited about the development of emergency medicine as a specialty.”

Back here in the United States, a dedication to teaching lead Dr. DeVos to become the Director of International Education Programs at the University of Florida, College of Medicine.

“Emergency medicine has provided me with the opportunity to intervene with people at their most vulnerable, whether it’s an illness or an injury or simply just a lot of pain,” she said. “It gives us an opportunity to really go back to that cliché of helping people.”

Interested in joining DCMS? Contact Courtney at Courtney@dcmsonline.org

Dr. DeVos is a member of the Duval County Medical Society. DCMS is a non-profit organization comprised of more than 2,000 physicians who live or work in Duval County. Founded in 1853, DCMS is the oldest medical society in Florida. Our main goal is to help physicians care for the health of our community.
Membership in a boat club provides an opportunity for people to enjoy boating without all the hard work and cost of maintaining, repairing, insuring, storing and cleaning the boats. And if you’re busy, it’s really perfect because you won’t be wasting your time waiting for a spot at the boat ramp or for the marina to put your boat in the water and you won’t be spending a couple of hours getting the boat ready to go or cleaning it at the end of your day.

Boat Clubs have been around since the 1800’s but membership boat clubs, as a business, have emerged only in the last twenty five years or so. Think country club for the waterways, similar to joining a golf club to play golf. The club owns the boats and the members use them by making an online reservation.

There are differences… a boat club membership allows you to use several different types of vessels depending on your chosen activity. Center consoles for fishing, deck boats for tubing and picnicking, express yachts for overnight adventures, etc. Arriving by water to your favorite restaurant on the water is a great way to go out to dinner. People use their membership for all kinds of fun activities.

Most members like being a member because they do not have to deal with maintenance, repair, storage, insurance and other responsibilities that go along with owning your own boat. They like the idea that they can simply get out of their car, get on the boat and go [no waiting your turn at the boat ramp]. And then at the end of their outing just being able to bring the boat back into the marina and leave without having to wash down and clean the boat.

In fact, a boat membership is much less expensive than owning your own boat. Ask any accountant to look at the numbers. They will agree. So for the recreational boating family it only makes sense to consider it. This is a very affordable and close-to-home recreation choice to include in their lifestyle. From a cost point of view, if a member uses a boat only two times per month, it costs about 80% less than owning the same boat not to mention the amount of your time that is required to care for and maintain your own boat.

Obviously, many of these things are acceptable to those that own their own boat, but Jacksonville Boat Club has a lot of members who sold their boats and joined the club. Basically handed off all the aggravation to the valet service provided by Jax Boat Club.

The Jacksonville Boat Club has been in business for ten years but has changed significantly in the last four years under the current ownership. Like any industry there are vast differences in the make up and operation of the different businesses that are in this industry. Under the current ownership they have added many more boats both large and small and now offer the best fleet of leisure and fishing boats in the Southeast. Their selection includes a wide variety from small deck boats to twin engine express yachts.

They have put an emphasis on customer service and quality in every aspect of the operation which has led to tremendous growth in the last few years and little effect from the recent recession. The fact that they have very little membership turnover is the member’s vote that they feel these operators run their business well.

Because of its size and success, Jacksonville Boat Club is able to do more than just offer a larger and better quality selection of boats. They provide the “toys” that boaters and their families like to use while out on the water. The larger full time staff is able to have the boats prepared better for the members. They even provide free ice at dockside.

Jacksonville Boat Club also has a great cruising area too. Based at Beach Marine and Palm Cove Marina on both sides of Beach Boulevard where it crosses the Intracoastal Waterway, members are in the middle of one of the best cruising areas in the Southeast US. There are a lot of really enjoyable places to go. The marinas where their members spend the night in St. Augustine and Fernandina Beach are right on the edge of those cities… just a few steps from restaurants, entertainment and shopping areas.. Their members also discover great boating destinations such as Fort George Island, the Jacksonville Zoo and the Riverside Arts Market, as well as Kingsley Plantation and Fort Caroline National Park.

New this year, The Jacksonville Boat Club now offers the option to have captains drive the boats for entertainment cruises, as well as captains to assist and teach with fishing trips, both in-shore and off-shore. The club has also recently rolled out a corporate membership program. Corporations and professional practices are using the memberships to reward employees and executives, entertain clients and potential clients and make boating a fun alternative to the golf course and other similar activities.

For their ten year anniversary celebrations the club is planning several events and offering promotional programs to new prospective members.
Santa Maria Barbecue (a.k.a. Santa Maria BBQ) is a local foods treasure from the Santa Maria Valley in California that traces it origins to cattle runs and 19th-century settlers. Santa Maria Barbecue isn’t a technique or a dish: It’s a meal. Grilled beef top block (or smaller cuts such as tri-tip or sirloin) is paired with beans, salad, garlic bread, and salsa fresca to make a crave-inducing meal.

“Real” Santa Maria Barbecue (that is, Santa Maria Barbecue served near Santa Maria, California) is usually cooked for very large groups - fund raisers, church suppers, family reunions. It is both possible and rewarding to cook up Santa Maria Barbecue for smaller gatherings. These recipes are scaled for groups of 6 to 8. They are easily scaled up!

The real deal is also traditionally cooked over red oak coals. If you have access to them, by all means use them. But other coals or even a gas grill produces perfectly delicious results.

Grilled Tri-Tip
The centerpiece of Santa Maria Barbecue is grilled beef. For large groups, whole top block is cooked slowly over red oak coals. For smaller groups, tri-tip, a roast that usually comes in at 2 pounds or under, works beautifully. At larger gatherings 3-inch-thick beef sirloin (roasts of 3 to 4 pounds) is also grilled, so feel free to substitute that if you like. The key to the beef in Santa Maria Barbecue is to keep it simple: salt, pepper, and garlic salt. Nothing more, nothing less. See the recipe for Grilled Beef Tri-Tip.

Pinquito Beans
Pinquito Beans are small pink beans that keep their shape during long cooking. Pinquitos are great, but not easy to find. Luckily, other small-ish beans, such as navys or pintos, also work. For the most delicious results, however, you will need to buy dried beans, soak them, and then cook them and spice them. Sound daunting? Try this Quick Soak Method For Dried Beans for same-day results. See the recipe for Pinquito Beans.

Salsa Fresca
Salsa fresca is easy to make and just as easy to adjust to your own tastes. Try it once and you may find yourself wondering why you ever bought pre-made salsa.... Get the recipe for Salsa Fresca on line.

Tossed Green Salad
The specifics of the green salad are up for grabs. Most people swear by Italian dressing or vinaigrette, but some prefer French dressing, while still others serve their Santa Maria Barbecue with Blue Cheese Dressing. The fresh, crunchy salad is an important part of the magical balance that is the Santa Maria Barbecue meal, so just serve the salad you like best. See How to Make a Perfect Tossed Salad.

Garlic Bread
Garlic bread adds savory unctuousness to Santa Maria Barbecue, but also helps sop up with delicious juices of the other dishes. Use sweet (as opposed to sourdough) baguette or a similar plain French or Italian loaf of white bread. Cut it in half lengthwise. Butter both halves generously. Sprinkle with garlic salt or a bit of minced fresh garlic and a few tablespoons of minced parsley, if you like. Put the two halves back together, wrap in foil, and either bake at 350° or place on a grill until butter is melted and the bread is heated through (about 15 minutes). Unwrap and cut into generous slices. For a traditional recipe see How to Make Garlic Bread.

Coffee & Dessert
True Santa Maria Barbecue ends with coffee and ice cream for dessert, but feel free to serve your favorite cake, pie, or brownie to end the meal - anything simple, homey, and deeply satisfying, since that's what Santa Maria Barbecue is all about. I like to honor yet skirt tradition with this Buttermilk Ice Cream and a cup of black coffee.
Planning a last minute summer vacation? If you don't have your summer travel plans nailed down yet, don't worry. There are some great deals on last minute summer travel if you know where to look. Here are the some of the best places to check out for a last minute summer vacation.

#1 Last Minute Summer Vacation - Hawaii
Great last minute summer travel deals can be found this summer for travel to Hawaii. Most of the airlines started deeply slashing fares to Hawaii a couple weeks ago. Check Kayak.com to check the Hawaii summer airfare deals from your airport. Some of these summer air fare deals are going fast, so book when you see a great rate. Also check beatohawaii.com, they update the last minute summer travel deals for air fare regularly. Look at packages too for last minute summer travel to Hawaii. I am very tempted to head out to Hawaii for last minute summer vacation in a couple weeks after checking deals at Pleasantholidays.com. For $1,787, I found a trip for two to Kauai from Denver for May 18-23. Included was airfare, 5 night's hotel in the four-star Sheraton Kauai Resort, and a rental car for 5 days.

#2 Last Minute Summer Vacation - Washington D.C.
With summer airfare rates cut by most major airlines right now, a last-minute summer trip to Washington D.C. is more affordable than ever. Rates from Denver to Washington, DC are as low as $183 on American Airlines; similar deals can be found from various other airports. Check rates on Kayak.com for your airport. Also make sure to check flights into Baltimore (BWI), especially on Southwest.com. Flying into BWI is often less expensive than flying directly into...
D.C. and you can reach D.C. in an hour on public transportation. For a last minute hotel deal, check hotwire.com. For activities, there are tons of things to do in D.C. and for even more ideas check out 100 things to do in D.C. for free or almost free. It includes free activities from the performing arts to tours, and also recommends some budget eats in D.C.

**#3 Last Minute Summer Vacation - National Parks**

Usually, a last minute summer vacation to a National Park is out of the question, especially if you want to stay in the park to get the true national park experience. Most people start planning their summer trips to popular national parks up to two years in advance to ensure they can get lodging in the park. However, this summer many of those people that started planning two years ago may have changed financial circumstances and have to unfortunately cancel their plans. This means lodging that may have been booked for a year in advance is opening up. In previous summers, I have had good luck finding lodging in Yellowstone National Park at the last minute, when we have just decided to drive up there on a whim, and it should be even easier this summer.

Xanterra.com handles reservations for in-park national park lodging. Check their website close to your travel dates to see if your desired lodging has opened up. Also try directly calling; sometimes last-minute cancellations aren't immediately reflected on the website. Of course, you can always camp out, or look for lodging outside national parks, which are often available at the last minute.

With gas prices down, consider a last-minute driving trip to a national park near you. Since many national parks are a little bit out of the way of national airports, flights to close airports can be expensive, but you can usually find a major airport and rent a car and drive to one or more National Parks. For instance, from Denver, you can reach Rocky Mountain National Park easily, and the Black Hills (Mt. Rushmore, Badlands), Moab, and Yellowstone are not out of reach. Similarly from Las Vegas you can hit the Utah national parks (Bryce, Zion) and/or the Grand Canyon.

Also think about some of the lesser visited national parks. Theodore Roosevelt National Park in North Dakota is a beautiful, lesser known National park with few crowds for last minute summer travel. Don't forget to pick up an America the Beautiful Pass for $80 if you are visiting multiple parks. And if you are age 62+, you can get a $10 lifetime pass to the national parks which is an exceptional deal for seniors. These can be purchased at any national park.

**#4 Last Minute Summer Vacation - Caribbean Cruise**

With the cruise business down and a glut of ships in the Caribbean, you can almost always find a good deal on a last-minute summer travel on a Caribbean cruise. Cruises are also a good vacation value because your room, meals and entertainment are all included. With some rates as low a $50 per person per day, the vacation values can't be beat. Check cruisedirect.com or orbitz.com for last-minute cruise deals. Orbitz.com has lots of bonus deals such as onboard spending bonuses along with cheap cruise rates. You can purchase a cruise with airfare included, but with cheap summer air fares to Florida destinations, you may be better off booking your flight separately. Just make sure you allow plenty of time between your flight and ship boarding in case your flight is late.

**#5 Last Minute Summer Vacation - Las Vegas**

Las Vegas always has good deals, especially for last minute summer travel. Packages often offer the best deal for last minute travel rather than booking separately. Travelocity.com and Lastminute.com are both good places to check for packages to Las Vegas for a last minute summer vacation. You can often find flight + hotel for less or the same as a flight alone. Booking closer to your travel date usually yields the best deals. For example, if I wanted to leave in two days for Las Vegas, I could get a flight from Denver and hotel for 5 nights on Lastminute.com for $250 per person. And although the meal deals aren't as good as they used to be in Las Vegas, cheap eats can still be found in some of the off-strip or smaller hotels. See here for cheap eats in Las Vegas.
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Espeto Brazilian Steak House operated in the Avondale area of Jacksonville for many years. This month Breno and Rosane Verlangieri, the owners re-located and opened in their new location [the former Crab Cake Factory space] in Beach Plaza in Jacksonville Beach.

We asked a few questions to understand more about their business.

**Please explain about your business and what you offer?**

We are an authentic “Churrascaria” (Shoo-has-kah-ree-ah), Brazilian Steak House, offering a traditional way to serve meat in Brazil, the “Rodizio” (Hoh-gee-zee-oh). Our Gauchos (Gah-ooh-shos), meat servers, will carve the roasted meat at your table once you turn your card to “green”. This parade of 15 cuts of meats is complemented by a fresh gourmet salad bar with cold and hot sides. The service is endless. Every dish is made in the Espeto kitchen with the freshest and highest quality ingredients.

**How did your background prepare you for being in this business?**

My husband, Breno Verlangieri and I are originally from Porto Alegre, Brazil, where this concept was originated. We opened Espeto in 2008, bringing with us the same pride of our land and culture as a Brazilian gaucho. Breno is a master in the art to cook in open fire.

**How is your business different from others in this market that you compete against?**

We are unique, we are authentic, we are locals and we proved ourselves after 7 years of excellence in Avondale. This unique steakhouse is a favorite among locals and when guests dine at Espeto, they experience the vibrant culture of Brazil right in the heart of Jax Beach.

**What do you have to educate people about when they visit you?**

About the peculiarity of our service. The whole idea is to taste everything, enjoy the experience and have the option to decide what to eat at that moment.

**How has your business changed significantly in the last several years?**

You really need to pay attention to all details to manage to keep the same quality and stay in business.

**Why did you choose your new location when you decided to move your restaurant from the Avondale area?**

We live here at the beaches area and we are very happy to be back. Our new location is beautiful, bigger and is close to the beaches but with a great parking space. Another bonus in this location is the bar area. Here we have a separate bar area what make it possible to have a lighter menu and a more intimate ambiance at the bar.

**What has been the most challenging aspect of running your business?**

The economy.

**How do you think things will change in the coming few years?**

I think things will be better, the economy is moving forward and the bad times created a more educated consumers whom valuate quality and a great experience.

**When you are not involved in running your business, what are the other parts of your life?**

Our daughter, our pets, friends and if possible, travel.
Now that summer is in full swing, you’ll probably be enjoying time off at your favorite vacation spot, if you haven’t already. One of the last things that’s likely to be on your mind this time of year is your investment portfolio. But after you get some well-deserved rest, you might want to take some time to make sure your investments are working harder than ever to meet your financial goals.

Review Your Investment Mix. If you’re a long-term investor, you’ve probably been advised countless times to avoid the temptation to tinker with your portfolio as the value of your investments go up and down. Many experts say your investment expectations should be based on a long-term time frame, so you shouldn’t worry too much about temporary downturns in your portfolio’s value. That’s good advice, but that doesn’t mean you should put your investments on automatic pilot.

If you haven’t looked recently at how much your portfolio is invested in cash, stocks and bonds, you might be in for a surprise. The stock market’s volatility in recent years could mean that your portfolio has become unbalanced. If your investment plan assets have shifted in value, your portfolio could be exposed to more risk than you want. You may want to reposition some of your assets to reflect your investment goals, time period to invest and comfort level for risk.

Give Your Budget A Mid-year Checkup. Now that your annual household budget has been in place for half a year, look at how your spending is matching up with your budgeted amounts. For example, if you budgeted $1,000 for new clothing this year and have spent $800 through July, you have only $200 left for the next six months of the year. That should not only be a warning sign to curtail your shopping sprees but an indicator that you may be in danger of tapping your savings and investments to pay for expenses exceeding your income.

Identify Maturing Municipal Bonds. Many municipal bond issues typically mature in June and July. If you didn’t make a plan ahead of time, now you need to figure out how you’re going to reinvest the principal you receive from your maturing bonds. Before deciding how to reinvest your bond proceeds, determine whether your investing timeline, goals and risk tolerance have changed. If not, you may want to buy more municipal bonds to replace those that have matured. Your need for federally tax-free income, your tax bracket and your investment objectives should serve as your main criteria for determining how municipal bonds fit into your overall investment strategy. Be aware that you may receive a lower interest rate on municipal bonds purchased today. Because municipal bonds are exempt from federal taxes (unlike Treasury bonds), you may end up with more in your pocket after taxes by buying municipal bonds and holding them until maturity. Keep in mind municipal bond income payments may be subject to local taxes, state taxes and/or the alternative minimum tax.

Give yourself some time to relax this summer. But don’t take an extended vacation from monitoring your investment portfolio and investment plan. In the long run, you’ll rest easier knowing that your investment plan is on track to helping make your dreams come true.

This article was written by Wells Fargo Advisors and provided courtesy of Chris Thompson, CFP®, CRPC®, of Ponte Vedra Beach at 904-273-7908.

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The Doctor's Cure

A woman went to the doctors office, where she was seen by one of the new doctors, but after about 4 minutes in the examination room, she burst out, screaming as she ran down the hall.

An older doctor stopped her and asked what the problem was, and she told him her story. After listening, he had her sit down and told her to go relax in another room.

The older doctor marched down hallway to the back where the first doctor was and demanded, “What’s the matter with you? Mrs. Terry is 63 years old, she has four grown children and seven grandchildren, and you told her she was PREGNANT?”

The new doctor continued to write on his clipboard and without looking up said, “Well, yes I did! But I bet her hiccups are gone now!”

Stories Submitted by Doctors

1. a man comes into the ER and yells, “My wife’s going to have her baby in the cab!” I grabbed my stuff, rushed out to the cab, lifted the woman's dress, and began to take off her underwear. Suddenly I noticed that there were several cabs -and I was in the wrong one. 
   Submitted by Dr. Mark, MacDonald, St. Antonio, TX

2. One day I had to be the bearer of bad news when I told a wife that her husband had died of a massive myocardial infarct. Not more than five minutes later, I heard her reporting to the rest of the family that he had died of a “massive internal fart.”
   Submitted by Dr Susan Steinberg, Manitoba, Canada

3. during a patient's two-week follow-up appointment with his cardiologist, he informed me, his doctor, that he was having trouble with one of his medications. “Which one?” I asked. “The patch. The nurse told me to put on a new one every six hours and now I’m running out of places to put it!” I had him quickly undress and discovered what I hoped I wouldn’t see. Yes, the man had over fifty patches on his body! Now, the instructions include removal of the old patch before applying a new one.
   Submitted by Dr. Rebecca St. Clair, Norfolk, VA

4. I was caring for a woman and asked, “So how’s your breakfast this morning?” “It’s very good, except for the Kentucky Jelly. I can't seem to get used to the taste” the patient replied. I then asked to see the jelly and the woman produced a foil packet labeled “KY Jelly.”
   Submitted by Dr. Leonard Kransdorf, Detroit, MI
MEDICAL EFFECTS OF THE CIVIL WAR

The Army Medical Museum, nearly from the time of its founding in 1862, was engaged in an innovative effort to collect, collate and share the lessons of battlefield medicine during the course of the Civil War. The grandest effort of its kind to date and hardly eclipsed in the decades since, the six-volume "Medical and Surgical History of the War of the Rebellion" was the seminal work of the museum in the late 19th century.

"The Medical and Surgical History of the War of the Rebellion" represents one of the most extensive data collection efforts in the history of wartime medicine. Through complex stories and innovative graphics, "Medical and Surgical History" recounts an unprecedented effort to learn from the wounds and maladies of war.

"Medical and Surgical History" is replete with detailed case histories from surgeons in the field, and is illustrated with thousands of woodcuts, drawings and photographs documenting the nature of injury and attempts at treatment. In the parlance of today's military medical enterprise, "Medical and Surgical History" offers the "lessons learned" of battlefield medicine and hospital care from the Civil War. It stands today as a testament to the nature of scientific inquiry by the Army Medical Museum surgeons and curators of that day.

NMHM has installed a special exhibit featuring the "Medical and Surgical History." Objects on display include artifacts, specimens and images documented in the work, including a review of gunshot injuries, charts about the spread of disease and infection, and artifacts that chronicle the novel use of anaesthesia during the course of the war. A review of the "Medical and Surgical History" from 1873 offers a testament to its value: "War has its horrors, and produces its miseries—our recent Civil War, in its consequences, will be felt, with a shudder, until the end of time—but it has its trophies, also—trophies which will serve to ameliorate distress and rob disease and disaster of many of their terrors. Of these, are such works as this; and the world, through time, looking over and beyond the smoke and blood of the battlefields on which they were gathered, will accept the results and be benefitted by the riper experience which is thus secured." (Gazette Hebdomadaire, 1873)

The "Medical and Surgical History" exhibit is open through at least 2015.

Selection of objects from the "Medical and Surgical History" exhibit:

Complete Set of the "Medical and Surgical History of the War of the Rebellion"

The contents in this six-volume set took 23 years to complete, weighed in at 56 pounds, and numbered more than 6,000 pages. The Army Medical Museum shipped copies of MSHWR to universities, libraries, professional societies, and major medical figures in the United States and Europe. Letters of receipt convey their gratitude and "amazement" at the amount of labor involved in preparing these volumes that were considered "historical testaments not only to the honor of the profession of this country but of the country itself." (Otis Historical Archives, National Museum of Health and Medicine, Silver Spring, Md.)

Chloroform Tin

Chloroform played a major role in Civil War surgery and the section on anaesthesia in the "Medical and Surgical History" received critical acclaim for the complete and extraordinarily interesting survey of its use. Of 8089 wartime injuries involving major operations chloroform was used in 6784 cases, ether in 1305.
Private Milton E. Wallen, Co. C, 1st Kentucky Cavalry, was wounded July 4, 1863 at Richmond, VA. (CWMI 98) (Otis Historical Archives, National Museum of Health and Medicine, Silver Spring, Md.)

Assistant Surgeon Joseph J. Woodward used this microscope (top) for his pioneering work in photomicrography, which provided extraordinary insight into the physiological processes associated with various diseases.

The illustration (bottom) from Woodward’s “Report to the Surgeon General, of the United States Army, on the Magnesium and Electric Lights, as Applied to Photo-Micrography,” (1870) demonstrates how a light source (A) is concentrated on the lens of the microscope (B) and then projected on to a photographic plate (C).
Cool High Tech Gadgets To Give Your Home A Futuristic Look

Gadgets are becoming a part of our everyday life and like the mobile phone (one of the first gadgets) we are starting to be addicted, depending on them for our daily actions. As technology advances, so do these gadgets that we are fond of and we are amazed by the new concepts created by young and ambitious designers. These innovations appear from a necessity of solving the problems that old products have and besides new and improved functions, they also come with a beautiful design.

Transparent TV
The transparent tv designed by Michael Friebe is a marvelous piece of technology that combines conventional LCD and the latest TOLED display technology. This allows to create non-transparent / solid moving pictures with rich color reproduction and full contrast range from solid black to pristine white.

Floor Plan Light Switch
Have you ever had a problem with forgetting which light switch stands for what light? Taewon Hwang came with the great idea of creating a master light switch with a simple design that shows you what lights you are turning on or off.

The AURA Lamp
Looking almost alien like, the AURA lamp lights up a room with a certain texture and that is because it’s a woven lamp hand made in France.
**Dimensional Wall Panels**  
People aren’t familiar with 3D wall panels. I don’t know why, cause they surely bring a nice feel to a room, with their interesting shapes that create a beautiful arrangement of light and shadows. They can also be put in shops, restaurants, offices and because of their different that usual look they transmit a nice futuristic look.

**The RIMA Lamp**  
The RIMA lamp is one like no other because of its interesting feature that allows you to control the light via four controller rings that you can slide. This beautiful lamp created by Matthias Pinkert has a processor which controls the heat, intensity, angle of the beam and color.

**Sony Eclipse**  
This Sony Eclipse concept created by Hoang M Nguyen and Anh Nguyen is a media player that uses photovoltaic cells situated on its backside to draw in solar power. With this player you have a slight change of seeing the battery low warning very very rare.

**Electrolux Fireplace**  
This fireplace created by Camillo Vanacore for Electrolux looks almost magical because of its transformation from off to on, from an opaque ceramic column to a transparent one.

**Eco Cleaner**  
Without using regular dish detergents, the Eco Cleaner makes the plates bright and fresh using ultrasonic waves to ionize food particles on the dishes, converting the food into reusable compost for plants. Less waste and more nutrients for plants are a good idea for the future and a solution for enriching the soil. Of course, we’re talking about the soil for the plants that you keep in your apartment.

**Document Extractor – Combi Monitor**  
Saving space on the desk has always been a problem for some and to solve this issue Byeong Min Choe has come up with a marvelous idea of combining a printer and a monitor.
On Switch
Minimalistic and elegant. That's how you define this light switch created by Burakov Denis.

Change It! Wall
This wall has been passed around on the internet for some time and has become a neat attraction. It's not LED or anything digital, it's actually made of turning triangles with different colors on them, white, black and a rainbow color. It is limited at these three options for now, but I'm sure we'll see in the future various patterns and images.

WAVE Ultra Sonic Wine Ager And Refrigerator
Ever wanted to age your wine so that it will be of a higher quality? Now you can, it's not only a movie idea. Designer Mika Yamamoto has created this device that does this incredible thing. The Wave uses magnetic cooling system that is based on the magnetocaloric effect, which is the ability of some materials to heat up when magnetized and cool when removed from the magnetic field. It reduces carbon emissions and increases energy efficiency. It can possibly cut energy consumption by 40%. It also reduces the cost of electricity.

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Pilates is a method of exercising that lengthens and stretches all the major muscle groups in the body in a balanced fashion. Yoga brings the body and mind together and is built on three main elements – exercise, breathing and meditation. Yoga and Pilates both improve muscular and postural strength.

Pilates (or the Pilates method) is a series of about 500 exercises inspired by calisthenics, yoga and ballet. Pilates lengthens and stretches all the major muscle groups in the body in a balanced fashion. It improves flexibility, strength, balance and body awareness.

Yoga brings the body and mind together and is built on three main elements – exercise, breathing and meditation. Both yoga and Pilates improve muscular and postural strength.

Always consult your doctor before embarking on any new fitness program, especially if you have a pre-existing medical condition or have not exercised in a long time.

Pilates explained
In the 1920s, physical trainer Joseph Pilates introduced Pilates into America as a way to help injured athletes and dancers safely return to exercise and maintain their fitness. Since then, Pilates has been adapted to suit people in the general community.

Pilates can be an aerobic and non-aerobic form of exercise. It requires concentration and focus, because you move your body through precise ranges of motion. Pilates lengthens and stretches all the major muscle groups in your body in a balanced fashion. It requires concentration in finding a centre point to control your body through movement. Each exercise has a prescribed placement, rhythm and breathing pattern.

In Pilates, your muscles are never worked to exhaustion, so there is no sweating or straining, just intense concentration. The workout consists of a variety of exercise sequences that are performed in low repetitions, usually five to ten times, over a session of 45 to 90 minutes. Mat work and specialized equipment for resistance are used.

The Pilates method is taught to suit each person and exercises are regularly re-evaluated to ensure they are appropriate for that person. Due to the individual attention, this method can suit everybody from elite athletes to people with limited mobility, pregnant women and people with low fitness levels.

Classes are held in specialized Pilates studios, physiotherapy clinics or at your local leisure facility or community centre.

Health benefits of Pilates
- improved flexibility
- increased muscle strength and tone, particularly of your abdominal

By the Better Health Channel
Pilates and Yoga – Towards a Healthy Life
muscles, lower back, hips and buttocks (the ‘core muscles’ of your body)
• balanced muscular strength on both sides of your body
• enhanced muscular control of your back and limbs
• improved stabilization of your spine
• improved posture
• rehabilitation or prevention of injuries related to muscle imbalances
• improved physical coordination and balance
• relaxation of your shoulders, neck and upper back
• safe rehabilitation of joint and spinal injuries
• prevention of musculoskeletal injuries
• increased lung capacity and circulation through deep breathing
• improved concentration
• increased body awareness
• stress management and relaxation.

Pilates suitable for everyone
Pilates caters for everyone, from beginner to advanced. You can perform exercises using your own body weight, or with the help of various pieces of equipment.

A typical Pilates workout includes a number of exercises and stretches. Each exercise is performed with attention to proper breathing techniques and abdominal muscle control. To gain the maximum benefit, you should do Pilates at least two or three times per week. You may notice postural improvements after 10 to 20 sessions.

Pilates and challenging your body
Pilates is partly inspired by yoga, but is different in one key respect – yoga is made up of a series of static postures, while Pilates is based on putting yourself into unstable postures and challenging your body by moving your limbs.

For instance, imagine you are lying on your back, with bent knees and both feet on the floor. A Pilates exercise may involve straightening one leg so that your toes point to the ceiling, and using the other leg to slowly raise and lower your body. You need tight abdominal and buttock muscles to keep your hips square, and focused attention to stop yourself from tipping over.

Types of Pilates
The two basic forms of Pilates are:
• Mat-based Pilates – this is a series of exercises performed on the floor using gravity and your own body weight to provide resistance. The main aim is to condition the deeper, supporting muscles of your body to improve posture, balance and coordination
• Equipment-based Pilates – this includes specific equipment that works against spring-loaded resistance, including the ‘reformer’, which is a moveable carriage that you push and pull along its tracks. Some forms of Pilates include weights (such as dumbbells) and other types of small equipment that offer resistance to the muscles.

Quality in a Pilates workout
Pilates consists of moving through a slow, sustained series of exercises using abdominal control and proper breathing. The quality of each posture is more important than the number of repetitions or how energetically you can move.

Books and videotapes are available, but seek instruction from a qualified Pilates teacher or Pilates-trained physiotherapist to get the best results.

Pilates and general precautions
Although Pilates is a low-impact form of exercise, certain people should seek medical advice before embarking on a new program, including:
• people who have recently had surgery
• pregnant women
• people aged 40 years or more
• people with a pre-existing medical condition such as heart disease
• people with pre-existing musculoskeletal injuries or disorders
• anyone who has not exercised for a long time
• people who are very overweight or obese.

Yoga explained
Yoga is an ancient Indian philosophy that dates back thousands of years. It was designed as a path to spiritual enlightenment, but in modern times, the physical aspects of Hatha yoga have found huge popularity as a gentle form of exercise and stress management. There are many different varieties of yoga, but each one essentially relies on structured poses (asanas) practiced with breath awareness.

Researchers have discovered that the regular practice of yoga may produce many health benefits, including increased fitness and normalization of blood pressure. Yoga is a renowned antidote to stress. Over time, yoga practitioners report lower levels of stress, and increased feelings of happiness and wellbeing. This is because concentrating on the postures and the breath acts as a form of meditation.

The classical techniques of yoga date back more than 5,000 years. The practice of yoga encourages effort, intelligence, accuracy, thoroughness, commitment and dedication. The word yoga means ‘to join or yoke together’. It brings your body and mind together, and is built on three main elements – exercise, breathing and meditation.

The exercises of yoga are designed to put pressure on the glandular systems of your body, increasing your body’s efficiency and total health. Breathing techniques increase breath control to improve the health and function of body and mind.

The two systems of exercise and breathing prepare the body and mind for meditation, with an approach to a quiet mind that allows silence and healing from everyday stress. When practiced regularly, yoga can become a powerful and sophisticated discipline for achieving physical, mental and emotional wellbeing.

Types of yoga
There are many different varieties of yoga, each with a slightly different slant. The most popular are Hatha, Bikram, Iyengar and Vinyasa yoga.

Asanas or yoga postures
Each yoga posture, or asana, is held for a period of time and linked with breathing. Generally, a yoga session begins with gentle asanas and works up to more vigorous or challenging postures. A full yoga session should exercise every part of your body and should include pranayama (breath control practices), relaxation and meditation.
The different postures or asanas include:
• lying postures
• sitting postures
• standing postures
• inverted or upside-down postures.

Health benefits of yoga
The practice of yoga asanas develops strength and flexibility, while soothing your nerves and calming your mind. The asanas affect the muscles, joints and skin, and the whole body – glands, nerves, internal organs, bones, respiration and the brain. The physical building blocks of yoga are the posture and the breath.

Health benefits of yoga include:
• Cardiovascular system (heart and arteries) – asanas are isometric, which means they rely on holding muscle tension for a short period of time. This improves cardiovascular fitness and circulation. Studies show that regular yoga practice may help normalize blood pressure.
• Digestive system – improved blood circulation and the massaging effect of surrounding muscles speeds up a sluggish digestion.
• Musculoskeletal – joints are moved through their full range of motion, which encourages mobility and eases pressure. The gentle stretching releases muscle and joint tension, and stiffness, and also increases flexibility. Maintaining many of the asanas encourages strength and endurance. Weight-bearing asanas may help prevent osteoporosis, and may also help people already diagnosed with osteoporosis (if practiced with care under the supervision of a qualified yoga teacher). Long-term benefits include reduced back pain and improved posture.
• Nervous system – improved blood circulation, easing of muscle tension and the act of focusing the mind on the breath all combine to soothe the nervous system. Long-term benefits include reduced stress, anxiety and fatigue, better concentration and energy levels, and increased feelings of calm and wellbeing.

Yoga for people of different ages
Yoga is taught in classes, catering for beginners through to advanced practitioners. It is non-competitive and suitable for anyone, regardless of your age or fitness level. Your yoga teacher should carefully guide and observe you, and modify postures when necessary.

An asana should never cause pain. If it hurts, ease back on the stretch or don’t do it at all. It is important to keep within your physical limits.

If you are over 40, haven’t exercised for a long time or have a pre-existing medical condition, you should check with your doctor before starting any regular exercise routine.

Pre-exercise screening is used to identify people with medical conditions that may put them at a higher risk of experiencing a health problem during physical activity. It is a filter or ‘safety net’ to help decide if the potential benefits of exercise outweigh the risks for you.
If you don’t already know what Craft Beer is, it is a beer made by a craft brewery. Go figure... So what is a craft brewery? Here is a quick definition from the Brewers Association: An American craft brewer is small, independent and traditional.

Small: Annual production of beer less than 2 million barrels. Beer production is attributed to a brewer according to the rules of alternating proprietorships. Flavored malt beverages are not considered beer for purposes of this definition.

Independent: Less than 25% of the craft brewery is owned or controlled (or equivalent economic interest) by an alcoholic beverage industry member who is not themselves a craft brewer.

Traditional: A brewer who has either an all malt flagship (the beer which represents the greatest volume among that brewers brands) or has at least 50% of its volume in either all malt beers or in beers which use adjuncts to enhance rather than lighten flavor.

Now that we’ve cleared that up, back to the Top Five Reasons Why You Should Drink Craft Beer!

1) CRAFT BEER TASTES BETTER! The number one reason why you should drink craft beer is because craft beer tastes much better than the “beer water” that is mass produced and mass marketed by the big beer companies. Craft beer tastes much better because craft brewers spend their time focusing the quality of their beer rather than focusing on their marketing campaigns and stock prices. Craft brewers put their heart and soul, as well as, lots of amazing ingredients into every beer they brew and don’t cut any corners. The big beer companies, on the other hand, are on a mission to take ingredients out of their beer in order to make their beer as “watery” as possible. Why would anyone want to drink beer that is purposely being watered down by leaving out important ingredients? Would you buy a car from a car manufacturer that was stripping vital parts off of its cars in order to cut costs? No, you wouldn’t! Beer shouldn’t be treated any different. Choose taste. Choose craft beer!

2) MORE ALCOHOL! Oh yeah! Craft beers come in many shapes and sizes, but one thing remains the same; they all pack a punch! Most craft beers range from 5-10% abv (alcohol by volume), but some craft beers can reach 20%, 30%, and even 40% abv! Click here. Compare this to the 2.5% abv in Budweiser Select 55 and Miller Genuine Draft Light 64 that the big beer companies mass produce and you will see that there is no comparison! The big beer companies are selling you “beer water.” This leads us to the third reason to drink craft beer.

3) FEWER TRIPS TO THE BATHROOM! When you drink craft beer you won’t have to pee every 10 minutes because you won’t drink as many beers. For example, let’s say you are going out for some drinks with friends. Your “beer” of choice for the night is either Budweiser Select 55 or a Miller Genuine Draft 64. Each of these beers has less than 2.5% abv which is EXTREMELY, EXTREMELY weak and watered down. Honestly, they shouldn’t even be considered beer anymore. You will have to drink 4-6 of these beers in order to get the same effect as two (or maybe even one) craft beers. Thus, your bladder will be overflowing with watery beer and you will be spending the majority of your night walking back and forth from the bathroom. Who wants to do that? Nobody!

If, however, you were drinking stronger, full-flavored craft beers with 5-8% abv there is no need to drink beer after beer after beer. If you drink only one or two delicious craft beers you will get the effect of 4-6 “beer waters” and you won’t have to worry about your bladder exploding every 10 minutes.

4) HEALTH BENEFITS! You read that right! Craft beer has health benefits. Research has shown that craft beer has more health benefits than red wine! Craft beer contains more nutrients than does wine. Craft beer also contains some soluble fiber, some B vitamins (notably folate), a range of antioxidants and it is also the richest source of silicon; silicon in the diet may help in countering osteoperosis. Wine contains more antioxidants than beer but do they actually get into the body and reach the parts where need to work? There are doubts about that—but it has been shown that the antioxidant ferulic acid is taken up from beer into the body (more efficiently than from the tomato). Read more about the health benefits of craft beer at Craftbeer.com

5) MORE CHOICES! YES PEOPLE... YOU HAVE MORE CHOICES THAN BUD, MILLER, AND COORS! There are almost 1,600 craft breweries throughout the United States brewing THOUSANDS UPON THOUSANDS of delicious, flavorful craft beers. And they aren’t making the same old beers, either. Every single craft brewery makes its beer in its own special way with its own special ingredients. Did you know that you probably live within 10 miles of a craft brewery? Go HERE to find a craft brewery in your back yard and start supporting your local breweries!

IN SUMMARY... LIFE IS SHORT, DRINK GOOD BEER!!!

CHEERS!!!
2013 Isenhower Last Straw. Despite the lowly designation of Red Table Wine this one has incredible pedigree, the components being from some of the top vineyards in Walla Walla and Columbia Valleys. The name Last Straw is because each part of this wine was crafted to be used in one of the Isenhower’s more expensive wines, but due to one reason or another was left on the cutting room floor. At that point winemaker Brett Isenhower put them all together into one final blend, the Last Straw. Since I have not featured an Isenhower wine in New World Red, as the previous three selections were in the Explorers Club, you may not know their heartwarming story. Brett and Denise Isenhower like to describe their 1997 entrance into the wine business as “diving head first into a shallow pool.” Both were working as pharmacists in Colorado when Brett caught the wine bug and they moved to Walla Walla, Washington. While they both maintained day jobs as pharmacists, Brett picked up evenings and weekends working as a cellar rat. In 1999 they crushed 17 tons of grapes, Cabernet Franc, Merlot and Syrah, which they released on September 1, 2001 to great critical reviews. Ironically their biggest break came at the beginning of the recession in 2009. The New York Times ran a story about how they were coping with a drop in sales. What was newsworthy was their decision to cut production by 50% and stop selling their wines through the distribution chain. In effect their goal was to become more successful by being small. At the time they were selling to over 20 distributors but they decided to keep only one, located here in Orlando, and focused all their attention on selling from their tasting rooms. Even though they were making less wine the demand meant they could raise prices, or at least keep them the same, and retain more of the profits by cutting out middle men. For us in Orlando, as very loyal customers, it meant less wine but the quality was, and is, better than ever. Although Brett is not a “trained” winemaker, he is skilled at crafting very polished wines. He does this by purchasing grapes from top vineyard sites in Washington, each selected for unique attributes they contribute to the final blend. When looking at their top wines, which sell in the $40 range, you learn that each is typically a pure variety, such as Cabernet Sauvignon or Syrah, but created from grapes grown in two or three single vineyards. When Brett assembles the final blend it is the extra parts that make up the Last Straw. In the cellar his attention to detail is incredible, with each cluster sorted twice to ensure only the healthiest grapes make it to the fermentor. Brett is also an advocate for “wild” or “native” yeast, which live in the vineyards and winery. These native strains of yeast ferment under different conditions, lengthening the fermentation, and as a result the wine develops additional layers of flavor. Brett is of the belief that this may be the only “table wine” in Washington produced using wild yeast fermentations since all the components were intended for a much more expensive wine. All of the aging of his red wines is done in French oak. The final blend of the 2013 is 25% Syrah, 24% Cabernet Sauvignon, 18% Cabernet Franc, 10% Malbec, 9% Petit Verdot, 5% Tempranillo, 4% Merlot, 4% Mourvedre and 1% Grenache. When you open this wine, give it a half hour in the decanter to let the bouquet develop and the tannins soften. Once you do it reveals a rich nose of cherry pie filling, dried red plums, faint black olive and coffee beans. On the palate it displays a good balance of fruit and tannins into a long finish. You can drink this wine over the next five years with roasted lamb chops or filet mignon wrapped in bacon. My second selection is a wine that surprises me every time I taste it because it offers so much for such a reasonable price.
**2012 McNab Ridge Cabernet Sauvignon** For those who recognize the name but do not remember the story, Rich is the grandson of John Parducci, one of the legendary names of the 20th century California wine scene. The abridged version of the Parducci family is that grandfather John started making wine in the 1920’s (only the legal limit for personal consumption during Prohibition, of course) from land his family had been farming for a generation. Mendocino County then sold in 1988. John got bored with retirement and at almost 80 years old bought McNab Ridge, a vineyard from which they had purchased grapes for decades. His grandson Rich joined him and the rest, as they say, is history. By the time John died in 2014, at 96, Rich and a couple of partners had bought him out and continue the legacy today. Like many of the Mendocino producers, Rich is really proud of the quality of their wines and the great value they offer. Despite being north of Sonoma County the vineyards in the interior of the county are typically warmer than their southern neighbors. As a result the wines are darker and have broader shoulders than most from Sonoma, and sell for 20-30% less than comparable bottlings. The grapes for this wine come from the Napoli Vineyard next to the winery in McNab Valley and the Crawford Ranch in southern Mendocino east of Ukiah. Both areas are quite warm and the fruit produces darkly colored and intensely flavored wines. Rich ages the wine for fourteen months in a combination of French and American oak barrels. The 2012 also has 12% Merlot blended into the finished wine. The 2012 is a fantastic example of why Mendocino Cab is closer to a “poor man’s Napa” than most Sonoma bottlings. The color is opaque violet and there are thick, fairly dark tears that run down the glass. Give this one a swirl and you are greeted by a plump nose of black cherry and red currant jams, milk chocolate and freshly bruised mint. On the palate it is quite plump, with a nice sense of fruit framed with dusty tannins and a kiss of earthiness. Drink over the next seven to ten years with grilled flank steaks or a rich pasta dish.

Tim Varan and Brock Magruder opened Tim’s Wine Market in October, 1995 at the original location in Orlando, Florida. Based on twenty years of buying experience, each year Tim samples over 4000 wines to select only a few hundred each year for the Tim’s Wine Market stores. Tim’s Wine Market has a local store in Ponte Vedra Beach, owned and operated by Emery and Jean Clance. www.Timswine.com

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9 WAYS RICH PEOPLE THINK DIFFERENTLY
by Mandi Woodruff  Business Insider

Steve Siebold, author of “How Rich People Think,” spent nearly three decades interviewing millionaires around the world to find out what separates them from everyone else. It had little to do with money itself, he told Business Insider. It was about their mentality.

1] Average people think MONEY is the root of all evil. Rich people believe POVERTY is the root of all evil.
“The average person has been brainwashed to believe rich people are lucky or dishonest,” Siebold writes. That’s why there’s a certain shame that comes along with “getting rich” in lower-income communities. “The world class knows that while having money doesn’t guarantee happiness, it does make your life easier and more enjoyable.”

2] Average people think selfishness is a vice. Rich people think selfishness is a virtue.
“The rich go out there and try to make themselves happy. They don’t try to pretend to save the world,” Siebold told Business Insider. The problem is that middle class people see that as a negative—and it’s keeping them poor, he writes. “If you’re not taking care of you, you’re not in a position to help anyone else. You can’t live comfortably, “ he writes. “The world class knows that while having money doesn’t guarantee happiness, it does make your life easier and more enjoyable.”

3] Average people have a lottery mentality. Rich people have an action mentality.
“While the masses are waiting to pick the right numbers and praying for prosperity, the great ones are solving problems,” Siebold writes. “The hero [middle class people] are waiting for may be God, government, their boss or their spouse. It’s the average person’s level of thinking that breeds this approach to life and living while the clock keeps ticking away.”

4] Average people think the road to riches is paved with formal education. Rich people believe in acquiring specific knowledge.
“Many world-class performers have little formal education, and have amassed their wealth through the acquisition and subsequent sale of specific knowledge,” he writes. “Meanwhile, the masses are convinced that master’s degrees and doctorates are the way to wealth, mostly because they are trapped in the linear line of thought that holds them back from higher levels of consciousness...The wealthy aren’t interested in the means, only the end.”

“Self-made millionaires get rich because they’re willing to bet on themselves and project their dreams, goals and ideas into an unknown future,” Siebold writes. “People who believe their best days are behind them rarely get rich, and often struggle with unhappiness and depression.”

“An ordinarily smart, well-educated and otherwise successful person can be instantly transformed into a fear-based, scarcity driven thinker whose greatest financial aspiration is to retire comfortably,” he writes. “The world class sees money for what it is and what it’s not, through the eyes of logic. The great ones know money is a critical tool that presents options and opportunities.”

7] Average people earn money doing things they don’t love. Rich people follow their passion.
“To the average person, it looks like the rich are working all the time,” Siebold says. “But one of the smartest strategies of the world class is doing what they love and finding a way to get paid for it.” On the other hand, middle class take jobs they don’t enjoy “because they need the money and they’ve been trained in school and conditioned by society to live in a linear thinking world that equates earning money with physical or mental effort.”

8] Average people set low expectations so they’re never disappointed. Rich people are up for the challenge.
“Psychologists and other mental health experts often advise people to set low expectations for their life to ensure they are not disappointed,” Siebold writes. “No one would ever strike it rich and live their dreams without huge expectations.”

9] Average people believe you have to DO something to get rich. Rich people believe you have to BE something to get rich.
“Rich people are up for the challenge. “People who believe their best days are behind them rarely get rich, and often struggle with unhappiness and depression.”
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